

# The Cedars Post

February 2015

Volume 12 Issue 2



Hunnell James Lopez  
Assistant Dining Room Manager

## A Happy Addition to The Cedars

by Jean Wolff

You’ve probably noticed a new air of enthusiasm in the dining rooms. That feeling could be due to our new Chef Rusty and his assistant, Hunnell James Lopez, now an Assistant Manager. They had been working together for some time at Hope Valley Country Club. In fact the collaboration was so successful, that they came here together last April. Not only has the food improved, but also has the dining room service, guided by Hunnell.

Hunnell was born in 1951 in Saint Ann Parish, Jamaica, only four miles from his friend and legendary reggae musician, Bob Marley. The oldest of five children, Hunnell has four sisters, one still residing in Jamaica, the others living in the States. He also has three children and four grandchildren. Shortly after high school, he entered the police academy and trained with Scotland Yard’s Commonwealth of England. He quickly advanced to the security division where he protected such world-renowned leaders as Queen Elizabeth II, Prince Phillip, Prince Charles, Indira Gandhi, Fidel Castro, Pierre Trudeau, Rosalynn Carter, Henry Kissinger, and the list goes on. Based in Kingston, Hunnell held that post for eight years until 1979. Before entering the hospitality industry, he worked in insurance. Then he attended the Jamaica Hotel & Tourism Institute. After training he spent the next 15 years until 2001 in Ocho Rios, Jamaica at Sandals Resort as the Beverage Manager. In that capacity, he traveled the Caribbean, training staff, acting as a troubleshooter, and always looking out for new bar cocktails to please his guests. St. Lucia was his favorite island to visit, as it was so naturally lush, and the government cared to preserve its quality and beauty.

In 2001, he transferred his extensive food and beverage expertise to the Carolina Inn, The Forest at Duke and finally, Hope Valley Country Club, where he was especially appreciated by Chef Rusty. As an aside, Hunnell not only speaks the Queen’s English, but is also fluent in Jamaican Patois, an English-based dialect. He loves all types of music, especially reggae, which is popular at the Cat’s Cradle in Carrboro. He’s also a history and museum buff and enjoys gardening.

Above all, Hunnell is a wonderful dining staff addition who shines with polish and savoir faire. “I’m a people person,” and that is evident each and every day. A few months ago, a Member at Brunch asked for oatmeal and, “presto,” in a few short minutes she had it. It has since become a regular menu item. Pleasing Members with his genteel and efficient manner provides Hunnell great satisfaction, and we are indeed the happy beneficiaries!

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## 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:

**Great Decisions Lecture**  
Tuesday, February 3, 6:30pm Lobby

**Audra McDonald**  
at UNC Memorial Hall  
Friday, February 6, 7:15pm Lobby

**Hidden Universe 3D and Lunch at the Irregardless Café**  
Monday, February 9, 10:15am Lobby

**The Metropolitan Opera  
Iolanta/Bluebeard's Castle**  
Saturday, February 14, 11:15am Lobby

**Carolina Ballet**  
Saturday, February 14, 1pm Lobby

**Chamber Orchestra**  
Sunday, February 15, 2pm Lobby

**Great Decisions Lecture**  
Tuesday, February 17, 6:30pm Lobby

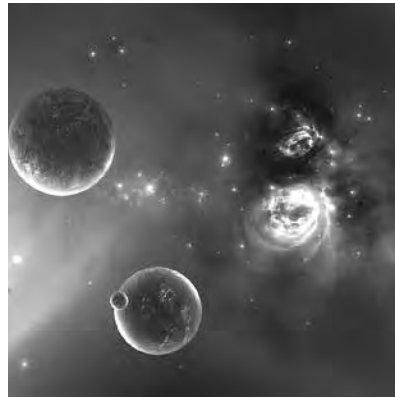
**NC Symphony at UNC Memorial Hall**  
Thursday, February 19, 6:45pm Lobby

**Dining Out! Ruth's Chris Steak House**  
Tuesday, February 24, 4:45pm Lobby

**A Conversation with Yo-Yo Ma on Arts and Public Life**  
at UNC Memorial Hall  
Thursday, February 26, 6:45pm Lobby

**Friday Favorites at Meymandi Hall**  
Friday, February 27, 10am Lobby

# Beyond the Cedars



## Hidden Universe 3D and Lunch at the Irregardless Café

Monday, February 9, 10:15am Lobby

The giant-screen documentary adventure *Hidden Universe 3D* takes audiences on an extraordinary journey deep into space in the cinematic medium that transports audiences like no other. With the full power of IMAX 3D cinematography, the deepest reaches of our universe are brought to life with unprecedented clarity through real

images captured by the world's most powerful telescopes. After the movie we'll have lunch at the Irregardless Café. Sign up at the Concierge Desk, deadline February 7. Cost: \$30 for lunch, movie and transportation. Minimum 6 people.

