



The Cedars Post

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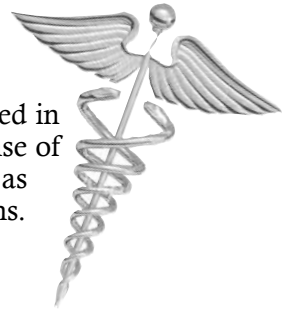
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Medical Mentors

by Kathy Soule



It is safe to say that every Member of The Cedars is interested in how well geriatric medical care treats them—both in the sense of treating medical conditions and in the sense of seeing them as people who are more than the sum of their medical problems. Some Members have been given the chance to mentor two incoming students at UNC’s School of Medicine.

The mentoring program includes a luncheon where medical students can meet their mentors; two or three visits to the mentor’s home with both a structured part (history questions and simple medical tests such as blood pressure) and unstructured exchange of ideas; and if possible, accompanying the mentor during a visit to his/her doctor. I was able to interview some of the Cedars mentors and some of the medical students.

One medical student pointed out that the only elderly people most students know well are their grandparents. Additionally when they see elders as a clinic outpatient it is the patient’s problems that they consider—there is no time to go beyond that. But in the mentoring program students learn that many older people, even when suffering from incurable problems, lead full lives with friends, interests, and hobbies. Illness factors into their lives, but does not define them.

It brings home that medical goals can change depending on the time of life—perhaps figuring out how to control and live with a medical problem rather than using drastic measures in hopes of curing it. But, as in younger patients, there is still emphasis on healthy behavior such as stopping smoking, exercising, and activities with friends.

Comments from Cedars mentors, many with medical backgrounds themselves, give some specifics. John Spitznagel, who sketches, plays the flute, and participates in a number of Cedars activities has shown the medical students have seen how full a life 80- or 90-year-old people can have, even with some medical problems. John also pointed out that when dealing with dementia or other life-altering medical issues it is often not a single patient but a couple (one quite sick, the other relatively healthy and giving care) who should be considered. Dr. Spitznagel also emphasized to the students the importance of taking a patient’s history and using tools such as the stethoscope to form a tentative diagnosis, then using sophisticated tests such as MRIs to confirm or disprove that diagnosis, rather than immediately ordering a battery of tests.

Frances Alguire feels the program is valuable because it informs the students about what seniors expect from a physician. Priscilla Winn showed her mentees Cedars facilities such as the exercise room, pool, grounds, and the DuBose clinics—to demonstrate how more active seniors live. She also pointed out that a senior’s life is affected by who they share their home with.

The mentors I interviewed felt their time was well spent, and some have participated in the program for multiple years. One feels the program ends too abruptly and would be better if it included feedback to the mentor.

Mentors come from retirement communities and from individual patients, recommended by their doctors. Many Cedars Members have been mentors, willingly donating their time. They know that the student they mentor today could well be the doctor who treats them in a few years.

MAKE IT TO THE BUS ON TIME

Please call Laura Waggoner at 919-259-7944 on regular business days if you have signed up but are unable to attend these events:

The Metropolitan Opera *Madama Butterfly*

at Silverspot Cinema
Saturday, April 2, 12:15pm Lobby

PlayMakers Repertory Company

Sunday, April 3, 1:30pm Lobby

UNC Clef Hangers Concert

at UNC Memorial Hall
Friday, April 8, 7:15pm Lobby

Tour of the Bayer North American Bee Center

Tuesday, April 12, 1:15pm Lobby

Great Decisions Lecture at UNC

Tuesday, April 12, 6:30pm Lobby

NC Symphony

at UNC Memorial Hall
Thursday, April 14, 6:45pm Lobby

Pinafore

at Carolina Theater
Friday, April 15, 7:15pm Lobby

Carolina Ballet

Saturday, April 16, 1pm Lobby

Dining Out! Nana's

Tuesday, April 19, 4:45pm Lobby

La Verità—Compagnia Finzi Pasca

at UNC Memorial Hall
Wednesday, April 27, 6:45pm Lobby

The Metropolitan Opera *Elektra*

at Silverspot Cinema
Saturday, April 30, 12:15pm Lobby

Beyond the Cedars

UNC Clef Hangers Spring Concert

at UNC Memorial Hall
Friday, April 8, 7:15pm Lobby

Don't miss Carolina's oldest A Cappella Group, the UNC Clef Hangers. Sign up at the Concierge Desk, deadline April 4. Cost: \$20. Minimum 8 people. Maximum 20 people.

