



The Cedars Post

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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

Veggies, and Flowers, and Herbs, Oh My

by Kathy Soule



If you happen to walk by Heron Pond, look in back of Moore Veranda. There are 25 raised garden beds, each one tended by a

Member. And each one different—some just flowers, some veggies, many a mix of both. The pollinators are there too—butterflies and bees. There are a couple of benches if you want to sit and enjoy the sight of the plants and Heron Pond. If you can't get to the benches here's a description of a few of the beds.

Bed 20 (the first you would see) has chartreuse sweet potato vines, and a multitude of flowers: red, pink, purple, fuchsia, and yellow covering the whole space. Then there are beds with only tall plants—white and purple daisies and a rose bush in one; daisies, gladiolas, tomatoes and lavender in another.

Another bed has a red and yellow theme, with tomatoes, marigolds and sunflowers, providing shelter to a small fox statue.

Bed 10's gardener is Kit Bick, who organizes the garden assignments and is a Master Gardener. It has daylilies and an assortment of uncommon plants, many of which attract pollinators.

In one garden vegetables and herbs share the space. Another has tomatoes, beans and tall corn plants with tassels. Earlier in the year one bed was filled with large onions—I think somebody is enjoying them—other plants are growing now. Another of the beds has a unique mix of plants with berries and yellow and orange flowers.

Just over half the beds are three feet high, the rest are one foot high. Gardening is easy since there are water spigots between every two beds, trash cans for disposing of plant material and packaging, and most of all, great soil. A trowel goes in easily; it is definitely not North Carolina clay.

Every spring the current “owners” of beds are asked if they want to continue to garden. If not, the bed can be assigned to another Member. Beds need to be kept neat and weed-free, but there are no hard and fast rules on what can be grown. Beauty and individuality rule.

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:

Chihuly Venetians: From the George R. Stroemple Collection

Sponsored by the Alamance County Arts Council
Friday, August 12, 9am Lobby

Dining Out! Bleu Olive Mediterranean Bistro

Wednesday, August 17, 4:45pm Lobby

Great Getaways

Southern Leisure Tours Presents

- ❖ Flat Rock Playhouse and the Season Finale Concert at the Brevard Music Festival
August 6-8
- ❖ The Lost Colony, Manteo and Nags Head, NC
August 10-12
- ❖ Nova Scotia
August 15-20
- ❖ Midwest Major League Baseball Tour
August 26-31

Printed packets for these trips are located in the Cedars Clubhouse flyer holder next to the lower level elevator. Contact Steve Tuten at 919-471-6137 for trip details and pricing.

Beyond the Cedars



Chihuly Venetians: From the George R. Stroemple Collection

Sponsored by the Alamance County Arts Council
Friday, August 12, 9am Lobby

Alamance Arts and the Captain James and Emma Holt White House in downtown Graham will present Chihuly Venetians, a stunning exhibition of 47 vessels, 12 drawings and a monumental chandelier in the Venetian style from the George R. Stroemple Collection. The most celebrated glass artist of our time, Dale Chihuly has taken centuries-old glassmaking traditions to a new level of innovation, spectacle, grandeur and artistry. Alamance Arts is proud to offer the only opportunity on the Eastern Seaboard to view this rarely seen collection. Sign up at the Concierge Desk beginning August 1, deadline August 8. Cost: \$12 for transportation and tour. The Alamance Arts Council welcomes donations at their door. Minimum 6 people. **Maximum 20 people.**

Dining Out! Bleu Olive Mediterranean Bistro

Wednesday, August 17, 4:45pm Lobby

Bleu Olive is a Mediterranean bistro, family operated and chef driven, serving fresh and local ingredients. They specialize in Greek and Mediterranean, sandwiches, seafood and vegetarian dishes. Sign up at the Concierge Desk beginning August 1, deadline August 15. A sample menu is available at the Concierge Desk. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 6 people. Maximum 27 people.



Cedars to Sponsor UNC-TV Fund Raiser

Life-changing television

UNC TV
www.unctv.org

The Cedars Marketing team and the Member Communications Committee are collaborating to support UNC-TV's Summerfest fund raising event on Wednesday, August 31.

