

# The Cedars Post

The Cedars of Chapel Hill Club, Inc.  
100 Cedar Club Circle • Chapel Hill NC 27517 • 919-259-7000

August 2011  
Volume 8 Issue 8

## A Message

from Joan Welch  
Director of Programs

As I begin the process of securing tickets to arts performances for the coming season, I wanted you to remember that we put a seating chart with our sign-up sheets at the Concierge Desk for each performance and venue. That way you are aware of exactly what seats I have been able to buy. This allows you to decide if the location of the seats is good for you when you sign up.



Please don't forget this extra step of looking at the seating chart behind the sign-up sheet.

*Warm regards, Joan*

## Cruising with the Purcells

by Jean Wolff

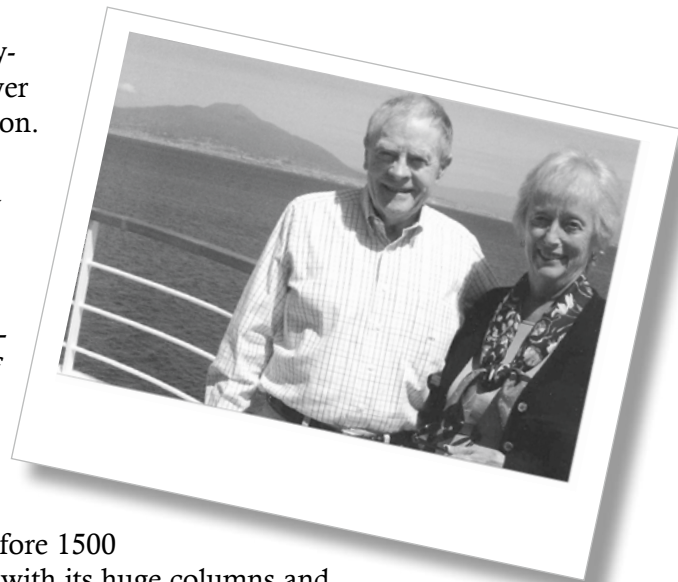
Only two weeks prior to their departure, Phil and Tally Purcell were notified that their much anticipated March 2011 trip would not include Egypt. "Arab Spring" (the Revolution) was in full bloom and it may be too risky for tourists. But happily, in Phil's PowerPoint presentation on July 8th to a well-attended audience, the beautiful new ship, Seabourn Sojourn (and part of a convoy), ventured through the Gulf of Aden to Egypt unscathed. No pirates!

Their 20-day cruise began in Dubai, a dazzling "city of skyscrapers," with the tallest tower in the world costing \$1.5 billion.

It took a two-week reservation including \$35 and only a little more than a minute for the elevator to reach the top. Exciting! Also unique within an Emirates' mall was a man-made ski slope with plenty of snow and skiers, a dramatic contrast to the 80-degree outdoor temperature. In Luxor, Egypt, Phil found the Karnack Temple, built before 1500

B.C., particularly fascinating with its huge columns and ornate hieroglyphics. They viewed the "Avenue of the Sphinxes," featuring many bigger than life Ramses II statues with his numerous wives and children. After touring the ancient city of Petra in Jordan, on the outskirts of Cairo, they visited the three Giza pyramids and the extraordinary Sphinx with her damaged nose. Fortunately, there weren't many tourists there due to Egypt's national problems. And so, it was quite peaceful. During their time in Egypt, Tally caught a humorous pose of Phil perched high on a camel—one for the album! Traveling on the Red Sea through the Suez Canal, they arrived in Jerusalem with its familiar golden Dome of the Rock and Wailing Wall. Finally cruising the Mediterranean Sea, they toured Pompeii, concluding this historic trip in Rome, with a last glimpse of the Spanish Steps. Asked whether the tour met their expectations, Phil replied, "Our high expectations were exceeded."

Our travelers moved to The Cedars in April of 2006, having lived in Savannah, Georgia for many years. Phil's working years, as a corporate attorney, were



*continued on page 9*



## MAKE IT TO THE BUS ON TIME

You may have signed up for these scheduled departures. Please call Laura Waggoner at 259-7944 on regular business days if you are unable to attend the following events.

### Down Home with Davis Bingham

Mt. Carmel Baptist Church  
Sunday, August 7, 3:15pm Lobby

### Duke Basketball Museum & Sports Hall of Fame and Lunch at Watt's Grocery

Friday, August 12, 11am Lobby

### Dining Out! Provence

Monday, August 15, 5:30pm Lobby

#### Channel 24 Replays Schedule

- ☛ Mondays 10am, exercise program; 12:30pm, recent lectures
- ☛ Tuesdays 10am, exercise program
- ☛ Wednesdays 10am, exercise program; 12:30pm, Members Meeting
- ☛ Thursdays 10am, exercise program
- ☛ Fridays 10am, exercise program

You may borrow these from the Cedars Classroom anytime.

**Audio narration for Channel 24 is daily 8:30-9:30am and 11:30-12:30am.**

# Beyond the Cedars

## Down Home with Davis Bingham

Mt. Carmel Baptist Church  
Sunday, August 7, 3:15pm Lobby

Directed by Cedars Member Davis Bingham and accompanied by piano, guitar, electric bass and percussion, the concert features the 40-voice Mt. Carmel Choir and a variety of vocal ensembles and soloists. Members of The Cedars have a special invitation to attend the sixth annual celebration of Southern Gospel music. Marked by smooth, tight harmonies, and sometimes driving rhythms, these easy-to-read, simple gospel songs emphasized brotherly love and a happier afterlife; and provided spiritual sustenance to millions of Americans in their struggles through a nationwide influenza epidemic, World War I, the Great Depression, and World War II. Homemade ice cream will be served following the program. Seats will be reserved for Cedars Members. Sign up at the Concierge Desk, deadline August 3. Cost: \$4 for concert and transportation. Maximum 27 people. Minimum 10 people.



