



The Cedars Post

Inside This Issue...

Celebrate the 100-year anniversary of the national parks..... 2

National Parks Adventure 3D at IMAX Theatre in Raleigh and Lunch at the Irregardless Café

Stars, stripes and red, white and blue..... 4

July 4th Celebration with a Dixieland Band

Hot dogs, Bob's famous chili and all the fixin's! 5

Casual for a Cause 9th Annual Alzheimer's Hot Dog Fundraiser

A rapidly changing environment with temperatures from tropical to arctic 8

Climbing Kilimanjaro with Ellen Herron

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

Pat and Allen Kelley

by Stanley Peele

When Pat Kelley was a nine-year-old child, her dad was trying to build a homestead. It was way out in the country in Oregon. In that process, he died, leaving Pat, her mom and two brothers in a place 45 minutes from town. From the time she was nine until she was 13, she and her family lived in isolation. They had no car, no electricity and no running water.

Pat lived in Oregon and Allen lived in Washington. When they became of age for college, both of them went to Linfield College in Oregon. That is where they met each other. Pat graduated from San Jose State in Oregon and Allen graduated from Stanford. While Allen was working on his dissertation for a Ph.D. in economics, they moved to Australia. Brian, their first child, was born there.

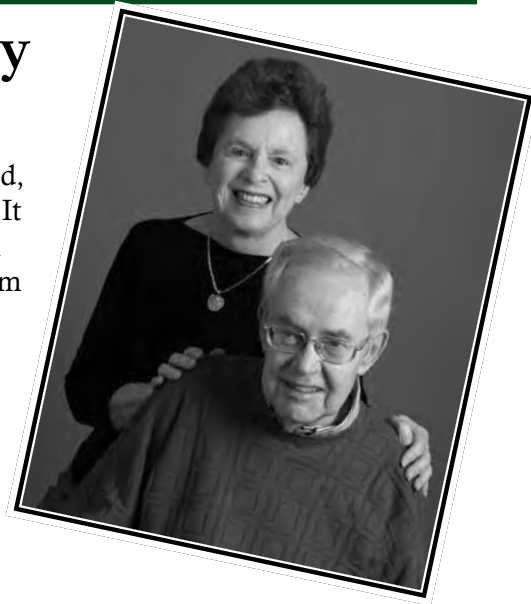
Pat and Allen lived for eight years in Madison, Wisconsin, and traveled all over the world. One of the places they visited was Ayers Rock, Australia. Brian was the first white baby there. Their second child, Mark, was born in Madison, and their third and last child, Michael, was born in Australia. At present, Michael lives in Chapel Hill.

Pat was a fifth grade school teacher and taught in many different places. In 1972, Pat and Allen moved to Durham. Pat taught school at Ephesus Elementary School in Chapel Hill for 25 years.

Among Allen's many accomplishments were that he was Chairman of the Duke Department of Economics and a James B. Duke Distinguished Professor, and chaired several committees for President Brodie. He has written several books and many articles.

During our interview, Pat suddenly exclaimed, "Wait! Let me talk about our grandchildren! I have eight grandchildren!" The subject of her grandchildren made her light up and become more animated. Pat and Allen are admired for their cheerfulness. They have done many things and gone all over the world, yet there is no brag about them. Pat is always reaching out to other people. I could write more positive things about her, but she would not want that.

The Cedars community has many admirable qualities. Among them is the friendliness of the people here. We are like a big family. When a member of The Cedars becomes disabled and needs someone to look after them, we have many spouses who step up to the plate and serve their partners. They do it with love, patience and gentleness. Pat and Allen are members of this wonderful group. All the spouses here who deal with the infirmity of their partners in this loving way are the very heart of The Cedars.



