

# The Cedars Post

December 2011

Volume 8 Issue 12

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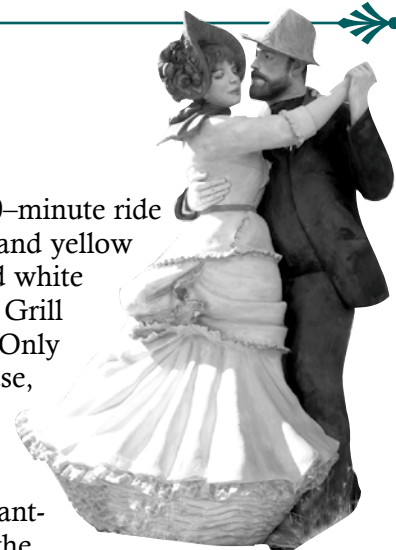


**“The Landlady,” a sculpture inspired by Van Gogh**

## Beyond The Frame

By Jean Wolff

On October 25, Cedars’ Members enjoyed a 40–minute ride to Graham, noting the lovely crimson, orange and yellow foliage en route. Arriving in this quaint red and white awning town, we stopped at the Graham Soda Grill where we lunched on a variety of sandwiches. Only a short distance away was the Holt White House, where the Alamance County Arts Council was offering a *Beyond the Frame* exhibit of 11 life-sized Impressionist sculptures by J. Seward Johnson, Jr. When we arrived, we noticed a giant-sized sculpture of a young couple standing on the lawn. We later learned that it was 20 feet tall, made of industrial Styrofoam™ with an automotive coating, and called “The Monumental,” an interpretation of Renoir. Stepping inside the White House we were greeted by “The Landlady,” a sculpture inspired by Van Gogh and his days in Arles, France.



Docent Alice Johansen introduced some pertinent background of the artist: namely that he is 82, the grandson of co-founders, Johnson & Johnson and that he resides in New Jersey. There, in Hamilton, NJ, his foundation owns a 35-acre sculpture park, where he has amassed 240 sculptures from American and international artists. From start to finish, it can take up to two years to complete a cast aluminum (our exhibit) or bronze, assembled in many parts for purposes of shipping. It was only since 1994 that Johnson created life-sized three-dimensional works based on well-known paintings; the intention was to challenge the viewer to explore and question his own emotions when examining them full circle, including touching. Prior to that, his work focused primarily on the person on the street—sculpture which has long been commissioned world-wide.

To facilitate and appreciate comparisons, small cards with photos and dates of the original works were placed near the sculptures. “Whispering Cloud,” taken from Renoir’s “Dance in the City,” allowed the viewer to see a quizzical expression on the girl, an unknown in Renoir’s version. Also Johnson’s “An Oriental Fan,” captured Monet’s “La Japonaise,” with delicacy and robust colors, adding a touch of humor with a second Samurai’s face hidden at the underside of the beautiful kimono. In Johnson’s own words: “I am recreating the artist’s subject, not his work. The artist painted only part of what he saw. What is beyond the original frame is my territory, and I have tremendous fun deciding what else to include.”





**SIGN UP NOW FOR  
TICKETS!!**

## ***The Music Man* with the NC Symphony**

*at Meymandi Hall in Raleigh*  
Friday, April 13, 2012 7pm Lobby

For more than 50 years, *The Music Man*'s timeless story of love and devotion—as well as trouble with a capital T—has delighted audiences of all ages. Now we're staging your favorite selections from Meredith Wilson's treasured Broadway score, and we don't need all 76 trombones to make it a musical showcase you won't soon forget.



Sign up at the Concierge Desk beginning December 1, deadline January 30. Cost: \$43 for ticket and transportation. Minimum 10 people. Maximum 27 people.

# Beyond the Cedars

## **Southern Supreme Fruitcake Factory Tour**

Tuesday, December 6, 1:15pm Lobby

Have you ever tasted a really delicious fruitcake? If not, you will and it is made by the Scott family out of Bear Creek, NC. Join us as we tour their factory and learn how fruitcake is made and why the Scott's family recipe "takes the cake" when it comes to fruitcake. Sign up at the Concierge Desk, deadline December 3. Cost: \$9 for tour and transportation. Bring money for shopping in the gift shop. Minimum 10 people. Maximum 27 people.

