

# The Cedars Post

July 2015

Volume 12 Issue 7

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Fran and Don Alguire enjoy ice cream at Maple View Farm

*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

## Here's the Cool Scoop

by Jean Wolff



On a lovely spring afternoon in June, a bus load of 18 Members drove to the Maple View Agricultural Educational Center in Hillsborough. We were promptly ushered into a classroom containing many Holstein artifacts, including a life-sized Holstein cow. Susan Nichols was our enthusiastic guide, noting the old butter churns, milk cans and other dairy antiques. The Holsteins produce the most milk of any breed and of the 350 cows there, 140 were milking cows, averaging nine gallons/day after three milkings. Each cow is tagged with her computerized diet and if she is yielding a low return, the diet can be tweaked. A healthy diet of corn, hay, wheat, barley, soy beans and more are all grown pesticide-free on the farm.

The farm, with 500 acres of land, a house and other buildings, was purchased in 1963 by the Bob Nutter family from Maine. Cold weather and snow became too much for them so they transferred their dairy operation south, cattle and all. From 1963 until 1998 they raised cows and grew crops. But in 1998 Bob's son, Roger, opened the bottling plant and in 2000 the now-famous ice cream store greeted its first customers. Throughout the years, Alison Nichols worked part-time until she earned her Master's degree in Education at UNC, Chapel Hill in 2007. She enjoyed teaching Kindergarten, but Bob's offer to manage the ice cream store trumped that position. Alison's classroom experience morphed into a much larger classroom—a center designed to teach children about sustainable agriculture and conservation. The Maple View Agricultural Educational Center was born in 2009, opening its doors to pre-schoolers, seniors and special events, such as National Ice Cream Day on July 19. Noteworthy is the Center's affiliation with the NC Farm Bureau and the local Chambers of Commerce, as well as its support of Sam's Wish Fund at Kids Path of Hospice. Alison is the Center's CEO and daughter of our guide Susan!

Leaving the Center, we were taken on a wagon ride to view a "real working farm." What caught everyone's eye was an adorable wobbly two-hour newborn calf, alone for three days where she would be fed and tagged. All of the cows were separated and fenced by status. For example, only milking cows shared the same pasture while only pregnant cows grazed together. On our ride, we also passed underground silos covered with reused tires to improve fermentation. (Tall silos had too much leakage.) Finally arriving at the wonderful ice cream store of 100+ flavors, Members chose orange burst, blackberry, peach, double chocolate, etc. With cones in hand, we filled the white rocking chairs stretching across the front porch and amidst the chatter, took a few moments to relish the farmland's expanse where "On this clear day, you could see forever." For more info, visit <http://mapleviewfarm.com>.

## 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:

### Shopping Trip to Cameron Village

Friday, July 17, 11am Lobby

### Dreamgirls

at Kennedy Theater  
Sunday, July 19, 1:45pm Lobby

### Dining Out! P.F. Chang's

Thursday, July 23, 4:45pm Lobby

### Imax Theater Trip, Humpback Whales 3D, and Lunch at Irregardless Café

Friday, July 31, 10am Lobby

# Beyond the Cedars

## Shopping Trip to Cameron Village

Friday, July 17, 11am Lobby

Cameron Village, located in Raleigh, has exquisite jewelry, haute couture, trend-setting styles, home furnishings, and creative cuisine. Spend the afternoon shopping and have lunch at one of the eateries. Sign up at the Concierge Desk beginning July 1, deadline July 13. Cost: \$7 for transportation. Minimum 6 people.

## Dreamgirls

at Kennedy Theater  
Sunday, July 19, 1:45pm Lobby

First set in the fabulous sixties—a time when we were listening to Elvis and the Beatles, but were also dancing to the new beat of groups like The Supremes and The Temptations—this show takes us to the arrival of disco, though the word is never used. The play is not just about the singing, dancing, and performing, but is also about the behind-the-scenes reality of the entertainment industry. The play deals with a musical contribution of such importance that only now, decades later, are we beginning to understand. Sign up at the Concierge Desk beginning July 1, deadline July 12. Cost: \$34 for ticket and transportation. Minimum 6 people. Maximum 10 people.