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:

Hubbard Street Dance Chicago

American Dance Festival at DPAC

Friday, July 8, 7pm Lobby

The Light in the Piazza

at NCMA

Sunday, July 10, 6:45pm Lobby

National Parks Adventure 3D at IMAX Theatre in Raleigh and Lunch at the Irregardless Café

Tuesday, July 12, 10am Lobby

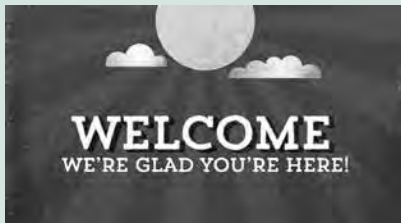
Dining Out! Guglhupf

Thursday, July 14, 4:45pm Lobby

Paul Taylor Dance Company

American Dance Festival at DPAC

Friday, July 29, 7pm Lobby



New Move Ins

Dr. and Mrs. Stanley and Frances Friedland
536 Cedar Club Circle

Mr. and Mrs. William Reppy and Juliann Tenney
207 Cedar Meadows Lane

Beyond the Cedars



Hubbard Street Dance Chicago

American Dance Festival at DPAC

Friday, July 8, 7pm Lobby

Hubbard Street Dance Chicago returns with a not-to-be-missed all William Forsythe program. Its score, by composer and longtime Forsythe collaborator Willems, begins quietly before becoming a gale, gathering sonic force as the dancers' bodies produce a voracious and detailed storm of movement. **Call the box office at 919-680-2787 to purchase your tickets.** Sign up at the Concierge Desk for transportation, deadline July 5. Cost: \$7 for transportation.

National Parks Adventure 3D at IMAX Theatre in Raleigh and Lunch at the Irregardless Café

Tuesday, July 12, 10am Lobby

Narrated by Academy Award® winner Robert Redford, *National Parks Adventure* takes audiences on the ultimate off-trail adventure into the nation's awe-inspiring great outdoors and untamed wilderness. Immersive IMAX® 3D cinematography takes viewers soaring over red rock canyons, hurtling up craggy mountain peaks and into other-worldly realms found within America's most legendary outdoor playgrounds, including Yellowstone, Glacier National Park, Yosemite, and Arches. Celebrate the 100-year anniversary of the national parks with world-class mountaineer Conrad Anker, adventure photographer Max Lowe and artist Rachel Pohl as they hike, climb and explore their way across America's majestic parks in an action-packed expedition that will inspire the adventurer in us all. After the movie we will have lunch at the Irregardless Café. Sign up at the Concierge Desk beginning July 1, deadline July 10. Cost: \$32 for lunch, movie and transportation. Minimum 6 people.



Dining Out! Guglhupf

Thursday, July 14, 4:45pm Lobby

Guglhupf Café, located in Durham, is where casual dining and eclectic atmosphere create an exquisite mix of flavors. They feature ethnically inspired foods emphasizing the use of local and seasonal ingredients, and estate-grown wines from small vineyards. A sample menu is available at the Concierge Desk. Sign up at the Concierge Desk beginning July 1, deadline July 11. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 6 people. Maximum 27 people.



Paul Taylor Dance Company

American Dance Festival at DPAC

Friday, July 29, 7pm Lobby

Closing out ADF's Durham season is one of modern dance's most beloved companies. Paul Taylor Dance Company will perform *Promethean Fire* (2002). Set to three keyboard works by Bach as richly orchestrated by Stokowski, *Promethean Fire* examines a kaleidoscope of emotional colors in the human condition. All 16 Taylor dancers, costumed in black, weave in and out of intricate patterns that mirror the way varied emotions weave themselves through life. **Call the box office at 919-680-2787** to purchase your tickets. Sign up at the Concierge Desk for transportation, deadline July 26. Cost: \$7 for transportation.

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

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

Puzzle by websudoku.com

Great Getaways

Southern Leisure Tours Presents

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

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

ANNOUNCEMENTS

Pet-tastic: Ensuring Best Practices for Safely Managing Pets

with Sandy Friday

Thursday, July 14, 2pm Ballroom

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

Walk with a Doc

Saturday, July 16, 11am, UNC Wellness Center at Meadowmont

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

July Birthdays

Sue Bielawski	2
John Crabill	4
Stan Friedland	5
Raymond Auwarter	8
Victor Chew	9
John Hammond	10
William Rigsbee	10
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
Nancy Buell	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



July 4th Celebration with a Dixieland Band

Monday, July 4, 4:30-6:30pm Dining Lobby

Bynum Heptet is a Dixieland band including the following members: Ted Ehrhard, sousaphone, Dean Herrington, clarinet, Katja Rosa Mano, trombone, Mike Davis, piano, David Shore, drums, and Tom Wills, cornet. They will perform songs such as "Atlanta

Blues," "Bye, Bye Blackbird," "Down By the Riverside," "Do You Know What It Means," "Miss New Orleans," "New Orleans," and many more.