Tour of the Bayer North American Bee Center

Tuesday, April 12, 1:15pm Lobby

The North American Bee Center, located on the Research Triangle Park campus, brings together significant technological, scientific and academic resources to support product stewardship, sustainable agriculture and comprehensive solutions for honey bee health. The \$2.4 million, 6,000-square-foot, state-of-the-art facility



houses: a full laboratory with a teaching and research apiary; honey extraction and workshop space; interactive learning center and more. Our tour will include introduction to bee biology, current status of bee health, Bayer's involvement and research, why bees are so critical to our food supply, honey tasting, and a live demo from our bee hive. Sign up at the Concierge Desk, deadline April 7. **Closed-toe shoes are required on site, and all visitors who have a known allergy to honey bees should note this on the sign up sheet.** Cost: \$7 for transportation. Minimum 6 people. Maximum 27 people.

Dining Out! Nana's

Tuesday, April 19, 4:45pm Lobby

Nana's, located in Durham, has a well-known combination of worldclass cuisine, a wine list that has won the "Award of Excellence" from Wine Spectator Magazine, and friendly, attentive service that makes for an unforgettable dining experience. A sample menu is available at the Concierge Desk. Sign up at the Concierge Desk beginning April 1, deadline April 17. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 6 people. Maximum 16 people.

The Metropolitan Opera—*Elektra*

at Silverspot Cinema
Saturday, April 30, 12:15pm Lobby

The genius director Patrice Chéreau (*From the House of the Dead*) didn't live to see his great *Elektra* production, previously presented in Aix and Milan, make it to the stage of the Met. But his overpowering vision lives on with soprano Nina Stemme—unmatched today in the heroic female roles of Strauss and Wagner—who portrays Elektra's primal quest for vengeance for the murder of her father, Agamemnon. Legendary mezzo-soprano Waltraud Meier is



chilling as Elektra's fearsome mother, Klytämnestra. Soprano Adrienne Piczonka and bass-baritone Eric Owens are Elektra's troubled siblings. Chéreau's musical collaborator Esa-Pekka Salonen conducts Strauss's mighty take on Greek myth. Sign up at the Concierge Desk beginning April 1, deadline April 25. Cost: \$27 for ticket and transportation. Maximum 15 people.

Exercise Eases Symptoms of Depression and Anxiety

When you have anxiety or depression, exercise seems like the last thing you want to do. But once you get motivated, exercise can make a big difference. Research shows that the psychological and physical benefits of exercise can help reduce anxiety and improve mood. Exercise may also help keep anxiety and depression from coming back once you're feeling better.

Regular exercise probably helps ease depression in a number of ways, which may include:

- ❖ Releasing feel-good brain chemicals that may ease depression (neurotransmitters, endorphins and endocannabinoids)
- ❖ Reducing immune system chemicals that can worsen depression
- ❖ Increasing body temperature, which may have calming effects

Regular exercise has many psychological and emotional benefits, too. It can help you:

- ❖ Gain confidence. Making exercise goals or challenges, even small ones, can boost your self-confidence.
- ❖ Take your mind off worries. Exercise is a distraction that can get you away from the cycle of negative thoughts that feed anxiety and depression.
- ❖ Get more social interaction. Exercise may give you the chance to meet or socialize with others. Just exchanging a friendly smile or greeting as you walk around your neighborhood can help your mood.
- ❖ Cope in a healthy way. Doing something positive to manage anxiety or depression is a healthy coping strategy. Trying to feel better by drinking alcohol, dwelling on how badly you feel, or hoping anxiety or depression will go away on its own can lead to worsening symptoms.

Certainly swimming, biking, lifting weights, low impact aerobics and other fitness activities that get your heart pumping can help. But so can physical activity such as gardening, walking around the block or engaging in other less intense activities. Any physical activity that gets you off the couch and moving can help improve your mood.

—Source: Mayo Clinic Staff

**Moving
is the best
medicine**

Great Getaways

Southern Leisure Tours Presents

- ❖ Dogwood Festival and Museum of Appalachia, Knoxville, TN
April 20-22
- ❖ *Smoke on the Mountain: Homecoming*, Temple Theater, Sanford, NC
April 28
- ❖ The Highlands of Scotland featuring the Royal Edinburgh Military Tattoo at Edinburgh Castle
August 2-10

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.



Season Tickets Renewal

Assistance from the North Carolina Symphony staff for your ticketing needs has been rescheduled to Wednesday, April 20, 10–11:30am, in the Cedars Cardroom. Renewing your tickets at this time will waive processing fees.

April Birthdays

Jeane Suddarth	1
John Toscano	2
Sheppard Zinovoy	2
Dorothy Neter	3
Jacqueline Salmon	5
Thelma Baker	6
Patricia Kosiba	7
Martha Gentry	8
Arnold Burk	8
Joy Metelits	8
Marion Waters	9
Rollie Tillman	11
John Spitznagel	11
Nancy Boger	12
Stephen Metelits	12
Karen Cooper	13
Jean Nuzum	14
Clara Zinovoy	14
Susan Zehl	15
Barbara Loda	15
Michael Smith	16
Davis B. Bingham	18
Premila Rao	20
Amalia Somjen	20
James Allen	22
Gisela Cox	26
Chester Douglass	26
Nancy Chaikin	27
Margaret Trotter	30

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 (919-537-0126).

