

The Cedars Post

January 2012

Volume 9 Issue 1

Inside This Issue...

**A heartwarming
adventure 2**

Imax: Born to Be Wild 3D

Feast at Fearington..... 2

Dining Out! The Granary

**A new Woody Allen
movie..... 3**

Midnight in Paris

Who loves chocolate?..... 3

Valentine's Day Celebration

Crazy for quilting..... 4

Stitched

Try your artistic side..... 4

Art Classes with Anne Gregory

The Cedars Post is a monthly publication of The Cedars of Chapel Hill Club, Inc. • 100 Cedar Club Circle Chapel Hill NC 27517 • 919-259-7000

A Magical Evening

By Jean Wolff

Approaching the Duke Chapel in its Gothic majesty, framed against the darkening sky, Cedars Members entered the sanctuary to the strains of organ music. We had front row reserved seating again where the banking of red poinsettias and a large decorated Christmas tree enhanced the holiday atmosphere. Lights were lowered and all was quiet when the candlelight processional of 50+ chorale members walked in single file down the long nave, while a soloist sang the hauntingly beautiful "I Wonder as I Wander."



Lively Chorale conductor Rodney Wynkoop, in his Santa Claus cap, continued with a well rehearsed program of traditional and international Christmas music, some with piano accompaniment, some a capella and others with the organ, including the audience. Chorale members introduced each segment of music and also read the Biblical Christmas story as well as a picture book at the children's gathering.

During the "Offering of Food" (non-perishables for Urban Ministries of Durham), the audience sang carols: "What Child is This," "We Three Kings of Orient Are" and "In the Bleak Midwinter." It was a heart-warming touch to see the conductor greet audience members individually as they came forward with their food. Then Jolly Old Saint Nicholas arrived with his "Ho-Ho-Ho" and a basketful of bells to be distributed for the singing of "Jingle Bells." After singing Leroy Anderson's arrangement of "Sleigh Ride" with lovely piano passages and concluding the program with "We Wish You A Merry Christmas," the Duke Chorale provided a magical evening to the Advent of Christmas.

Above is a partial reprise of the concert four years ago. The December 6, 2011 concert was similar in many ways, affecting the same format. But it was modernized with the reading and singing of the currently popular "The Polar Express," and jazzed up to "Rockin' On Top of the World" as well as "We Wish You A Merry Christmas." It was a beautiful service, encompassing the holiday.

SIGN UP BY JANUARY 30!



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, deadline January 30. Cost: \$43 for ticket and transportation. Minimum 10 people. Maximum 27 people.

Beyond the Cedars

Imax Theater Trip, *Born to Be Wild 3D* and Lunch at the Irregardless Café

Friday, January 20, 10am Lobby

Born to be Wild 3D is an inspiring story of love, dedication and the remarkable bond between humans and animals. It is a heartwarming adventure transporting moviegoers into the lush rainforests of Borneo with world-renowned primatologist

Dr. Biruté Mary Galdikas, and across the rugged Kenyan savannah with celebrated elephant authority Dame Daphne Sheldrick, as they and their teams rescue, rehabilitate and return these incredible animals back to the wild. After the movie we will have lunch at the Irregardless Café in Raleigh. Sign up at the Concierge Desk beginning January 2, deadline January 17. Cost: \$38 for lunch, movie and transportation. 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, deadline January 16. Cost: \$30 for ticket and transportation. Minimum 10 people. Maximum 27 people.

Dining Out! The Ferrington Granary

Monday, January 23, 5pm Lobby



The Ferrington Granary, located in Pittsboro, is the perfect spot to enjoy fresh creative cuisine in a relaxed and inviting atmosphere. Executive Chef Colin Bedford's Contemporary American menus feature a delightful selection of salads, entrees, items from the grill and desserts. This vibrant restaurant provides views of the charming village shops, surrounding gardens, and the

rolling pastures filled with Belted Galloway Cows. A sample menu is available at the Concierge Desk. Sign up at the Concierge Desk beginning January 2, deadline January 20. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 10 people. Maximum 27 people.



Cedars Fitness

A New Year, A New You?