Popcorn and a Movie

Eye in the Sky

Thursday, July 21, 3pm Ballroom

The moral implications of modern warfare are confronted in Bleecker Street's powerful drama, *Eye in the Sky*. Tackling an ethical dilemma in a thought-provoking suspenseful story, the gritty film stars Academy Award Winner Helen Mirren, along with Aaron Paul and Barkhad Abdi. *Eye in the Sky* "holds us in a vise and keeps squeezing" according to Peter Travers of *Rolling Stone*. Directed by Academy Award Winner Gavin Hood



and written by Guy Hibbert, *Eye in the Sky* follows Colonel Katherine Powell (Helen Mirren), a UK-based military officer in command of a top secret drone operation to capture terrorists in Kenya. Using remote surveillance and on-the-ground intelligence, Powell discovers the targets are planning a suicide bombing and the mission escalates from "capture" to "kill." But as American pilot Steve Watts (Aaron Paul) is about to engage, a nine-year-old girl enters the kill zone triggering an international dispute, reaching the highest levels of American and British government, over the moral, political and personal implications of modern military operations.

Robert Griffin, Jazz Pianist

Thursdays, July 7 & 21

5pm Dining Lobby



Richard Tazewell, Pianist

Friday, July 15

5pm Dining Lobby

CEDARS FITNESS



Try Something New for a Healthier You!

During the month of July, Cedars Members will have the opportunity to try new fitness and wellness classes. In addition to regularly scheduled classes and activities, the following classes have been scheduled to provide enjoyable exercise options. Call Julie Hardison, Fitness Coordinator, at 919-259-7922 with questions.

Beginner Line Dancing

Tuesdays, July 5, 12 & 19, 3:30pm Ballroom

Line dancing is a great way to exercise, improve your memory and have a great time. Learn the basic steps and lingo with instructor Bruce Gillooly, who has over 50 years of dance experience.

Kick up your heels with this fun Cedars tradition!

De-stress and Renew

Friday, July 8, 11:00am Ballroom

This class will combine guided meditation, gentle yoga and deep relaxation to soothe the mind and body. Meditation segments will be done sitting in a chair and instructor RoseMarie Roth will show modifications for the use of chairs or mats during the yoga and relaxation components.

Retro Dance Aerobics

Friday, July 15, 11:00am Ballroom

Remember “sweating to the oldies?” Enjoy fun, easy-to-follow choreography set to great music. Our own Kim McLean will bring lots of energy and teaching experience to make this class one to remember!

Mat Yoga

Wednesdays, July 13, 20, 27 and August 3, 4:30pm Ballroom

These classes are suitable for those who are able to perform yoga while standing and on a mat.

The cost for the four-week session is \$40; please bring cash or a check made out to instructor Scott Campbell. There is a \$15 fee for drop-ins. Minimum 8 sign-ups for full session.

Casual for a Cause

9th Annual Alzheimer's Hot

Dog Fundraiser


Friday, July 29, 11:30am-1:30pm Ballroom



With the arrival of summer brings our 9th 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 a little more than \$3,300 and our goal this year is \$4,000. 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.