## The Metropolitan Opera—Iolanta/Bluebeard's Castle

Saturday, February 14, 11:15am Lobby

On the heels of her triumphant Met performances in *Eugene Onegin*, soprano Anna Netrebko takes on another Tchaikovsky heroine in the first opera of this intriguing double bill, consisting of an enchanting fairy tale (*Iolanta*) followed by a psychological thriller (*Bluebeard's Castle*). Sign up at the Concierge Desk beginning February 2, deadline February 9. Cost: \$30 for ticket and transportation. Maximum 16 people.

## Dining Out! Ruth's Chris Steak House

Tuesday, February 24, 4:45pm Lobby

A great steakhouse experience is waiting for you at Ruth's Chris Steak House in Durham. Featuring expertly prepared USDA Prime steaks and an award winning wine list. A sample menu is available at the Concierge Desk. Sign up at the Concierge Desk beginning February 2, deadline February 22. Cost: \$4 for transportation. Bring money for food and drinks. Minimum 6 people.



## A Conversation with Yo-Yo Ma on Arts and Public Life

at UNC Memorial Hall

Thursday, February 26, 6:45pm Lobby



Yo-Yo Ma, one of the world's most celebrated musicians, appears as the Frey Foundation Distinguished Visiting Professor in the College of Arts and Sciences. He and members of the Silk Road Ensemble will engage in a free public discussion about the intersection of arts and public life, moderated by Emil Kang, Carolina Performing Arts' Executive and Artistic Director. Sign up at the Concierge Desk beginning February 2, deadline February 23. Cost: \$4 for transportation. Maximum 28 people.



## **J. S. Bach *St. Matthew Passion* Performed by The Duke Chapel Choir**

*at Duke Chapel*

Sunday, March 29, 4pm Lobby

This Bach is, of course, one of the standouts of all music literature. The Duke Chapel Choir started practicing it last August. Incidentally, The Duke Chapel Choir is one of the largest and most celebrated university choirs in the country. They performed in Carnegie Hall, The Cathedral of St. John the Divine, and Washington National Cathedral. They also toured internationally in Poland, the Czech Republic, China, Spain, Turkey, Austria, and Greece as well as a tour of England that culminated in a performance of *Messiah* at London's St. Martins-in-the-Fields, with members of the English Festival Orchestra. Cedars Members who attended *Messiah* in December can attest to the high standards of their performance. Sign up at the Concierge Desk beginning February 2, deadline February 27. Cost: \$27 for ticket and transportation. Maximum 20 people. Minimum 6 people.

## **Kudos to...**

- ❧ Don Rorke for presenting the film *Sketches of Frank Gehry*
- ❧ Huddy Cohen for introducing us to her daughter Marcie Cohen Ferris for her book reading, *The Edible South: The Power of Food and the Making of an American Region*
- ❧ Phil Purcell for his armchair travel presentation, *South East Asia and a Chinese New Year in Hong Kong*
- ❧ Louis and Carolyn Taff for arranging for their son Greg to return to the Ballroom for another concert
- ❧ Dr. Sabah George for displaying his collection of handmade stained glass

## **Lunch and Learn with SunTrust Bank**

Thursdays, February 12, March 12 & April 9, noon, Private Dining Room

Please join us for our financial education lunch series held in the Private Dining Room and sponsored by our local community businesses. We will serve lunch during our discussion and will leave plenty of time for Q&A. We look forward to keeping you well informed throughout 2015. Sign up at the Concierge Desk, deadline 3 days before each lecture. Maximum 12 people.



- |                    |  |
|--------------------|--|
| <b>February 12</b> | <i>Tax Year 2015 Changes and Questions from Blackman and Sloop</i> |
| <b>March 12</b>    | <i>Estate Planning, Trust Accounts</i>                             |
| <b>April 9</b>     | <i>Senior Fraud</i>  |





## Cedars University

### How to Listen to and Understand Great Music

*Taught by Robert Greenberg, Ph.D., Music Composition, University of California, Berkeley*

Thursdays, February 5-April 30, 11am Ballroom

Learning how to appreciate the unmatched beauty, genius, and power of concert music can permanently enrich your life. Why is this so? As award-winning composer and Professor Robert Greenberg explains, "Music, the most abstract and sublime of all the arts, is capable of transmitting an unbelievable amount of expressive, historical, and even philosophical information to us, provided that our antennas are up and pointed in the right direction. A little education goes a long way to vitalizing and rendering relevant a body of music that many feel is beyond their grasp." Attend one or more of these lectures on DVD to increase your music appreciation.

