



June 2016 • VOLUME 13 • ISSUE 6

The Cedars Post

Inside This Issue...

One of the highest rated veterinary medical complexes in the world..... 2

Tour of the NC State College of Veterinary Medicine

A combination of hammered dulcimer, guitar and vocals..... 4

Constellation

Grace Farms in New Canaan, CT designed by the Tokyo-based, Pritzker Prize winning architects, SANAA..... 8

Exploration of Modern Architecture with Don Rorke

Stormwater Control, with Beauty and Panache

by Kathy Soule

Cedars Members and guests have enjoyed looking at our two ponds and our cascading waterfall. In the highest pool are beautiful koi—some bright gold and some a more dignified gray. (The Concierge keeps fish food in case Members’ grandchildren—or perhaps Members themselves—would like to feed the koi.) Wildlife comes to our ponds: herons and ducks fly in, turtles bask and swim, and of course fish swim in them. If you ever notice some gigantic black fish in the lowest pond by the Clubhouse, they are grass carp that keep the pond from being over-run by plants. Interesting note: the grass carp are sterile so the pond won’t be over-run by the carp. We see the beauty.

But did you ever wonder why these ponds are in the Cedars campus? It turns out they serve an ecological and bureaucratically required purpose. The storm water requirement is that water runs off from a developed area no faster than it did before the area was developed. Meadowmont has a plan that storm water be collected by retention ponds and then slowly released into the Jordan Lake watershed. Our ponds are part of the implementation of that plan. Storm water from the Summit Park area of Meadowmont, the Rizzo Conference Center, UNC Wellness Center, of course parts of the Cedars, and soon Murray Hill Apartments runs into our ponds, where it is retained and then released. Water is released via a pipe in the round cylinder in each pond.

The storm water retention requirement could have been satisfied by simple large holes in the ground, but The Cedars developers chose to add beauty when they satisfied this requirement. There is a cascade of four smaller ponds, draining into a medium-sized pond held back by a concrete dam. The part of the concrete dam we can see is a slender graceful arch, but this is supported by an underground keystone massive enough to withstand the water pressure. When there is enough water to flow over the dam it flows into the last retention pond. Water is pumped back up to the top from this last pond.

Water from the ponds is used to water most of our Cedars landscaping; this is a fairly recent improvement and has significantly reduced the cost of maintaining our beautiful campus. So the next time you enjoy looking at the ponds or the plantings around them or see a heron gracefully land, know that these ponds are a good thing in many ways.



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

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:

Dining Out! The Weathervane

Tuesday, June 14, 5pm Lobby

Tour of the NC State College of Veterinary Medicine

Friday, June 17, 1pm Lobby

Pilobolus American Dance Festival

at DPAC

Friday, June 17, 7pm Lobby

All My Sons

at Kennedy Theatre

Sunday, June 19, 1:45pm Lobby



New Move Ins

Warren and Patsy Pence
433 Cedar Berry Lane

Carla Jenkins
743 Cedar Club Circle

Raymond and Roberta
Auwarter
324 Cedar Club Circle

Bhavani Sodhi
446 Cedar Club Circle

Beyond the Cedars

Dining Out! The Weathervane

Tuesday, June 14, 5pm Lobby

The Weathervane, located at University Place in A Southern Season, offers sophisticated Southern fare. The menu focus on local food producers, whether tomatoes from Gruber Family Farm in St. George, South Carolina, seafood from St. Jude Farm in Green Pond, South Carolina or Johnston County Hams from Smithfield, North Carolina. Daily offerings highlight ingredients

from the local farmers' markets or artisans featured on Southern Season's shelves, like Peggy Rose Pepper Jelly made in Wake Forest, North Carolina. Sign up at the Concierge Desk beginning June 1, deadline June 12. A sample menu is available at the Concierge Desk. Cost: \$4 for transportation. Bring money for food and drinks. Minimum 6 people.



Tour of the NC State College of Veterinary Medicine

Friday, June 17, 1pm Lobby

NC State College of Veterinary Medicine is located on a 250-acre campus in the heart of Raleigh and is an extension of NC State's Centennial Campus. The Centennial Biomedical Campus is also home to more than 60 corporate and government partners and 73 academic units. NC State Veterinary Hospital is one of the highest rated veterinary medical complexes in the world, dedicated to addressing global issues facing animal, human and environmental health. The tour, conducted by Dr. Steven Marks, Hospital Director, will focus on the three medical centers which serve clients and referring veterinarians who want the most advanced technology and exceptional patient care available in veterinary medicine. These centers manage over 35,000 cases per year and include the Randall B. Terry Companion Animal Veterinary Medical Center, the Veterinary Health and Wellness Center and the Equine and Farm Animal Veterinary Center. Sign up at the Concierge Desk beginning June 1, deadline June 13. Cost: \$7 for tour and transportation. Minimum 6 people. Maximum 27 people.