It's the time of the year when we begin resolving to live healthier lives during the coming year. Start by making your health and well-being a priority and change your life for the better. Here are some strategies to help you keep your focus and achieve your goals, well into the New Year and beyond.



- ✦ Have a strong initial commitment to make a change. Think of the positive impact the change will have on your life.
- ✦ Evaluate your resolutions to make sure they are reasonable. Smaller steps and shorter time spans will deliver faster results.
- ✦ Take the process of change one day at a time. Small successes can lead to long-term healthy habits.
- ✦ Keep track of your progress throughout the entire year. Weigh yourself, record your exercise progress in a training log, or keep a journal. The more monitoring you do, and the more feedback you get, the more you will achieve.
- ✦ Seek support. Get exercise and diet advice from a professional and ask friends and family for their encouragement. You can become a positive role model for them.
- ✦ Finally, if you lapse, think about how you can do better next time. Strengthen your plan for success. You do get to try again and make behavior changes throughout the year, not only at New Year's.

SOURCE: AARP



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: Hard

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

Puzzle by websudoku.com



Great Getaways

Southern Leisure Tours Presents

- ✦ Ft. Myers Beach, FL
JANUARY 16-20
- ✦ Valentine's at the Greenbrier Resort, White Sulphur Springs, WV
FEBRUARY 13-15
- ✦ Okefenokee and the Sea Islands of Georgia
FEBRUARY 23-27

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.

Welcome!

New Move Ins

- ✦ Eugene DiSabatino
316 Cedar Club Circle



CEDARS *Cinema*

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

Chicago

Tuesday, January 3 & Friday, January 6
Roxie Hart (Renée Zellweger) hungers for stardom but ends up in the slammer, where superstar Velma Kelly (Catherine Zeta-Jones) is doing time, in this Best Picture winner based on the Broadway musical. (2002) SUBTITLES NOT INCLUDED

The “opposites attract” formula works wonders in this flick, based on a Broadway play by Bill Manhoff. (1970) SUBTITLES NOT INCLUDED

Apollo 13

Wednesday, January 18 & Saturday, January 21
Technical troubles scuttle the Apollo 13 lunar mission in 1971, risking the lives of Jim Lovell (Tom Hanks) and his crew in this true-life story, which turns a failed journey into a thrilling saga of heroism. Drifting more than 200,000 miles from Earth, the astronauts work furiously to avert tragedy. (1995) SUBTITLES NOT INCLUDED

Soul Surfer

Wednesday, January 4 & Saturday, January 7
The real-life story of Bethany Hamilton, a Hawaiian teen who bravely returns to competitive surfing after losing her left arm in a shark attack. On the road to recovery, she relies on determination, faith and family, including her mom (Helen Hunt) and dad (Dennis Quaid). (2011)

Impromptu

Tuesday, January 24 & Friday, January 27
In this critically acclaimed drama set amid the romance of 19th-century Europe, feminist author George Sand falls for Polish composer Frédéric Chopin, but a number of obstacles stand in their way—including rivals, former lovers and duels. (1991)

Gene Kelly: Anatomy of a Dancer

Tuesday, January 10 & Friday, January 13
A look at the genius behind the Hollywood musicals “Singin’ in the Rain,” “On the Town” and “An American in Paris.” This video features clips of innovative performances and choreography (including rare footage of “Pal Joey”) and interviews with fellow movie stars and family. (2002)

3:10 to Yuma

Wednesday, January 25 & Saturday, January 28
In this remake of the 1957 classic, Dan Evans (Christian Bale) agrees to transport the captured outlaw Ben Wade (Russell Crowe) to the nearest town with a rail station, where they’ll catch a ride to court in Yuma. But all the while, Wade’s henchmen are plotting their next move. (2007)

Holiday

Wednesday, January 11 & Saturday, January 15
Engaged to wealthy Julia Seton (Doris Nolan), Johnny Case (Cary Grant) discovers that her family wants to remake him into the perfect son-in-law. But as he gets to know Julia’s sister (Katharine Hepburn), he realizes he has more in common with her. (1938) SUBTITLES NOT INCLUDED

Water for Elephants

Tuesday, January 31 & Friday, February 3
In this captivating Depression-era melodrama, veterinary student Jacob Jankowski joins a circus but faces a dilemma when he’s transfixed by married performer Marlena (Reese Witherspoon). An affinity for elephants brings together the young pair, but the warmth between them sends Marlena’s cruel husband into a frightening fury. (2011)

The Owl and the Pussycat

Tuesday, January 17 & Friday, January 20
Felix (George Segal) falls for a call girl (Barbra Streisand)—who happens to moonlight as a porn star.