## LEARNING OPPORTUNITIES



### Dream Workshops

*with Jane Hauser*

Tuesdays, February 3 & 10, 3-4pm Ballroom

Member Jane Hauser will hold two dream workshops reflecting on the wisdom of our dreams. On February 3 we will discuss the purpose of dreams, learn Jungian interpretation skills, talk about how to remember dreams, find out why we have nightmares and recurring dreams, among other topics. We ask, "who are these people in our dreams, not to mention all the crazy images?" In the second workshop on February 10, we will look at a dream or two from Cedars volunteers and practice dream work in a facilitated dream group.

### *Sketches of Frank Gehry—A Film by Sydney Pollack*

*presented by Don Rorke*

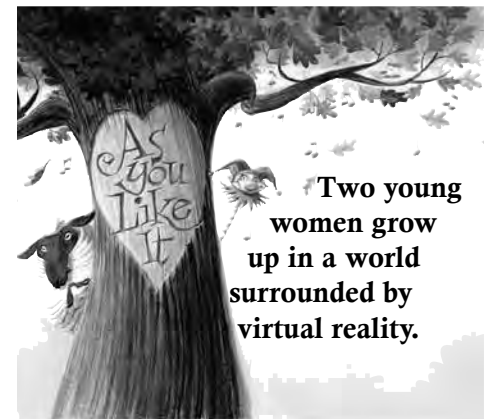
Thursday, February 5, 3pm Ballroom

Frank Gehry is a Canadian-American architect known for transforming the landscape of modern architecture from a conventional science into a majestic form of art. Born in Toronto, Canada, Frank Gehry studied at the University of Southern California and the Harvard Graduate School of Design. Based in Los Angeles since the 1980s, he is among the most highly acclaimed architects of

the 20th Century, and is known for his use of bold, post-modern shapes and unusual fabrications combining steel, titanium and glass to create the most heart-stopping structures the world has ever seen. While he has designed buildings throughout the world, his most famous designs are the Guggenheim Museum in Bilbao, Spain, and the Walt Disney Concert Hall in Los Angeles. Among his many official honors, Frank Gehry was the 1989 recipient of the prestigious Pritzker Prize. The film *Sketches of Frank Gehry*, by Academy Award winning director Sydney Pollack, looks inside the mind of the most acclaimed and controversial architect of our time.

### UNC Undergraduate Drama Department to Perform Excerpts from *As You Like It* by William Shakespeare

Sunday, February 8, 2pm Ballroom



Two young women grow up in a world surrounded by virtual reality.

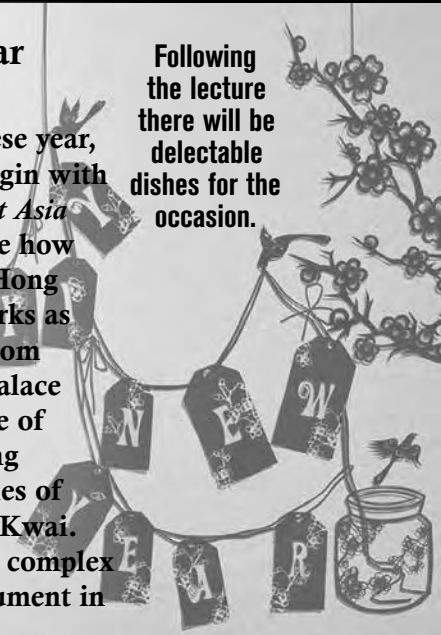
Why talk when you can text? Why listen to the sounds of nature when you can have your earbuds in listening to the latest hits? It is a cold world filled with advertising, liars, and a lack of humanity. Of course, *The Forest* has no electricity, and therefore no electronics. Faced with having to live in an unplugged world, Rosalind, Celia, Touchstone and Orlando must learn to communicate face to face. Heart to heart.

## Celebrate the Chinese New Year

Thursday, February 19, 3pm Ballroom

Celebrate the start of the 4,712th Chinese year, the year of the sheep. Festivities will begin with an Armchair Travel Program, *South East Asia and a Chinese New Year in Hong Kong*. See how the Chinese New Year is celebrated in Hong Kong with a parade and massive fireworks as Phil Purcell shares some photographs from the year of the horse. Visit the Grand Palace in Bangkok and travel in the countryside of Thailand outside Bangkok to the floating markets of Damnoen Saduak, the temples of Ayuthaya and the bridge over the River Kwai. View the vast 12th century Angkor Wat complex in Cambodia, the largest religious monument in the world.

Following the lecture there will be delectable dishes for the occasion.