The Marketing Department has pledged \$2500 for a corporate sponsorship, which will include on air presentations and interviews, studio signage, acknowledgments at each station break, several ID spots and other references during the year. Approximately 20 Cedars residents, Director of Marketing Teresa Mize and Becky Woodruff will man the telephones on camera, wearing Cedars logo shirts.

This activity is part of our continuing effort to generate favorable publicity for the Cedars and encourage the interest of potential residents. The UNC-TV audience represents an ideal demographic profile for our community.

While all residents cannot participate directly in this event, everyone can contribute to its success. Many of us provide financial support to UNC-TV during the year. If you have not already done so and would like to contribute to this event, please write a check to UNC-TV and leave it with the Concierge in a sealed envelope. If you have already contributed this year, please call Bob Rechholtz at 919-932-6149 and he will add it to our new contributions and we will announce the total on air.

This presentation will be in addition to the corporate contribution to be presented by Bob Woodruff. Thanks for your support and by all means tune in to UNC-TV at 7pm on August 31 to see your fellow Members hard at work.

ANNOUNCEMENTS



2016-17 Classical Concert Series

Subscriptions are still available for next season's concert series. If you have questions or need a subscription form, please call Babette Blaug at 919-967-5013.



CAREGIVERS SUMMIT *Navigating the Transitions in Life*

Caregivers Summit: Navigating the Transitions in Life

*at The Friday Center
100 Friday Center Drive
Chapel Hill*

Tuesday, August 9, 8am-3pm

This full-day conference will provide education and support to you as a caregiver. Pre-registration is strongly encouraged at guidinglightsnc.org. Call 919-719-6772 for information. Cost: \$10 caregivers per person. Registration includes lunch and choice of sessions.

August Birthdays

Joan Langenderfer	1
Lynne Morris	2
Frank Bordbar	3
Priscilla Winn	4
Peter Fornaby	5
Flora Shedd	5
Anne Cates	6
Lois Hirschman	7
Jeanette Kimmel	7
Sally Hammond	7
Harriet Stubbs	8
Carmen Woodruff	10
Esta Thomas	13
Gustavo Montana	13
Bonita Kass	15
Pauline Wilkes	16
Alice Maniloff	16
Rita Wolfson	16
Tom Nuzum	17
Marian Hicks	18
Joan Montana	18
Carolyn Taff	19
Elizabeth Morgan	20
Jane McPherson	25
Faye Rapp	25
Robert Gersten	26
Milton Barber	26
Merle Hofmann	27
Milton Wollman	28
Linn Royster	30
Mary Louise Earey	30
Patricia Nenninger	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 (919-537-0126).

Let's Celebrate

The Bucket Brothers with Robert Griffin

Thursday, August 11, 5pm Dining Lobby

The North Carolina-based Bucket Brothers—Logan and Casey Valleroy—have captivated audiences since 2012 with their sophisticated arrangements, seamless improvisation, and beyond-their-years mastery of jazz. Fans enthuse over their amazing musicianship, composure, and stage presence. Logan has played violin since the age of seven, winning fiddle competitions, scholarships, and numerous accolades along the way. Casey began playing piano when he was five.

Luke Lowe, Guitarist and Singer

Friday, August 12, 5:30-6:30pm Cardroom

Luke Lowe has been playing guitar and singing for the past 13 years. He is passionate about sharing the power of music with his audience. Luke performs songs by musical legends like Elvis, Bing Crosby, Frank Sinatra, Dean Martin, and Nat King Cole. Some of his songs include: "I Can't Believe That You're In Love With Me," "Moon River," and "L-O-V-E."

Popcorn and a Movie

The Man Who Knew Infinity

Friday, August 26, 3pm Ballroom

Based on the true story of Srinivasa Ramanujan, one of the first East Indian mathematicians to open the world's eyes to the infinite possibilities in the field of mathematics. The movie emphasizes the fact that he discovered a whole new realm in mathematics in isolation. Ramanujan's infinite calculations are what attracted G.H. Hardy, a professor at Trinity College. It was Hardy's confidence in Ramanujan and his support that helped him achieve his dreams of knowing the infinite. A beautiful love story also evolves because of his love for a woman and her support of his dreams. Starring Jeremy Irons, Dev Patel and Devika Bhise.



