



The Cedars Post

Inside This Issue...

200 years of history on a 60-foot screen..... 2

"We the People" at IMAX Theatre in Raleigh and Lunch at the Irregardless Café

The longest-serving trial judge in North Carolina... 8

Secrets of the Judiciary with Stanley Peele

See how the Chinese New Year is celebrated in Hong Kong..... 8

Armchair Travel to China, Hong Kong, Bangkok and Angkor Wat with Phil Purcell

An Eternally Cheerful Lady

by Stanley Peele



When Marjorie Combs told me she was born and raised in Rochester, NY, I responded by saying, "Oh! You poor thing!" She responded to my foolishness in a gentle and ladylike manner, and said, "It was a nice place when I lived there." She was born in 1923,

and suffered through the Great Depression. She earned a scholarship to the University of Rochester but she could not afford transportation, so she went to work. Then she enrolled in the university, earning a degree in chemistry.

When I asked Marjorie to talk about her life, she talked about her husband rather than herself. She married Bill Combs in 1947. Bill was a doctor in the Navy reserve for several years. He was assigned to Camp Lejeune in NC. He then transferred to the Air Force. They lived in Wichita Falls, TX. Marjorie loved Texas. They eventually moved to Princeton, NJ. He practiced anesthesia at St. Francis Hospital in Trenton and then re-trained as a child psychiatrist. Marjorie had her hands full with four daughters—Mary, Susan, Cyndy and Katie—and a husband back in school!

In 1980 Marjorie and Bill retired to Southern Pines, and then Penick Village. They spent a lot of time traveling to see their two grandchildren, John and Emily. Now Marjorie has a great granddaughter, Ellie. Her daughter, Cyndy, encouraged her mom to move to the Cedars in 2007, after Bill died. Marjorie was a great gardener, an enthusiastic bridge player and good golfer. She was a tireless volunteer throughout her life.

When asked what advice she would give to parents, Marjorie said, "First, set a good example. Second, be understanding and patient." Marjorie is a very thoughtful and kind person. There is no "brag" about her. For instance, she asked me, "Why would you write an article about me? I haven't done much." This is not true. For one thing, she was the main parenting figure of four girls. That is a sizable accomplishment. Is there anything more important than raising children?

If you want to see Marjorie light up like a Christmas tree, ask her to show you pictures of her great granddaughter Ellie! She welcomes visitors at her home in Dubose Health Center.

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 at UNC

Tuesday, February 2, 6:30pm Lobby

Friday Favorites at Meymandi Hall

Friday, February 5, 10:15am Lobby

NC Symphony at UNC Memorial Hall

Thursday, February 11, 6:45pm Lobby

"We the People" at IMAX Theatre in Raleigh and Lunch at the Irregardless Café

Friday, February 12, 10:15am Lobby

Carolina Ballet

Saturday, February 13, 1pm Lobby

Great Decisions Lecture at UNC

Tuesday, February 16, 6:30pm Lobby

Dining Out! Provence

Wednesday, February 17, 5:15pm Lobby

Great Decisions Lecture at UNC

Tuesday, February 23, 6:30pm Lobby

Alvin Ailey at UNC Memorial Hall

Wednesday, February 24, 6:45pm Lobby

Saint-Saëns' Symphony at Meymandi Hall

Friday, February 26, 7pm Lobby

PlayMakers Repertory Company

Sunday, February 28, 1:30pm Lobby

Beyond the Cedars



"We the People" at IMAX Theatre in Raleigh and Lunch at the Irregardless Café

Friday, February 12, 10:15am Lobby

This powerful giant screen historical documentary is the story of America's founding documents and the people who wrote, shaped and tested them. From men who would defy a king—to a man who would not let the "more perfect union die"—to women who struggled for equality, *We the People* delivers through the giant screen a powerful national self-reflection and inspires every citizen to uphold the ideals and truths of our Republic—tenets that so strongly influence all our daily lives. Narrated by the iconic voices of Morgan Freeman and Kenny Rogers, *We the People* is meant to engage and inspire its audience to learn more about and participate in our democracy. Shot in IMAX, *We the People* is more than 200 years of history that truly comes to life on a 60-foot screen. After the movie we'll have lunch at the Irregardless Café. Sign up at the Concierge Desk beginning February 1, deadline February 8. Cost: \$30 for lunch, movie and transportation. Minimum 6 people.