## The Edible South: The Power of Food and the Making of an American Region

with Marcie Cohen Ferris

Friday, February 20, 3pm Ballroom

In *The Edible South*, Marcie Cohen Ferris, daughter of Member Huddy Cohen, presents food as a new way to chronicle the American South's larger history. Ferris tells a richly illustrated story of southern food and the struggles of whites, blacks, Native Americans, and other people of the region to control the nourishment of their bodies and minds, livelihoods, lands, and citizenship. The experience of food serves as an evocative lens onto colonial settlements and antebellum plantations, New South cities and Civil Rights-era lunch counters, chronic hunger and agricultural reform, counterculture communes and iconic restaurants as Ferris reveals how food—as cuisine and as commodity—has expressed and shaped southern identity to the

present day. Marcie Cohen Ferris, associate professor of American studies at the University of North Carolina at Chapel Hill, is also the author of *Matzoh Ball Gumbo: Culinary Tales of the Jewish South*. ***The Edible South* will be available for purchase. Please bring cash or checks.**



## Great Getaways

### Southern Leisure Tours Presents

- ❖ *I'll Never Be Hungry Again!* Temple Theater, Sanford, NC  
FEBRUARY 5
- ❖ Valentine's Cruise to the Western Caribbean Aboard the Norwegian Sun  
FEBRUARY 7-15
- ❖ Renee Fleming in Concert and Newly-Reopened Chrysler Museum of Art, Norfolk, VA  
FEBRUARY 17-18
- ❖ Central Florida's Gulf Coast  
FEBRUARY 24-28
- ❖ Louisiana Cajun/Creole Tour  
MARCH 2-6
- ❖ Highland County Virginia Maple Tour and Staunton's Blackfriar's Theater  
MARCH 17-19
- ❖ International Cherry Blossom Festival, Macon, Georgia  
MARCH 21-23
- ❖ *Fox on the Fairway*, Temple Theater, Sanford, NC  
APRIL 2


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.

### 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

# February 2015

## 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

### 2/1 Sunday

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9am Ping Pong **B**

### 2/2 Monday

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8am Art Open Studio **S**

8:45am Water Exercise **P**

9am Ping Pong **B**

9am Library Workday **L**

9:45am Water Exercise **P**

10am Beginner Polymer Clay Class **S** 

10:30am Knit & Stitch **CR**

11am Seniorcize **B**

11:30am Aquatic Therapy **P**  

11:30am Tai Chi **B**

1:30pm Play Group **CL**

2pm Poker **CR**

### 2/3 Tuesday

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8:45am Seniorcize **B**

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

11:30am Aquatic Therapy **P**  

1pm Golf Croquet **GL**

1:30pm Bible Study **MR**

2pm Mah Jongg **CR**

2pm Meditation **PD**

3pm Dream Workshop with Jane Hauser **B**

4:30pm Line Dancing **B**

5:30pm Ballroom Dance Workshop **B**

6:30pm Great Decisions Lecture **LB** 

7:45pm Cedars Cinema **Channel 24**

### 2/4 Wednesday

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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**

2pm Singer-Pianist-Harpist Greg Taff **B**

7:45pm Cedars Cinema **Channel 24**

### 2/5 Thursday

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8am Art Open Studio **S**

8:45am Seniorcize **B**

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

11am Cedars University **B**

11:30am Aquatic Therapy **P**  

3pm Frank Gehry film with Don Rorke **B**

4pm Scrabble **CR**

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

### 2/6 Friday

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8:45am Water Exercise **P**

9am Ping Pong **B**

9:45am Water Exercise **P**

10:30am Great Decisions Discussion **CR**

11am Yoga with Joanne **B** 

11:30am Aquatic Therapy **P**  

1pm Party Bridge **CR**

5pm Happy Hour **Bar**

7:15pm Audra McDonald at UNC **LB** 

7:45pm Cedars Cinema **Channel 24**

### 2/7 Saturday

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9am Ping Pong **B**

10am Bocce **GL**

7:45pm Cedars Cinema **Channel 24**

### 2/8 Sunday

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9am Ping Pong **B**

2pm As You Like It by UNC Undergraduates **B**

### 2/9 Monday

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8am Art Open Studio **S**

8:45am Water Exercise **P**

9am Ping Pong **B**

9am Library Workday **L**

9:45am Water Exercise **P**

10am Beginner Polymer Clay Class **S** 

10:15am Imax Theater Trip **LB** 

10:30am Knit & Stitch **CR**

11am Seniorcize **B**

11:30am Aquatic Therapy **P**  

11:30am Tai Chi **B**

2pm Poker **CR**

3pm Great Books **CL**

### 2/10 Tuesday

---

8:45am Seniorcize **B**

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

11:30am Aquatic Therapy **P**  

1pm Golf Croquet **GL**

1:30pm Bible Study **MR**

2pm Mah Jongg **CR**

2pm Meditation **PD**

3pm Dream Workshop with Jane Hauser **B**

4:30pm Line Dancing **B**

7:45pm Cedars Cinema **Channel 24**

### 2/11 Wednesday

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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**