Let's Celebrate

Robert Griffin, Jazz Pianist

Thursdays, April 7 & 21

5pm Dining Lobby



Richard Tazewell, Pianist

Friday, April 29

5pm Dining Lobby

Ethan Usan—Ragtime/Jazz/Silent Film Pianist

Friday, April 1, 3pm Ballroom

Ethan Usan is a ragtime/jazz/silent film pianist based in Charlotte, North Carolina. He is a three-time winner of the World Championship Old-Time Piano Playing Contest and has performed all over the USA as well as in the UK, France, Italy, Switzerland, Belgium, and Cyberspace. Ethan's performances are filled with passion, humor, virtuosity, and a deep love for America's rich musical past. His vast repertoire includes original arrangements of Civil-War era songs, New Orleans Jazz, 1920s Charlestons, blues, stomps, Harlem stride piano, swing, Cuban rumbas, jazzed-up versions of classical masterpieces, and one Hawaiian song called "Yaaka Hula Hickey Dula."



An Afternoon of Brahms

with Benjamin Keaton

Sunday, April 24, 3pm Ballroom

Benjamin earned his undergraduate and master's degrees in music at East Carolina University with graduate studies at UNC Chapel Hill. He taught 20th century music and theory for 18 years at NC Central University in Durham. His favorite composer, Johannes Brahms, has been an inspiration throughout his life of composition and orchestration. On April 24th he will perform an afternoon of Brahms's Intermezzi.

New Horizons Swing Band

Monday, April 25, 4pm Ballroom

Playing songs from the "Swing Era," the band will have you up dancing or at least swaying in your chair as you listen to such favorites as "American Patrol," "Georgia on My Mind," "Days of Wine and Roses," "You Made Me Love You," "It's Only a Paper Moon," "Satin Doll," "In the Mood," and many more songs you love, know the words and danced to many times. Feel like dancing? We hope so. We're sure you'll leave the concert humming. So mark your calendar now to join your neighbors for a spring fling treat.



**Popcorn and a Movie:
*Brooklyn***

Wednesday, April 27,
3pm Ballroom

Brooklyn tells the profoundly moving story of Eilis Lacey (Saoirse Ronan), a young Irish

immigrant navigating her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her new vivacity is disrupted by her past, and Eilis must choose between two countries and the lives that exist within. Starring Saoirse Ronan, Domhnall Gleeson, Emory Cohen, Julie Walters, and Jim Broadbent.



Betty White, Margaret Rook, and Connie Eby attend the Chamber Orchestra of the Triangle wine reception and concert in the Ballroom in February

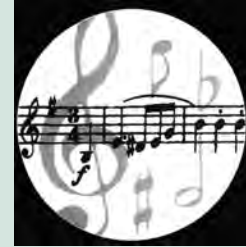


Russian group Crystal Trio put on a wonderful performance using glass instruments

George and Ary Reichman get a glass demonstration from one of the members of Crystal Trio



ANNOUNCEMENTS



**2015-16
Classical
Concert
Series**

Sunday, April 10,
3pm Ballroom

The final concert of our 2015-2016 season will feature Dr. Dmitri Shteinberg at the piano. Dr. Shteinberg, who is on the faculty at the North Carolina School of the Arts, has performed for us in the past, and he also contributed his expertise toward the rebuilding of our outstanding Steinway piano. Subscribers, mark your calendars. Call Connie Eby at 919-259-7808 if you have questions.

**Eating for a Sharper Mind
with Sandy Friday**

Thursday, April 14, 2pm Ballroom

For more information contact Sandy Friday, Rehab Manager, at 919-259-7907.


Spring Garden Tour

Saturday, April 30, 10am-4pm & Sunday,
May 1, 11am-4pm

The Chapel Hill Garden Club invites you to their upcoming garden tour of unique private gardens in Chapel Hill. Tickets are \$25 and can be purchased at several local businesses. For more information go online to chapelhillgardentour.net or contact Cedars Member Sue Tiedeman at 919-933-4464.