## **Duke Chorale Christmas Performance at Duke Chapel**

Tuesday, December 6, 6pm Lobby

The Duke Chorale performs seasonal selections as well as traditional carols for the entire audience to sing. Sign up at the Concierge Desk, deadline December 2. Cost: \$7 for transportation and a **donation of a canned food item**. Maximum 27 people.

## **North Carolina Jazz Repertory Orchestra at UNC Memorial Hall**

*Holiday Jazz*

Friday, December 9, 7:30pm Lobby

For almost two decades the NCJRO, led by James Ketch and featuring North Carolina's best jazz musicians, has presented a fun-filled and varied program that spotlights traditional seasonal favorites by Duke Ellington (adaptation of Tchaikovsky's "The Nutcracker Suite"), Glenn Miller ("In the Christmas Mood"), Stan Kenton ("A Merry Christmas") and many others, performed in the big band style. Sign up at the Concierge Desk, deadline December 7. Cost: \$20 for ticket and transportation. Minimum 10 people. Maximum 27 people.

## **Dining Out! 411 West**

Monday, December 19, 5:30pm Lobby

411 West, an Italian restaurant in Chapel Hill, specializing in seasonal fresh pastas, wood-fired pizzas, fresh seafood, steaks, and specials inspired by the flavors of Italy and the Mediterranean. A sample menu is available at the Concierge Desk. Sign up at the Concierge Desk beginning December 1, deadline December 16. Cost: \$4 for transportation. Bring money for food and drinks. Minimum 10 people. Maximum 27 people.

## **The Metropolitan Opera**

*Enchanted Island* at Briar Creek Theater

Saturday, January 21, 11:30am Lobby

In one extraordinary new work, lovers of Baroque opera have it all: the world's best singers, glorious music of the Baroque masters, and a story drawn from Shakespeare. Eminent conductor William Christie leads an all-star cast with David Daniels (Prospero) and Joyce DiDonato (Sycorax) as the formidable foes. Sign up at the Concierge Desk beginning December 1, deadline January 16. Cost: \$30 for ticket and transportation. Minimum 10 people. Maximum 27 people.





# 7th Annual Scholarship Benefit

Sunday, December 11  
11am-2pm Cedars Clubhouse

Come to our Seventh Annual Bake Sale, Silent Auction and Raffle to benefit our employees who attend college, and also help our employees' school age children fund their school supplies.

An array of delicious baked goods and appetizers will be available as well as fashionable scarves created by our own Knit & Stitch group; unique college handbags; an opportunity to bid on beautiful works of art & jewelry; and to win gift certificates for favorite restaurants and local hotels. There will also be some generous surprises...?



**Bakers** Help make this another successful year by returning your green "Bake a Difference" forms to the concierge by December 5. Call Jean Wolff at 259-7259 or Ina Evens at 942-9556 with any questions, i.e. volunteer to help and/or bake.

**Artists** are invited to donate paintings or photographs for the Silent Auction.

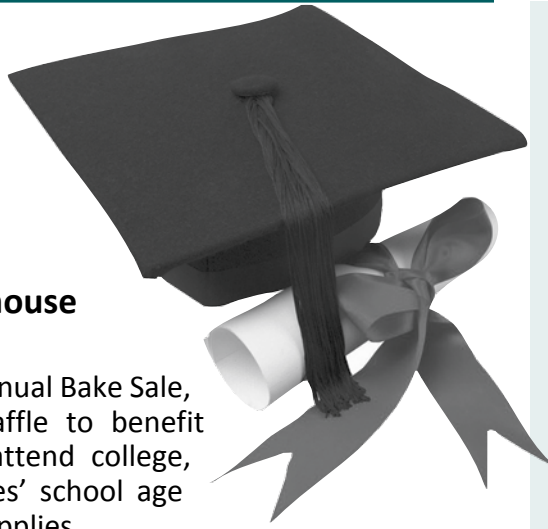
Contact Bette Israel at 259-7575 with any questions.