## Dining Out! P.F. Chang's

Thursday, July 23, 4:45pm Lobby

P.F. Chang's, located in Durham, offers fresh Asian-inspired cuisine with a modern twist. Sign up at the Concierge Desk beginning July 1, deadline July 20. A sample menu is available at the Concierge Desk. Cost: \$4 for transportation. Bring money for food and drinks. Minimum 6 people. Maximum 28 people.

## Imax Theater Trip, Humpback Whales 3D, and Lunch at Irregardless Café

Friday, July 31, 10am Lobby



*Humpback Whales 3D* takes audiences to Alaska, Hawaii and the Kingdom of Tonga for an immersive look at how these whales communicate, sing, feed, play and take care of their young. Captured for the first time with IMAX® 3D cameras, and found in every ocean on earth, humpbacks were nearly driven to extinction 50 years ago, but today are making a steady recovery. Join a team of researchers as they unlock the secrets of the humpback and find out what makes humpbacks the most acrobatic of all whales, why only the males sing, and why these intelligent 50-foot, 48-ton animals migrate more than 6,000 miles round-trip every year. After the movie we'll have lunch at the Irregardless Café in Raleigh. Sign up at the Concierge Desk beginning July 1, deadline July 27. Cost: \$32 for lunch, movie and transportation. Minimum 6 people. Maximum 27 people.



Cedars Members recently enjoyed a performance by Tri-Force Jump Rope, a tour of Maple View Farms topped by sampling their delicious ice cream, and a visit to High Point to see Meredith's Miniatures.



## Great Getaways

### Southern Leisure Tours Presents

- ❖ Cheyenne Frontier Days, CHEYENNE, WY  
July 20-24
- ❖ Music in the Mountains! Featuring *Gypsy* at the Flat Rock Playhouse and The Season Finale Concert at the Brevard Music Festival  
August 1-3
- ❖ Videri Chocolate Factory Tour and Lunch at the Pit, RALEIGH, NC  
August 7
- ❖ "Come to Leicester" Studio Tours and Lake Lure Cruise  
August 14-16
- ❖ Prince Edward Island, Canada  
August 26-30
- ❖ Cruise Tour to Hawaii  
September 10-September 23

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.



## Cedars University

### Classical Mythology

*Taught by Professor Elizabeth Vandiver Ph.D., Associate Professor of Classics and Clement Biddle Penrose Professor of Latin at Whitman College (lectures on DVD)*

Thursdays, July 2-September 17, 11am Ballroom

From Athena to Zeus, the characters and stories of classical mythology have been both unforgettable and profoundly influential. They have inspired and shaped everything from great art and literature, to our notions of sexuality and gender roles, to the themes of popular films and TV shows.

*Classical Mythology* is an introduction to the primary characters and most important stories of classical Greek and Roman mythology. Among those you will study are the accounts of the creation of the world in Hesiod's *Theogony* and Ovid's *Metamorphoses*; the gods Zeus, Apollo, Demeter, Persephone, Hermes, Dionysos, and Aphrodite; the Greek Heroes, Theseus and Heracles (Hercules in the Roman version); and the most famous of all classical myths, the Trojan War.

## LEARNING OPPORTUNITIES

### Book Reading and Signing

#### *First Love & Other Poems*

with Norman Weinstein

Wednesday, July 1, 2pm Ballroom



Cedars Member Norman Weinstein will have a book reading and signing from his book *First Love & Other Poems* featuring the voices of Lucia Peel Powe and Jaki Shelton Green.

