

The Cedars Post

October 2011

Volume 8 Issue 10

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**MEMBERS MEETING
THURSDAY, OCTOBER 20
2PM IN THE BALLROOM**



Don't miss it!

**ROY ROGERS
EXTRAVAGANZA
HALLOWEEN PARTY**

Judge

Visionary

Activist

By Jean Wolff



When Stanley and Carolyn Ellis Peele moved to the Cedars in May 2009, they had already been life-long residents of Chapel Hill. Stanley attended the public schools. He was a sergeant with the 25th Infantry Division in combat in Korea in the early '50s. Returning home to Chapel Hill, he enrolled in UNC, where he was an undergraduate and then received a J.D. in law. Practicing law for several years, he was appointed district court judge and then chief district court judge in Orange and Chatham counties. During these years and beyond, Carolyn also attended UNC, became active with Meals on Wheels, volunteered at their son's school and worked in real estate for almost 30 years. She has kept the home fires burning brightly over their 56-year marriage and deserves major credit for raising their son, Walter.

Stanley's 45 years as a trial judge (longest of any judge in the state) has had a great impact, particularly on children. As a sitting judge, he saw first-hand the tremendous need to help young people, consequently spearheading the founding of Volunteers for Youth in 1984. He served on its board of directors for many years and it was and is today a thriving Big Brother and Big Sister program, setting the standard for other mentoring programs. A Big Brother to over 40 children, Stanley also helped develop Teen Court in Orange County. For 12 years he was a crisis counselor for Help Line as well as a UNC hospital volunteer, advocating improvement in one's life by combining traditional medicine with spiritual healing. Over the years, Stanley has written scores of articles and three books, including *A Simple Guide to Spiritual Healing*. Not to be overlooked is his passion for ping-pong, for which he's won many awards and which keeps him busy five or six times a week. In speaking with a friend who plays with him, she commented (with a big smile) that "he makes her feel ten feet tall," providing fun and encouragement.

Still an emergency judge, Stanley is also a columnist for *The Herald-Sun*, gives talks to churches and meetings, and facilitates spiritual gatherings. He "experiences the joy of visiting three nursing homes, walking in the woods and playing table tennis." In a rather recent article, he suggested that "there are three things we can do while we are on earth. We can help others, live in kindness and awaken fully. When we do these things, we are free."



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:

NC Symphony at UNC Memorial Hall

Sunday, October 2, 7:15pm Lobby
*season ticket holders who have reserved a seat on the bus

Ackland Art Museum

Carolina Collects: 150 Years of Modern and Contemporary Art
Tuesday, October 4, 3pm Lobby

Bluebird Hill Farm Tour

Tuesday, October 11, 10:30am Lobby

The Metropolitan Opera

Anna Bolena at Briar Creek Theater
Saturday, October 15, 11:30am Lobby

Chamber Orchestra

Sunday, October 16, 2pm Lobby
*season ticket holders who have reserved a seat on the bus

Dining Out! An

Tuesday, October 18, 4:45pm Lobby

Jordan Lake Eco Boat Tour

Wednesday, October 19, 1:30pm Lobby

Playmakers Repertory

Company

Sunday, October 20, 1:30pm Lobby
*season ticket holders who have reserved a seat on the bus

Carolina Ballet

Saturday, October 22, 1pm Lobby
*season ticket holders who have reserved a seat on the bus

Graham Day Trip

Tuesday, October 25, 11am Lobby

NC Symphony at UNC

Memorial Hall

Thursday, October 27, 7:15pm Lobby
*season ticket holders who have reserved a seat on the bus

The Metropolitan Opera

Don Giovanni at Briar Creek Theater
Saturday, October 29, 11:30am Lobby

Beyond the Cedars

Ackland Art Museum

Carolina Collects: 150 Years of Modern and Contemporary Art
Tuesday, October 4, 3pm Lobby

Following the *Carolina Collects: 150 Years of Modern and Contemporary Art* presentation on October 3rd in the Ballroom, we will take a trip to the Ackland Art Museum for a docent-led tour. Gathered from the private collections of more than 45 alumni of The University of North Carolina at Chapel Hill, *Carolina Collects: 150 Years of Modern and Contemporary Art* brings together nearly 90 hidden treasures by some of the most renowned artists of the modern era. Sign up at the Concierge Desk, deadline September 30. Cost: \$4 for transportation. The Ackland welcomes donations at their door. Minimum 10 people. Maximum 27 people.