Summer Luau Party

Monday, August 29, 4-6pm Cardroom/Lobby

Aloha! Wear your Hawaiian shirts and flip flops and join us for our end of summer luau party. Wilton Dubois (along with a guitarist) will be performing on steel drums. Wilton was introduced to steel drums in a small village in the Island of Trinidad. Today, he continues his journey as a musician and educator of the unique sounds of steel drums. Appetizers and tropical drinks will be served.



Robert Griffin, Jazz Pianist

Thursdays, August 11 & 25

5pm Dining Lobby

Richard Tazewell, Pianist

Friday, August 19

5pm Dining Lobby



CEDARS FITNESS



The Importance of Proper Fitness Footwear

Whether your workout involves walking, sports or gym equipment, a quality sport shoe is a must. Injury caused by inappropriate shoes (or wearing no shoes while exercising) can needlessly derail your fitness or weight loss attempt. Investing in the right shoe can help you prevent foot, ankle and knee damage, and make your workout a more pleasant and comfortable experience.

A variety of sport shoes are on the market for every type of exercise, including water activities. Shop at a sporting goods store with salespeople who are trained to fit customers with shoes that are appropriate for their feet and activities. Look for shoes that are designed to protect your feet and ankles during the activity of your choice. Shock absorption, stability, cushioning and support are essential for safe and effective workouts.

It is recommended that you try on shoes in the afternoon or evening, or after your workout, as your feet are largest at these times. Try the shoes on with sport socks to ensure a good fit and move around as you would during your workout. Leave a half inch between your big toe and the tip of the shoe and make sure you can easily wiggle your toes. Bend the shoe to make sure it is not overly flexible as this can indicate a lack of support.

Worn out sport shoes do not provide your feet with adequate protection during your workout. Do not judge the wear of your shoes from the treads on the bottom. Instead, check the mid-sole of the shoe that will show damage sooner. Replacing shoes that no longer provide cushioning and support is imperative for preventing exercise-related injuries.

~Source: LIVESTRONG.COM

Cedars Fitness highly recommends that Members wear water shoes for exercising in the pool and discourages bare feet for group exercise classes in the Ballroom (yoga excluded).

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

ANNOUNCEMENTS

Get a Grip: Is Your Hand Strength at Its Best

with Sandy Friday

Thursday, August 11, 2pm
Ballroom

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


Walk with a Doc

Saturday, August 20, 11am, UNC Wellness Center at Meadowmont

Gather at the UNC Wellness Center to take a 1-mile walk around the trails or, if raining, around the indoor track. A doctor from the Thurston Arthritis Research Center will give a brief talk on a health related topic before joining walkers to answer questions about their health. For more information contact Kirsten Ambrose at 919-966-7209.

August 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

8/1 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**



8/2 Tuesday

8:45am Seniorcize **B**
9am Golf Croquet **GL**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema **CHANNEL 24**



8/3 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**
4:30pm Mat Yoga with Scott **B**
7:45pm Cedars Cinema **CHANNEL 24**

8/4 Thursday

8am Art Open Studio **S**
9am Bocce **GL**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
4pm Scrabble **CR**

8/5 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am TGIF Fitness Class **B**
11:30am Aquatic Therapy **P**  
1pm Party Bridge **CR**
3pm Retreat from the Rising Sea with Orrin Pilkey **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**



8/6 Saturday

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

8/7 Sunday

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



8/8 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**

8/9 Tuesday

8:45am Seniorcize **B**
9am Golf Croquet **GL**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
5:30pm Ballroom Dance Group **B**
7:45pm Cedars Cinema **CHANNEL 24**




8/10 Wednesday

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

8/11 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9am Bocce **GL**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
2pm Rehab Lecture with Sandy Friday **B**
4pm Scrabble **CR**
5pm The Bucket Brothers **DL**