**Buy raffle tickets** beginning Saturday, December 3 during dinner hours and Sunday Brunch through December 11. Raffle tickets are \$6 each or 3 for \$15. Call Shirley Block at 929-7316 or Helen Wilson at 967-3535 to volunteer to sell tickets.

**Come and enjoy** this annual "Cedars event" where there is something for everyone—and everyone leaves with a smile.

In 2011 the Scholarship Fund, with \$5,000, awarded 10 scholarships of \$500 each to qualified employees; and, with \$2,000, provided 43 employees with their children's school supplies.

**Let's make this another fun and successful event!**



## 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 these events:

### Playmakers Repertory Company

Sunday, December 4, 1:30pm Lobby

\*season ticket holders who have reserved a seat on the bus

### Southern Supreme Fruitcake Factory Tour

Tuesday, December 6, 1:15pm Lobby

### Duke Chorale Christmas Performance at Duke Chapel

Tuesday, December 6, 6pm Lobby

### North Carolina Museum of Art

*Rembrandt in America*

Friday, December 9, 11am Lobby

### North Carolina Jazz Repertory Orchestra at UNC Memorial Hall

*Holiday Jazz*

Friday, December 9, 7:30pm Lobby

### The Metropolitan Opera *Faust* at Briar Creek Theater

Saturday, December 10, 11:30am Lobby

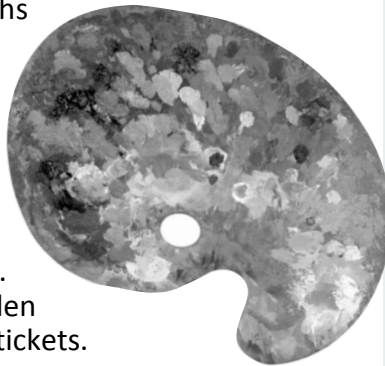
### A New World Christmas Concert

*Chapel Hill Community Chorus at UNC Hill Hall*

Saturday, December 17, 2:30pm Lobby

### Dining Out! 411 West

Monday, December 19, 5:30pm Lobby





# Let's Celebrate

ROBERT GRIFFIN—JAZZ PIANIST December 1, 22 & 29, 4:30pm Dining Lobby

## Carrie Eckel—Cellist

Monday, December 5 & Thursday, December 15, 5:30pm Dining Lobby

Carrie Eckel is a talented cellist from Greenville, SC. She began taking private lessons at age 5 and played in the Carolina Youth Symphony for 8 years. In college she continued playing in different bands, gigs for weddings, and events. Carrie recently moved to Chapel Hill and is teaching private cello lessons.

## Pete Waggoner on Guitar

Thursday, December 8, 5pm Cardroom

Pete Waggoner has been playing guitar for 20 years in bands and as a solo performer. Thursday he will be playing songs from artists who have influenced his own songwriting. The show will feature songs from Bob Dylan, Paul Simon, Neil Young, Doc Watson and many others as well as traditional bluegrass and country songs.

## Raleigh Flute Choir

Monday, December 12, 7pm Ballroom

The Raleigh Flute Choir, an ensemble of professional flutists from central North Carolina, was founded in 1986 and has distinguished itself as one of the nation's leading flute choirs. Using traditional concert flutes and piccolos augmented by an E-flat flute, alto flutes, a bass flute and the first contrabass flute in North Carolina, they perform an exciting repertoire spanning the centuries from the Renaissance to the present, including transcriptions and original compositions.

## Popcorn and a Movie *Water for Elephants*

Thursday, December 15, 3pm Ballroom

In this captivating Depression-era melodrama, impetuous veterinary student Jacob Jankowski (Robert Pattinson) joins a celebrated circus as an animal caretaker but faces a wrenching dilemma when he's transfixed by angelic married performer Marlena (Reese Witherspoon). An affinity for elephants brings together the young pair, but the warmth between them sends Marlena's cruel husband, animal trainer August (Christoph Waltz), into a frightening fury. (2011)

## Davis Bingham and Pat Beyle Season Sing-Along

Wednesday, December 21, 5-5:30pm and 6-6:30pm Dining Lobby

Join Davis Bingham and Pat Beyle for a festive, holiday sing-along. There will be song sheets available so all who choose can participate.