## Duke Basketball Museum & Sports Hall of Fame and Lunch at Watt's Grocery

Friday, August 12, 11am Lobby

We'll start the day off with lunch at Watt's Grocery which combines southern hospitality with farm-fresh fare. Next we'll get a docent tour of the Duke Basketball Museum

& Sports Hall of Fame which showcases all of Duke's 25 sports in a public museum of video, audio, a theater, and trophy cases showcasing Duke's national championships. Banners, jerseys, portraits, and events that have made Duke sports teams some of the most recognized throughout the world are also on display. Sign up at the Concierge Desk beginning August 1, deadline August 10. Cost: \$25 for lunch, tour and transportation. Minimum 10 people. Maximum 27 people.



## Dining Out! Provence

Monday, August 15, 5:30pm Lobby

Provence, located in Carrboro, features the cuisine of Felix Roux who, with his wife Anne, has operated restaurants in Carmel, California and Naples, Florida for over 40 years. Their restaurants have been featured in *Gourmet Magazine*, *The New York Times* and many other publications. At Provence they use the freshest local ingredients to create a fine-tuned menu and a superb wine list. A sample menu is available at the Concierge Desk. Sign up at the Concierge Desk beginning August 1, deadline August 10. Cost: \$4 for transportation. Minimum 10 people. Maximum 27 people.





## Radio City Christmas Spectacular with the Rockettes®

at Durham Performing Arts Center  
Thursday, November 17, 1pm Lobby

Fill your heart with Christmas as the world-famous Radio City Rockettes® bring their legendary eye-high kicks and a cast and crew of over 100 to Durham. You will love the precision of the Rockettes in numbers such as “Parade of the Wooden Soldiers” and “Christmas in New York.” Create memories that last a lifetime at the *Radio City Christmas Spectacular* thrilling families for over 75 years! Sign up at the Concierge Desk beginning August 1, deadline August 31. Cost: \$70 for ticket and transportation. Minimum 10 people. Maximum 27 people.

## North Carolina Jazz Repertory Orchestra at UNC Memorial Hall

Jazz at Lincoln Center with Wynton Marsalis  
Thursday, March 15, 2012, 7pm Lobby

Now is the time to buy your tickets to upcoming concerts at UNC Memorial Hall. The first jazz composer to win the Pulitzer Prize in music, New Orleans native Wynton Marsalis also was the first artist to win jazz and classical Grammy Awards in the same year. Make sure to reserve your seat on the bus before you purchase your ticket. Sign up at the Concierge Desk beginning August 1. Cost: \$4 for **transportation only**. Call the UNC Memorial Hall box office at 843-3333 to purchase your own tickets. Maximum 27 people.



## European Union Youth Orchestra with Vladimir Ashkenazy at UNC Memorial Hall

Friday, April 13, 2012, 7:30pm Lobby

The rapturous European Union Youth Orchestra unites Europe’s most gifted and magnetic young musicians with the world’s most famous conductors and soloists, transcending cultural boundaries in a European ideal of community working together to achieve peace and social understanding. Make sure to reserve your seat on the bus before you purchase your ticket. Sign up at the Concierge Desk beginning August 1. Cost: \$4 for **transportation only**. Call the UNC Memorial Hall box office at 843-3333 to purchase your own tickets. Maximum 27 people.



## Cedars University

*How to Listen to Music*  
with Anna Ludwig Wilson  
Thursdays, August 4, 11, 18 & 25,  
11:15am Ballroom

Anna Ludwig Wilson, flutist, is recently retired as co-founder and Artistic Director of Mallarmé Chamber Players, the premiere professional chamber music ensemble in North Carolina. She is lauded for her gifts in creative programming, blending classical and world cultures in presentations of the highest artistic excellence throughout the United States and Vietnam. Wilson is renowned as an advocate of using music as a means of education building bridges between cultures. The class will focus the composer, the relation of the work to its time in history, and its emotional impact on the listener. An informal format will provide for listening and discussing the depth and breadth of what we hear, feel and learn.

*Medical Myths, Lies, and Half-Truths: What We Think We Know May Be Hurting Us*  
Taught by Professor Steven Novella,  
Yale School of Medicine  
Thursdays, September 1-November 17,  
11:15am Ballroom

Dr. Novella’s 24 revealing lectures are an empowering learning experience that will give you evidence-based guidelines for good health, enhance your ability to be better informed about common medical myths, and strengthen your skills at assessing the scientific truth behind medical information and advice—whether you’re having an important conversation with your doctor or taking a trip down the medicine aisle of your local pharmacy.