BON APPÉTIT

Dining Out! Provence

Wednesday, February 17, 5:15pm Lobby

For more than 12 years, Provence has enjoyed welcoming guests to their well-loved establishment. Regarded as one of the finest French restaurants in the Triangle, Provence features the cuisine of the French Mediterranean with an emphasis on local, seasonal dishes. Classic favorites on the menu include the beautiful Truite Provençale and Whole Fish baked in Rock Salt, the Onion Soup Gratinée and Lobster Bisque as well as some contemporary creations to celebrate locally grown food. Sign up at the Concierge Desk beginning February 1, deadline February 15. Cost: \$4 for transportation. Bring money for food and drinks. Minimum 6 people.

Duke Symphony Orchestra with Jennifer Koh, Violinist

Conducted by Harry Davidson at Baldwin Auditorium

Wednesday, March 2, 7:15pm Lobby

Violinist Jennifer Koh has been named Musical America's 2016 Instrumentalist of the Year. Since the 1994-95 season when she won the International Tchaikovsky Competition in Moscow, the Concert Artists Guild Competition, and the Avery Fisher Career Grant, Ms. Koh has been heard with leading orchestras and conductors around the world. Sign up at the Concierge Desk beginning February 1, deadline February 27. Cost: \$7 for transportation. Admission is free. Maximum 20 people. Minimum 6 people.

The Metropolitan Opera—*Manon Lescaut*

at Silverspot Cinema

Saturday, March 5, 12:15pm Lobby

The Met stage ignites when soprano Kristine Opolais and tenor Jonas Kaufmann join forces in Puccini's obsessive love story. Opolais sings the title role of the country girl who transforms herself into a Parisian temptress, while Kaufmann is the dashing student who desperately woos her. Director Richard Eyre places the action in occupied France in a film noir setting. "Desperate passion" is the phrase Puccini himself used to describe the opera that confirmed his position as the preeminent Italian opera composer of his day. Met Principal Conductor Fabio Luisi leads the stirring score. Sign up at the Concierge Desk beginning February 1, deadline February 28. Cost: \$27 for ticket and transportation. Maximum 15 people.



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

Puzzle by websudoku.com

Great Getaways

Southern Leisure Tours Presents

- ❖ Sarasota, FL
February 15-19, 2016
- ❖ Jekyll Island Club, Jekyll Island, GA
March 1-4
- ❖ The Philadelphia Flower Show, Philadelphia, PA
March 8-11
- ❖ Blackfriar's Theater, Frontier Culture and Maple Syrup, Staunton, VA
March 16-18
- ❖ *Always a Bridesmaid*, Temple Theater, Sanford, NC
March 31
- ❖ Cape Lookout, Beaufort and Morehead City, NC
April 5-8
- ❖ 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.

February Birthdays

| | |
|--------------------|----|
| James Ackerman | 2 |
| Fred Councill | 4 |
| Nancy Meyer | 4 |
| Nancy Lebo | 5 |
| Lucinda Holderness | 5 |
| Frankie DuBose | 6 |
| Huddy Cohen | 7 |
| John Neter | 8 |
| Ruby Coley | 8 |
| Carma Burton | 9 |
| Don Zehl | 9 |
| Ellen Herron | 9 |
| Adele Hagood | 9 |
| Martin Silberberg | 12 |
| 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 |
| Robert Nenninger | 24 |
| Grace Maurer | 25 |
| Ronald Link | 27 |
| Babette Blaug | 27 |
| Shirley Rigsbee | 28 |

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

2015 Celebration of Life Service

Friday, February 5, 4pm Ballroom

Please join us as we remember and celebrate Cedars Members that we lost in 2015.



Super Bowl 50 Party

Sunday, February 7, 6pm

Bar/Cardroom

Enjoy hot wings, chips and beer while you cheer on your team! Food and beer available until halftime.

Mallarmé Chamber Players

Monday, February 8, 3pm Ballroom

The 2016 North Carolina HIP Music Festival comes to The Cedars Ballroom. The Mallarmé Chamber Players will present music on baroque period instruments by Heinrich Ignaz Franz Biber including excerpts from his Mystery Sonatas based on the Christian Rosary. Demonstration of the instruments and the explanation of historical performance practices will be included. David Wilson and Peter Lekx on violin; Gail Schroder on viola da gamba; Barbara Krumdieck on cello, and Barbara Weiss and Jackie Nappi on harpsichord.

ON VALENTINE'S DAY
An Afternoon in Paris
with David DiGiuseppe, Accordionist
 Sunday, February 14, 11:30am Dining Areas

Enjoy Valentine's brunch while listening to accordionist David DiGiuseppe share his music from the cabarets of Montmartre through the musettes of Paris to the songs of famed singer Edif Piaf.