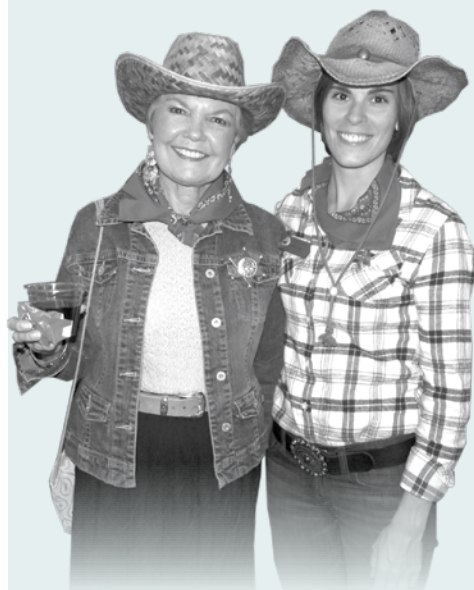
## New Year's Eve Winter Wonderland

Saturday, December 31

Enjoy an elaborate dinner in our festively decorated dining rooms. Venture down to the Ballroom at 8:30pm for a showing of the film *The Holiday* followed by a Champagne toast.



LUCIA POWE (ABOVE), BONNIE  
SIMMS AND SARA FLYNN ATTEND  
THE ROY ROGERS PARTY ON  
HALLOWEEN





# LEARNING OPPORTUNITIES

## Hiding For Our Lives

with Member *Esther Lederman*  
Monday, December 5, 2pm Ballroom

During that fateful autumn of 1942, a teenage Esther ran from a small town ghetto in Poland looking for help. Her father had already been taken to a labor camp. Her mother and younger sister remained, awaiting her return. She would never see them again. She sought out a friend Ezejel Lederman, who had shared the secret of his family's hiding place; a secret which would save her life. Putting their own lives at risk, a Catholic family agreed to take in Ezejel's family of four. Esther was taken in too. Now there were five Jews hiding in an old deserted farmhouse. Thus a 22-month odyssey began for Esther and Ezejel, as well as the beginning of a lifelong love affair and marriage.

## From Iowa to Japan

with Member *Don Stark*  
Monday, January 30, 2pm Ballroom

Pinups, price controls, pacific—bonds and bombs. You have lived, studied or heard about it—life in the 1940s. Join Don Stark as he travels, with most expenses paid, to unspecified destinations. He excogitates teen-age soldiering in a world of fear, rumors and

propaganda. Europe and Asia seemed so distant. Still, concerns of invasion of our lightly defended east and west coasts grew. We organized, went to work and rapidly became productive. It was a time when we were quite proud to be Americans. Sixty-six years later, our grans and great grans are texting and tweeting, largely unaware of that era. Is there a message from the past we should send to them?



## Cedars University

### Great World Religions: Judaism

Taught by Professor *Isaiah M. Gafni, Ph.D., Hebrew University, Jerusalem*  
Thursdays, December 1-January 5, 11:15am Ballroom

Throughout this series on DVD, you will study Judaism *from within*—as it was understood by its adherents in the past and by those who practice or identify with Judaism today. The 12 lectures cover the critical stages of Jewish history; the centrality of such books as the Torah, Talmud, Midrash, and Mishna; and the manner in which the Jewish calendar and Jewish law, or Halakha, define daily life.



## The Great Decisions Program

For over 50 years the Foreign Policy Association has sponsored the Great Decisions program as a way to help Americans gain a better understanding of significant world issues. A detailed description of the program is on a flyer inserted in this newsletter.

The program will begin in late January or February with lectures at UNC-CH on Tuesday evenings (Cedars bus to campus) and discussion group the following Friday mornings at 10:30am (Cedars Cardroom). You may attend the lecture, the discussion group only, or both lecture and discussion group, as you wish. We will announce lecture dates and sign up for the bus as soon as UNC-CH provides them to us. **Sign-up at the Concierge Desk to purchase your briefing book (\$23) which will reserve your seat in the Cardroom.**

### James A. Hutchins Lectures


*Under Surge, Under Siege: The Odyssey of Bay St. Louis and Katrina*  
Thursday, December 1, 4pm Lobby

Sign up at the Concierge Desk, deadline two days prior to lecture. Cost: \$4 for transportation only.