4:30pm Zumba **B**

7:45pm Cedars Cinema **Channel 24**

### 2/12 Thursday

---

8am Art Open Studio **S**

8:45am Seniorcize **B**

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**

### 2/13 Friday


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8:45am Water Exercise **P**

9am Ping Pong **B**

9:45am Water Exercise **P**

11am Yoga with Joanne **B** 

11:30am Aquatic Therapy **P**  

2pm Poetry Group **CL**

5pm Happy Hour **Bar**

7:45pm Cedars Cinema **Channel 24**

### 2/14 Saturday

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Valentine's Day

9am Ping Pong **B**





10am Bocce **GL**  
11am Accessing UNC Libraries **L**  
11:15am *The Metropolitan Opera* **LB** 📖  
1pm *Carolina Ballet* **LB** 📖  
5pm *Violinists Jennifer Curtis & Rob Rempher* **DR**  
7:45pm Cedars Cinema **Channel 24**

## 2/15 Sunday

9am Ping Pong **B**  
2pm *Chamber Orchestra* **LB** 📖  
3pm *2014-15 Classical Concert Series* **B** 📖

## 2/16 Monday

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

## 2/17 Tuesday

8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Golf Croquet **GL**  
1:30pm Bible Study **MR**  
2pm Mah Jongg **CR**  
2pm Meditation **PD**  
4:30pm Line Dancing **B**  
5:30pm Ballroom Dance Workshop **B**  
6:30pm *Great Decisions Lecture* **LB** 📖  
7:45pm Cedars Cinema **Channel 24**

## 2/18 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**  
v 11:30am Aquatic Therapy **P** 📖 ♣️  
12:45pm Duplicate Bridge **CR**  
4:30pm Zumba **B**  
7:45pm Cedars Cinema **Channel 24**

## 2/19 Thursday

8am Art Open Studio **S**  
8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
11am Cedars University **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
3pm *Armchair Travel with Phil Purcell* **B**  
4pm Scrabble **CR**  
4:30pm *Robert Griffin—Jazz Pianist* **DL**  
6:45pm *UNC Symphony* **LB** 📖

## 2/20 Friday

8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
10:30am *Great Decisions Discussion* **CR** 📖  
11am Yoga with Joanne **B** 📖  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Party Bridge **CR**  
3pm *The Edible South, Marcie Cohen Ferris* **B**  
5pm Happy Hour **Bar**  
7:45pm Cedars Cinema **Channel 24**

## 2/21 Saturday

9am Ping Pong **B**  
10am Bocce **GL**  
7:45pm Cedars Cinema **Channel 24**

## 2/22 Sunday

9am Ping Pong **B**  
3pm *The Cedars Performs* **B**

## 2/23 Monday

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

## 2/24 Tuesday

8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Golf Croquet **GL**

1:30pm Bible Study **MR**  
2pm Mah Jongg **CR**  
2pm Meditation **PD**  
4:30pm Line Dancing **B**  
4:45pm *Dining Out! Ruth's Chris* **LB** 📖  
7:45pm Cedars Cinema **Channel 24**

## 2/25 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**  
4:30pm Zumba **B**  
7:45pm Cedars Cinema **Channel 24**

## 2/26 Thursday

8am Art Open Studio **S**  
8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
11am Cedars University **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
2pm Members Meeting **B**  
4pm Scrabble **CR**  
6:45pm *Conversation with Yo-Yo Ma* **LB** 📖

## 2/27 Friday

8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
10am *Friday Favorites* **LB** 📖  
11am Yoga with Joanne **B** 📖  
11:30am Aquatic Therapy **P** 📖 ♣️  
3pm *Popcorn and a Movie* **B**  
5pm Happy Hour **Bar**  
5pm *Richard Tazewell—Pianist* **DL**  
7:45pm Cedars Cinema **Channel 24**

## 2/28 Saturday

9am Ping Pong **B**  
10am Bocce **GL**  
11am Accessing UNC Libraries **L**  
7:45pm Cedars Cinema **Channel 24**

♣️ **Pool closed weekdays from 11:30 to 2:00 for Aquatic Therapy**

## February Birthdays

James Ackerman	2
Fred Council	4
Nancy Lebo	5
Lucinda Holderness	5
Frankie DuBose	6
John Kelly	7
Huddy Cohen	7
John Neter	8
Ruby Coley	8
Carma Burton	9
Donald Zehl	9
Ellen Herron	9
Rhoda Miller	13
Ray White	13
Robert Bolton	15
Norma Sims	17
Ted Wolf	18
Rita Kahr	18
George Huba	19
Diana Houston	19
Herbert Cooper	21
Susan Ehringhaus	21
Elinor Basnight	22
Robert Nenninger	24
Grace Maurer	25
William Cooney	25
Babette Blaug	27

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 at 919-537-0126.