Robert Griffin, Jazz Pianist

Thursdays, February 4 & 18

5pm Dining Lobby



Richard Tazewell, Pianist

Friday, February 12

5pm Dining Lobby



Ultimate Game Night Trivia Challenge

Thursday, February 25, 7pm
Ballroom

Looking for something fun to do with your friends and neighbors? Join Sounds Good Mobile Entertainment Company for

the Ultimate Game Night Trivia Challenge. Challenge your mind with a variety of trivia style games and questions while strategizing with your fellow teammates to come up with the right answer. Each team consists of seven people—sign up with your friends or pick a team to join. Prizes to be awarded to the winning team. Sign up at the Concierge Desk beginning February 1, deadline February 21. Minimum 14, maximum 42 people.

Popcorn and a Movie

The Martian

Monday, February 29, 3pm
Ballroom

During a manned mission to Mars, Astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived



and finds himself stranded and alone on the hostile planet. With only meager supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive. Starring Matt Damon, Jessica Chastain and Kristen Wiig.

Kudos to...

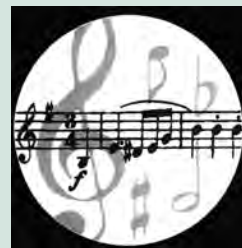
- 🎶 Ted Wolf for another year heading up the Great Decisions program
- 🎶 Phil Purcell for his armchair Travel presentation to China, Hong Kong, Bangkok and Angkor Wat
- 🎶 Stanley Peele for his *Secrets of the Judiciary* lecture
- 🎶 Phil Purcell for recommending Tom Driscoll to talk about *Birds and Animals of Uganda*

ANNOUNCEMENTS

Well to the Core

Thursday, February 11, 2pm Ballroom

Exercises to improve overall strength and balance with Cedars Rehab Manager, Sandy Friday. For more information contact her at 919-259-7907.




2015-16 Classical Concert Series

Sunday,
February 21,
3pm Ballroom

February's presentation will feature the Concert Singers of Cary, directed by Larry Speakman, with a program of delightful choral music. Subscribers, mark for your calendars for February 21. Call Connie Eby at 919-259-7808 if you have questions.

February 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




2/1 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10am *Paint and Collage Workshop* **S** 
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**



2/2 Tuesday

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

2/3 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**

2/4 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 Bocce **GL**
4pm Scrabble **CR**
5pm *Robert Griffin—Jazz Pianist* **DL**

2/5 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
10:15am Friday Favorites **LB** 
10:30am *Great Decisions Discussion* **CR** 
11am TGIF Fitness Class **B**
11:30am Aquatic Therapy **P**  
1pm Party Bridge **CR**
4pm *Celebration of Life Service* **B**
5pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**




2/6 Saturday

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



2/7 Sunday

9am Ping Pong **B**
3pm & 7:45pm Cedars Cinema **CHANNEL 24**
6pm *Super Bowl 50 Party* **Bar/CR**

2/8 Monday




8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10am *Paint and Collage Workshop* **S** 
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**
3pm *Mallarmé Chamber Players* **B**

2/9 Tuesday




8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
11:30am Aquatic Therapy **P**  

11:30am Bible Study **MR**
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
2pm Meditation **PD**
3pm *Birds & Animals of Uganda/Tom Driscoll* **B**
4:30pm Line Dancing **B**
5pm Ballroom Dance Group **B**
7:45pm Cedars Cinema **CHANNEL 24**




2/10 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**


2/11 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 Bocce **GL**
2pm Rehab Lecture **B**
4pm Scrabble **CR**
6:45pm *NC Symphony at UNC* **LB** 

2/12 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:15am *IMAX Trip and Lunch* **LB** 
11:30am Aquatic Therapy **P**  
3pm *Armchair Travel with Phil Purcell* **B**
5pm Happy Hour **Bar**
5pm *Richard Tazewell—Pianist* **DL**
7:45pm Cedars Cinema **CHANNEL 24**

2/13 Saturday

9am Ping Pong **B**
11am Accessing UNC Libraries
1pm *Carolina Ballet* **LB** 
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

2/14 Sunday

Valentine's Day
9am Ping Pong **B**
11:30am *An Afternoon in Paris* **DR**



3pm & 7:45pm Cedars Cinema CHANNEL 24

2/15 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10am Paint and Collage Workshop S
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**