**Light refreshments will be served.**



### Veterans Benefits Information Session

with Betsy Corbett, MA, LCSWA

Friday, July 17, 3pm Ballroom

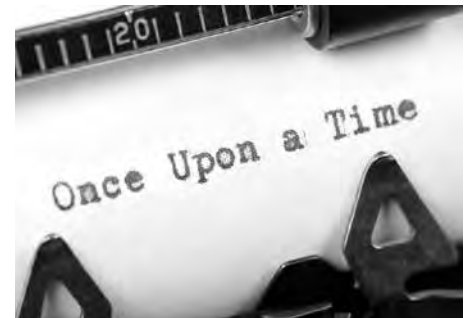
Orange County's Veterans Services is available to provide effective counsel to veterans and/or their family members on veterans' benefits offered by the federal, state and local government. They assist veterans and dependents in obtaining, retaining, or reinstating applicable VA benefits and services. Betsy Corbett, MA, LCSWA, is the County Veteran Service Officer for Orange County Department of Social Services and will be here to share Veterans benefit information to Veterans and/or family members living at the Cedars.



### Hardwiring for Happiness Through Writing

with John F. Evans and Kate Stratten

Friday, July 24, 3pm Ballroom



Learn about five evidence-based writing modes that enhance health in different ways: Expressive Writing, Transactional Writing, Poetic Writing, Affirmative Writing, and Legacy Writing. John Evans, MAT, MA, EdD, is a transformative writing facilitator, integrative health coach, writer, and speaker committed to mindful coaching and leading others to flourish through writing. Kate Stratten is an international public health behavior change communication expert, counselor, and trainer. If there is enough interest in this topic John and Kate will offer a six week workshop at a later date. Sign up sheets will be available after the program.



## Cedars Fitness

### Drink to Your Health!

Summer's heat and humidity are a dangerous duo that can lead to dehydration, a serious and sometimes life-threatening condition. As we age, our total body water decreases as does our thirst sensation. Dehydration can therefore happen much more quickly and more frequently in seniors. Fluid loss can make us weak and dizzy, which increases our

chances of falling. Even mild dehydration can cause confusion. Problems with the heart, kidneys and brain are also associated with dehydration.

Here are some tips for maintaining proper hydration:



Do not judge your need for water by thirst; drink water whether you are thirsty or not.



Avoid caffeinated beverages, which promote water loss.



Increase your water intake by consuming fruits and leafy green vegetables.



Hydrate yourself properly BEFORE exercising and continue to drink water during and after your workout.



Carry a bottle of water when you are on the go, especially during the hot summer months.

~adapted from *News Canada*

## ANNOUNCEMENTS

### Senior Fit Clinic with Sandy Friday

Thursday, July 9, 2pm Ballroom

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

### Brunch Bunch Meet 'N Greet

Saturday, July 18, 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.

### 2015-16 Classical Concert Series

If you've not yet subscribed to next year's concert series, spaces are still available. Extra forms can be found next to the box in the "fireplace" side of the Clubhouse Lobby; completed forms should be deposited in the box. Please call Babette Blaug at 919-967-5013 with questions.

### Casual for a Cause

*8th Annual Alzheimer's Hot Dog Fundraiser*

Friday, July 10, 11:30am-1:30pm Ballroom

With the arrival of summer brings our 8th Annual Alzheimer's Hot Dog Fundraiser. We have continually increased our donation amounts and hope to do the same again this year. Last year we raised \$2,500 and our goal this year is \$3,000. Please invite your friends and family; we will be inviting the entire Chapel Hill community. Proceeds will be donated to Alzheimer's NC Inc. If you cannot attend, but would like to make a donation, please contact Ashley Beale, Social Services Director at 919-259-7735. If you would like to volunteer, please contact Tara Pierce at 919-537-0128 or by email at [tpierce@cedarsofchapelhill.com](mailto:tpierce@cedarsofchapelhill.com).



# July 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

### 7/1 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**  
*2pm Book Reading and Signing with Norman Weinstein* **B**  
4:30pm Zumba **B**  
7:45pm Cedars Cinema CHANNEL 24


### 7/2 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**    
4pm Scrabble **CR**

### 7/3 Friday

9am Ping Pong **B**  
11:30am Aquatic Therapy **P**    
1pm Party Bridge **CR**  
5pm Happy Hour **Bar**  
7:45pm Cedars Cinema CHANNEL 24

### 7/4 Saturday



*Independence Day*   
9am Ping Pong **B**  
9am Bocce **GL**  
11am Accessing UNC Libraries **L**  
3pm & 7:45pm Cedars Cinema CHANNEL 24  
*4pm Celebration with the Carolina Cut-Ups* **DL**