8/12 Friday

8:45am Water Exercise **P**
9am Chihuly Venetians **LB** 
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
4:30pm Happy Hour **Bar**
5:30pm Luke Lowe, Guitarist and Singer **CR**
7:45pm Cedars Cinema **CHANNEL 24**



8/13 Saturday

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

8/14 Sunday

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

8/15 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 Aquatic Therapy **P**  
1:30pm Play Group **CL**
2pm Poker **CR**

8/16 Tuesday

8:45am Seniorcize **B**
9am Golf Croquet **GL**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P** 📖 ♣️
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema **CHANNEL 24**

8/17 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P** 📖 ♣️
12:45pm Duplicate Bridge **CR**
4:45pm *Dining Out! Bleu Olive* **LB** 📖
7:45pm Cedars Cinema **CHANNEL 24**

8/18 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9am Bocce **GL**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
4pm Scrabble **CR**

8/19 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Party Bridge **CR**
3pm *Vincent van Gogh in Arles: February 1888 to May 1889 with Gustavo S. Montana* **B**
4:30pm Happy Hour **Bar**
5pm Richard Tazewell—Pianist **DL**
7:45pm Cedars Cinema **CHANNEL 24**

8/20 Saturday

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

8/21 Sunday

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

8/22 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**

8/23 Tuesday

8:45am Seniorcize **B**
9am Golf Croquet **GL**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P** 📖 ♣️
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
5:30pm Ballroom Dance Group **B**
7:45pm Cedars Cinema **CHANNEL 24**

8/24 Wednesday

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

8/25 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9am Bocce **GL**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
2pm Members Meeting **B**
4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**

8/26 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am TGIF Fitness Class **B**

11:30am Aquatic Therapy **P** 📖 ♣️
3pm Popcorn and a Movie—*The Man Who Knew Infinity* **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

8/27 Saturday

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

8/28 Sunday

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

8/29 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 *Summer Luau Party* **CR/LB**

8/30 Tuesday

8:45am Seniorcize **B**
9am Golf Croquet **GL**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P** 📖 ♣️
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema **CHANNEL 24**

8/31 Wednesday

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

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



**Cedars
University**

LECTURES ON DVD

The Story of Human Language

*Taught by John McWhorter,
Ph.D., Columbia University*
Thursdays, August 4–November 10, 11am
Ballroom

“I never met a person who is not interested in language,” wrote the bestselling author and psychologist Steven Pinker. There are good reasons that language fascinates us so. It not only defines humans as a species, placing us head and shoulders above even the most proficient animal communicators, but it also beguiles us with its endless mysteries.

Dr. John McWhorter, one of America’s leading linguists and a frequent commentator on network television and National Public Radio, takes you on an in-depth, 36-lecture tour of the development of human language, showing how a single tongue spoken 150,000 years ago has evolved into the estimated 6,000 languages used around the world today.

LEARNING OPPORTUNITIES



Retreat from the Rising Sea: Hard Decisions in an Age of Climate Change

with Orrin Pilkey
Friday, August 5, 3pm Ballroom

Two recent peer reviewed studies have suggested that because of Greenland and West Antarctica ice sheet instability, a 3.5 to 6 foot sea level rise is a real possibility. Already coastal dwellers along arctic shorelines and mid ocean coral atolls are retreating from the rising sea by moving to higher ground. Barrier islands which stretch along the 3,000 miles between the South Shore of Long Island to the Mexican Border are all particularly vulnerable. These islands are made of unconsolidated sand at low elevation.

Now is the time to plan and begin a retreat from the eroding shores of barrier islands, but North Carolina continues to ignore the sea level rise and has drawn a line in the sand beyond which the shoreline will not be allowed to move. This is an impossible strategy in the long run. We can retreat now in a planned strategic fashion or we can retreat later in tactical disarray in response to major natural catastrophes (storms). Orrin Pilkey is Professor Emeritus of Earth and Ocean Sciences at Duke’s Nicholas School of the Environment. **Books will be available for purchase. Please bring cash or checks.**

Vincent van Gogh in Arles: February 1888 to May 1889

with Gustavo S. Montana
Friday, August 19, 3pm Ballroom

Vincent van Gogh was an art dealer for Goupil and Cie in The Hague, London and Paris, but ultimately he was dismissed for personal reasons. In February 1888 while living in Paris, he decided to go to Arles, attracted by the natural light to be found in that area and also hoping to attract Paul Gauguin and other painters to establish a colony of artists. In Arles his understanding and affinity for color exploded. Most notable during this period is his use of yellow, blue and red. While in Arles his mental illness exacerbated. He committed himself to St. Paul de Mousole in May of 1889, a mental institution in the nearby town of St. Remy. The most significant painting of this period is *The Sower*, a painting he considered one of his best.