April 2016



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


4/1 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
10:30am *Great Decisions Discussion* **CR** 
11am TGIF Fitness Class **B**
11:30am Aquatic Therapy **P**  ♣
1pm Party Bridge **CR**
3pm *Pianist Ethan Uslan* **B**
5pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

4/2 Saturday

9am Ping Pong **B**
12:15pm *The Metropolitan Opera* **LB** 
3pm & 7:45pm Cedars Cinema **CHANNEL 24**


4/3 Sunday

9am Ping Pong **B**
1:30pm *PlayMakers* **LB** 
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

4/4 Monday



8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Seniorcize **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**  ♣
1:30pm Play Group **CL**
2pm Poker **CR**

4/5 Tuesday


8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Golf Croquet **GL**
11:30am Aquatic Therapy **P**  ♣
11:30am Bible Study **MR**
2pm Mah Jongg **CR**
2pm Meditation **PD**
3pm *UNC Nutrition Lecture Series* **B**
4:30pm Line Dancing **B**

5:30pm Ballroom Dance Group **B**
7:45pm Cedars Cinema **CHANNEL 24**



4/6 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am French Lessons **CL** 
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  ♣
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema **CHANNEL 24**

4/7 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Bocce **GL**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  ♣
3pm *UNC Nutrition Lecture Series* **B**
4pm Scrabble **CR**
5pm *Robert Griffin—Jazz Pianist* **DL**
7pm *The Pacific Theatre with Bill Melega* **B**


4/8 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  ♣
3:30pm *Wine Tasting* **B**
4:30pm Happy Hour **Bar**
7:15 *UNC Clef Hangers Concert* **L** 
7:45pm Cedars Cinema **CHANNEL 24**

4/9 Saturday

9am Ping Pong **B**
11am Accessing UNC Libraries **L**
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

4/10 Sunday




9am Ping Pong **B**
3pm *Classical Concert Series* **B** 

3pm & 7:45pm Cedars Cinema **CHANNEL 24**



4/11 Monday

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



4/12 Tuesday

8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Golf Croquet **GL**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  ♣
1:15pm *Bayer Bee Center Tour* **LB** 
2pm Mah Jongg **CR**
2pm Meditation **PD**
6:30pm *Great Decisions Lecture* **LB** 
7:45pm Cedars Cinema **CHANNEL 24**

4/13 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am French Lessons **CL** 
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  ♣
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema **CHANNEL 24**

4/14 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Bocce **GL**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  ♣
2pm Rehab Lecture **B**
4pm Scrabble **CR**
6:45pm *NC Symphony/Memorial Hall* **LB** 
7pm *The Pacific Theatre with Bill Melega* **B**

4/15 Friday

8:45am Water Exercise **P**

9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am Great Decisions Discussion **CR** 📖
11am TGIF Fitness Class **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Party Bridge **CR**
4:30pm Happy Hour **Bar**
7:15pm Pinafore at Carolina Theater **LB** 📖
7:45pm Cedars Cinema **CHANNEL 24**

4/16 Saturday

9am Ping Pong **B**
1pm Carolina Ballet **LB** 📖
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

4/17 Sunday

9am Ping Pong **B**
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

4/18 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Seniorcize **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1:30pm Play Group **CL**
2pm Poker **CR**
2pm Patriots of Liberty with Patty Carver **B**

4/19 Tuesday

8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Golf Croquet **GL**
11am Fairy Tales/Stories with Jane Hauser **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P** 📖 ♣️
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
4:45pm Dining Out! Nana's **LB** 📖
7:45pm Cedars Cinema **CHANNEL 24**

4/20 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10am NC Symphony Ticket Renewal **CR**
10:30am French Lessons **CL** 📖

11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P** 📖 ♣️
12:45pm Duplicate Bridge **CR**
7pm The Pacific Theatre with Bill Melega **B**
7:45pm Cedars Cinema **CHANNEL 24**


4/21 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Bocce **GL**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**

4/22 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P** 📖 ♣️
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

4/23 Saturday

Passover Begins 
9am Ping Pong **B**
11am Accessing UNC Libraries **L**
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

4/24 Sunday

9am Ping Pong **B**
3pm & 7:45pm Cedars Cinema **CHANNEL 24**
3pm Brahms with Benjamin Keaton **B**

4/25 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Seniorcize **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P** 📖 ♣️
2pm Poker **CR**
4pm New Horizons Swing Band **B**

4/26 Tuesday

8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**

10am Golf Croquet **GL**
11am Fairy Tales/Stories with Jane Hauser **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P** 📖 ♣️
2pm Mah Jongg **CR**
2pm Meditation **PD**
2pm Book Review with Barry Saunders **B**
4:30pm Line Dancing **B**
5:30pm Ballroom Dance Group **B**
7:45pm Cedars Cinema **CHANNEL 24**

4/27 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am French Lessons **CL** 📖
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P** 📖 ♣️
12:45pm Duplicate Bridge **CR**
3pm Popcorn and a Movie—Brooklyn **B**
6:45pm La Verità at UNC **LB** 📖
7:45pm Cedars Cinema **CHANNEL 24**

4/28 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Bocce **GL**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
2pm Members Meeting **B**
4pm Scrabble **CR**
7pm The Pacific Theatre with Bill Melega **B**

4/29 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P** 📖 ♣️
4:30pm Happy Hour **Bar**
5pm Richard Tazewell—Pianist **DL**
7:45pm Cedars Cinema **CHANNEL 24**