### 7/5 Sunday



9am Ping Pong **B**  
3pm Cedars Cinema CHANNEL 24

### 7/6 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**    
1:30 Play Group **CL**  
2pm Poker **CR**

### 7/7 Tuesday

8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
10am Golf Croquet **GL**  
11:30am Aquatic Therapy **P**    
1:30pm Bible Study **MR**  
2pm Mah Jongg **CR**  
2pm Meditation **PD**  
4:30pm Line Dancing **B**  
7:45pm Cedars Cinema CHANNEL 24



### 7/8 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

### 7/9 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**    
4pm Scrabble **CR**  
*4:30pm Robert Griffin—Jazz Pianist* **DL**

### 7/10 Friday

8:45am Water Exercise **P**  
9am Ping Pong **S**  
9:45am Water Exercise **P**  
11:30am Aquatic Therapy **P**    
*11:30am Alzheimer's Hot Dog Fundraiser* **B**

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



### 7/11 Saturday

9am Bocce **GL**  
3pm & 7:45pm Cedars Cinema CHANNEL 24

### 7/12 Sunday

9am Ping Pong **B**  
3pm Cedars Cinema CHANNEL 24

### 7/13 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 Club **CL**  
*3pm Tenor Alan Bennett and Pianist Hye-Seon Choi* **B**

### 7/14 Tuesday

8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
10am Golf Croquet **GL**  
11:30am Aquatic Therapy **P**    
1:30pm Bible Study **MR**  
2pm Mah Jongg **CR**  
2pm Meditation **PD**  
4:30pm Line Dancing **B**  
5:30pm Ballroom Dance Group **B**  
7:45pm Cedars Cinema CHANNEL 24

### 7/15 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 Zumba **B**  
7:45pm Cedars Cinema CHANNEL 24

### 7/16 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** 📖 ♣️  
4pm Scrabble **CR**

### 7/17 Friday

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8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
11am Director's Dialogue **B**  
11am Shopping: Cameron Village **LB** 📖  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Party Bridge **CR**  
3pm VA Benefits with Betsy Corbett **B**  
5pm Happy Hour **Bar**  
5pm Richard Tazewell—Pianist **DL**  
7:45pm Cedars Cinema **CHANNEL 24**

### 7/18 Saturday

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

### 7/19 Sunday

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9am Ping Pong **B**  
1:45pm Dreamgirls at Kennedy Theater **LB** 📖  
3pm Cedars Cinema **CHANNEL 24**

### 7/20 Monday

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8am Art Open Studio **S**  
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** 📖 ♣️  
1:30 Play Group **CL**  
2pm Poker **CR**

### 7/21 Tuesday

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8:45am Seniorcize **B**  
9:45am Sit and Be Fit **B**  
10am Golf Croquet **GL**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1:30pm Bible Study **MR**  
2pm Mah Jongg **CR**  
2pm Meditation **PD**  
4:30pm Line Dancing **B**  
7:45pm Cedars Cinema **CHANNEL 24**

### 7/22 Wednesday

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9am Ping Pong **B**

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**

### 7/23 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** 📖 ♣️  
4pm Scrabble **CR**  
4:30pm Robert Griffin—Jazz Pianist **DL**  
4:45pm Dining Out! P.F. Chang's **LB** 📖

### 7/24 Friday

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8:45am Water Exercise **P**  
9am Ping Pong **S**  
9:45am Water Exercise **P**  
11:30am Aquatic Therapy **P** 📖 ♣️  
3pm Hardwiring for Happiness Through Writing with John Evans & Kate Stratten **B**  
5pm Happy Hour **Bar**  
7:45pm Cedars Cinema **CHANNEL 24**

### 7/25 Saturday

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

### 7/26 Sunday

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9am Ping Pong **B**  
3pm Soprano Emily Rebecca Smith and Pianist Jennifer Allor **B**  
3pm Cedars Cinema **CHANNEL 24**