Let's Celebrate

ROBERT GRIFFIN—JAZZ PIANIST January 5, 12, & 26, 4:30pm Dining Lobby

Tommy Edwards—Singer/Guitarist

Wednesday, January 18, 4-5pm Cardroom

Tommy Edwards has been performing professionally for over 35 years with an array of bluegrass greats. He 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 *Midnight in Paris*

Friday, January 27, 3pm Ballroom

In this bittersweet dramatic comedy, legendary director Woody Allen focuses his lens on a young engaged couple (Owen Wilson and Rachel McAdams) whose experiences traveling together in Paris make them begin to question the kind of life they want to live as a couple.

Valentine's Day Celebration

Tuesday, February 14, 1:30pm Ballroom

Celebrate Valentine's Day after lunch in our festively decorated Ballroom. Desserts will be provided and the film *Chocolat* will be shown on the big screen. (In a small French village a woman and her daughter open a chocolate shop that shakes up the rigid morality of the community. Starring Johnny Depp, Juliette Binoche and Judi Dench)



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:

St. Stephen's Concert

Sunday, January 8, 3:15pm Lobby

NC Symphony at UNC Memorial Hall

Thursday, January 12, 7:15pm Lobby

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

Chamber Orchestra

Sunday, January 15, 2pm Lobby

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

Imax Theater Trip, *Born to Be Wild 3D* and Lunch at the Irregardless Café

Friday, January 20, 10am Lobby

The Metropolitan Opera

Enchanted Island at Briar Creek Theater

Saturday, January 21, 11:30am Lobby

Dining Out! The Farrington Granary

Monday, January 23, 5pm Lobby

NC Symphony at UNC Memorial Hall

Thursday, January 26, 7:15pm Lobby

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

Memphis at DPAC

Sunday, January 29, 12pm Lobby





Kudos to...

- ✦ All Cedars Members who contributed to the Employee Appreciation Fund
- ✦ The Employee Appreciation Fund Committee for raising money: Art Lebo, Martha Oxenfeldt, Charlie Smith, Joan Bingham, Peg Hall, Ronnie Mann, Jane McPherson, Phil Purcell, Camilla Rushbrooke, and Mary Ann Van Kampen
- ✦ Pauline Myers for 5 years of hard work as Chair of the Activities Committee and Kani Hurow for taking it over
- ✦ Paul Hunter for his years on the board of the Activities Committee and his very popular Music Scene program
- ✦ Ina Evans and Pauline Myers for organizing the New Year's Eve festivities and other Members who helped decorate the tables
- ✦ Davis Bingham and Pat Beyle for leading our Holiday Sing-Along
- ✦ Bunny Shillito for organizing the Light-A-Luminary for the Ronald McDonald House of Chapel Hill
- ✦ The hard working organizers of the Scholarship Benefit: Shirley Block, Jean Wolff, Ina Evans, Bette Israel, Herb Lawton, Anne Boyer, Joyce Hoffman, Pauline Myers, Helen Wilson, Artists, Members of Knit and Stitch, Bakers, and at least 50 other Members who contributed to the success of our 7th Annual Scholarship Benefit
- ✦ All of the Members who supported the 7th Annual Scholarship Benefit

LEARNING OPPORTUNITIES



Southern Documentary Fund Screening of *Stitched*

Saturday, January 7, 4:30pm Ballroom

Southern Documentary will show a documentary film about a quilting contest, *Stitched*. *Stitched* follows three textile artists as they race to complete their entries for the nation's largest quilt show. At stake is a \$10,000 prize and instant fame in the quilting world. Each quilter has created controversy with their work including North Carolina resident Hollis Chatelain, who is known for painting her quilts. Chatelain will attend the screening.