# Let's Celebrate

## Robert Griffin, Jazz Pianist

Thursdays, February 5 & 19, 4:30pm Dining Lobby

## Singer-Pianist-Harpist Greg Taff

Wednesday, February 4, 2pm Ballroom

Greg Taff is returning to us again! We all remember how we enjoyed his group Fidelity St. last year. This time he will perform solo, playing and singing arrangements of jazz standards and American Song Book music...both ballads and upbeat songs. He will play colorful accompanying harmonies on both the piano and, uniquely, the harp. Prue is extremely gracious to allow Greg to play her magnificent harp!

## Jennifer Curtis and Rob Rempher—Violinists

Saturday, February 14, 5-6:30pm Dining Areas

Enjoy an elegant dinner while you listen to the sounds of violinists Jennifer Curtis and Rob Rempher as they stroll through the dining areas.



**The Cedars has talent.**

**The Cedars has humor.**

*The Cedars Performs.*

**Sunday, February 22**

**3pm Ballroom**

## Popcorn and a Movie: *And So It Goes*

Friday, February 27, 3pm Ballroom

There are a million reasons not to like realtor Oren Little (Michael Douglas). Willfully obnoxious to anyone who might cross his path, he wants nothing more than to sell one last house and retire in peace and quiet—until his estranged son suddenly drops off a granddaughter he never knew existed and turns his life upside-down. Clueless about how to care for a sweet, abandoned nine-year-old, he pawns her off on his determined and lovable neighbor Leah (Diane Keaton) and tries to resume his life uninterrupted. But little by little, Oren stubbornly learns to open his heart to his family, to Leah, and to life itself in this uplifting comedy from acclaimed director Rob Reiner.

## Richard Tazewell, Pianist

Friday, February 27, 5pm Dining Lobby



## 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 & Thur 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 Workshop 1st & 3rd

Tue 5:30 **B**

Betty White 919-967-4064

The Bible Class Tue 1:30 **MR**

Mary Ann Van Kampen

919-493-1789

Bocce Sat 10:00 **GL**

Tom Herron 919-259-7829

Cedars Cinema Tue, Wed, Fri & Sat

7:45 **Channel 24**

Duplicate Bridge Wed 12:45 **CR**

Betty White 919-967-4064

Tally Purcell 919-259-7585

French Lessons Wed 10:30 **CL**

James Noblitt 962-0273

Garden Plots

Kit Bick 919-259-7088

Golf Croquet Tue 1:00 **GL**

Norman and Rhonda Innes

919-259-7150

Great Books Club 2nd Mon 3:00 **CL**

Martha Oxenfeldt 919-967-2898

Happy Hour

Fri 5:00 **Bar**

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**

Mah Jongg Tue 2:00 **CR**

Meditation Tue 2:00 **PD**

Carolyn Taff 919-918-4467

Alice Myers 919-259-7474

Members Meeting last Thur 2:00 **B**

Phil Purcell 919-259-7585

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

Lofi Hirschman 919-259-7015

Ping Pong Mon, Wed, Fri, Sat, Sun

9:00 **B**

Rose Michelson 919-945-0888

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

Pat Beyle 919-942-1281

Poetry Group 2nd Fri 2:00 **CL**

Martha Oxenfeldt 919-967-2898

Poker Mon 2:00 **CR**

Scott Taylor 919-835-0700

Scrabble Thur 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 Thur 9:45 **B**

Julie Hardison 919-259-7922

Tai Chi Mon 11:30 **B**

Julie Hardison 919-259-7922

UNC Libraries alternate Sat 11am

Lynne Morris 919-967-4885

Water Exercise Mon Wed Fri 8:45 &

9:45 **P**

Julie Hardison 919-259-7922

Yoga Fri 11:00 **B**

Joanne Marshall 919-929-9162

Zumba Wed 4:30 **B**

Julie Hardison 919-259-7922

## Get Involved

### Accessing UNC Libraries

Saturdays, February 14 & 28, 11am Library

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

### Meadowmont Senior Luncheon

Wednesday, February 18, 1pm

Come and get to know your  
Meadowmont senior neighbors  
while enjoying lunch at  
Provence in Carrboro. For  
information and reservations  
contact Barbara Palmer at  
919-240-4718.

### Great Books Club

2nd Mondays, 3pm Classroom

*The Pugilist at Rest*  
by Thom Jones

Sign up for the next Great  
Books Club book, *Politics,  
Leadership and Justice*, at the  
Concierge Desk, deadline  
February 26. Cost: \$7 for the  
book.