Alexander Calder, *Untitled (Five White and Brass Spiral on Red and Black)*, circa 1960

Bluebird Hill Farm Tour

Tuesday, October 11, 10:30am Lobby

Bluebird Hill is a small farm in Chatham County where Norma Burns specializes in growing herbs, specialty vegetables, cut flowers, native plants, value-added farm crafts and food products. Norma will lead a tour of the farm where she will show you how to use herbs and explore ways to combine them with flowers in the landscape. Select your favorite herbs and bring them into the kitchen to prepare a light and savory lunch. Sign up at the Concierge Desk, deadline October 8. Cost: \$35 for tour, transportation and light meal. Minimum 8 people. 18 people maximum.

Dining Out! An

Tuesday, October 18, 4:45pm Lobby

An, located in Cary, showcases Chef Michael Chuong's signature "New World" cuisine, an elegant blend of Southeast Asian flavors and European influences. Chuong has artfully combined the elegance of a French four-star restaurant with the sensational flavors of a Southeast Asian market. A sample menu is available at the Concierge Desk. Sign up at the Concierge Desk beginning October 3, deadline October 15. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 10 people. Maximum 27 people.

Jordan Lake Eco Boat Tour

Wednesday, October 19, 1:30pm Lobby

Learn the story of Jordan Lake while cruising on a 24-foot pontoon boat: its wildlife ecology, history, environmental impact from humans, engineering aspects, and the vital role the lake plays in the Triangle. "Thoughtprovoking, well researched, entertaining presentation...." Snacks and drinks provided. Sign up at the Concierge Desk beginning October 3, deadline October 16. Cost: \$32 for tour, snacks and transportation. Reminder to bring sunscreen, a jacket, hat, and sunglasses. Maximum 10 people.





Beyond the Frame: Impressionism Revisited

sponsored by the Alamance County Arts Council

Tuesday, October 25, 11am Lobby

We'll start the day off with lunch at the Graham Soda Shop. Next we'll get a docent-led tour of *Beyond the Frame: Impressionism Revisited* exhibit. Seward Johnson's Impressionist-inspired sculptures arouse attention and interest due to the exacting unexpected three-dimensional interpretation of well known nineteenth-century masterpieces. This series marks a thematic departure from the American sculptor's well-known celebration of the person on the street; for now he brings—literally—an additional dimension to the Impressionist icons of art history, tapping into our memories of these familiar images and encouraging us to take a closer look. Sign up at the Concierge Desk beginning October 3, deadline October 22. Cost: \$25 for lunch, tour and transportation. The Alamance County Arts Council welcomes donations at their door. Minimum 10 people. Maximum 27 people.

Junior League Holiday Shopping Spree

at the Raleigh Convention Center

Friday, November 4, 11am Lobby

Get your holiday shopping done at the Junior League of Raleigh's Annual Shopping Spree which features more than 100 exhibitors from across the country selling their unique and fabulous wares. Food vendors will be there for you to purchase snacks, or lunch on your own. Sign up at the Concierge Desk, deadline November 1. Cost: \$22 for ticket and transportation. Bring money for shopping and lunch. Minimum 10 people. Maximum 27 people.