July 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

7/1 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
11am TGIF Fitness Class **B**
1pm Party Bridge **CR**
1pm Jewelry Repair **S**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

7/2 Saturday

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

7/3 Sunday

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

7/4 Monday

Independence Day

All Fitness Classes Cancelled

8am Art Open Studio **S**
9am Ping Pong **B**
9am Library Workday **L**
10:30am Knit & Stitch **CR**
11:30am Aquatic Therapy **P**  
1:30pm Play Group **CL**
2pm Poker **CR**
4:30pm July 4th Celebration—Dixieland Band **DL**





7/5 Tuesday

8:45am Seniorcize **B**
9am Golf Croquet **GL**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
2pm Mah Jongg **CR**
2pm Meditation **PD**
3:30pm Beginner Line Dancing **B**
4:30pm Line Dancing **B**
5:30pm Ballroom Dance Group **B**

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




7/6 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**

7/7 Thursday

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

7/8 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am De-stress & Renew Class **B**
11:30am Aquatic Therapy **P**  
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**
7pm Hubbard Street Dance at DPAC **LB** 

7/9 Saturday



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

7/10 Sunday

3pm & 7:45pm Cedars Cinema **CHANNEL 24**
6:45pm Light in the Piazza at NCMA **LB** 

7/11 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**

9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Seniorcize **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**  
2pm Poker **CR**
3pm Great Books Club Showing of *As You Like It* DVD **B**

7/12 Tuesday

8:45am Seniorcize video **B**
9am Golf Croquet **GL**
9:45am Sit and Be Fit **B**
10am IMAX Trip **LB** 
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
2pm Mah Jongg **CR**
2pm Meditation **PD**
3:30pm Beginner Line Dancing **B**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema **CHANNEL 24**

7/13 Wednesday

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

7/14 Thursday

8am Art Open Studio **S**
8:45am Seniorcize video **B**
9am Bocce **GL**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
2pm Rehab Lecture with Sandy Friday **B**
4pm Scrabble **CR**
4:45pm Dining Out! Guglhupf **LB** 

7/15 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Retro Dance Aerobics Class **B**

11:30am Aquatic Therapy **P** 📖 ♣️
1pm Jewelry Repair **S**
1pm Party Bridge **CR**
4:30pm Happy Hour **Bar**
5pm Richard Tazewell—Pianist **DL**
7:45pm Cedars Cinema **CHANNEL 24**

7/16 Saturday

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

7/17 Sunday

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

7/18 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Seniorcize **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1:30pm Play Group **GL**
2pm Poker **CR**
3pm *NC Women in WWII with Dr. Julian Pleasants* **B**

7/19 Tuesday

8:45am Seniorcize **B**
9am Golf Croquet **GL**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P** 📖 ♣️
2pm Mah Jongg **CR**
2pm Meditation **PD**
2pm *Thinking Inside the Box with Jack Hammond* **S** 📖
3:30pm *Beginner Line Dancing* **B**
4:30pm Line Dancing **B**
5:30pm Ballroom Dance Group **B**
7:45pm Cedars Cinema **CHANNEL 24**

7/20 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** 📖 ♣️

4:30pm Mat Yoga with Scott **B**
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema **CHANNEL 24**

7/21 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9am Bocce **GL**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
3pm *Popcorn and a Movie—Eye in the Sky* **B**
4pm Scrabble **CR**
4:30pm Robert Griffin—Jazz Pianist **DL**

7/22 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:00am TGIF Fitness Class **B**
11:30am Aquatic Therapy **P** 📖 ♣️
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

7/23 Saturday

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

7/24 Sunday

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

7/25 Monday

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

7/26 Tuesday

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

2pm Mah Jongg **CR**
2pm Meditation **PD**
7:45pm Cedars Cinema **CHANNEL 24**

7/27 Wednesday

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

7/28 Thursday

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

7/29 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P** 📖 ♣️
11:30am *Casual for a Cause—9th Annual Alzheimer's Hot Dog Fundraiser* **B**
4:30pm Happy Hour **Bar**
7pm *Paul Taylor at DPAC* **LB** 📖
7:45pm Cedars Cinema **CHANNEL 24**

7/30 Saturday

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

7/31 Sunday

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

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



Cedars University

LECTURES ON DVD

The Story of Human Language

Taught by John McWhorter, Ph.D., Columbia University
Thursdays, July 14–November 10, 11am Ballroom

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

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

LEARNING OPPORTUNITIES

Home Front: NC Women in World War II

with Dr. Julian Pleasants

Monday, July 18,
3pm Ballroom

Dr. Julian Pleasants will lecture from his manuscript on the Home Front during WWII and discuss the major contributions of women to the war effort—some were in the service—WACS, WAVES, WASPS; Rosie the Riveter; rationing; victory gardens; worked as nurses and at USO clubs; raised families; knit socks and blankets; produced munitions, steel and textiles. The war could not have been won without the contributions by women, but most historians have devoted very little space to this important aspect of the Home Front.