2/16 Tuesday

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

2/17 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**
1pm Seniors Decide B
5:15pm Dining Out! Provence LB
7:45pm Cedars Cinema CHANNEL 24

2/18 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 Bocce **GL**
3pm Secrets of the Judiciary: Stanley Peele B
4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist DL

2/19 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**
5pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

2/20 Saturday

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

2/21 Sunday

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

2/22 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10am Paint and Collage Workshop S
10:30am Knit & Stitch **CR**
11am Seniorcize **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**
2pm Poker **CR**

2/23 Tuesday

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

2/24 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**
6:45pm Alvin Ailey LB
7:45pm Cedars Cinema CHANNEL 24

2/25 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 Bocce **GL**
2pm Members Meeting **B**
4pm Scrabble **CR**
7pm Game Night Trivia Challenge B

2/26 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am Great Decisions Discussion CR
11:30am Aquatic Therapy **P**
5pm Happy Hour **Bar**
7pm Saint-Saëns' Symphony LB
7:45pm Cedars Cinema CHANNEL 24

2/27 Saturday

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

2/28 Sunday

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

2/29 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10am Paint and Collage Workshop S
10:30am Knit & Stitch **CR**
11am Seniorcize **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**
2pm Poker **CR**
3pm Popcorn and a Movie—The Martian B

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, February 4–April 14, 11am
Ballroom

They have served not merely as diversions but as companions for so much of our lives, offering hours of pleasure and, at their best, insights few of us can ever quantify. But the simple joy of reading novels sometimes obscures our awareness of the deeper roles they play in our lives: honing our intellect, quenching our emotional thirsts, and shaping our sense of ourselves and of the world we live in.

In the same way, Professor Spurgin leaves you with a new appreciation for what each of this course's writers meant to the development of the English novel—and to literature as a whole—and an understanding of the person behind the words. By placing more than two centuries of great English novelists in the context of British history and showing how their lives intersected with the creation of their art, *The English Novel* offers a fascinating look at a form of enduring popularity and importance whose influence has been felt everywhere novels are read.

LEARNING OPPORTUNITIES



Birds and Animals of Uganda

with Tom Driscoll
Tuesday, February 9, 3pm Ballroom

Although a smaller country in Central Africa, Uganda has a great diversity of bird and animal species. It is also the home of Mountain Gorillas which exist in only three countries in Central Africa with high mountains. In addition, Uganda has plains which contain many species of mammals including lions, warhogs, and many species of antelope. Tom is a birdwatcher and a nature enthusiast and President of New Hope Audubon Society. He has been watching birds for 30 years all over the globe and has seen almost 4,000 species of birds in his travels.

Armchair Travel to China, Hong Kong, Bangkok and Angkor Wat

with Phil Purcell
Friday, February 12, 3pm Ballroom

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.

Seniors Decide 2016

Wednesday, February 17, 1pm Ballroom

The Leadership Council of Aging Organizations has enjoyed strong working relationships with U.S. Presidents of both parties. They developed Seniors Decide 2016 as a forum to begin a dialogue with the country's next President about policies and programs that serve the needs of a diverse and growing population of older Americans. We will be showing this event live on our movie screen in the Ballroom for our Members to learn more about the positions and feelings of the candidates on matters specifically impacting you.



Secrets of the Judiciary

with Stanley Peele
Thursday, February 18, 3pm Ballroom

Would you like to know what REALLY goes on in the world of judges? As the longest-serving trial judge in North Carolina (47 years), Stanley Peele is definitely qualified. Some of these incidents are known only to a handful of lawyers. That's because most of them have passed away. Stanley will talk about some incidents that he has never told before. Hearing the unvarnished truth should be interesting to you!



Cedars Fitness



Exercise and the Aging Brain

Aging and brain health is a topic of great interest as the older-adult population continues to grow. Longer life expectancy brings with it the need to maintain a healthy body and brain as the foundation for leading the fullest, most productive life possible. Neuroscientists are gaining valuable information about the brain-body connection and the message is loud and clear!

What is good for the body is good for the brain.

Exercise is one of the most important predictors of brain health through the life span.

As early as age 40, we start to lose approximately 5% of brain volume every decade of life. Research shows that exercise counteracts this by helping the brain sprout new connections between neurons (nerve cells), thereby increasing the brain's ability to store and transmit information. This is especially true in the hippocampus, which is the part of the brain associated with memory. Exercise also increases blood flow to the brain, decreasing risk of dementia and Alzheimer's disease.