A Christmas Carol at Temple Theater and Lunch at Miss Lacy's Tea Room

Thursday, December 1, 11am Lobby

We'll start the day with lunch at Miss Lacy's Tea Room in Sanford. Next we'll go to Temple Theater to see Michael Hoagland's adaptation of *A Christmas Carol*. An original production created especially for Temple Theatre, *A Christmas Carol* features the traditional story of Scrooge, ghosts, and life-changing decisions. The production showcases traditional Christmas songs as well as new songs written exclusively for this original production. Sign up at the Concierge Desk beginning October 3, deadline October 29. Cost: \$45 for lunch, ticket and transportation. Minimum 10 people. Maximum 27 people.

North Carolina Museum of Art

Rembrandt in America

Friday, December 9, 11am Lobby

We'll start the day off with a chicken salad lunch at the Iris restaurant in the museum. After lunch, we will have a docent-led tour of *Rembrandt in America*. It is the largest collection of Rembrandt paintings ever presented in an American exhibition and the first major exhibition to explore in depth the collecting history of Rembrandt paintings in America. The NCMA is the only East Coast venue for this exceptional show that features works of art from across the United States, including some of the finest paintings residing in American collections. Sign up at the Concierge Desk beginning October 3, deadline December 3. Indicate on the sign up sheet if you are a museum member. Cost: \$48 for lunch, tour and transportation (cost will be reduced for NCMA members). Minimum 10 people. Maximum 27 people.



The Metropolitan Opera

Faust at Briar Creek Theater

Saturday, December 10, 11:30am

Lobby

With Jonas Kaufmann in the title role, René Pape as the devil, and Marina Poplavskaya as Marguerite, Gounod's classic retelling of the Faust legend couldn't be better served. Tony Award-winning director Des McAnuff updates the story to the first half of the 20th century with a production that won praise in London last season. Sign up at the Concierge Desk beginning October 3, deadline December 5. Cost: \$30 for ticket and transportation. Minimum 10 people. Maximum 27 people.



Memphis

at Durham Performing Arts Center
Sunday, January 29, 2012, 12pm Lobby

From the underground dance clubs of 1950s Memphis, Tennessee, comes a hot new Broadway musical that bursts off the stage with explosive dancing, irresistible songs and a thrilling tale of fame and forbidden love. Winner of four 2010 Tony® Awards including Best Musical, get ready to experience Broadway's most exciting new destination. Sign up at the Concierge Desk, deadline October 21. Cost: \$70 for ticket and transportation. Minimum 12 people. Maximum 27 people.



A Message

from Joan Welch
Director of Programs

Halloween is always a special time filled with fun and surprise. This year's celebration is intended to bring joy and laughter to all of you in our Ballroom by taking the opportunity to celebrate Roy Rogers' 100th birthday on October 31, 2011. We'll reminisce about the good ol' days of "real" TV filled with wholesome content where the good guys always won.

Help us add to the nostalgia and get into the spirit by donning a costume or any "western" items, like jeans or a plaid shirt, or as extravagant as your saloon girl or sheriff's costume that you've hidden from us all these years. Please bring your family and friends. I look forward to seeing you there. Happy trails to you!

Warm regards, Joan

Kudos to...

- ✦ Ina Evans for displaying her collection of demitasse cups for the Member display case in September
- ✦ Anne Haislip for all the hard work she's put into Party Bridge
- ✦ Elizabeth Little and Lofi Hirschman for taking over Party Bridge
- ✦ Don Zehl for his informative lecture on Aging Eyes
- ✦ Prue Mulrine for playing the harp in September during dinner hour
- ✦ John Neter for sharing slides of his cruise from the Chilean Fjords to Tierra del Fuego

Let's Celebrate

ROBERT GRIFFIN—JAZZ PIANIST October 12, 20 & 27, 4:30pm Dining Lobby

Will Ballard—Pianist

Thursday, October 13, 2pm Ballroom

Let's celebrate the cooler weather and lovely fall colors with an autumn themed program to include "Autumn Leaves" and other fall favorites such as "September in the Rain," "Shine on Harvest Moon," and "Tie A Yellow Ribbon."