# • • • • • CEDARS *Cinema* • • • • •

• • • • • Tuesdays, Wednesdays, Fridays & Saturdays, 7:45pm Channel 24 • • • • •

## ***Magic in the Moonlight***

Tuesday, February 3 & Friday, February 6  
Exposing a phony soothsayer proves harder than expected when the debunker (an Englishman) becomes smitten with the purported fraud (a French beauty). This romantic comedy unwinds amid the glamour of the French Riviera in the 1920s. Starring Eileen Atkins, Colin Firth and Marcia Gay Harden. Written and directed by Woody Allen. (2014)

## ***The Four Seasons***

Wednesday, February 4 & Saturday, February 7  
Chronicling the upscale neuroses of three middle-aged couples, this wry comedy of manners stars Alan Alda (who also writes and directs), Carol Burnett, Sandy Dennis, Len Cariou, Jack Weston and Rita Moreno. The longtime friends take vacations together every season until till one of the men ditches his spouse for a much younger woman (Bess Armstrong), tilting the group dynamics and putting their interrelationships to the test. (1981)

## ***Words and Pictures***

Tuesday, February 10 & Friday, February 13  
A picture is worth a thousand words—or is it? That’s the question prep school students must answer as their teachers egg them on in this diverting romantic comedy starring Clive Owen and Juliette Binoche as the instructors who spark the debate. (2013)

## ***From Here to Eternity***

Wednesday, February 11 & Saturday, February 14  
This gripping adaptation of James Jones’s novel about Army life in Hawaii in the idyllic days just before Dec. 7, 1941, follows the stories of three soldiers and the women who love them. Starring Burt Lancaster, Montgomery Clift and Deborah Kerr. (1953) SUBTITLES NOT INCLUDED

## ***The Intouchables***

Tuesday, February 17 & Friday, February 20  
Based on a true story, a quadriplegic aristocrat’s world is turned upside down when he hires a good-humored ex-con as his caretaker. The unlikely duo overcomes adversity of every flavor as they shatter preconceptions of love, life and each other in this French film. (2011)

## ***The Corn Is Green***

Wednesday, February 18 & Saturday, February 21  
Set in a Welsh mining town, this made-for-TV remake of the 1945 Bette Davis vehicle stars Katharine Hepburn as spinster schoolteacher Lilly Moffat, who devotes herself to helping gifted student Morgan Evans (Ian Saynor) earn a scholarship to Oxford University. But when he fathers a love child, Lilly’s well-laid plans and Morgan’s prospects may go down the drain. Hepburn received an Emmy nomination for her remarkable performance. (1978)

## ***Boyhood***

Tuesday, February 24 & Friday, February 27  
After divorcing, a mother and father continue to share the task of guiding their young son through youth and adolescence, and finally to adulthood. As the years roll by, the relationships among the three characters continue to evolve as well. Starring Ellar Coltrane, Ethan Hawke and Patricia Arquette. (2014)

## ***The Hundred-Foot Journey***

Wednesday, February 25 & Saturday, February 28  
Relocating from India to a quiet village in the south of France, chef Hassan Kadam and his family open a restaurant called Maison Mumbai. But when their business starts to thrive, a competing restaurateur launches a war between the eateries. Starring Helen Mirren and Om Puri. (2014)

## No pain, no gain – No way!

Although some old fitness fictions are fading fast, plenty of popular exercise misconceptions still exist. Here are some of the most common exercise myths as well as the not-so-common facts based on current exercise research.

**Myth 1. No pain, no gain.** Many people think if their muscles don't hurt, they're not having a quality workout. This is absolutely false. Pain can be a sign of an exhausted muscle or torn ligament. Any exercise that causes pain should be avoided.

**Myth 2. Physical decline in older adults is inevitable so exercise is pointless.** A lot of the symptoms that we associate with old age—such as weakness and loss of balance—are actually symptoms of inactivity, not age. Exercise can help you maintain your independence and way of life.

**Myth 3. Exercise isn't safe for older adults; it will cause falls and broken bones.** In fact, studies show that exercise can reduce your chances of a fall. Exercise builds strength, balance and agility. Worried about osteoporosis and weak bones? One of the best ways to strengthen them is with regular exercise.

**Myth 4. If not exercising intensely and frequently, exercise is a waste of time.** Every little bit does count! Research shows that any exercise is better than none. For example, regular walking or gardening for as little as an hour a week has been shown to reduce the risk of heart disease.

**Myth 5. Exercise will hurt arthritic joints.** To the contrary, regular activity replenishes lubrication to the cartilage of the joint and reduces stiffness and pain. Exercise can promote long-term weight management, improve joint range of motion, reduce fatigue and improve stamina in individuals with arthritis.