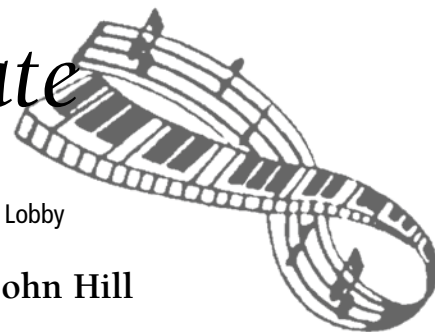


## August Birthdays

|                     |    |
|---------------------|----|
| Joan Langenderfer   | 1  |
| Lynne Morris        | 2  |
| Joyce Pendleton     | 4  |
| Peter Fornaby       | 5  |
| Flora Shedd         | 5  |
| Donald Hofmann      | 6  |
| Anne Cates          | 6  |
| Alice Myers         | 6  |
| Lois Hirschman      | 7  |
| Andree Burke        | 8  |
| John Shillito       | 9  |
| Nina Mitchell       | 12 |
| Esta Thomas         | 13 |
| Esther Flashner     | 13 |
| Ernestine Harmel    | 13 |
| Elizabeth Little    | 14 |
| Bonita Kass         | 15 |
| Pauline Wilkes      | 16 |
| Tom Nuzum           | 17 |
| Marian Hicks        | 18 |
| Vivian Raftery      | 20 |
| Pete DuBose         | 22 |
| Helen Holland       | 22 |
| Vincent D'Agati     | 24 |
| Marguerite Hutchins | 24 |
| Virginia Hakan      | 25 |
| Jane McPherson      | 25 |
| Kathryn McCoy       | 25 |
| Jane Shingleton     | 26 |
| Merle Hofmann       | 27 |
| Linn Royster        | 30 |
| Gayla Halbrecht     | 30 |
| Mary Louise Earey   | 30 |

We apologize to anyone whose birthday may have been omitted. If you would like to be included or removed from our birthday list please contact Sheila Kiliru (537-0126).

# Let's Celebrate



## Robert Griffin—Jazz Pianist

Thursdays, August 11, 18 & 25, 4:30pm Dining Lobby

## A Happy Ending by Member John Hill

Monday, August 15, 12:30pm Channel 24

Those of you who missed seeing the play *A Happy Ending* by Member John Hill will have another chance. On Monday, August 15th at 12:30pm on Channel 24 the video of the last performance will be broadcast. This is an all-Cedars production: songs and lyrics by John Hill, directed by Pat Beyle with cast members John Schwab, Prue Mulrine, Charlotte Roubey and Jane Hauser. Enjoy this pre-Broadway tryout!

## Tommy Edwards—Singer/Guitarist

Tuesday, August 16, 5-6pm Cardroom

Tommy Edwards has been performing professionally for over 35 years with an array of bluegrass greats, including Jimmy Martin, Bobby Hicks, Peter Rowan, and Jack Lawrence. Tommy was twice named World Champion Bluegrass Guitarist, is the host of Life 103.1's "Bluegrass Saturday Night" and performs with one of the Southeast's most respected traditional music group, The Bluegrass Experience. Tonight he'll perform songs by Bob Dylan, Don Gibson, Doc Watson and many others including his own.



## Popcorn and a Movie

*The Company Men* (2010)

Thursday, August 18, 4pm Ballroom



This indie drama stars Ben Affleck as a successful businessman who comes face-to-face with America's downsizing epidemic when he loses his job and is forced to take a construction gig. Rounding out the all-star cast are Kevin Costner as Affleck's brother-in-law, Tommy Lee Jones as a conflicted corporate bigwig and Chris Cooper as a paranoid executive.

in-law, Tommy Lee Jones as a conflicted corporate bigwig and Chris Cooper as a paranoid executive.





# LEARNING OPPORTUNITIES

## Art Classes

with Anne Gregory

Thursdays, August 18-September 22, 1-3pm  
Art Studio

If you have never played with colors or copied a painting, this is your chance to have some fun. Come try your hand at painting either traditional or contemporary with the supportive environment that will help you develop your skills, beginners encouraged. Anne Gregory is a professional painter with a fun personality and years of experience teaching art. If curious observe us on the first class on August 18. Sign up at the Concierge Desk. Cost: \$90 for 6, 2 hour classes paid to Anne Gregory. Contact Anne Gregory at 419-6201, Bette Israel at 259-7575 or Sarah Kittner at 969-6822 with questions. Maximum 10 people.

## How William Became Shakespeare

with Dr. Elliot Engel

Monday, August 29, 2pm Ballroom

Using anecdotes, biography, and large doses of humor, Dr. Engel brings to life the greatest genius of our English language. He reveals exactly what it was like to experience a Shakespearean drama during the playwright's lifetime, and he investigates the brilliant artistry which has made the bard's works immortal.

## US and the Middle East: Where Do We Stand?

with Curtis Jones

Friday, September 9, 3pm Ballroom

Curtis Jones is a resident of Carol Woods and has written a book and teaches a class on the Middle East for the Osher Lifelong Learning Institute at Duke. He retired from the U.S. Department of State in 1975

and moved to Chapel Hill in 1977. He sits on the Board of Directors of AmericanDiplomacy.org and is on the speakers' list for the Triangle Institute for Security Studies. In this lecture Curtis will review the success that the US has had in bringing the Middle East along in its preferred direction, focusing on the reinforcement of Israel.

## Aging Eyes

with Member Don Zehl

Monday, September 19, 2pm Ballroom

A presentation in two parts covering the structure and functions of the human eye in three stages of life, and a discussion of changes related to each stage, especially after age 65. The second part covers loss of vision in the last stage (the "Cedars Years")—causes, prevention and possible correction. There will be special emphasis on macular degeneration. Q&A period to follow the lecture. Donald N. Zehl, M.D. was the Emeritus Professor of Ophthalmology at the University of Rochester (NY) Medical School and Emeritus Chief of Ophthalmology at Monroe County (NY) Geriatric Hospital.