# December 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

## 12/1 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**  
12:45pm Bible Study **CL**  
4pm Scrabble **CR**  
4:30pm Robert Griffin—Jazz Pianist **DL**


## 12/2 Friday

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

## 12/4 Sunday

1:30pm Playmakers **LB** 




## 12/5 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 *Hiding for Our Lives with Esther Lederman* **B**  
3:15pm Play Reading Group **CL**  
5:30pm Carrie Eckel—Cellist **DL**

## 12/6 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**  
1:15pm Southern Supreme Fruitcake Factory Tour **LB**   
2pm Mah Jongg **CR**  
2pm Meditation **CL**  
4:30pm Line Dancing **B**  
6pm Duke Chorale Christmas Performance **LB**   
7:30pm Cedars Cinema **Channel 24**

## 12/7 Wednesday

8:45am Water Exercise **P**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
10am French Lessons **CL**   
11:30am Aquatic Therapy **P**   
12:45pm Duplicate Bridge **CR**  
1:30pm Golf Croquet **GL**  
4:30pm Zumba **B**  
7:30pm Cedars Cinema **Channel 24**

## 12/8 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**  
12:45pm Bible Study **CL**  
4pm Scrabble **CR**  
5pm *Pete Waggoner on Guitar* **CR**

## 12/9 Friday

8:45am Water Exercise **P**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
11am *Rembrandt in America* **LB**   
11:30am Aquatic Therapy **P**   
2pm Intermediate Spanish **CL**   
5pm Happy Hour **Bar**  
7:30pm Cedars Cinema **Channel 24**  
7:30pm *NCJRO—Holiday Jazz* **LB** 



## 12/10 Saturday

11am Accessing UNC Libraries **L**  
11:30am *The Met Opera—Faust* **LB** 

## 12/11 Sunday

11am 7th Annual Scholarship Benefit at the Cedars Clubhouse

## 12/12 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**  
7pm Raleigh Flute Choir **B**

## 12/13 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**

## 12/14 Wednesday

8:45am Water Exercise **P**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
10am French Lessons **CL**   
11am Balance Challenge **B**  
11:30am Balance Basics **B**  
12:45pm Duplicate Bridge **CR**  
1:30pm Golf Croquet **GL**  
4:30pm Zumba **B**  
7:30pm Cedars Cinema **Channel 24**

## 12/15 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**



12:45pm Bible Study **CL**  
3pm Popcorn and a Movie **B**  
4pm Scrabble **CR**  
5:30pm Carrie Eckel—Cellist **DL**

### 12/16 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**  
2pm Intermediate Spanish **CL**   
5pm Happy Hour **Bar**  
7:30pm Cedars Cinema **Channel 24**

### 12/17 Saturday

2:30pm New World Christmas Concert **LB**

### 12/19 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 Cedars Readers **CL**  
5:30pm Dining Out! 411 West

### 12/20 Tuesday

#### Hanukkah First Night

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**



### 12/21 Wednesday

8:45am Water Exercise **P**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
10am French Lessons **CL**   
11am Balance Challenge **B**  
11:30am Balance Basics **B**  
12:45pm Duplicate Bridge **CR**  
1:30pm Golf Croquet **GL**

5pm Season Sing—Along **DL**  
7:30pm Cedars Cinema **Channel 24**

### 12/22 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**  
12:45pm Bible Study **CL**  
4pm Scrabble **CR**  
4:30pm Robert Griffin—Jazz Pianist **DL**

### 12/23 Friday

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

### 12/24 Saturday

#### Christmas Eve

### 12/25 Sunday

#### Christmas

### 12/26 Monday

9am Library Workday **L**  
9:45am Ping Pong **B**  
10:30am Knit & Stitch **CR**  
11:30am Aquatic Therapy **P**   
2pm Poker **CR**

### 12/27 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**

### 12/28 Wednesday

8:45am Water Exercise **P**  
9:45am Water Exercise **P**  
9:45am Ping Pong **B**  
10am French Lessons **CL**

11am Balance Challenge **B**  
11:30am Balance Basics **B**  
12:45pm Duplicate Bridge **CR**  
1:30pm Golf Croquet **GL**  
7:30pm Cedars Cinema **Channel 24**