Popcorn and a Movie: *The Conspirator*

Friday, October 28, 3pm, Ballroom

Robert Redford directs this gripping historical drama that follows the efforts of young lawyer Frederick Aiken (James McAvoy) as he defends Mary Surratt (Robin Wright Penn), a Confederate sympathizer accused of conspiring to assassinate Abraham Lincoln. Realizing that Surratt may in fact be innocent, Aiken defies public opinion and risks everything to get her acquitted. The stellar cast also includes Tom Wilkinson, Kevin Kline and Alexis Bledel.

ROY ROGERS EXTRAVAGANZA HALLOWEEN PARTY

Monday, October 31, 3:30pm Ballroom

Yippee I-O-Ki-Yay! Not only is October 31, 2011 Halloween, it's also the 100th Birthday Celebration of Roy Rogers. So, saddle up for a nostalgic look at the life of a beloved Hollywood icon and dig out your gunslinger, cowgirl, gambler, or saloon keeper costumes to attend our Roy Rogers, Dale Evans, Gabby Hayes and Trigger Tribute Halloween Party in the Ballroom. Start with lunch in the Dining Room where a special chuck-wagon lunch will be served. Then move down to the Ballroom to watch Roy Rogers on the big screen, as well as play games and win prizes. We'll have some cowboy hats, sheriff's badges, spurs or bandanas for anyone who doesn't have a costume, but wants to get into the spirit. Enjoy the party and then drift off lazily into the sunset...

Veterans Day Concert *with A Touch of Brass*

Friday, November 11, 4pm Ballroom

A Touch of Brass, five brass players augmented by a percussionist, will offer a program of patriotic and popular selections in honor of Veteran's Day. In addition to such well-known favorites as "America the Beautiful," a medley of service songs, and "God Bless the USA," the program will include music that was popular around the time of WWII and earlier, and some traditional American music forms such as marches, spirituals and swing. You will have opportunities to join in and sing along if you wish!

Tommy Edwards—Singer/Guitarist

Monday, November 14, 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.





LEARNING OPPORTUNITIES

An Artist in the Art Museum

with *Amanda Hughes*
Monday, October 3, 2pm Ballroom

The exhibition of *Carolina Collects: 150 Years of Modern and Contemporary Art* on view at the Ackland Art Museum this fall (we will take a trip to this exhibit on October 4) creates a rare opportunity to consider modern and contemporary art from many perspectives. In this talk, Amanda Hughes explores the exhibition from her perspective as an art-maker. Ms. Hughes is the Director of External Affairs at the Ackland Art Museum. When she is not at the Museum, she's at work in her studio at home. She is a watercolor artist with works in private collections across the US and the author of *A Place for Meaning: Art, Faith, and Museum Culture*.

The Cedars Broadway Series Presents *Kiss Me Kate!*

Friday, October 14, 2pm Ballroom

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*. There are hit songs galore including "So in Love," "Too Darn Hot," "Why Can't You Behave," superbly performed by the Broadway cast. For more information call Joyce Hoffman at 259-7005.



Globalism and Localism

with *Dr. James Peacock*
Monday, November 7, 2pm Ballroom

Dr. James Peacock is a Kenan Professor of Anthropology at the University of North Carolina at Chapel Hill. Dr. Peacock has authored or edited more than fifteen books, including the widely taught overview *The Anthropological Lens*. His articles, papers, reviews, commentaries, and other writings number in the hundreds. Dr. Peacock will discuss the impact of global forces on our experiences and lives.



Cedars University

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, October 6—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, will enhance your ability to be better informed about common medical myths, and will 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.

James A. Hutchins Lectures
Dreaming of Dixie: How the South Was Created in American Popular Culture

Tuesday, October 6, 3:30pm Lobby

Under Siege, Under Siege: The Odyssey of Bay St. Louis and Katrina

Tuesday, December 1, 3:30pm Lobby

Sign up at the Concierge Desk beginning October 3, deadline 2 days prior to each lecture. Cost: \$4 for transportation.