Art Classes with Anne Gregory

Thursdays, January 12-February 16, 1pm 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. Sign up at the Concierge Desk. Cost: \$90 for six 2-hour classes paid to Anne Gregory. Contact Anne Gregory at 419-6201 with questions. Maximum 10 people.

From Iowa to Japan

with Member Don Stark

Monday, January 30, 2pm Ballroom

This teenage journey occurred in the 1940s, traveling a circuitous route from Iowa to Japan. The United States was recovering from a deep depression and not ready for war. Then came rationing and price controls. Women were asked to fill factory jobs. Men entered the military. While training to be a soldier, the question was, Europe or the Pacific? Answer: the Pacific. Were we ready? Our invasion plans were set but only a few knew the details. We had made assumptions about the Japanese response and their remaining supply of weapons of war. We didn't have the full story. What was the other detailed plan?

Armchair Travel with John Neter

Some Highlights of Argentina

Friday, February 10, 3pm Ballroom



The presentation begins with a visit to Buenos Aires, the capital of Argentina, and its environs. Then we turn north to see one of the world's great waterfalls, Iguazu Falls, actually 275 waterfalls that span a distance of almost two miles. In central Argentina, we visit an estancia in the Pampas region, and we conclude the presentation in Bariloche in southern Argentina in the beautiful lakes region of Patagonia.





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**
Nancy Lebo 259-7330

Line Dancing Tue 4 & 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 January our display cabinet will contain Jerry Adamson's collection of carvings from Knotts Island.



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.



ANNOUNCEMENTS

Balance Clinic with the Rehab Staff

Thursday, January 5, 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.

Meadowmont Senior Luncheon

Wednesday, January 18, 1pm

Come and get to know your Meadowmont senior neighbors while enjoying lunch at The Weathervane at University Mall. For more information and reservations contact Dick and Jacquie Chalfin at 240-4068.

Brunch Bunch Meet 'N Greet

Saturday, January 21, 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. Meadowmont community picks up the tab. Contact Bill Ferrell at 240-4682 with questions.

Get Involved

Accessing UNC Libraries

Saturdays, January 7 & 21, 11am Library

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

Beginners' Line Dancing

Tuesdays, 4-4:30pm, Ballroom

If you'd like to try something new and fun, or simply try it again, Beginners' Line Dancing will hold its first class on Tuesday, January 3, in the Ballroom from 4-4:30pm. It's great exercise for the mind and body and the camaraderie among the dancers is a "Real Upper." Learn the basic steps and enjoy dancing to such songs as "New York, New York," "Achy Breaky," a variety of electric slide songs and more. Then, you're very welcome to continue dancing with the regular class from 4:30-5:30pm. Whatever feels right for you! For further information, call Rose Michelson at 945-0888 or Ellie Ostrinsky at 259-7188.

The Cedars Readers

3rd Mondays, 3pm Classroom

☞ *Palace of Desire* by Naguib Mahfouz

Contact Lofi Hirschman at 259-7015 with questions.

Great Books Club

2nd Mondays, 3pm Classroom

☞ *The Playboy of the Western World* by John Millington Synge

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, January 2, 3:15pm Classroom

☞ *The Crucible* by Arthur Miller

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.

PORCH: People Offering Relief for Chapel Hill



PORCH delivers food to seven food pantries, located in community centers and churches in the community.

Ina Evans, Shirley Block and Pat Conley help out with food collection for PORCH.



Cedars University

Classics of American Literature

*Taught By Professor Arnold Weinstein, Ph.D.,
Harvard University, Brown University
Thursdays, January 12-May 17, 11:15am Ballroom*

This series on DVD has been crafted to explain why some works become classics while others do not, why some “immortal” works fade from our attention completely, and even why some contemporary works now being ignored or snubbed by critics may be considered immortal one day. Professor Weinstein explains that America’s classic works should be savored as part of our inner landscape: part of how we see both America and ourselves. He leads you through more than two centuries of the best writers America has yet produced, bringing out the beauty of their language, the excitement of their stories, and the value in what they say about life, power, love, adventure, and what it means, in every sense, to be American.