## AARP Driver Safety Class

with Ursula Capewell

Friday, September 30, 10am-3pm Ballroom

In this five-hour class you will learn defensive driving techniques, strategies to handle aggressive drivers, dealing with challenging situations (left hand turns, right-of-way issues, interstate highway traffic, trucks, and blind spots), and how to safely use anti-lock brakes, air bags, and safety belts. The class will be taught by Ursula Capewell using DVDs and PowerPoint presentations. Sign up at the Concierge Desk beginning August 1, deadline September 22. Cost: \$12 for AARP members and \$14 for non-members. For more information call 1-888-227-7669. Pizza and drinks will be provided. Minimum 10 people. Maximum 30 people.



## with Don Zehl

*Navigating Dutch Waterways*

Monday, August 1, 2pm Ballroom

The presentation by Cedars Member Don Zehl, titled *Navigating Dutch Waterways*, is a photographic record of a cruise through Holland and Belgium. This cruise was arranged through Elderhostel by Dr. Zehl for the Fearington Yacht Club from April 23 to May 4, 2004. Tulips and other flowers were in bloom, and a stop was made at Keukenhoff Gardens. Several days were spent in Ghent and Brugge, Belgium and Amsterdam, Holland, as well as other smaller towns.

## with John Neter

*Cape Horn Cruise to Chilean Fjords*

*and Tierra del Fuego (Land of Fire)*

Monday, September 26, 2pm Ballroom

Our cruise began in Valparaiso, Chile in January, 2011. We cruised the Chilean fjords including the Darwin Channel, and saw the Amalia Glacier. A highlight of the cruise was the famous Beagle Channel that features the Avenue of the Glaciers. Ushuaia, the southernmost city in the world, is located on the Beagle Channel in Tierra del Fuego. The cruise then rounded Cape Horn and visited the Falkland Islands. Magellanic penguins, Gentoo penguins, and Southern elephant seals were wild-life highlights.



# August 2011

## CALENDAR KEY

 sign-up required  
**B** Ballroom  
**BR** Billiards Room  
**CL** Classroom  
**CR** Cardroom

**DL** Dining Lobby  
**DR** Dining Room  
**ER** Exercise Room  
**GL** Great Lawn  
**L** Library

**LB** Lobby  
**MR** Magnolia Room  
**P** Pool  
**PD** Private Dining  
**S** Studio

## 8/1 Monday

9am Library Workday **L**  
9:45am Ping Pong **B**  
10:30am Knit & Stitch **CR**  
2pm Poker **CR**  
*2pm Armchair Travel with Don Zehl B*  
3:15pm Play Reading Group **CL**

## 8/2 Tuesday

8am Art Open Studio **S**  
8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
11am Ping Pong **B**  
11:30am Aquatic Therapy **P**   
*Pool closed 11:30–1:30*  
2pm Mah Jongg **CR**  
2pm Meditation **CL**  
4:30pm Line Dancing **B**  
7:30pm Cedars Cinema **Channel 24**

## 8/3 Wednesday

8:45am Water Exercise **P**  
9am Golf Croquet **GL**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
11am Balance Challenge **B**  
11:30am Balance **B**  
12:45pm Duplicate Bridge **CR**  
4:30pm Zumba **B**  
7:30pm Cedars Cinema **Channel 24**

## 8/4 Thursday

8am Art Open Studio **S**  
8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
11:15am Cedars University **B**  
11:30am Aquatic Therapy **P**   
12:15pm Ping Pong **B**  
3pm Scrabble **CR**

## 8/5 Friday

8:45am Water Exercise **P**  
9:45am Water Exercise **P**



9:45am Ping Pong **B**  
11:30am Aquatic Therapy **P**   
1pm Party Bridge **CR**  
1pm Beginners Spanish **CL**   
2pm Intermediate Spanish **CL**   
5pm Happy Hour **Bar**  
7:30pm Cedars Cinema **Channel 24**


## 8/6 Saturday

9am Bocce **GL**  
11am Accessing UNC Libraries **L**

## 8/7 Sunday

*3:15pm Down Home with Davis Bingham LB* 

## 8/8 Monday

8:45am Water Exercise **P**  
9am Library Workday **L**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
10:30am Knit & Stitch **CR**  
11am Seniorcize **B**  
11:30am Aquatic Therapy **P**   
2pm Poker **CR**  
3pm Great Books **CL**


## 8/9 Tuesday

8am Art Open Studio **S**  
8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
11am Ping Pong **B**  
11:30am Aquatic Therapy **P**   
*Pool closed 11:30–1:30*  
2pm Mah Jongg **CR**  
2pm Meditation **CL**  
4:30pm Line Dancing **B**  
7:30pm Cedars Cinema **Channel 24**


## 8/10 Wednesday

8:45am Water Exercise **P**  
9am Golf Croquet **GL**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**








11am Balance Challenge **B**  
11:30am Balance **B**  
11:30am Aquatic Therapy **P**   
12:45pm Duplicate Bridge **CR**  
4:30pm Zumba **B**  
7:30pm Cedars Cinema **Channel 24**

## 8/11 Thursday

8am Art Open Studio **S**  
8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
11:15am Cedars University **B**  
11:30am Aquatic Therapy **P**   
12:15pm Ping Pong **B**  
*2pm Women's Health Forum with the Rehab Staff B*  
3pm Scrabble **CR**  
*4:30pm Robert Griffin—Jazz Pianist DL*



## 8/12 Friday

8:45am Water Exercise **P**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
*11am Duke Basketball Museum LB*   
11am Yoga with Carol **B**   
11:30am Aquatic Therapy **P**   
1pm Beginners Spanish **CL**   
2pm Intermediate Spanish **CL**   
5pm Happy Hour **Bar**  
7:30pm Cedars Cinema **Channel 24**