4/30 Saturday

9am Ping Pong **B**
12:15pm The Metropolitan Opera **LB** 📖
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

♣️ Pool closed weekdays 11:30–2:00
for Aquatic Therapy



**Cedars
University**

LECTURES ON DVD

The English Novel

*Taught by Timothy Spurgin,
Ph.D., Lawrence University*
Thursdays, April 7 & 14, 11am Ballroom

Experiencing America: A Smithsonian Tour through American History

*Taught by Richard Kurin,
Ph.D., The Smithsonian*
Thursdays, April 21-July 7, 11am Ballroom

This DVD lecture showcases 20 authentic historic objects along with detailed replicas and photographs of almost 100 other artifacts and exhibits. Together, these evocative items tell the story of America, its people, and its diverse cultures in 24 lavishly illustrated half-hour lectures.

Your guide is the distinguished scholar, administrator, and bestselling author, Dr. Richard Kurin, Under Secretary for History, Art, and Culture at the Smithsonian. Among his many responsibilities, Dr. Kurin oversees most of the Smithsonian's national museums, libraries, and archives, making him the curator of the country's greatest treasures—and the ideal host for this remarkable survey.

LEARNING OPPORTUNITIES



Nutrition Lecture Series

presented by UNC Medical Students
Tuesday, April 5 & Thursday, April 7 3pm Ballroom

Join first-year medical students Kayla Krajick, Colleen McGuire, Marie Vogel, and Sung Woong Park as they take a bite out of the subject of nutrition with a two-part lecture series. On Tuesday, April 5, they will focus on general nutrition and oral hygiene. The students will discuss what you need to know about eating right for a long and healthy life, including calorie counts, portion size, and food groups. Did you know that your diet and dental health are intricately linked? Do you know the best foods or the best oral hygiene practices to maintain healthy teeth? On Thursday, April 7, a second lecture will focus on the specific health concerns of diabetes, high blood pressure, and cholesterol. If you or someone you love is faced with any of these issues, come for some helpful tips on how you might modify your diet and improve your health. Kayla, Colleen, Marie, and Sung are students of Dr. Lindsay Wilson.

The Pacific Theatre Lecture Series

with Bill Melega, M.Ed., NBPTS
Thursdays, April 7 & 14; Wednesday, April 20 (note
day change) & Thursday, April 28, 7pm Ballroom

Award-winning history teacher, author and storyteller Bill Melega will be return to the Cedars with part two of his WWII lecture series

covering the Pacific Theater. April 7, *Defending Their Empire: Battles of 1942 and 1943*, will highlight the Battles of Midway and the entrance of the U.S. Marines as they invade the brutal jungle of Guadalcanal and overcome the obstacles on the Tarawa Atoll. April 14, *Defense to the Depth*, with their empire shrinking, the Japanese change tactics with a series of land and sea battles defending Saipan, Guam, and Tinian. The U.S. Marines visit the coral hell of Peleliu. April 20, *The Beginning of the End*, includes the re-taking of the Philippines, Iwo Jima, and firebombing of Japan. April 28, *The Invasion of Okinawa*, follows the war to its conclusion with the dropping of the A-Bombs to VJ-Day and the end of World War Two.

Wine Tasting Hosted by Mutual Distributing

Friday, April 8, 3:30pm Ballroom

Join us for a complementary wine tasting hosted by Mutual Distributing and The Cedars Fine Dining. Whitney Griffith of Mutual Distributing, has selected six wines from around the world to pair with a reception-style menu (available at the Concierge Desk) created by Executive Chef Russell Neff. Whitney will be on hand to answer questions about the selected wines. **Food and wine will be available until 5:30pm. Wine will be available to order.**



Patriots of Liberty

with *Patty Carver*

Monday, April 18, 2pm Ballroom

Patty Carver is a professional singer, actress and writer with international credits. She has performed in New York, Los Angeles and London and has been seen across the country in regional, stock and dinner theater, doing a lot of musical theater. *Patriots of Liberty* is a one-woman tour de force musical presentation where four noted women of American history are portrayed. *This Old Hat* is an original musical that brings the following women of American history to life: Betsy Ross tells her unique story about the first American flag; Deborah Sampson tells of her adventures when she disguised herself as a man to fight in the Revolutionary War; Elizabeth Cady Stanton speaks of the Women's Suffrage Movement, women's dress reform and her contemporary, Harriet Tubman; Amelia Earhart tells the story of her solo flight across the Atlantic Ocean.

More Fairy Tales and Stories

with *Jane Hauser*

Tuesdays, April 19-May 10, 11am Ballroom

Jane Hauser will conduct a four-part series on fairy tales, followed by a discussion on their meaning

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

according to Carl Jung. Each session will be an hour and include one original story told at the end of the class. Each class can stand alone but more is always better. We will start with *The Silent Prince*. Come find out if our heroine can make him talk.