The Great Decisions Program

The lectures will be held at Carroll Hall on the UNC campus, departing the Cedars at 6:30pm. Sign up at the Concierge Desk. Cost: \$4 for transportation.

- ✦ February 7 *Promoting Democracy*
- ✦ February 21 *Cybersecurity*
- ✦ February 28 *Middle East Realignment*
- ✦ March 13 *State of the Oceans*
- ✦ March 20 *Indonesia*
- ✦ March 27 *Energy Geopolitics*
- ✦ April 3 *Exit from Iraq and Afghanistan*
- ✦ April 17 *Mexico*

Contact Ted Wolf at 967-5619 with questions.

Veterans Day Celebration



Mary and Arthur Clark, Harry Phillips, Al Moore and Don Stark celebrate Veteran's Day

More Kudos to...

- ✦ Fran Alguire for displaying her Madonna collection for the month of December
- ✦ Beverly Rutstein for her years of work for Library Workday
- ✦ Nancy Lebo for taking over Library Workday

January 2012

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

1/1 Sunday

New Year's Day

1/2 Monday

9am Library Workday **L**
9:45am Ping Pong **B**
10:30am Knit & Stitch **CR**
11:30am Aquatic Therapy **P**  
2pm Poker **CR**
3:15pm Play Reading Group **CL**

1/3 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**  
2pm Mah Jongg **CR**
2pm Meditation **CL**
4pm *Beginners' Line Dancing* **B**
4:30pm Line Dancing **B**
7:30pm Cedars Cinema **Channel 24**

1/4 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**
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**

1/5 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**
2pm *Balance Clinic with the Rehab Staff* **B**
4pm Scrabble **CR**
4:30pm *Robert Griffin—Jazz Pianist* **DL**

1/6 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 Party Bridge **CR**
2pm Intermediate Spanish **CL** 
5pm Happy Hour **Bar**
7:30pm Cedars Cinema **Channel 24**



1/7 Saturday

11am Accessing UNC Libraries **L**
4:30pm *Southern Documentary Fund Screening of Stitched* **B**

1/8 Sunday

3:15pm *St. Stephen's Concert* **LB** 

1/9 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**

1/10 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**  
2pm Mah Jongg **CR**
2pm Meditation **CL**
4pm *Beginners' Line Dancing* **B**

4:30pm Line Dancing **B**
7:30pm Cedars Cinema **Channel 24**

1/11 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**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**
1:30pm Golf Croquet **GL**
7:30pm Cedars Cinema **Channel 24**

1/12 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**
1pm *Art Classes with Anne Gregory* **S** 
4pm Scrabble **CR**
4:30pm *Robert Griffin—Jazz Pianist* **DL**
7:15pm *NC Symphony* **LB** 



1/13 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**  
2pm Intermediate Spanish **CL** 
5pm Happy Hour **Bar**
7:30pm Cedars Cinema **Channel 24**

1/15 Sunday

2pm *Chamber Orchestra* **LB** 

1/16 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**

1/17 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** 📖 ♣️
2pm Mah Jongg **CR**
2pm Meditation **CL**
4pm Beginners' Line Dancing **B**
4:30pm Line Dancing **B**
7:30pm Cedars Cinema **Channel 24**

1/18 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**
11:30am Aquatic Therapy **P** 📖 ♣️
12:45pm Duplicate Bridge **CR**
1:30pm Golf Croquet **GL**
4pm *Tommy Edwards on Guitar* **CR**
7:30pm Cedars Cinema **Channel 24**

1/19 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**
1pm *Art Classes with Anne Gregory* **S** 📖
4pm Scrabble **CR**

1/20 Friday

9:45am Ping Pong **B**
10am *Imax Theater Trip* **LB** 📖
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**

1/21 Saturday

11am Accessing UNC Libraries **L**
11:30am *Met Opera* **LB** 📖

1/23 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**
5pm *Dining Out! Fearrington Granary* **LB** 📖