## 8/13 Saturday

9am Bocce **GL**


## 8/15 Monday

8:45am Water Exercise **P**  
9am Library Workday **L**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
10:30am Knit & Stitch **CR**  
11am Seniorcize **B**  
11:30am Aquatic Therapy **P**   
*12:30pm A Happy Ending by John Hill Channel 24*  
2pm Poker **CR**  
3pm Cedars Readers **CL**  
*5pm Dining Out! Provence LB* 

## 8/16 Tuesday

8am Art Open Studio **S**  
8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**




11am Ping Pong **B**  
11:30am Aquatic Therapy **P**   
*Pool closed 11:30–1:30*  
2pm Mah Jongg **CR**  
2pm Meditation **CL**  
4:30pm Line Dancing **B**  
5pm Tommy Edwards on Guitar **CR**  
7:30pm Cedars Cinema **Channel 24**

### 8/17 Wednesday

8:45am Water Exercise **P**  
9am Golf Croquet **GL**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
11am Balance Challenge **B**  
11:30am Balance **B**  
12:45pm Duplicate Bridge **CR**  
4:30pm Zumba **B**  
7:30pm Cedars Cinema **Channel 24**

### 8/18 Thursday

8am Art Open Studio **S**  
8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
11:15am Cedars University **B**  
11:30am Aquatic Therapy **P**   
12:15pm Ping Pong **B**  
1pm Art Classes with Anne Gregory **S**   
3pm Scrabble **CR**  
4pm Popcorn and a Movie **B**  
4:30pm Robert Griffin—Jazz Pianist **DL**

### 8/19 Friday

8:45am Water Exercise **P**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
11:30am Aquatic Therapy **P**   
12:30pm Party Bridge **CR**  
1pm Beginners Spanish **CL**   
2pm Intermediate Spanish **CL**   
5pm Happy Hour **Bar**  
7:30pm Cedars Cinema **Channel 24**

### 8/20 Saturday

9am Bocce **GL**  
11am Accessing UNC Libraries **L**

### 8/22 Monday

8:45am Water Exercise **P**  
9am Library Workday **L**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**

10:30am Knit & Stitch **CR**  
11am Seniorcize **B**  
11:30am Aquatic Therapy **P**   
2pm Poker **CR**

### 8/23 Tuesday

8am Art Open Studio **S**  
8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
11am Ping Pong **B**  
11:30am Aquatic Therapy **P**   
*Pool closed 11:30–1:30*  
2pm Mah Jongg **CR**  
2pm Meditation **CL**  
4:30pm Line Dancing **B**  
7:30pm Cedars Cinema **Channel 24**

### 8/24 Wednesday

8:45am Water Exercise **P**  
9am Golf Croquet **GL**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
11am Balance Challenge **B**  
11:30am Balance **B**  
12:45pm Duplicate Bridge **CR**  
4:30pm Zumba **B**  
7:30pm Cedars Cinema **Channel 24**

### 8/25 Thursday

8am Art Open Studio **S**  
8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
11:15am Cedars University **B**  
11:30am Aquatic Therapy **P**   
12:15pm Ping Pong **B**  
1pm Art Classes with Anne Gregory **S**   
2pm Members Meeting **B**  
3pm Scrabble **CR**  
4:30pm Robert Griffin—Jazz Pianist **DL**


### 8/26 Friday

8:45am Water Exercise **P**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
11am Yoga with Carol **B**   
11:30am Aquatic Therapy **P**   
1pm Beginners Spanish **CL**   
2pm Intermediate Spanish **CL**   
5pm Happy Hour **Bar**  
7:30pm Cedars Cinema **Channel 24**

### 8/27 Saturday

9am Bocce **GL**

### 8/29 Monday

8:45am Water Exercise **P**  
9am Library Workday **L**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
10:30am Knit & Stitch **CR**  
11am Seniorcize **B**  
11:30am Aquatic Therapy **P**   
2pm Poker **CR**  
2pm How William Became Shakespeare **B**

### 8/30 Tuesday

8am Art Open Studio **S**  
8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
11am Ping Pong **B**  
11:30am Aquatic Therapy **P**   
*Pool closed 11:30–1:30*  
2pm Mah Jongg **CR**  
2pm Meditation **CL**  
4:30pm Line Dancing **B**  
7:30pm Cedars Cinema **Channel 24**

### 8/31 Wednesday

8:45am Water Exercise **P**  
9am Golf Croquet **GL**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
11am Balance Challenge **B**  
11:30am Balance **B**  
12:45pm Duplicate Bridge **CR**  
4:30pm Zumba **B**  
7:30pm Cedars Cinema **Channel 24**

## Great Getaways

### SOUTHERN LEISURE TOURS PRESENTS

- ❖ Boone, Blowing Rock, Grandfather Mountain and the Outdoor Drama Horn in the West  
AUGUST 11-13
- ❖ Major League Baseball Tour featuring the Baseball Hall of Fame in Cooperstown, NY  
AUGUST 24-29
- ❖ Norfolk and the Hampton Roads Region  
SEPTEMBER 6-9
- ❖ Autumn Canadian Maritimes Cruise including Quebec City  
SEPTEMBER 28-OCTOBER 8

**Printed packets for these trips are located in the Cedars Clubhouse flyer holder next to the lower level elevator. Contact Steve Tuten at 471-6137 for trip details and pricing.**

## Get Involved



If you have a trip you would like to share with us for our Armchair

Travel program in the Ballroom, please contact Joan Welch at 537-0128.

### Accessing UNC Libraries

Saturdays, August 6 & 20, 11am Library

Want to borrow books from UNC Libraries? Contact Lynne Morris with questions at 967-4885.