### 12/29 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**  
12:45pm Bible Study **CL**  
4pm Scrabble **CR**  
4:30pm Robert Griffin—Jazz Pianist **DL**

### 12/30 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**   
2pm Intermediate Spanish **CL**   
5pm Happy Hour **Bar**  
7:30pm Cedars Cinema **Channel 24**

### 12/31 Saturday

#### New Year's Eve

New Year's Eve Dinner  
8:30pm The Holiday **B**



## ANNOUNCEMENTS

### Great Getaways

#### SOUTHERN LEISURE TOURS PRESENTS

- ❖ Fiesta San Antonio  
DECEMBER 14-18
- ❖ A Low Country Christmas  
Charleston and Folly Beach  
DECEMBER 22-25
- ❖ New Year's at the Grove Park  
Inn in Asheville, NC  
DECEMBER 30-JANUARY 1
- ❖ Ft. Myers Beach, FL  
JANUARY 16-20

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

### Accessing UNC Libraries

Saturdays, December 10, 11am Library

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

### The Cedars Readers

3rd Mondays, 3pm Classroom

❖ *The Blind Assassin* by Margaret Atwood

Contact Lofi Hirschman at 259-7015 with questions.

### Great Books Club

2nd Mondays, 3pm Classroom

❖ *The Fall of the House of Usher* by Edgar Allan Poe

Contact Martha Oxenfeldt with questions at 967-2898.

### Party Bridge

1st & 3rd Fridays, 1pm Cardroom

Please contact Elizabeth Little at 259-7475 or Lofi Hirschman at 259-7015 if you would like to participate.

### Play Reading Group

Monday, December 5, 3:15pm Classroom

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

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

### Zumba

Wednesdays, 4:30pm Ballroom

Contact Julie Hardison at 259-7922 with questions.

Celebrate the season with the lighting of the luminaries and listen to festive holiday music at the Ronald McDonald House. Join your neighbors in sponsoring a family at the Ronald McDonald House of Chapel Hill

Hill with a donation of \$10 or more. See the flyer that was inserted in your pigeonholes in November for detailed donation instructions. Contact Bunny Shillito at 259-7984 with questions.

On Saturday, December 17, our Meadowmont neighbors sponsor their own lovely display of luminaria beginning at 6pm!

### Light-A-Luminary

A project to benefit the  
Ronald McDonald House  
of Chapel Hill

Saturday  
December 10  
6-8pm

at the Ronald  
McDonald House





## 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 Basics 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

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 942-7791

Garden  
Don Zehl 259-7076

Golf Croquet Wed 1:30 **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**

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**  
Elizabeth Little 259-7475  
Lofi Hirschman 259-7015

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 4:00 **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 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 260-4374

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



### Exhibits

During the month of December our display cabinet will contain Fran Alguire's Madonna collection.



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

### 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 11:30am-12:30pm.**





# CEDARS *Cinema*

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



## *Kiss Me, Kate!*

Wednesday, November 30 & Saturday, December 3

*Kiss Me, Kate!* is Cole Porter's award winning musical filmed live on the London stage. This 2001 revival of Cole Porter's delightful, witty play-within-a-play is based on Shakespeare's *Taming of the Shrew*. (2010)

## *Cocoon*

Tuesday, December 6 & Friday, December 9  
Florida retirees become mysteriously rejuvenated when their retirement home swimming pool turns into a fountain of youth. But, the magical powers stem from some cocoons left by aliens who have come back to retrieve them. (1985)

## *Eleanor Roosevelt: American Experience*

Wednesday, December 7 & Saturday, December 10

Admired for expanding the first lady's role, Eleanor Roosevelt was an early feminist turned contemporary heroine. This documentary paints a comprehensive portrait of one of history's most fascinating subjects. (1999) SUBTITLES NOT INCLUDED

## *Dead Poets Society*

Tuesday, December 13 & Friday, December 16  
Robin Williams was nominated for an Oscar for his portrayal of an English teacher who inspires students through poetry. But when his lessons lead to an untimely death, the school fires him. His students rally behind him, mindful that he has influenced their lives forever. (1989) SUBTITLES NOT INCLUDED