1/24 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** 📖 ♣️
2pm Mah Jongg **CR**
2pm Meditation **CL**
4pm Beginners' Line Dancing **B**
4:30pm Line Dancing **B**
7:30pm Cedars Cinema **Channel 24**

1/25 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**
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**

1/26 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**
1pm *Art Classes with Anne Gregory* **S** 📖
2pm Members Meeting **B**
4pm Scrabble **CR**
4:30pm *Robert Griffin—Jazz Pianist* **DL**
7:15pm *NC Symphony* **LB** 📖

1/27 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** 📖
3pm *Popcorn and a Movie* **B**
5pm Happy Hour **Bar**
7:30pm Cedars Cinema **Channel 24**

1/29 Sunday

12pm *Memphis at DPAC* **LB** 📖

1/30 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 *From Iowa to Japan with Don Stark* **B**

1/31 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** 📖 ♣️
2pm Mah Jongg **CR**
2pm Meditation **CL**
4pm Beginners' Line Dancing **B**
4:30pm Line Dancing **B**
7:30pm Cedars Cinema **Channel 24**



♣️ **Pool closed weekdays
from 11:30 to 1:30
for Aquatic Therapy**



January Birthdays

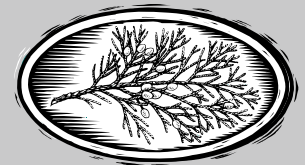
Joann McLauchlan	1
Jean Glover	1
Bonnie Simms	2
Betsy Terrell	8
Roberta Bender	8
Elizabeth Gross	9
Harry McPherson	9
Peter Jeffs	9
Hope Councill	11
Catherine Holland	11
Paul Green	14
Beverly Rutstein	17
Arthur DeBerry	18
Jewell Altemueller	19
Jeanne Michels	21
Elizabeth Ganz	21
Barbara Thomas	22
Florence Leslie	24
Mary Bird Ferguson	24
Alice Saunders	26
Elizabeth Crowe	26
Marvin Block	29
Bob Kreissman	29
Nellie Snook	30
Joyce Hoffman	31
Rosemarie Doerr	31
Maureen Byrnes	31

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

CALENDAR *at a Glance*

<i>date</i>	<i>day</i>	<i>activity</i>	<i>time</i>	<i>location</i>
1/1	Sunday	New Year's Day		
1/5	Thursday	Cedars University <i>Classics of American Literature</i>	11:15am	Ballroom
1/7	Saturday	Southern Documentary Fund Screening of <i>Stitched</i>	4:30pm	Ballroom
1/8	Sunday	St. Stephen's Concert	3:15pm	Lobby
1/12	Thursday	Cedars University <i>Classics of American Literature</i>	11:15am	Ballroom
1/12	Thursday	Art Classes with Anne Gregory	1pm	Art Studio
1/12	Thursday	NC Symphony at UNC Memorial Hall	7:15pm	Lobby
1/15	Sunday	Chamber Orchestra	2pm	Lobby
1/18	Wednesday	Tommy Edwards—Singer/Guitarist	4-5pm	Cardroom
1/19	Thursday	Cedars University <i>Classics of American Literature</i>	11:15am	Ballroom
1/19	Thursday	Art Classes with Anne Gregory	1pm	Art Studio
1/20	Friday	Imax Theater Trip: <i>Born to Be Wild 3D</i>	10am	Lobby
1/21	Saturday	The Met Opera— <i>Enchanted Island</i>	11:30am	Lobby
1/23	Monday	Dining Out! The Fearington Granary	5pm	Lobby
1/26	Thursday	Cedars University <i>Classics of American Literature</i>	11:15am	Ballroom
1/26	Thursday	Art Classes with Anne Gregory	1pm	Art Studio
1/26	Thursday	Members Meeting	2pm	Ballroom
1/26	Thursday	NC Symphony at UNC Memorial Hall	7:15pm	Lobby
1/27	Friday	Popcorn and a Movie <i>Midnight in Paris</i>	3pm	Ballroom
1/29	Sunday	<i>Memphis</i> at DPAC	12pm	Lobby
1/30	Monday	<i>From Iowa to Japan</i> with Member Don Stark	2pm	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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