ANNOUNCEMENTS

Great Getaways

SOUTHERN LEISURE TOURS PRESENTS


- ❖ Colonial NC: Edenton, Bath and New Bern
OCTOBER 12-14
- ❖ October Fall Foliage Day Trips: The Peaks of Otter and Jefferson's "Poplar Forest"
OCTOBER 17
- ❖ Ashe County, NC and Lunch at Shatley Springs
OCTOBER 25
- ❖ Shenandoah Valley Fall Foliage Tour
OCTOBER 18-21
- ❖ Round Trip Train Excursion to Roanoke, Va
OCTOBER 28-29
- ❖ Autumn on the Eastern Shore: The Robert Morris Inn, Oxford, MD
NOVEMBER 1-4
- ❖ Washington, DC: Featuring the State Department Diplomatic Reception Rooms
NOVEMBER 9-12

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.



October 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

10/1 Saturday

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


10/2 Sunday

7:15pm *NC Symphony* **LB** 

10/3 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**
2pm Poker **CR**
2pm An Artist in the Art Museum **B**
3:15pm Play Reading Group **CL**

10/4 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**
3pm Ackland Art Museum **LB** 
4:30pm Line Dancing **B**
7:30pm Cedars Cinema **Channel 24**

10/5 Wednesday

8:45am Water Exercise **P**
9am Golf Croquet **GL**
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**
4:30pm Zumba **B**
7:30pm Cedars Cinema **Channel 24**

10/6 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 Fireside Chat **CR**
2pm Rehab Wellness Event **B**
3pm Scrabble **CR**
4:30pm Robert Griffin—Jazz Pianist **DL**


10/7 Friday

Yom Kippur begins at sundown
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**

10/8 Saturday

9am Bocce **GL**

10/10 Monday

Columbus Day
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**

10/11 Tuesday

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

 10:30am *Bluebird Hill Farm Tour* **LB** 

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**





10/12 Wednesday

8:45am Water Exercise **P**
9am Golf Croquet **GL**
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**
4:30pm Zumba **B**
4:30pm Robert Griffin—Jazz Pianist **DL**
7:30pm Cedars Cinema **Channel 24**

10/13 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 Will Ballard—Pianist **B**
3pm Scrabble **CR**

10/14 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** 
1:30pm Bridge Lessons **CR** 
2pm Cedars Broadway Series—Kiss Me Kate! **B**
2pm Intermediate Spanish **CL** 
5pm Happy Hour **Bar**
7:30pm Cedars Cinema **Channel 24**


10/15 Saturday

9am Bocce **GL**
11am Accessing UNC Libraries **L**
11:30am *The Met Opera* **LB** 



10/16 Sunday

2pm Chamber Orchestra **LB** 



10/17 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**
3pm Classical Concert Series (for subscribers) **B**

10/18 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**
4:45pm Dining Out! An **LB** 
7:30pm Cedars Cinema **Channel 24**

10/19 Wednesday

8:45am Water Exercise **P**
9am Golf Croquet **GL**
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 Jordan Lake Eco Tour **LB** 
4:30pm Zumba **B**
7:30pm Cedars Cinema **Channel 24**


10/20 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 Members Meeting **B**

3pm Scrabble **CR**

4:30pm Robert Griffin—Jazz Pianist **DL**

10/21 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**
1pm Beginners Spanish **CL** 
2pm Intermediate Spanish **CL** 
5pm Happy Hour **Bar**
7:30pm Cedars Cinema **Channel 24**

10/22 Saturday

9am Bocce **GL**
1pm Carolina Ballet **LB** 


10/24 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**

10/25 Tuesday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
11am Ping Pong **B**
11am Alamance County Arts Council
Day Trip **LB** 
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**





10/26 Wednesday

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

10/27 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 Scrabble **CR**
4:30pm Robert Griffin—Jazz Pianist **DL**
7:15pm NC Symphony **LB** 