All forms of exercise are beneficial but aerobic activities, which increase the body's heart rate and oxygen intake, are most beneficial in maintaining a healthy brain. Walking, cycling (on a stationary or road bike), dancing, climbing stairs (on an elliptical machine or in a building) and swimming are excellent choices. For those who are less steady on their feet, the SciFit, Nu-step and stationary bike, as well as water aerobics and seated exercises are brain-healthy options as well.

Beginning an exercise program at any age can benefit both brain and body. The more we move the body, the more we engage the brain. Through this brain-body connection, we can lay the foundation for the most productive life possible at any age.

Resource: *The Journal on Active Aging*



Great Decisions Program

Great Decisions is America's largest discussion program on world affairs. The name is shared by a national civic education program, briefing book and television series administered and produced by the Foreign Policy Association. The Great Decisions program highlights eight of the most thought-provoking foreign policy challenges facing Americans each year. Great Decisions provides background information, current data and policy options for each issue and serves as the focal text for discussion groups.

The lectures will be held at Carroll Hall on the UNC campus, departing the Cedars at 6:30pm. Sign up at the Concierge Desk, deadline 48 hours before each lecture. Cost: \$4 for transportation. Questions: contact Ted Wolf at 919-967-5619.

- February 2 *Rise of ISIS*
- February 16 *Future of Kurdistan*
- February 23 *Migration*
- March 8 *Koreas*
- March 22 *The United Nations*
- March 29 *Climate Change*
- April 5 *Cuba*



• • • • • CEDARS *Cinema* • • • • •

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

Funny Girl

Tuesday, February 2, Saturday, February 6, 7:45pm
Sunday, February 7, 3pm • G

This musical tells the story of Ziegfeld Follies comedienne Fanny Brice (Barbra Streisand), who grew up dreaming of stardom. When Brice finally becomes the toast of Broadway, the reaction of her husband (Omar Sharif) threatens to destroy their marriage. (1968)

He Named Me Malala

Wednesday, February 3, Friday, February 5, 7:45pm
Saturday, February 6, 3pm • PG-13

Vividly portraying the obstacles Pakistani women face in getting an education because of prohibitions by the Taliban, this documentary chronicles the story of 15-year-old Malala Yousafzai who was shot because of her advocacy efforts. (2015)

Sleepless in Seattle

Tuesday, February 9, Saturday, February 13, 7:45pm
Sunday, February 14, 3pm • PG-13

Fate and a boy conspire to unite widower Sam Baldwin and unhappily engaged journalist Annie Reed in this romantic comedy inspired by the 1957 classic *An Affair to Remember*. Starring Tom Hanks, Meg Ryan and Rob Reiner. (1993)
SUBTITLES NOT PROVIDED

An Officer and a Gentleman

Wednesday, February 10, Friday, February 12, 7:45pm • Saturday, February 13, 3pm • R

Dreams of being a Navy pilot prompt Zack Mayo (Richard Gere) to enroll in officer training school, where he runs afoul of a drill instructor (Oscar winner Louis Gossett Jr.). In the meantime, Mayo romances a working girl (Debra Winger), ignoring warnings to steer clear of the local lasses out to bag hotshot Navy flyboys. (1982)

Jurassic World

Tuesday, February 16, Saturday, February 20, 7:45pm • Sunday, February 21, 3pm • PG-13

Once a popular, state-of-the-art dinosaur-themed attraction, Jurassic Park has fallen behind the times. In response, the owners decide to design a bold new exhibit, but the terror it inspires becomes all too real after the technology malfunctions. Starring Chris Pratt, Bryce Dallas Howard and Vincent D'Onofrio. (2015)

Grace of Monaco

Wednesday, February 17, Friday, February 19, 7:45pm • Saturday, February 20, 3pm • NR

Six years after Grace Kelly's storybook life led her to become the Princess of Monaco, the actress weighs an offer to resume her career in Hollywood while helping her country in a dispute with France. Starring Nicole Kidman, Tim Roth and Frank Langella. (2015)

High Anxiety

Tuesday, February 23, Saturday, February 27, 7:45pm • Sunday, February 28, 3pm • PG

Psychiatric administrator Dr. Thorndyke finds some shenanigans occurring at the Psychoneurotic Institute for the Very, Very Nervous. But when he's framed for murder, Dr. Thorndyke must confront his own neurotic demons to clear his name. Starring Mel Brooks, Madeline Kahn and Cloris Leachman. (1977)