## *The Nutcracker*

Wednesday, December 14 & Saturday, December 17

The American Ballet Theatre performs Tchaikovsky's classic "The Nutcracker Suite." Young Clara

(Gelsey Kirkland) falls fast asleep on Christmas Eve and dreams of fantastic and whimsical characters, including the Mouse King (Marcos Paredes) and the dashing Prince (Mikhail Baryshnikov). (1977)

## *What's Eating Gilbert Grape*

Tuesday, December 20 & Friday, December 23

In a backwater Iowa town, Gilbert (Johnny Depp) struggles to take care of his mentally disabled brother, Arnie (Leonardo DiCaprio), and provide for the rest of his family. But after falling for the stranded Becky (Juliette Lewis), Gilbert discovers exciting new possibilities. (1993)

## *The Man Who Came to Dinner*

Wednesday, December 21 & Saturday, December 24

Sheridan Whiteside (Monty Woolley) overstays his welcome in this adaptation of the Broadway play. Whiteside slips on the way to dinner and finds himself on bed rest in his host's home. He takes advantage of his vantage point and tries to fix the family's problems. (1941)

## *The Way We Were*

Tuesday, December 27 & Friday, December 30

Sociopolitical opposites attract in director Sydney Pollack's tearjerker about an outspoken political crusader named Katie Morosky (Barbra Streisand) who's drawn to golden boy Hubbell Gardner (Robert Redford). (1973) SUBTITLES NOT INCLUDED

## *Girl with a Pearl Earring*

Wednesday, December 28 & Saturday, December 31

Scarlett Johansson stars as Griet, the young housemaid with a hidden appreciation for art who becomes the muse of Dutch master painter Johannes Vermeer (Colin Firth). (2003)





# Cedars Fitness

## Tips for Staying Healthy During the Holidays

The holidays can be a joyous time of year shared with family and friends, but they can also cause stress as we struggle to keep up with demands and expectations. It is important for us to relax and take good care of ourselves. The following tips can help to increase energy and reduce stress, this season and all year long.



Don't set unrealistic exercise goals. Aim to complete 20 minutes instead of an hour. Every little bit does count.



Take a walk with a friend or family member. Walking and talking burns extra calories and reduces stress levels.



Get more out of errands. When you go to the mall or grocery store, park toward the back of the lot and walk the extra distance. Walk inside for a lap or two before you start shopping.



Take the stairs whenever you can.



Be active while watching TV. Use hand weights, march in place (while standing or sitting) or do a stretching routine.



Don't try to lose weight during the holidays. If you enjoy your favorite foods in small portions, you won't feel deprived.



Drink at least eight 8-ounce glasses of water a day. Although the cold weather may make you less inclined to drink water, it is just as important in the winter as it is during the summer. Water may help satiate your appetite since thirst is often mistaken for hunger.



Laugh. Laughing is a great tension reliever. It burns calories, reduces stress and usually means that you are enjoying yourself.

*Happy holidays!*

*SOURCES: MayoClinic.com and American Council on Exercise*



## 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

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

Puzzle by websudoku.com



## ANNOUNCEMENTS

**Brunch Bunch Meet 'N Greet**  
Saturday, December 17, 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.

### **Meadowmont Senior Luncheon**

Wednesday, December 21, 1pm

Come and get to know your Meadowmont senior neighbors while enjoying lunch at Spice Street at University Mall. For more information and reservations contact Lois and Herb Ryen at 504-220-7683.

### **Kudos to...**

- ✦ Don Alguire for displaying his collection of animals from around the world for the month of November
- ✦ Bob Hale for inviting A Touch of Brass to perform in our Ballroom on Veterans Day

### NEW MOVE INS

- ✦ Bart & Sue Bielawski  
731 Cedar Club Circle
- ✦ Lois Seigal  
712 Cedar Club Circle