### 7/27 Monday

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8am Art Open Studio **S**  
9am Ping Pong **B**  
9am Library Workday **L**  
9:45am Water Exercise **P**  
10:30am Knit & Stitch **CR**  
11am Seniorcize **video**  
11:30am Tai Chi **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
2pm Poker **CR**  
3pm Popcorn and a Movie—Mr. Turner **B**

### 7/28 Tuesday

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

10am Golf Croquet **GL**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1:30pm Bible Study **MR**  
2pm Mah Jongg **CR**  
2pm Meditation **PD**  
4:30pm Line Dancing **B**  
5:30pm Ballroom Dance Group **B**  
7:45pm Cedars Cinema **CHANNEL 24**

### 7/29 Wednesday

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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 Zumba **B**  
7:45pm Cedars Cinema **CHANNEL 24**

### 7/30 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** 📖 ♣️  
2pm Members Meeting **B**  
4pm Scrabble **CR**

### 7/31 Friday

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8:45am Water Exercise **P**  
9am Ping Pong **S**  
9:45am Water Exercise **P**  
10am Imax Theater Trip and Lunch **LB** 📖  
11:30am Aquatic Therapy **P** 📖 ♣️  
5pm Happy Hour **Bar**  
7:45pm Cedars Cinema **CHANNEL 24**

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

## July Birthdays

Sue Bielawski	2
Libbie Gersten	4
John Crabill	4
Victor Chew	9
Frances Alguire	11
Benjamin Keaton	12
Dorothy Lebeau	15
Rose Michelson	16
Joe Middleton	16
Robert Eby	17
Ruth Barber	17
Catherine Mellor	19
Ruth Strong	22
Betty Englert	22
Stanley Peele	22
William Bondurant	22
Edmund Glover	25
David Waters	26
Joan Bingham	27
Roger Duvoisin	27
Caroline Rupert	28
Traute Cameron	28
Robert Headen	28
Anne McLendon	29
Peter Sylvester	30
George Dutrow	31
Eunice Shatzman	31
Mary Medearis	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

*A little night music...*



**Robert Griffin,  
Jazz Pianist**

Thursdays, July 9 & 23, 4:30pm  
Dining Lobby

**Richard  
Tazewell, Pianist**

Friday, July 17, 5pm  
Dining Lobby



## July 4th Celebration with The Carolina Cut-Ups

Saturday, July 4, 4-6pm Dining Lobby

The Carolina Cut-Ups, including Buz Lloyd (fiddle), Bobb Head (guitar and banjo), Terry Burtyk (banjo and guitar) and Karen Warren (bass), are veterans of the Triangle Old Time Stringband music community and play and sing traditional songs and tunes many of which come from the mountains of North Carolina. Old Time Stringband music is a uniquely American form perfectly suited for celebrating our nation's July 4th birthday!

## Tenor Alan Bennett and Pianist Hye-Seon Choi

Monday, July 13, 3pm Ballroom

Alan Bennett, the youngest son of Member Alyce Bennett, has been singing professionally for 25 years. He and his wife Hye-Seon Choi will offer a recital of classical vocal music. The program will include songs of Gabriel Faure, the song cycle *An die ferne Geliebte* by Beethoven, a Canticle for voice and piano by Benjamin Britten and Aaron Copland's entertaining *Old American Songs*. Translations will be provided for the foreign language selections.



## Soprano Emily Rebecca Smith and Pianist Jennifer Allor

Sunday, July 26, 3pm Ballroom

Former Cedars hostess Emily Rebecca Smith and Jennifer Allor are returning to their hometown of Chapel Hill to perform selections of art songs, opera favorites, and musical theatre pieces. The two sisters currently live in the Chicago area and have collaborated for several years. Ms. Smith recently



received a Master of Music degree from the Chicago College of Performing Arts and has several performances lined up this year. Mrs. Allor holds a Master of Music degree from the Cleveland Institute of Music, runs an independent teaching studio, and is an active member of the Music Teachers National Association. **Refreshments will be served after the concert.**

### Popcorn and a Movie: *Mr. Turner*

Monday, July 27, 3pm Ballroom

This film explores the last quarter century of the great if eccentric British painter J.M.W. Turner (1775-1851). Profoundly affected by the death of his father, loved by a housekeeper he takes for granted and occasionally exploits sexually, he forms a close relationship with a seaside landlady with whom he eventually lives incognito in Chelsea, where he dies. Throughout this, he travels, paints, stays with the country aristocracy, visits brothels, is a popular if anarchic member of the Royal Academy of Arts, has himself strapped to the mast of a ship so that he can paint a snowstorm, and is both celebrated and reviled by the public and by royalty.