10/28 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** 
1:30pm Bridge Lessons **CR** 
2pm Intermediate Spanish **CL** 
3pm Popcorn and a Movie: *The Conspirator* **B**
5pm Happy Hour **Bar**
7:30pm Cedars Cinema **Channel 24**


10/29 Saturday

9am Bocce **GL**
11am Accessing UNC Libraries **L**
11:30am *The Met Opera* **LB** 

10/30 Sunday

1:30pm Playmakers Rep.
Company **LB** 

10/31 Monday

Halloween
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**
3:30pm Halloween Party **B**



ANNOUNCEMENTS

2011-2012

CLASSICAL CONCERT SERIES



Our exciting new concert season will continue at 3pm on Monday, October 17th featuring the critically acclaimed Borromeo String Quartet. Considered by the Boston Globe to be "simply the best there is," the Borromeo is one of the most sought after string quartets in the world. They perform over 100 concerts of classical and contemporary literature across three continents each season. The Chicago Tribune calls the Borromeo "a remarkably accomplished string quartet, not simply for its high technical polish and refined tone, but more importantly for the searching musical insights it brings." We are fortunate to have them performing for us here in the Cedars Ballroom.

The concert will be one of three performances this season to be held at 3pm, Monday afternoon. The other three concerts in the series will be held on Sundays at 4pm. Subscribers should remember to mark your calendars and watch for announcements on each concert. Call Don Rorke at 259-7789 with questions.

Get Involved

Accessing UNC Libraries

Saturdays, September 3 & 17, 11am Library

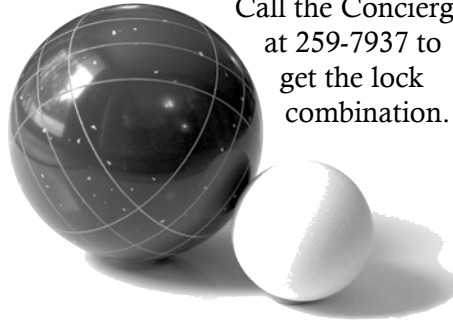
Want to borrow books from UNC Libraries? Contact Lynne Morris with questions at 967-4885.

BOCCE

Saturdays, 9am Great Lawn

Organized bocce will be discontinued for the season after play on Saturday, October 29. Please feel free to play on your own. All bocce equipment is stored in a locked wood box next to the croquet court.

Call the Concierge at 259-7937 to get the lock combination.



Bocce is tentatively scheduled to resume on April 7. Watch for more information in the spring newsletter.

The Cedars Readers

3rd Mondays, 3pm Classroom

Midnight in the Garden of Good and Evil by John Berendt

Contact Lofi Hirschman at 259-7015 with questions.

Great Books Club

2nd Mondays, 3pm Classroom

Planning and Democracy by Friedrich Hayek

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, October 3, 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

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.



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.



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

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

Bridge Lessons 2nd, 4th & 5th Fri
1:30pm **CR**
Jim Cunningham 452-9248

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 942-7791

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**
Elizabeth Little 259-7475

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



Exhibits

During the month of October our display cabinet will contain Marguerite Hutchins' collection of colorful Chinese soup spoons from the 1940s.



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 • • • • •

The Gin Game

Tuesday, 10/4 & Friday, 10/7

Reunited for the first time in decades in this adaptation of the hit Broadway play, TV sitcom legends Mary Tyler Moore and Dick Van Dyke play a couple who meet in a retirement home. A series of gin card games expose their feelings for each other with hilarious and sometimes poignant results. (2003)

The Ghost Writer

Wednesday, 10/5 & Saturday, 10/8

A writer (Ewan McGregor) stumbles upon a long-hidden secret when he agrees to help former British Prime Minister Adam Lang (Pierce Brosnan) complete his memoirs on a remote island after the politician's assistant drowns in a mysterious accident. (2010)