# CALENDAR at a Glance

## December Birthdays

|                    |    |
|--------------------|----|
| J. Linn Mackey     | 1  |
| Ruel Tyson         | 2  |
| Donald Cameron     | 3  |
| Lucie Rosenberg    | 5  |
| Joe Grisham        | 5  |
| Carolyn Peele      | 5  |
| Natalie Purcell    | 6  |
| Jane Smith         | 7  |
| Shirley Block      | 7  |
| Mavis Rochen       | 7  |
| Harry Phillips     | 8  |
| Ronald Mann        | 8  |
| Don Rorke          | 8  |
| Libby Lefkowitz    | 10 |
| Betty Morrissett   | 13 |
| George Blackwelder | 16 |
| Rosemary Bannan    | 17 |
| Joan Hoffman       | 17 |
| Kani Hurow         | 18 |
| Charles Millard    | 20 |
| Ed Williams        | 20 |
| Lucille Niebur     | 22 |
| William Nebel      | 23 |
| Betty Somers       | 24 |
| Frances Moorhead   | 24 |
| Donald Stark       | 25 |
| Mary Eubanks       | 28 |
| Ruth Walker        | 28 |
| Jayne Mathis       | 31 |
| Selma Mayer        | 31 |

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

| <i>date</i> | <i>day</i> | <i>activity</i>  | <i>time</i> | <i>location</i> |
|-------------|------------|--|-------------|-----------------|
| 12/1        | Thursday   | Cedars University<br><i>Great World Religions: Judaism</i> | 11:15am     | Ballroom        |
| 12/1        | Thursday   | Robert Griffin—Jazz Pianist                                | 4:30pm      | Dining Lobby    |
| 12/4        | Sunday     | Playmakers Repertory Company                               | 1:30pm      | Lobby           |
| 12/5        | Monday     | Hiding For Our Lives<br>with Esther Lederman               | 2pm         | Ballroom        |
| 12/5        | Monday     | Carrie Eckel—Cellist                                       | 5:30pm      | Dining Lobby    |
| 12/6        | Tuesday    | Southern Supreme Fruitcake Tour                            | 1:15pm      | Lobby           |
| 12/6        | Tuesday    | Duke Chorale Christmas Performance                         | 6pm         | Lobby           |
| 12/8        | Thursday   | Cedars University<br><i>Great World Religions: Judaism</i> | 11:15am     | Ballroom        |
| 12/8        | Thursday   | Pete Waggoner on Guitar                                    | 5pm         | Cardroom        |
| 12/9        | Friday     | <i>Rembrandt in America</i> at the NCMA                    | 11am        | Lobby           |
| 12/9        | Friday     | NCJRO—Holiday Jazz   | 7:30pm      | Lobby           |
| 12/10       | Saturday   | The Met Opera— <i>Faust</i>                                | 11:30am     | Lobby           |
| 12/12       | Monday     | Raleigh Flute Choir  | 7pm         | Ballroom        |
| 12/15       | Thursday   | Cedars University<br><i>Great World Religions: Judaism</i> | 11:15am     | Ballroom        |
| 12/15       | Thursday   | Popcorn and a Movie <i>Water for Elephants</i>             | 3pm         | Ballroom        |
| 12/15       | Thursday   | Carrie Eckel—Cellist                                       | 5:30pm      | Dining Lobby    |
| 12/17       | Saturday   | A New World Christmas Concert                              | 2:30pm      | Lobby           |
| 12/19       | Monday     | Dining Out! 411 West                                       | 5:30pm      | Lobby           |
| 12/21       | Wednesday  | Hanukkah   |             |                 |
| 12/21       | Wednesday  | Davis Bingham and Pat Beyle<br>Season Sing-Along           | 5pm         | Dining Lobby    |
| 12/22       | Thursday   | Cedars University<br><i>Great World Religions: Judaism</i> | 11:15am     | Ballroom        |
| 12/22       | Thursday   | Robert Griffin—Jazz Pianist                                | 4:30pm      | Dining Lobby    |
| 12/25       | Sunday     | Christmas  |             |                 |
| 12/29       | Thursday   | Cedars University<br><i>Great World Religions: Judaism</i> | 11:15am     | Ballroom        |
| 12/29       | Thursday   | Robert Griffin—Jazz Pianist                                | 4:30pm      | Dining Lobby    |
| 12/31       | Saturday   | New Year's Eve Dinner                                      |             |                 |
| 12/31       | Saturday   | <i>The Holiday</i> and Champagne Toast                     | 8:30pm      | Ballroom        |

**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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