### Kudos to...

- 🎨 Ted Wolf for lending us his DVD series on Classical Mythology for Cedars University
- 🎨 Carole Bossen for recommending the trip to Maple View Dairy Farm
- 🎨 Don Rorke for arranging to have Patrick Dougherty speak to us in the Ballroom
- 🎨 Herbert D. Rothen for receiving the George H. Seal Memorial Award, 2015 Honorable Mention

### 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

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

Puzzle by websudoku.com

# • • • • • CEDARS *Cinema* • • • • •

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



## ***Winter's Tale***

Wednesday, July 1, Friday, July 3, 7:45pm

Saturday, July 4, 3pm • PG-13

Colin Farrell is a thief who breaks into an ill girl's home and then falls for her. As the action shifts between past and present, the burglar also acquires a flying-horse guardian angel. (2014)

determined athletes establish a bond of trust, remarkable achievements are on the horizon. (2015)

## ***Cat on a Hot Tin Roof***

Tuesday, July 21, Saturday, July 25, 7:45pm

Sunday, July 26, 3pm • NR

An avaricious Southern clan scrambles to curry favor with wealthy patriarch "Big Daddy" Pollitt (Burl Ives). Paul Newman is an alcoholic ex-football star whose self-pity and drunken malice jeopardize not only his inheritance, but also his marriage to the seductive Elizabeth Taylor. (1958) SUBTITLES NOT INCLUDED

## ***Mortdecai***

Wednesday, July 22, Friday, July 24, 7:45pm

Saturday, July 25, 3pm • R

With the Russian Mafia on his trail, an urbane but unscrupulous art dealer sets off to recover a purloined painting that's allegedly connected to a bank account full of Nazi treasure. Starring Johnny Depp, Gwyneth Paltrow and Ewan McGregor. (2015)

## ***The Rewrite***

Tuesday, July 28, Saturday, August 1, 7:45pm

Sunday, August 2, 3pm • NR

Once upon a time, Keith Michaels was an award-winning Hollywood screenwriter, but divorce and a string of unsuccessful films have left him with nothing. When his agent arranges a job, Keith can't say no and finds himself becoming invested in his students' lives. (2015)

## ***Bending Sticks***

Wednesday, July 29, Friday, July 31, 7:45pm

Saturday, August 1, 3pm • NR

Celebrating the career of renowned environmental artist Patrick Dougherty, the film follows the artist and his collaborators during a year of sculpture work and reveals Dougherty's process, personal story and inspirations. (2013)



## ***Hollywoodland***

Tuesday, July 7, Saturday, July 11, 7:45pm

Sunday, July 12, 3pm • R

When the actor from TV's "Adventures of Superman" turns up dead, a dogged private eye investigates and unearths a string of secrets in this gritty drama based on a true story. (2006)

## ***The Magic of Belle Isle***

Wednesday, July 8, Friday, July 10, 7:45pm

Saturday, July 11, 3pm • PG

After alcoholism depletes his enthusiasm for writing, Monte Wildhorn finds his passion renewed when he moves to Belle Isle and gets to know his next door neighbors—a single mother and her daughters. (2012) SUBTITLES NOT INCLUDED

## ***Ghosts of Mississippi***

Tuesday, July 14, Saturday, July 18, 7:45pm

Sunday, July 19, 3pm • PG-13

Decades after two hung juries cleared a white supremacist in the 1963 shooting death of civil-rights activist Medgar Evers, the assistant district attorney reopens the case to bring the man to justice with support from Evers's widow. Based on the true 1994 trial. (1996)