Gustavo S. Montana has had an interest in Vincent van Gogh’s life and art for a long time. He has visited museums where his art is exhibited and attended various special exhibits of his art. He has also given courses and lectures on a number of occasions about Van Gogh’s art, life and mental illness. Gustavo is Professor Emeritus in the Department of Radiation Oncology at Duke University.



JULY 4TH CELEBRATION



from Carolyn Taff

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

Durham Performing Arts Center

919-680-2787

Newsies 8/16-8/21

Carolina Inn

www.carolinainn.com

Fridays on the Front Porch, live music, food and drink, 5-8pm, through 10/7, no cover charge

Weaver Street Market

919-929-0010 • Carrboro

Music on the Lawn, Sundays 11am-1pm through the fall, free

Forest Theater

123 S. Boundary St., UNC Campus • www.paperhand.org
Paperhand Puppet's "The Beautiful Beast," 8/5-9/5

Duke Gardens

919-684-4444 • Durham

Music for Voice, Violin, Cello & Piano, Thur. 8/18, 7:30pm

Nasher Museum of Art

919-684-5135 • Durham

"Southern Accent: Seeking the American South in Contemporary Art," opens 8/31

Duke Energy Center

919-996-8700 • Raleigh

Memorial Auditorium
Brian Wilson, Fri. 8/19, 8pm



CEDARS Cinema

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

Hitch

Tuesday, August 2 & Saturday 6, 7:45pm

Sunday, August 7, 3pm • PG-13

Hitch helps clients make a great first impression with their dates. When a gossip reporter starts nosing, Hitch has to figure out a whole new strategy to love. Starring Will Smith and Eva Mendes. (2005)

Hail, Caesar!

Wednesday, August 3 & Friday, August 5, 7:45pm

Saturday, August 6, 3pm • PG-13

In 1950s Hollywood, Eddie Mannix labors behind the scenes to “fix” indiscretions committed by a film studio's stars. But his work is cut out when scriptwriters abduct a screen idol. Starring Josh Brolin, George Clooney and Alden Ehrenreich. (2016)

Race

Tuesday, August 9 and Saturday, August 13, 7:45pm

Sunday, August 14, 3pm • PG-13

While Hitler saw the 1936 Berlin Olympics as a way to demonstrate Aryan supremacy, one African-American man—Jesse Owens—shattered that dream with four gold medals. This film tells his story. Starring Stephan James, Jason Sudeikis and Jeremy Irons. (2016)

84 Charing Cross Road

Wednesday, August 10 & Friday, August 12, 7:45pm

Saturday, August 13, 3pm • PG

When Helene Hanff (Anne Bancroft) mails a note to a bookshop asking for some rare classics, bookseller Frank Doel (Anthony Hopkins) answers her request, beginning a touching and humorous correspondence. (1986)

Elvis & Nixon

Tuesday, August 16 & Saturday, August 20, 7:45pm

Sunday, August 21, 3pm • R

Among the strange episodes that took place in Richard Nixon's administration, one of the most bizarre was Elvis Presley's visit, followed by

a secret meeting. Starring Michael Shannon and Kevin Spacey. (2016)

Mother's Day

Wednesday, August 17 & Friday, August 19, 7:45pm

Saturday, August 20, 3pm • PG-13

This comedy focuses on an assortment of moms and their intertwining lives as their annual day approaches. Starring Jennifer Anniston, Kate Hudson and Julia Roberts. (2016) SUBTITLES NOT PROVIDED