Book Review and Signing

with *News & Observer* Columnist

Barry Saunders

Tuesday, April 26, 2pm Ballroom

Barry Saunders has been an award-winning columnist with the *News & Observer* for 23 years. Prior to that, he worked for newspapers in Atlanta, Gary, IN, and Rockingham, NC, and published his own newspaper, the *Richmond County North Star*, for three years. He has also worked as a taxicab driver, a ditch digger, a dish washer, an asbestos remover and an exterminator. Barry grew up in Rockingham, and attended, among others, St. Augustine's College in Raleigh. He will talk about his latest book *...And the Horse You Rode in On, Saunders!* **His book will be available to purchase for \$20. Please bring cash or check.**



from *Carolyn Taff*

So much happening, so close by!
A few on-your-own suggestions:

UNC Memorial Hall

919-843-3333 • Chapel Hill

Quartet with Leif Ove Andsnes pianist, 3 Brahms Piano Quartets, Thurs. 4/7, 7:30pm

Bavarian Radio Symphony Orchestra, Wed. 4/13, 7:30pm

Baldwin Auditorium

919-684-4444 • Durham

Duke Wind Symphony: Broadway in Baldwin, Thurs. 4/7, 8pm

Ciampi Quartet 50th Anniversary Concert, Sat. 4/16, 2pm

NC Museum of Art

919-715-5923 • Raleigh

Art in Bloom, combining art and floral design, Thurs. 4/7 to Sun. 4/10

Page Auditorium

919-684-4444 • Durham

Verdi's Requiem with Duke Chapel Choir, Sun. 4/10, 4pm

Carolina Theater

919-560-3030 • Durham

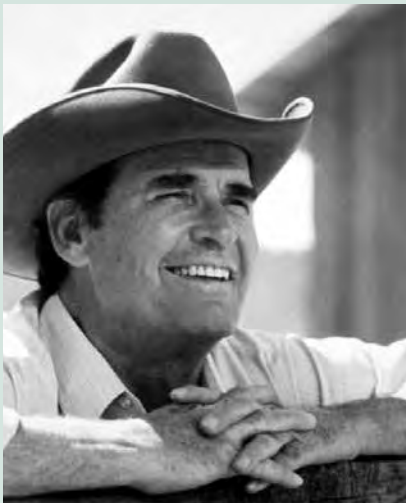
Grammy-winning Esperanza Spalding, music, storytelling, movement, Wed. 4/20, 8pm

Chris Botti, trumpeter, Thurs. 6/9, 8pm

The ArtsCenter

919-929-2787 • Carrboro

Tannahill Weavers, world-renowned traditional Scottish band, Fri. 4/29, 8pm



• • • • • CEDARS *Cinema* • • • • •

Tuesdays, Wednesdays, Fridays & Saturdays, 7:45pm Channel 24
Saturday and Sunday Matinees, 3pm Channel 24

Spectre

Tuesday, April 5, Saturday, April 9, 7:45pm

Sunday, April 10, 3pm • PG-13

James Bond continues his run of romance and intrigue in this thriller that pits him against the terrorist organization SPECTRE. Already battling political interference, MI6 and Bond must again take on their most implacable foe. Starring Daniel Craig, Christoph Waltz and Lea Seydoux. (2015) SUBTITLES NOT PROVIDED

The Railway Man

Wednesday, April 6, Friday, April 8, 7:45pm

Saturday, April 9, 3pm • R

Decades after his brutal captivity under the Japanese during World War II, Eric Lomax still has nightmares about the ordeal. But when he unexpectedly meets and falls for Patti, a bizarre coincidence brings his past back into focus. Starring Nicole Kidman, Stellan Skarsgård and Colin Firth. (2014)

The Big Short

Tuesday, April 12, Saturday, April 16, 7:45pm

Sunday, April 17, 3pm • R

Before the housing and credit bubble of 2007 triggers an international economic meltdown, a handful of financial outsiders sees the crash coming and bets against the big banks in a daring play that could reap them huge profits. Starring Christian Bale, Steve Carrell, Ryan Gosling, and Brad Pitt. (2015)

The Peanuts Movie

Wednesday, April 13, Friday, April 15, 7:45pm

Saturday, April 16, 3pm • G

With help from his sidekick Woodstock, the imaginative beagle Snoopy takes to the skies on a mission to defeat his enemy the Red Baron, while his good-natured friend Charlie Brown tries to win the heart of the Little Red-Haired Girl. (2015)

Steve Jobs

Tuesday, April 19, Saturday, April 23, 7:45pm

Sunday, April 24, 3pm • R

Few people really knew the man behind the technology. This revealing biopic focuses on a few key incidents and relationships to tell the story of a digital visionary who changed the world. Starring Michale Fassbender, Kate Winslet and Seth Rogen. (2015)