## ***McFarland, USA***

Wednesday, July 15, Friday, July 17, 7:45pm

Saturday, July 18, 3pm • PG

Track coach Jim White's search for work leads him to a high school with a largely Latino student body. After White (Kevin Costner) and his



## 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 Group

2nd & 4th 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 9:00 **GL**

**NEW TIME!**

Tom Herron 919-259-7829

### Caregivers Support Group

1st Wed 3:00 **PD**

Krista Lemery 919-259-7906

### 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

### Garden Plots

Kit Bick 919-259-7088

### Golf Croquet

Tue 10:00 **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 Thur 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 Patterson 919-259-7060

### 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

### Zumba

Wed 4:30 **B**

Julie Hardison 919-259-7922

## Get Involved

### Accessing UNC Libraries

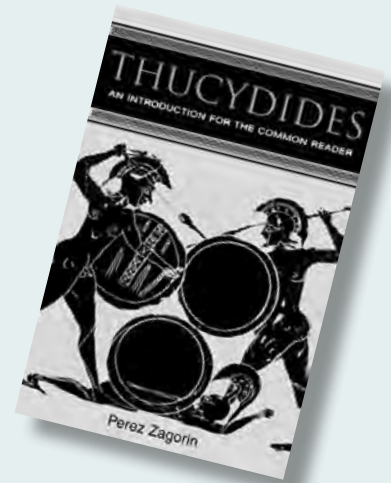
Saturdays, July 4 & 18, 11am Library

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

### Great Books Club

2nd Mondays, 3pm Classroom

*The Melian Dialogue*  
by Thucydides



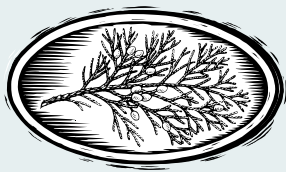
### Channel 24 Replays Schedule

- ☞ 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>
7/1	Wednesday	Book Reading and Signing <i>First Love &amp; Other Poems</i> with Norman Weinstein	2pm	Ballroom
7/2	Thursday	Cedars University <i>Classical Mythology</i>	11am	Ballroom
7/4	Saturday	July 4th Celebration with the Carolina Cutups	4-6pm	Dining Lobby
7/9	Thursday	Cedars University <i>Classical Mythology</i>	11am	Ballroom
7/9	Thursday	Senior Fit Clinic with Sandy Friday	2pm	Ballroom
7/9	Thursday	Robert Griffin—Jazz Pianist	4:30pm	Dining Lobby
7/10	Friday	<i>Casual for a Cause</i> 8th Annual Alzheimer's Hot Dog Fundraiser	11:30am-1:30pm	Ballroom
7/13	Monday	Tenor Alan Bennett and Pianist Hye-Seon Choi	3pm	Ballroom
7/16	Thursday	Cedars University <i>Classical Mythology</i>	11am	Ballroom
7/17	Friday	Shopping Trip to Cameron Village	11am	Lobby
7/17	Friday	Director's Dialogue	11am	Ballroom
7/17	Friday	Veterans Benefits Information Session with Betsy Corbett, MA, LCSWA	3pm	Ballroom
7/17	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
7/19	Sunday	<i>Dreamgirls</i> at Kennedy Theater	1:45pm	Lobby
7/23	Thursday	Cedars University <i>Classical Mythology</i>	11am	Ballroom
7/23	Thursday	Dining Out! P.F. Chang's	4:45pm	Lobby
7/23	Thursday	Robert Griffin—Jazz Pianist	4:30pm	Dining Lobby
7/24	Friday	<i>Hardwiring for Happiness Through Writing</i> with John F. Evans and Kate Stratten	3pm	Ballroom
7/26	Sunday	Soprano Emily Rebecca Smith and Pianist Jennifer Allor	3pm	Ballroom
7/27	Monday	Popcorn and a Movie— <i>Mr. Turner</i>	3pm	Ballroom
7/30	Thursday	Cedars University <i>Classical Mythology</i>	11am	Ballroom
7/30	Thursday	Members Meeting	2pm	Ballroom
7/31	Friday	Imax Theater Trip, <i>Humpback Whales 3D</i> and Lunch at Irregardless Café	10am	Lobby