### The Cedars Readers

3rd Mondays, 3pm Classroom

We will discuss books for next year.

Contact Lofi Hirschman at 259-7015 with questions.

### Great Books Club

2nd Mondays, 3pm Classroom

❖ *Guests of the Nation* by Frank O'Connor

Contact Martha Oxenfeldt with questions at 967-2898.

### Party Bridge

1st & 3rd Fridays, 1pm Cardroom

Please contact Anne Haislip at 259-7350 if you would like to participate.

### Play Reading Group

Monday, August 1, 3:15pm Classroom

❖ *The Male Animal* by James Thurber and Elliott Nugent

All Members are welcome to participate. Contact Pat Beyle with questions at 942-1281.

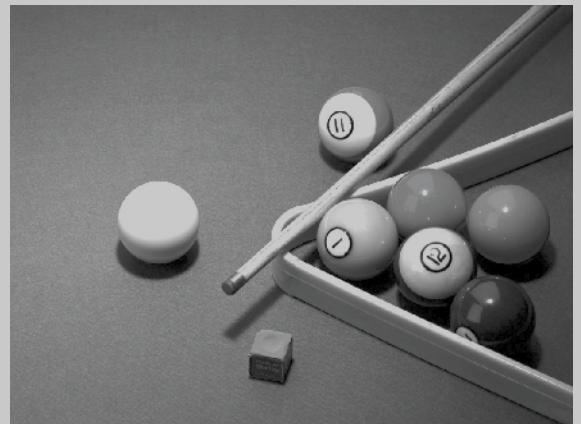
### Zumba

Wednesdays, 4:30pm Ballroom

Enjoy dance-aerobics with a Latin flair! The zesty music, exhilarating and easy-to-follow moves and camaraderie of fellow members make this a FUN way to get fit. These workshops are led by Beth Floyd, an experienced instructor certified by Zumba Fitness®. Contact Julie Hardison at 259-7922 with questions.

## BILLIARDS!

Just a reminder that all Members and their families are welcome to use the Billiards Room here at the Clubhouse. All guests, adult or children, must be accompanied by a Member. For your convenience sign-up sheets are available. Contact Joan Welch at 537-0128 with questions.





## Regular Group Activities

location key B=Ballroom BR=Billiards Room CR=Cardroom CL=Classroom DL=Dining Lobby ER=Exercise Room GL=Great Lawn L=Library LB=Lobby MR=Magnolia Room P=Pool PD=Private Dining Room S=Studio

Art Open Studio Tue & Thur all day **S**  
Jeanne McCullough 259-7225

Balance Wed 11:30 **B**  
Julie Hardison 259-7922

Balance Challenge Wed 11:00 **B**  
Julie Hardison 259-7922

Bible Study Thur 12:45 **CL**  
Shirley Little 929-0283  
Catherine Holland 942-5911

Bocce Sat 9:00 **GL**  
Bill Nolta 259-7432

Caregivers Support 1st Thur 2:30 **CL**  
Amber Bishop 259-7735

Cedars Cinema Tue, Wed, Fri & Sat  
7:30 **Channel 24**

The Cedars Readers 3rd Mon 3:00 **CL**  
Lofi Hirschman 259-7015

Cedars Volunteer Group  
Amber Bishop 259-7735

Duplicate Bridge Wed 12:45 **CR**  
Mary Schochet 259-7207  
Tally Purcell 259-7585  
Rosemary Wilson 929-5764

French Lessons Wed 10:00 **CL**  
James Noblitt 962-0273

Garden  
Don Zehl 259-7076

Golf Croquet Wed 9:00 **GL**  
Ronnie Mann 259-7363

Great Books Club 2nd Mon 3:00 **CL**  
Martha Oxenfeldt 967-2898

Happy Hour Fri 5:00 **Bar**

Knit & Stitch Mon 10:30 **CR**  
Lou Owens 259-7557

Library Workday Mon 9:00 **L**  
Beverly Rutstein 259-7032

Line Dancing Tue 4:30 **B**  
Rose Michelson 945-0888  
Ellie Ostrinsky 259-7188

Mah Jongg Tue 2:00 **CR**  
Joan Welch 537-0128

Meditation Tue 2:00 **CL**  
Alice Myers 259-7474

Members Meeting last Thur 2:00 **B**  
Phil Purcell 259-7585

Party Bridge 1st & 3rd Fri 1:00 **CR**  
Anne Haislip 259-7350

Ping Pong Mon 9:45 Tue 11:00 Wed  
9:45 Thur 12:15 Fri 9:45 **B**  
Rose Michelson 945-0888

Play Reading Group 1st Mon  
3:15 **CL**  
Pay Beyle 942-1281

Poker Mon 2:00 **CR**  
Scott Taylor 835-0700

Scrabble Thur 3:00 **CR**  
Esther Lederman 259-7778

Seniorcize Mon 11:00 Tue Thur 8:45 **B**  
Julie Hardison 259-7922

Sit and Be Fit Tue Thur 9:45 **B**  
Julie Hardison 259-7922

Spanish Lessons Fri 1:00 & 2:00 **CL**  
Jean Call 929-9195

UNC Libraries  
Lynne Morris 967-4885

Water Exercise Mon Wed Fri 8:45 &  
9:45 **P**  
Julie Hardison 259-7922

Yoga Fri 11:00 **B**  
Carol Krucoff 942-8452

Zumba Wed 4:30 **B**  
Julie Hardison 259-7922

## Cruising with the Purcells

*continued from page 1*



spent in Chicago, where he specialized in contract negotiations. Tally earned her Psychiatric Nursing degree at the University of Wisconsin, where they both met as students. Phil was also in the army before returning to the University of Wisconsin for his Law Degree. They have three daughters and nine grandchildren living in Chicago, Vermont and Maryland. As Vice-Chair of the Cedars' Member Council for three years, Phil presently serves as Chairman and Tally is Co-Chair of her Duplicate Bridge group. Active and involved, they enjoy life at The Cedars and its proximity to excellent medical facilities.