—*Arthritis Today*, IDEA, Johns Hopkins, Today Health and Webmd

### 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: Evil

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

Puzzle by websudoku.com

## ANNOUNCEMENTS

### Balance Clinic with Sandy Friday

Thursday, February 12, 2pm Ballroom

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

### Brunch Bunch Meet 'N Greet

Saturday, February 21, 8:30-10:30am

Brunch Bunch Open House is held the third Saturday of each month. Get to know your Meadowmont neighbors over coffee and a bagel. The Meadowmont community picks up the tab. Contact Bill Ferrell at 919-240-4682 with questions.



### 2014-15 Classical Concert Series

Sunday, February 15, 3pm Ballroom

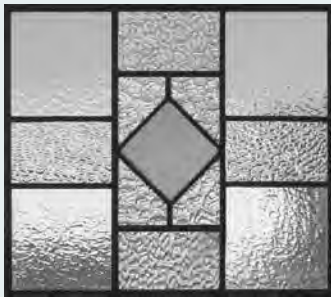
The holidays are past and it's time to begin the second half of this season's classical concerts. Our program for February is a trio consisting of Elliot Frank on guitar, Christine Gustavson on flute and Lisa Frank on piano. Subscribers, please join us! Call Connie Eby at 919-259-7808 with questions.



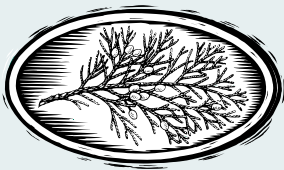


## Exhibits

During the month of February our Member display cabinet will contain Dr. Sabah George's collection of handmade stained glass.



If you are willing to share your collection by displaying it in the Clubhouse Lobby, please contact Marguerite Hutchins at 919-942-5307.



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 .. . . . . Ballyhoo Studio

# CALENDAR *at a Glance*

<i>date</i>	<i>day</i>	<i>activity</i>	<i>time</i>	<i>location</i>
2/3	Tuesday	Dream Workshop with Jane Hauser	3pm	Ballroom
2/3	Tuesday	Great Decisions Lecture	6:30pm	Lobby
2/4	Wednesday	Singer-Pianist-Harpist Greg Taff	2pm	Ballroom
2/5	Thursday	Cedars University <i>How to Listen to and Understand Great Music</i>	11am	Ballroom
2/5	Thursday	<i>Sketches of Frank Gehry</i> Film presented by Don Rorke	3pm	Ballroom
2/5	Thursday	Jazz Pianist Robert Griffin	4:30pm	Dining Lobby
2/6	Friday	Great Decisions Discussion	10:30am	Cardroom
2/6	Friday	Audra McDonald at UNC Memorial Hall	7:15pm	Lobby
2/8	Sunday	<i>As You Like It</i> by the UNC Undergraduate Drama Department	2pm	Ballroom
2/9	Monday	<i>Hidden Universe 3D</i> and Lunch at the Irregardless Café	10:15am	Lobby
2/10	Tuesday	Dream Workshop with Jane Hauser	3pm	Ballroom
2/12	Thursday	Cedars University <i>How to Listen to and Understand Great Music</i>	11am	Ballroom
2/14	Saturday	The Metropolitan Opera <i>Iolanta / Bluebeard's Castle</i>	11:15am	Lobby
2/14	Saturday	Carolina Ballet	1pm	Lobby
2/14	Saturday	Violinists Jennifer Curtis and Rob Rempher	5-6:30pm	Dining Rooms
2/15	Sunday	Chamber Orchestra	2pm	Lobby
2/15	Sunday	2014-15 Classical Concert Series	3pm	Ballroom
2/17	Tuesday	Great Decisions Lecture	6:30pm	Lobby
2/19	Thursday	Cedars University <i>How to Listen to and Understand Great Music</i>	11am	Ballroom
2/19	Thursday	<i>South East Asia and a Chinese New Year in Hong Kong</i> with Phil Purcell	3pm	Ballroom
2/19	Thursday	Jazz Pianist Robert Griffin	4:30pm	Dining Lobby
2/19	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
2/20	Friday	Great Decisions Discussion	10:30am	Cardroom
2/20	Friday	<i>The Edible South</i> with Marcie Cohen Ferris	3pm	Ballroom
2/22	Sunday	The Cedars Performs	3pm	Ballroom
2/24	Tuesday	Dining Out! Ruth's Chris Steak House	4:45pm	Lobby
2/26	Thursday	Cedars University <i>How to Listen to and Understand Great Music</i>	11am	Ballroom
2/26	Thursday	Members Meeting	2pm	Ballroom
2/26	Thursday	A Conversation with Yo-Yo Ma	6:45pm	Lobby
2/27	Friday	Friday Favorites at Meymandi Hall	10am	Lobby
2/27	Friday	Popcorn and a Movie— <i>And So It Goes</i>	3pm	Ballroom
2/27	Friday	Pianist Richard Tazewell	5pm	Dining Lobby