Good Will Hunting

Tuesday, 10/11 & Friday, 10/14

Will Hunting (Matt Damon) spends his days as a janitor at MIT, but the aimless young man is also a mathematical genius. So when his talents are discovered, a therapist (Robin Williams) helps Will confront the demons that have been holding him back. (1997)

Mrs. Doubtfire

Wednesday, 10/12 & Saturday, 10/15

Loving but irresponsible dad Daniel Hillard (Robin Williams), estranged from his exasperated spouse (Sally Field), is crushed by a court order allowing only weekly visits with his kids. When Daniel learns his ex needs a housekeeper, he gets the job disguised as an English nanny. (1993)

True Grit

Tuesday, 10/18 & Friday, 10/22

After drifter Tom Chaney murders the father of 14-year-old Mattie Ross,

she hires alcoholic U.S. Marshal Reuben Cogburn (Jeff Bridges) to help her exact revenge. The disreputable lawman still has grit, though, and mounts an epic search. This Western received multiple Oscar nods, including Best Picture. (2010)

Mao's Last Dancer

Wednesday, 10/19 & Saturday, 10/23

A delegation from Madame Mao's Beijing Dance Academy selects 11-year-old peasant villager Li Cunxin to study ballet in far-off Beijing, where he trains for seven grueling years to become one of China's greatest dancers. His efforts win him the opportunity to dance in America, opening his eyes to a new love and the possibility of a dramatic defection from China in this remarkable true story based on Cunxin's autobiography. (2010)

Father of the Bride

Tuesday, 10/25 & Friday, 10/28

Steve Martin turns in a winning performance as George Banks, the befuddled father who has a hard time letting go of his daughter when she unexpectedly announces her plans to wed. Diane Keaton co-stars as George's level-headed wife, Nina, and Martin Short steals his scenes as an off-the-wall wedding consultant. (1991)

Cool Hand Luke

Wednesday, 10/26 & Saturday, 10/29

Luke Jackson (Paul Newman) is a man who likes to do things his own way, which leads to a world of hurt when he ends up in a Southern prison camp and on the wrong side of its warden. The cast also includes a young Dennis Hopper, Harry Dean Stanton and Joe Don Baker. (1967)

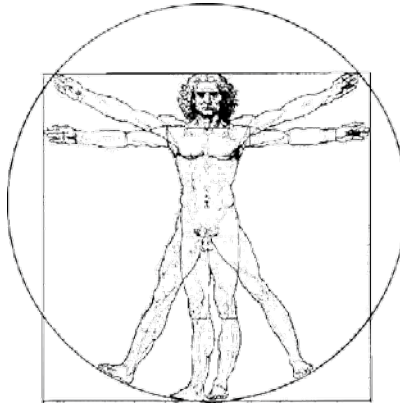


Cedars Fitness

Balance Classes

Wednesdays, 11am and 11:30am Ballroom

Each year, thousands of hospitalizations and deaths are caused by a decline in the complex human skill known as balance. Yet, unlike many effects of aging, balance can be improved. Studies reveal that *strength and balance training can reduce the rate of falls by up to about 50 percent.*



Are you ready to improve your balance?

Join a balance class right here at the Cedars! A variety of exercises and stretches are performed to improve muscular strength, aid balance and improve flexibility. Proper technique and posture are emphasized and regular participation will help you to become stronger, more limber and more stable.

Balance Challenge at 11am is for more experienced participants. Most exercises are performed while standing with chairs and while moving. Stability balls are used to add challenge to the workouts.

Balance Basics at 11:30am is designed for those who are new to balance training and/or less steady on their feet. Many exercises are performed while sitting in a chair and modifications are offered to help meet each individual's needs.

There is no sign up or charge for these classes.

Not sure which class to attend? Let the DuBose Rehab Department help you decide with a FREE balance screening. The first screening is scheduled for October 20, from 2pm until 3pm. Call Rehab at 259-7907 to set up your screen time.