Where will the Purcells travel to next? It's no secret that future plans could include cruising to Russia and Scandinavia AND of course, trips to...Chicago, Vermont and Maryland.





# • CEDARS

# Cinema

Tuesdays, Wednesdays, Fridays  
& Saturdays, 7:30pm Channel 24

## *On Golden Pond*

Tuesday, August 2 & Friday, August 5

Henry Fonda, in his final role, plays peevish retired professor Norman Thayer, who's making his yearly excursion with his wife (Katharine Hepburn) to their idyllic summerhouse. But a hostile teen left in their care short-circuits the couple's tranquility. After a rocky start, the old man and the boy forge a bond; can Norman do the same with his estranged daughter? Fonda and Hepburn earned top Oscar honors for their peerless performances. (1981)

## *The Town*

Wednesday, August 3 & Saturday, August 6

Career bank robber Doug (Ben Affleck) and his volatile partner, Jim (Jeremy Renner), hit a roadblock when Doug falls for bank manager Claire (Rebecca Hall), whom he kidnapped during their last heist. Worse, an FBI agent (Jon Hamm) is now trailing the thieves around their Charlestown, Mass., territory. Affleck directs and co-writes this smart, intricate actioner that co-stars Blake Lively as Krista, Jim's sister and Doug's troubled former flame. (2010)

## *Fried Green Tomatoes*

Tuesday, August 9 & Friday, August 12

In this adaptation of Fanny Flagg's novel, flashbacks reveal the remarkable and mysterious story of soul mates Idgie (Mary Stuart Masterson) and Ruth Jamison (Mary-Louise Parker), whose antics cause an uproar in their rural Southern town during the 1920s. Feisty Ninny Threadgoode (Jessica Tandy) tells the tale to a repressed

Alabama housewife (Kathy Bates), who becomes obsessed with Idgie and Ruth, and ultimately finds inspiration in their story. (1991)

## *My Left Foot*

Wednesday, August 10 & Saturday, August 13

Daniel Day-Lewis won an Oscar for his emotionally and physically complex portrayal of Irish writer Christy Brown, who was born with cerebral palsy and misdiagnosed as mentally disabled for the first 10 years of his life. The story unfolds in a series of flashbacks with Hugh O'Connor starring as the young Christy, who eventually learned to write using the only body part he could control: his left foot. (1989)

## *Company*

Tuesday, August 16 & Friday, August 19

Raúl Esparza stars in this 2006 revival of Stephen Sondheim's Tony Award-winning musical comedy recorded live for PBS's *Great Performances* and featuring the classics "Side by Side by Side," "The Ladies Who Lunch" and "Another Hundred People." Celebrating his 35th birthday among married friends, swinging Manhattan bachelor Bobby (Esparza) considers the value of a committed relationship. John Doyle directs this celebrated production. (2007)

## *Letters to Juliet*

Wednesday, August 17 & Saturday, August 20

By responding to a letter addressed to Shakespeare's tragic heroine Juliet Capulet, a young American woman (Amanda Seyfried) vacationing in Verona, Italy, sets in motion a series of events that leads her, and the missive's lovelorn author (Vanessa Redgrave), in search of romance. Directed by Gary Winick, this deeply tender and uplifting drama also features Gael García Bernal and Franco Nero. (2010)

## *IMAX: Hubble*

Tuesday, August 23 & Friday, August 26

Actor Leonardo DiCaprio narrates this awe-inspiring documentary that takes viewers on a visually stunning IMAX journey to explore the faraway galaxies viewed by the Hubble Space Telescope in its travels throughout the cosmos. During the mission, astronauts walk in space, contend with successes and setbacks, view nebulae and galaxies, observe the birth of a star, witness a powerful supernova and much more. (2010)

## *Call Me Madam*

Wednesday, August 24 & Saturday, August 27

Sally Adams (Ethel Merman) is a social butterfly whose hobby of knowing everyone of value in Washington, D.C., pays off when she's chosen to serve as United States Ambassador to the fictional country of Lichtenburg. Once settled in her new position, she strikes up a romance with the country's smooth foreign minister, Cosmo Constantine (George Sanders), and her assistant Kenneth (Donald O'Connor) catches the eye of Princess Maria (Vera-Ellen). (1953)

## *Hereafter*

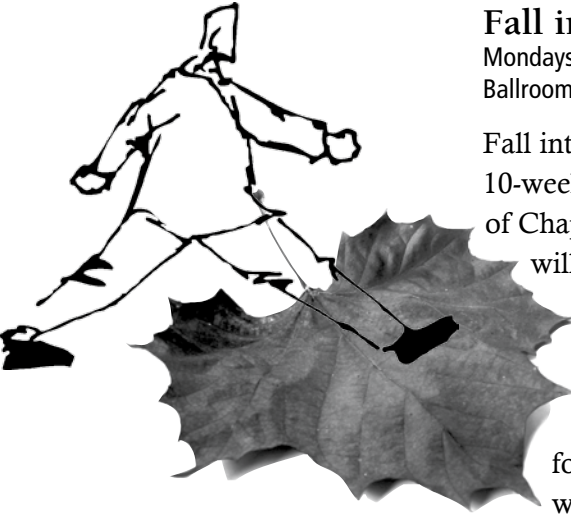
Tuesday, August 30 & Friday, September 2