Mission: Impossible—Rogue Nation

Wednesday, February 24, Friday, February 26, 7:45pm • Saturday, February 27, 3pm • PG-13

Legendary superspy Ethan Hunt pushes his mental and physical capabilities to the limit once again as he accepts another ridiculously dangerous assignment in this explosive globe-trotting sequel. Starring Tom Cruise, Jeremy Renner and Simon Pegg. (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 2:00 **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 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 1:00 **GL**

Norman and Rhonda Innes
919-259-7150

Great Books Club

2nd Mon 3:00 **CL**

Alice Manilloff 919-942-6992

Happy Hour

Fri 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**

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, Sun 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

Get Involved

Accessing UNC Libraries

Saturday, February 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

A River Sutra

by Gita Mehta



New Move Ins

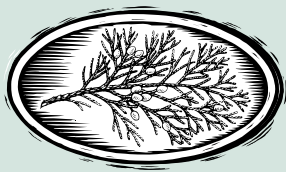
Mr. and Mrs. James and
Margaret "Scott" Trotter
234 Cedar Club Circle

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> |
|-------------|------------|--|-------------|-----------------|
| 2/2 | Tuesday | Great Decisions Lecture | 6:30pm | Lobby |
| 2/4 | Thursday | Cedars University: <i>The English Novel</i> | 11am | Ballroom |
| 2/4 | Thursday | Robert Griffin—Jazz Pianist | 5pm | Dining Lobby |
| 2/5 | Friday | Friday Favorites at Meymandi Hall | 10:15am | Lobby |
| 2/5 | Friday | Great Decisions Discussion | 10:30am | Cardroom |
| 2/5 | Friday | Celebration of Life Service | 4pm | Ballroom |
| 2/7 | Sunday | Super Bowl 50 Party | 6pm | Bar/Cardroom |
| 2/8 | Monday | Mallarme Chamber Players | 3pm | Ballroom |
| 2/9 | Tuesday | <i>Birds and Animals of Uganda</i> with Tom Driscoll | 3pm | Ballroom |
| 2/11 | Thursday | Cedars University: <i>The English Novel</i> | 11am | Ballroom |
| 2/11 | Thursday | NC Symphony at UNC Memorial Hall | 6:45pm | Lobby |
| 2/12 | Friday | <i>We the People</i> at IMAX and Lunch | 10:15am | Lobby |
| 2/12 | Friday | <i>Armchair Travel to China, Hong Kong, Bangkok and Angkor Wat</i> with Phil Purcell | 3pm | Ballroom |
| 2/12 | Friday | Richard Tazewell—Pianist | 5pm | Dining Lobby |
| 2/13 | Saturday | Carolina Ballet | 1pm | Lobby |
| 2/14 | Sunday | <i>An Afternoon in Paris</i> with David DiGiuseppe—Accordionist | 11:30am | Dining Areas |
| 2/16 | Tuesday | Great Decisions Lecture | 6:30pm | Lobby |
| 2/17 | Wednesday | Seniors Decide 2016 | 1pm | Ballroom |
| 2/17 | Wednesday | Dining Out! Provence | 5:15pm | Lobby |
| 2/18 | Thursday | Cedars University <i>The English Novel</i> | 11am | Ballroom |
| 2/18 | Thursday | <i>Secrets of the Judiciary</i> with Stanley Peele | 3pm | Ballroom |
| 2/18 | Thursday | Robert Griffin—Jazz Pianist | 5pm | Dining Lobby |
| 2/19 | Friday | Great Decisions Discussion | 10:30am | Cardroom |
| 2/21 | Sunday | 2015-16 Classical Concert Series | 3pm | Ballroom |
| 2/23 | Tuesday | Great Decisions Lecture | 6:30pm | Lobby |
| 2/24 | Wednesday | Alvin Ailey at UNC Memorial Hall | 6:45pm | Lobby |
| 2/25 | Thursday | Cedars University: <i>The English Novel</i> | 11am | Ballroom |
| 2/25 | Thursday | Members Meeting | 2pm | Ballroom |
| 2/25 | Thursday | Ultimate Game Night Trivia Challenge | 7pm | Ballroom |
| 2/26 | Friday | Great Decisions Discussion | 10:30am | Cardroom |
| 2/26 | Friday | Saint-Saëns' Symphony at Meymandi Hall | 7pm | Lobby |
| 2/28 | Sunday | PlayMakers Repertory Company | 1:30pm | Lobby |
| 2/29 | Monday | Popcorn and a Movie: <i>The Martian</i> | 3pm | Ballroom |