The American Crossword Puzzle *Thinking Inside the Box*

with Jack Hammond

Tuesday, July 19, 2pm Art Studio



Jack Hammond, a Cedars Member and widely-published crossword constructor, will conduct an entertaining

workshop designed to improve crossword solving skills. There will be some preparatory work required which can be picked up at

the Concierge Desk. Sign up at the Concierge Desk beginning July 1, deadline July 17. Maximum 10 people.

Climbing Kilimanjaro

with Ellen Herron

Monday, July 25, 3pm Ballroom

In 1985 the Herron family signed up for a trip to Tanzania. The first part of the trip was an attempt to summit Kilimanjaro over a 5-day period followed by a week observing nature on the Serengeti and Masi Maru. This talk focuses on the multi-day hike.



Kilimanjaro is the tallest mountain in Africa and was the subject of lots of mythology until early in the 20th century. It’s also the least challenging mountain to summit and requires no technical climbing skills. Altitude is the main challenge. Since the base of the mountain is in the rain forest almost on the equator and the summit is at over 19,000 feet, a climb up the mountain offers a rapidly changing environment with temperatures from tropical to arctic.



(left) Ann Christy with Georgia J. Bonesteel after her quilting lecture

(below) Tasha Underwood, Staffing Coordinator (third from left), received the Emerging Leader 2016 Leading Age Award



(right) Art Lebo and Don Fang receive the 2016 Leading Age Award



(above) Louis Taff and Ed Morrisett with Jay Leutze after his lecture on conservation



(right) Don Rorke with Emil Kang after his talk on the upcoming 2016-17 Carolina Performing Arts season



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

Durham Performing Arts Center

919-680-2787
Bill T. Jones/Arnie Zane Dance Company, Fri. 7/1, 8pm; Sat. 7/2, 7pm

Duke Energy Center for the Performing Arts

919-831-6060 • Raleigh Memorial Auditorium
Mary Poppins Tue. 7/26—Sun. 7/31

Chapel Hill/Carrboro Walking Food Tour

919-319-5674 • Meet at Franklin Hotel on Franklin Street
Sat. 7/2, 7/16, 7/23, 7/30; 2:15-5:30pm

Pleiades Gallery

919-797-2706 • Durham
Geometric Universe, through Sun. 7/10

Duke Gardens

919-684-4444 • Durham
Ciompi Quartet, "Transfigured Bach?" Thu. 7/21, 7:30pm

Sierra Hull, Wed. 7/6, 7pm

White Oak Amphitheater

855-797-3952 • Greensboro
Josh Groban, Tues. 7/19, 7:30pm

The ArtsCenter

919-929-2787 • Carrboro
10 By 10 in the Triangle (10, 10 minute plays)
7/8 – 7/24; Fri. & Sat. 8pm, Sun. 3pm



CEDARS *Cinema*

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

The Producers

Tuesday, July 5 & Saturday, July 9, 7:45pm

Sunday, July 10, 3pm • PG

Producer Max Bialystock (Zero Mostel) hasn't had a hit in years when he and his accountant (Gene Wilder) come up with a plot to oversell shares in a flop musical and make off with the profits. The catch is that their cash cow, "Springtime for Hitler," is the worst show ever written. Mel Brooks directs this gem that inspired the Broadway musical of the same name. (1968)

East Side Sushi

Wednesday, July 6 & Friday, July 8, 7:45pm

Saturday, July 9, 3pm • PG

When she begins working at a Japanese restaurant, single mother Juana (Diana Elizabeth Torres) soon learns the journey from fruit cart vendor to sushi chef isn't an easy one—especially if neither your race nor your gender matches up with people's expectations. (2015)