Clint Eastwood directs this supernatural thriller about three very different people and their responses to death, including a hesitant American psychic named George (Matt Damon) who may be able to help the others find answers and peace. Marie (Cécile De France) is a French journalist caught up in the aftereffects of the devastating 2004 tsunami, while in London, young Marcus (Frankie and George McLaren) seeks to contact his deceased twin brother. (2010)





# Cedars Fitness



## Fall into Fitness

Mondays, September 12-November 14, 11:45am Ballroom

Fall into Fitness will be a fun and healthy 10-week wellness program for the Cedars of Chapel Hill Members. The program will focus on incorporating exercise into your daily routine and learning healthy eating habits. Each participant will be given an individual meal plan and guidelines for a fitness program; have initial weight taken; and body mass index (BMI) calculated. The weekly meetings

will include weigh-ins, lectures on healthy eating and mini-workouts. Sign up at the Concierge Desk beginning August 1, deadline September 12. For more information call Julie Hardison, Fitness Coordinator at 259-7922 or Priscilla Jones, Registered Dietician at 259-7915. We look forward to a motivating and successful program.

## ANNOUNCEMENTS

### Women's Health Forum with the Rehab Staff

Thursday, August 11, 2pm Ballroom

The Rehab Staff will give a formal presentation on various clinical topics each month based upon Member requests. For more information contact Sandy Friday, Rehab Manager, at 259-7907.

### Brunch Bunch Meet 'N Greet

Saturday, August 20, 8:30-10:30am

Brunch Bunch Open House is held the third Saturday of each month. Get to know your Meadowmont neighbors over coffee and a bagel. The Meadowmont community picks up the tab. Contact Bill Ferrell at 240-4682 with questions.

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### Kudos to...

- ✦ Joan Langenderfer for displaying her collection of German smokers for the month of July
- ✦ Phil Purcell for sharing his slides from his trip from Dubai to Rome



## Sudoku Puzzle

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating:  
Medium

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   | 2 | 7 |   |   |   | 8 |
|   | 5 |   | 4 |   |   | 9 |   |   |
| 4 |   |   |   |   | 1 |   |   | 5 |
|   | 4 |   | 5 | 2 |   |   |   |   |
|   |   | 3 | 8 | 1 | 7 | 6 |   |   |
|   |   |   |   | 3 | 4 |   | 8 |   |
| 6 |   |   | 7 |   |   |   |   | 9 |
|   |   | 5 |   |   | 2 |   | 3 |   |
| 9 |   |   |   | 4 | 8 |   |   |   |

Puzzle by websudoku.com





# CALENDAR at a Glance



## Exhibits

During the month of August our display cabinet will contain Ann Nebel's collection of animals.



If you would be willing to share your collection by displaying it in the Clubhouse Lobby, please contact Marguerite Hutchins at 942-5307.

In-House TV.....Channel 24

Reception.....259-7000

Concierge.....259-7937

Fax.....259-7001

Spa & Salon.....259-7940

Dining Reservations.....259-7932

Work Orders.....259-7918

Security.....883-7666

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Editor Laura Waggoner  
259-7944

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Graphic Designer Debbie Hepp  
Ballyhoo Studio

| date | day      | activity  | time    | location     |
|------|----------|---|---------|--------------|
| 8/1  | Monday   | Armchair Travel with Don Zehl   | 2pm     | Ballroom     |
| 8/4  | Thursday | Cedars University<br><i>How to Listen to Music</i>                          | 11:15am | Ballroom     |
| 8/7  | Sunday   | Down Home with Davis Bingham  | 3:15pm  | Lobby        |
| 8/11 | Thursday | Cedars University<br><i>How to Listen to Music</i>                          | 11:15am | Ballroom     |
| 8/11 | Thursday | Robert Griffin—Jazz Pianist   | 4:30pm  | Dining Lobby |
| 8/12 | Friday   | Duke Basketball Museum &<br>Sports Hall of Fame and Lunch at Watt's Grocery | 11am    | Lobby        |
| 8/15 | Monday   | <i>A Happy Ending</i> Play by John Hill                                     | 12:30pm | Ch 24        |
| 8/15 | Monday   | Dining Out! Provence  | 5:30pm  | Lobby        |
| 8/16 | Tuesday  | Tommy Edwards on Guitar   | 5pm     | Cardroom     |
| 8/18 | Thursday | Cedars University<br><i>How to Listen to Music</i>                          | 11:15am | Ballroom     |
| 8/18 | Thursday | Art Classes with Ann Gregory  | 1pm     | Art Studio   |
| 8/18 | Thursday | Robert Griffin—Jazz Pianist   | 4:30pm  | Dining Lobby |
| 8/25 | Thursday | Cedars University<br><i>How to Listen to Music</i>                          | 11:15am | Ballroom     |
| 8/25 | Thursday | Art Classes with Ann Gregory  | 1pm     | Art Studio   |
| 8/25 | Thursday | Members Meeting   | 2pm     | Ballroom     |
| 8/25 | Thursday | Robert Griffin—Jazz Pianist   | 4:30pm  | Dining Lobby |
| 8/29 | Monday   | Dr. Elliot Engel— <i>Shakespeare</i>  | 2pm     | Ballroom     |



July 4th cookout at the Cedars Clubhouse (photos taken by Don Zehl)