Murphy's Romance

Wednesday, April 20, Friday, April 22, 7:45pm

Saturday, April 23, 3pm • PG-13

Trying to start over, divorcée Emma Moriarty and her son, Jake, move to a small town, where widowed druggist Murphy Jones befriends the new arrivals. But things get complicated when Emma's ex-husband shows up. Starring Sally Field and James Garner. (1985) SUBTITLES NOT PROVIDED

A Civil Action

Tuesday, April 26, Saturday, April 30, 7:45pm

Sunday, May 1, 3pm • PG-13

John Travolta stars as a personal-injury lawyer who sues a corporation when the town's drinking water is found to contain industrial solvents. Believing the contamination is responsible for deaths, the citizens—led by a woman (Kathleen Quinlan) whose child has died—hire a lawyer to take on the corporate polluters. (1998) SUBTITLES NOT PROVIDED

Spotlight

Wednesday, April 27, Friday, April 29, 7:45pm

Saturday, April 30, 3pm • R

Revealing a string of cover-ups stretching back decades, a team of *Boston Globe* reporters exposes the Catholic Archdiocese's history of keeping reports about child molestation and other priest-initiated abuse under wraps. Starring Mark Ruffalo, Michael Keaton and Rachel McAdams. (2015)

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

Mon & Thu all day **S**

Balance Basics

Wed 11:30 **B**

Julie Hardison 919-259-7922

Balance Challenge

Wed 11:00 **B**

Julie Hardison 919-259-7922

Ballroom Dance Group

2nd & 4th Tue 5:30 **B**

Betty White 919-967-4064

The Bible Class

Tue 11:30 **MR**

Mary Ann Van Kampen

919-493-1789

Bocce

Thu 10:00 **GL**

NEW TIME!

Caregivers Support Group

1st Wed 3:00 **PD**

Ashley Beale 919-259-7735

Cedars Cinema

Tue, Wed, Fri & Sat 7:45, Sat & Sun

3:00 **Channel 24**

Duplicate Bridge

Wed 12:45 **CR**

Betty White 919-967-4064

Ginny Paige 919-259-7119

Wendell Rosse 919-489-3585

French Lessons

Wed 10:30 **CL**

James Noblitt 919-962-0273

Garden Plots

Kit Bick 919-259-7088

Gin Rummy

Thu 1:00 **CR**

Jim Allen 919-259-7599

Golf Croquet

Tue 10:00 **GL**

NEW TIME!

Norman and Rhonda Innes

919-259-7150

Great Books Club

2nd Mon 3:00 **CL**

Alice Maniloff 919-942-6992

Happy Hour

Fri 4:30 **Bar**

Interdenominational Service

Sun 11:00 **B**

Nancy Cobey 919-259-7048

Knit & Stitch

Mon 10:30 **CR**

Lou Owens 919-259-7557

Library Workday

Mon 9:00 **L**

Nancy Lebo 919-259-7330

Line Dancing

Tue 4:30 **B**

Julie Hardison 919-259-7922

Mah Jongg

Tue 2:00 **CR**

Sarah Kittner 919-969-6822

Meditation

Tue 2:00 **PD**

Carolyn Taff 919-918-4467

Members Meeting

last Thu 2:00 **B**

Weezie Oldenburg 919-942-6994

Party Bridge

1st & 3rd Fri 1:00 **CR**

Lofi Hirschman 919-259-7015

Ping Pong

Mon, Wed, Fri, Sat 9:00 **B**

Rose Michelson 919-945-0888

Play Group

1st & 3rd Mon 1:30 **CL**

Pat Beyle 919-942-1281

Poker

Mon 2:00 **CR**

Bob Paterson 919-259-7060

Scrabble

Thu 4:00 **CR**

Eileen Stendig 919-259-7722

Seniorcize

Mon 11:00 Tue Thur 8:45 **B**

Julie Hardison 919-259-7922

Sit and Be Fit

Tue Thu 9:45 **B**

Julie Hardison 919-259-7922

Tai Chi

Mon 11:30 **B**

Julie Hardison 919-259-7922

TGIF (The Goal Is Fitness)

1st & 3rd Fri 11:00 **B**

Julie Hardison 919-259-7922

UNC Libraries

alternate Sat 11:00

Lynne Morris 919-967-4885

Water Exercise

Mon Wed Fri 8:45 & 9:45 **P**

Julie Hardison 919-259-7922

Kudos to...