45 Years

Tuesday, July 12 & Saturday, July 16, 7:45pm

Sunday, July 17, 3pm • R

Geoff and Kate Mercer's plans for an anniversary party are upset by some unexpected news: A body has been identified as Geoff's long-ago love Katya, who perished in an accident 50 years earlier. Starring Charlotte Rampling, Tom Courtenay and Geraldine James. (2015)

Hello, My Name Is Doris

Wednesday, July 13 & Friday, July 15, 7:45pm

Saturday, July 16, 3pm • R

Inspired by insights gained through a self-help seminar, 60-year-old Doris Miller steps forward to pursue the affections of a much younger co-worker—and inadvertently becomes a hit with his hipster cohorts. Starring Sally Field, Max Greenfield and Beth Behrs. (2016)

With Six You Get Eggroll

Tuesday, July 19 & Saturday, July 23, 7:45pm

Sunday, July 24, 3pm • G

Widow Abby McClure (Doris Day) manages lumberjacks by day and looks after her sons by night. One day, she meets Jake Iverson (Brian Keith), a widower with a daughter. They fall in love, get married and try to blend their two families into one unit. Co-starring Barbara Hershey, George Carlin, Alice Ghostley, Jamie Farr and Pat Carroll. (1968)

SUBTITLES NOT INCLUDED

The Last Man on the Moon

Wednesday, July 20 & Friday, July 22, 7:45pm

Saturday, July 23, 3pm • NR

In this blend of memoir and documentary, former Apollo astronaut Gene Cernan looks back to the glory days of NASA's lunar landings and his unique distinction of being the last man to stand on the moon. With Gene Cernan, Jim Lovell and Gene Kranz. (2016)

Creed

Tuesday, July 26 & Saturday, July 30, 7:45pm

Sunday, July 31, 3pm • PG-13

Putting a new twist on the Rocky Balboa legend, this drama follows boxer Adonis Johnson Creed, the son of Rocky's onetime nemesis. Looking for a mentor, Adonis travels to Philadelphia to ask for Rocky's help. Starring Sylvester Stallone, Michael B. Jordan and Tessa Thompson. (2015)

The Lady in the Van

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

Saturday, July 30, 3pm • PG-13

In this touching drama, writer Alan Bennett befriends the elderly Miss Shepherd, who's living in a van that's been parked in his driveway for 15 years. Starring Maggie Smith and Alex Jennings. (2015)

Regular Group Activities

location key B=Ballroom BR=Billiards Room
CR=Cardroom CL=Classroom DL=Dining
Lobby ER=Exercise Room GL=Great Lawn
L=Library LB=Lobby MR=Magnolia Room
P=Pool PD=Private Dining Room S=Studio

Art Open Studio

Mon & Thu all day **S**

Balance Basics

Wed 11:30 **B**

Julie Hardison 919-259-7922

Balance Challenge

Wed 11:00 **B**

Julie Hardison 919-259-7922

Ballroom Dance Group

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

Betty White 919-967-4064

The Bible Class

Tue 11:30 **MR**

Mary Ann Van Kampen

919-493-1789

Bocce

Thu 9:00 **GL**

NEW TIME!

Caregivers Support Group

1st Wed 3:00 **PD**

Ashley Beale 919-259-7735

Cedars Cinema

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

3:00 **Channel 24**

Duplicate Bridge

Wed 12:45 **CR**

Betty White 919-967-4064

Ginny Paige 919-259-7119

Wendell Rosse 919-489-3585

Garden Plots

Kit Bick 919-259-7088

Gin Rummy

Thu 1:00 **CR**

Jim Allen 919-259-7599

Golf Croquet

Tue 9:00 **GL**

NEW TIME!