A Brilliant Young Mind

Tuesday, August 23 & Saturday, August 27, 7:45pm

Sunday, August 28, 3pm • PG-13

Though Nathan Ellis possesses talent with numbers, he struggles with social skills—until a teacher helps him realize his potential as a mathematician. Starring Asa Butterfield and Rafe Spall. (2015)

Nights in Rodanthe

Wednesday, August 24 & Friday, August 26, 7:45pm

Saturday, August 27, 3pm • PG-13

Adrienne Willis takes a job at a North Carolina inn, but when a hurricane hits and strands the only guest, Adrienne's life changes forever. Starring Diane Lane and Richard Gere. (2008) SUBTITLES NOT PROVIDED

For a Few Dollars More

Tuesday, August 30 & Saturday, September 3,

7:45pm • Sunday, September 4, 3pm • R

Clint Eastwood, the “man with no name,” joins forces with a bounty hunter to capture an outlaw in this follow-up to *A Fistful of Dollars*. (1965)

Eye in the Sky

Wednesday, August 31 & Friday, September 2,

7:45pm • Saturday, September 3, 3pm • R

Leading an operation to nab a terrorist, Col. Katherine Powell ends up in a quagmire as a drone strike is ordered, putting a young girl at risk of becoming collateral damage. Starring Helen Mirren and Aaron Paul. (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 9:00 **GL**

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 Page 919-259-7119

Wendell Rosse 919-489-3585

George Reichman 919-259-7125

Garden Plots

Kit Bick 919-259-7088

Gin Rummy

Thu 1:00 **CR**

Jim Allen 919-259-7599

Golf Croquet

Tue 9:00 **GL**

Norman and Rhonda Innes

919-259-7150

Great Books Club

2nd Mon 3:00 **CL**

Alice Manilloff 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**

Bart Bielawski 919-933-4428

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**

Esther Lederman 919-259-7778

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...

- ☞ All Members who supported the 9th Annual Casual for a Cause Hot Dog Fundraiser for Alzheimer's
- ☞ Gus Montana for his lecture, *Vincent van Gogh in Arles: February 1888 to May 1889*
- ☞ Flora Shedd for recommending Orrin Pilkey
- ☞ Jack Hammond for conducting his crossword puzzle workshop in July

Get Involved

Accessing UNC Libraries

Saturdays, August 13 & 27, 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

Selected poems by Emily Dickinson



New Move In

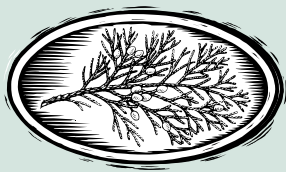
Mr. William (Bill) Pereira Jr.
632 Cedar Club Circle

**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

- Editor.....Laura 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>
8/4	Thursday	Cedars University <i>The Story of Human Language</i>	11am	Ballroom
8/5	Friday	<i>Retreat from the Rising Sea: Hard Decisions in an Age of Climate Change</i> with Orrin Pilkey	3pm	Ballroom
8/11	Thursday	Cedars University <i>The Story of Human Language</i>	11am	Ballroom
8/11	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
8/12	Friday	<i>Chihuly Venetians: From the George R. Stroemple Collection</i>	9am	Lobby
8/12	Friday	Luke Lowe, Guitarist and Singer	5:30pm	Cardroom
8/17	Wednesday	Dining Out! Blue Olive	4:45pm	Lobby
8/18	Thursday	Cedars University <i>The Story of Human Language</i>	11am	Ballroom
8/19	Friday	<i>Vincent van Gogh in Arles: February 1888 to May 1889</i> with Gustavo S. Montana	3pm	Ballroom
8/19	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
8/25	Thursday	Cedars University <i>The Story of Human Language</i>	11am	Ballroom
8/25	Thursday	Members Meeting	2pm	Ballroom
8/25	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
8/26	Friday	Popcorn and a Movie <i>The Man Who Knew Infinity</i>	3pm	Ballroom
8/29	Monday	Summer Luau Party	4pm	Cardroom/Lobby



Mary Jo Pringle, Rhonda and Norman Innes with Duncan X. Lascellas after his lecture on *Measurement and Treatment of Chronic and Acute Pain*