- ☞ Art Lebo and Don Fang for another year preparing employee taxes February-April
- ☞ All the Members involved in organizing the Spring for Scholarship Plant Sale
- ☞ All the Members who supported the Spring for Scholarship Plant Sale
- ☞ All the Members of the Classical Concert Series for organizing another wonderful year of concerts
- ☞ Lou Taff and Pat Beyle for lending us their cd's to play on Channel 24
- ☞ Jane Hauser for her series on fairy tales

Get Involved

Accessing UNC Libraries

Saturdays, April 9 & 23, 11am Library

Want to borrow books from UNC Libraries? Contact Lynne Morris with questions at 919-967-4885.

Great Books Club

2nd Mondays, 3pm Classroom

Happiness by Mary Lavin



New Move Ins

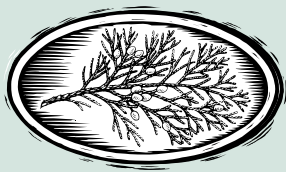
Dr. and Mrs. Jacob and
Anne Mathai
223 Cedar Berry Lane

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

Exhibits

If you are willing to share your collection by displaying it in the Clubhouse Lobby, please contact Laura Waggoner at 919-259-7944 or Tara Pierce at 919-537-0128.



In-House TV..... Channel 24
 Reception..... 919-259-7000
 Concierge..... 919-259-7937
 Fax..... 919-259-7001
 Spa & Salon..... 919-259-7940
 Dining Reservations..... 919-259-7932
 Work Orders..... 919-259-7918
 Security..... 919-883-7666

EditorLaura Waggoner
 919-259-7944

Graphic Designer.....Debb Hepp
 919-260-4495

CALENDAR *at a Glance*

<i>date</i>	<i>day</i>	<i>activity</i>	<i>time</i>	<i>location</i>
4/1	Friday	Great Decisions Discussion	10:30am	Cardroom
4/1	Friday	Ethan Uslan—Pianist	3pm	Ballroom
4/2	Saturday	The Met Opera— <i>Madama Butterfly</i>	12:15pm	Lobby
4/3	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
4/5	Tuesday	UNC Student Lecture on Nutrition	3pm	Ballroom
4/7	Thursday	Cedars University: <i>The English Novel</i>	11am	Ballroom
4/7	Thursday	UNC Student Lecture on Nutrition	3pm	Ballroom
4/7	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
4/7	Thursday	<i>The Pacific Theatre Lecture Series</i> with Bill Melega	7pm	Ballroom
4/8	Friday	Mutual Distributing Wine Tasting	3:30pm	Ballroom
4/8	Friday	UNC Clef Hangers Spring Concert	7:15pm	Lobby
4/10	Sunday	2015-16 Classical Concert Series	3pm	Ballroom
4/12	Tuesday	Bayer North American Bee Center Tour	1:15pm	Lobby
4/12	Tuesday	Great Decisions Lecture	6:30pm	Lobby
4/14	Thursday	Cedars University: <i>The English Novel</i>	11am	Ballroom
4/14	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
4/14	Thursday	<i>The Pacific Theatre Lecture Series</i> with Bill Melega	7pm	Ballroom
4/15	Friday	Great Decisions Discussion	10:30am	Cardroom
4/15	Friday	<i>Pinafore</i> at Carolina Theater	7:15pm	Lobby
4/16	Saturday	Carolina Ballet	1pm	Lobby
4/18	Monday	<i>Patriots of Liberty</i> with Patty Carver	2pm	Ballroom
4/19	Tuesday	<i>Fairy Tales and Stories</i> with Jane Hauser	11am	Ballroom
4/19	Tuesday	Dining Out! Nana's	4:45pm	Lobby
4/20	Wednesday	NC Symphony Ticket Renewal	10am	Cardroom
4/20	Wednesday	<i>The Pacific Theatre Lecture Series</i> with Bill Melega	7pm	Ballroom
4/21	Thursday	Cedars University: <i>The English Novel</i>	11am	Ballroom
4/21	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
4/23	Saturday	Passover Begins		
4/24	Sunday	<i>An Afternoon of Brahms</i> with Benjamin Keaton	3pm	Ballroom
4/25	Monday	New Horizons Swing Band	4pm	Ballroom
4/26	Tuesday	<i>Fairy Tales and Stories</i> with Jane Hauser	11am	Ballroom
4/26	Tuesday	Book Review and Signing with <i>News & Observer</i> Columnist Barry Saunders	2pm	Ballroom
4/27	Wednesday	Popcorn and a Movie— <i>Brooklyn</i>	3pm	Ballroom
4/27	Wednesday	<i>La Verita</i> at UNC Memorial Hall	6:45pm	Lobby
4/28	Thursday	Cedars University: <i>The English Novel</i>	11am	Ballroom
4/28	Thursday	Members Meeting	2pm	Ballroom
4/28	Thursday	<i>The Pacific Theatre Lecture Series</i> The English Novel	7pm	Ballroom
4/29	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
4/30	Saturday	The Metropolitan Opera— <i>Elektra</i>	12:15pm	Lobby