Norman and Rhonda Innes

919-259-7150

Great Books Club

2nd Mon 3:00 **CL**

Alice Manilloff 919-942-6992

Happy Hour

Fri 4:30 **Bar**

Interdenominational Service

Sun 11:00 **B**

Nancy Cobey 919-259-7048

Knit & Stitch

Mon 10:30 **CR**

Lou Owens 919-259-7557

Library Workday

Mon 9:00 **L**

Nancy Lebo 919-259-7330

Line Dancing

Tue 4:30 **B**

Julie Hardison 919-259-7922

Mah Jongg

Tue 2:00 **CR**

Sarah Kittner 919-969-6822

Meditation

Tue 2:00 **PD**

Carolyn Taff 919-918-4467

Members Meeting

last Thu 2:00 **B**

Weezie Oldenburg 919-942-6994

Party Bridge

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

Lofi Hirschman 919-259-7015

Ping Pong

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

Bart Bielawski 919-933-4428

Play Group

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

Pat Beyle 919-942-1281

Poker

Mon 2:00 **CR**

Bob Paterson 919-259-7060

Scrabble

Thu 4:00 **CR**

Esther Lederman 919-259-7778

Seniorcize

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

Julie Hardison 919-259-7922

Sit and Be Fit

Tue Thu 9:45 **B**

Julie Hardison 919-259-7922

Tai Chi

Mon 11:30 **B**

Julie Hardison 919-259-7922

TGIF (*The Goal Is Fitness*)

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

Julie Hardison 919-259-7922

UNC Libraries

alternate Sat 11:00

Lynne Morris 919-967-4885

Water Exercise

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

Julie Hardison 919-259-7922

Kudos to...

- ☞ Don Rorke for his *Exploration of Modern Architecture* presentation in June
- ☞ James Allen for recommending Dr. Julian Pleasants to lecture on *Home Front: NC Women in World War II*
- ☞ Don Rorke for his display of books on modern architecture for the month of June
- ☞ George Kahdy for recommending Pat Mandell to give a lecture on *Your Memory, How It Works and How to Improve It*
- ☞ Ellen Herron for her talk on *Climbing Kilimanjaro*
- ☞ Hope Council for her donation of July 4th decorations

Get Involved

Accessing UNC Libraries

Saturdays, July 2, 16 & 30, 11am Library

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

Great Books Club

Monday, July 11, 3pm Ballroom

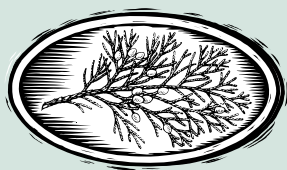
Great Books Club will be showing the dvd *As You Like It* in the Ballroom on Monday, July 11 at 3pm. All are welcome!

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>
7/4	Monday	July 4th Celebration with a Dixieland Band	4:30pm	Dining Lobby
7/7	Thursday	Cedars University <i>Experiencing America</i>	11am	Ballroom
7/7	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
7/8	Friday	Hubbard Street Dance Chicago at DPAC	7pm	Lobby
7/10	Sunday	<i>Light in the Piazza</i> at NCMA	6:45pm	Lobby
7/11	Monday	Great Books Club Showing of <i>As You Like It</i> DVD	3pm	Ballroom
7/12	Tuesday	<i>National Parks Adventure</i> 3D at IMAX Theatre in Raleigh and Lunch at the Irregardless Café	10am	Lobby
7/14	Thursday	Cedars University <i>The Story of Human Language</i>	11am	Ballroom
7/14	Thursday	Dining Out! Guguhupf	4:45pm	Lobby
7/15	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
7/18	Monday	<i>Home Front: NC Women in World War II</i> with Dr. Julian Pleasants	3pm	Ballroom
7/19	Tuesday	<i>The American Crossword Puzzle Thinking Inside the Box</i> with Jack Hammond	2pm	Art Studio
7/21	Thursday	Cedars University <i>The Story of Human Language</i>	11am	Ballroom
7/21	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
7/21	Thursday	Popcorn and a Movie— <i>Eye in the Sky</i>	3pm	Ballroom
7/25	Monday	<i>Climbing Kilimanjaro</i> with Ellen Herron	3pm	Ballroom
7/28	Thursday	Cedars University <i>The Story of Human Language</i>	11am	Ballroom
7/28	Thursday	Members Meeting	2pm	Ballroom
7/29	Friday	Casual for a Cause 9th Annual Alzheimer's Hot Dog Fundraiser	11:30am-1:30pm	Ballroom
7/29	Friday	Paul Taylor Dance Company at DPAC	7pm	Lobby