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: Easy

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

Puzzle by websudoku.com



ANNOUNCEMENTS

Wellness Event with the Rehab Staff

Thursday, October 6, 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, October 15, 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, October 19, 1pm

Come and get to know your Meadowmont senior neighbors while enjoying lunch at Firebirds Rocky Mt. Grill at Southpoint Mall in Durham. For more information and reservations contact Catherine Speight at 932-7439.



CALENDAR at a Glance

October Birthdays

Phil Purcell	2
Mary Schochet	3
Martha Jones	5
Camilla Rushbrooke	5
George Kahdy	6
William Easterling	8
Zora Rashkis	8
Ray Strong	8
Constance Eby	8
Pat Conley	10
Robert Gross	10
Robert Moorhead	10
Shirley Siegel	10
Joyce Sprouse	11
Eileen Stendig	12
Kathleen Smith	14
Corinne Marshall	15
Jeanne W. McCullough	15
Evelyn Grisham	15
Shirley Little	16
Jean Wolff	19
Prue Mulrine	22
Edith Kelly	23
Phyllis Hunter	23
James Smith	23
Barbara White	25
Ruth Witte	26
Ellyn Easterling	27
Art Lebo	27
James Patton	27
Hugh Boyer	27
Alexander Nagle	28
Don Fang	28
Lynn Bender	28
William McLendon	29
Lynda Nolta	29
Rose Eder	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>
10/2	Sunday	NC Symphony at UNC Memorial Hall	7:15pm	Lobby
10/3	Monday	An Artist in the Art Museum	2pm	Ballroom
10/4	Tuesday	Ackland Art Museum—Carolina Collects	3pm	Lobby
10/6	Thursday	Cedars University <i>Medical Myths, Lies and Half-Truths</i>	11:15am	Ballroom
10/7	Friday	Yom Kippur begins at sunset		
10/10	Monday	Columbus Day		
10/11	Tuesday	Bluebird Hill Farm Tour	10:30am	Lobby
10/12	Wednesday	Robert Griffin—Jazz Pianist	4:30pm	Dining Lobby
10/13	Thursday	Cedars University <i>Medical Myths, Lies and Half-Truths</i>	11:15am	Ballroom
10/13	Thursday	Will Ballard—Pianist	2pm	Ballroom
10/14	Friday	Cedars Broadway Series: <i>Kiss Me Kate!</i>	2pm	Ballroom
10/15	Saturday	The Met Opera <i>Anna Bolena</i>	11:30am	Lobby
10/16	Sunday	Chamber Orchestra	2pm	Lobby
10/18	Tuesday	Dining Out! An	4:45pm	Lobby
10/19	Wednesday	Jordan Lake Eco Boat Tour	1:30pm	Lobby
10/20	Thursday	Cedars University <i>Medical Myths, Lies and Half-Truths</i>	11:15am	Ballroom
10/20	Thursday	Members Meeting	2pm	Ballroom
10/20	Thursday	Robert Griffin—Jazz Pianist	4:30pm	Dining Lobby
10/22	Saturday	Carolina Ballet	1pm	Lobby
10/25	Tuesday	Alamance County Arts Council Day Trip	11am	Lobby
10/27	Thursday	Robert Griffin—Jazz Pianist	4:30pm	Dining Lobby
10/27	Thursday	NC Symphony at UNC Memorial Hall	7:15pm	Lobby
10/28	Thursday	Cedars University <i>Medical Myths, Lies and Half-Truths</i>	11:15am	Ballroom
10/28	Thursday	Popcorn and a Movie: <i>The Conspirator</i>	3pm	Ballroom
10/29	Saturday	The Met Opera <i>Don Giovanni</i>	11:30am	Lobby
10/30	Sunday	Playmakers Repertory Company	1:30pm	Lobby
10/31	Monday	Halloween		
10/31	Monday	Roy Rogers Halloween Party	3:30pm	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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Editor..... Laura Waggoner 259-7944

Co-Editor..... Joan Welch 537-0128

Proofreader..... Sherman Jubelirer

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