Pilobolus American Dance Festival

at DPAC

Friday, June 17, 7pm Lobby

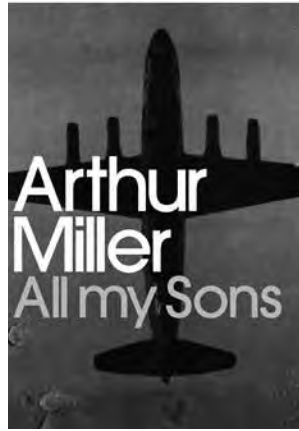
Created after several years of experimentation with short-form shadow play, *Shadowland* is part shadow act, part dance, part circus, and part concert. It's a groundbreaking, first-of-its-kind performance conceived in collaboration with Steven Banks, lead writer for the playfully surreal animated series *SpongeBob SquarePants*, and propelled by a rhythmic original score by the popular American musician, producer, and film composer David Poe. **Call the box office at 919-680-2787** to purchase your tickets. Sign up at the Concierge Desk for transportation, deadline June 14. Cost: \$7 for transportation.

All My Sons

at Kennedy Theatre

Sunday, June 19, 1:45pm Lobby

All My Sons by Arthur Miller is the sad Post-World War II story about the Kellers, a seemingly “All American” family. But the father, Joe Keller, has concealed a great sin. During the war, he allowed his factory to ship faulty airplane cylinders to the U.S. Armed Forces. Because of this, more than 20 American pilots died. Winner of the Drama Critics’ Award for Best New Play in 1947, *All My Sons* established Arthur Miller as a leading voice in the American theater. *All My Sons* introduced themes that thread through Miller’s work as a whole: the relationships between fathers and sons and the conflict between business and personal ethics. Sign up at the Concierge Desk beginning June 1, deadline June 13. Cost: \$34 for ticket and transportation. Minimum 6 people. Maximum 10 people.



The Light in the Piazza (musical)

at the North Carolina Museum of Art

Sunday, July 10, 6:45pm Lobby

Come see this production in the breath-taking setting of the North Carolina Museum of Art gallery! *The Light in the Piazza* takes place in Italy in the summer of 1953. Margaret Johnson, the wife of an American businessman, is touring the Tuscan countryside with her daughter, Clara. While sightseeing, Clara, a beautiful, surprisingly childish young woman, loses her hat in a sudden gust. As if guided by an unseen hand, the hat lands at the feet of Fabrizio Naccarelli, a handsome Florentine, who returns it to Clara. This brief episode, charged with coincidence and fate, sparks an immediate and intense romance between Clara and Fabrizio. Margaret, extremely protective of her daughter, attempts to keep Clara and Fabrizio apart. As *The Light in the Piazza* unfolds, a secret is revealed: in addition to the cultural differences between the young lovers, Clara is not quite all that she appears. Unable to suppress the truth about her daughter, Margaret is forced to reconsider not only Clara’s future, but her

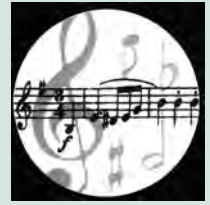


own hopes as well. Sign up at the Concierge Desk beginning June 1, deadline July 2. Cost: \$34 for ticket and transportation. Minimum 6 people. Maximum 10 people.

ANNOUNCEMENTS

Young Artists Concert

Sunday, June 5, 3pm
Ballroom



All Cedars residents

are invited to a “Young Artists” concert. The Cedars Classical Concert committee is sponsoring opportunities to showcase promising young artists as they develop in their careers. This concert will feature Catherine Box, viola, and Emily Russ, piano. Call Babette Blaug at 919-967-5013 if you have questions.

Meditate for the Health of It

with Sandy Friday

Thursday, June 9, 2pm Ballroom

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

Great Getaways

Southern Leisure Tours Presents

- ❖ Barter Theater, Abingdon, VA
June 17-19
- ❖ Smith Mountain Lake, Virginia
Lunch Cruise
June 22
- ❖ 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.

June Birthdays

Alyce Bennett	1
Dorothy Bolton	1
Faye Kalman	3
Margaret Rook	4
Teena Sessoms	5
Newland Oldham	5
Wendell Rosse	5
Martha Oxenfeldt	7
Donald Alguire	7
Sue Tiedeman	9
Carole Bossen	10
Dorothy Kreissman	12
Carol Stamm	13
Frances Young	16
Robert Paterson	20
Toby Kahr	20
Thomas Christy	22
Sally Orcutt	23
Mary Peacock	25
Scott Taylor	27
Rod James	30
Howard Maniloff	30

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

Robert Griffin, Jazz Pianist

Thursdays, June 9 & 23

5pm Dining Lobby

Richard Tazewell, Pianist

Friday, June 17

5pm Dining Lobby



Constellation

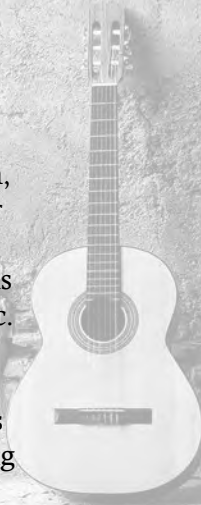
Friday, June 3, 5pm Cardroom

Constellation is an exciting musical duo of Eric Thomas and Helen Wolfson. Helen plays the hammered dulcimer and Eric is a singer/songwriter/guitarist. With their distinctive style, they cover a broad range of musical genres, including folk, Celtic, blues, classical and country. The combination of hammered dulcimer, guitar, and vocals is unique and energizing.

Father's Day Brunch with Joe Francis and Bill Adams

Sunday, June 19, 11:30am-1pm Dining Lobby

Playing the music from The Great American Songbook, Jazz Classics, and Bossa Nova, Gershwin, Porter, Berlin, and many more. Joe Francis on guitar leads the duo. A veteran guitarist, Joe has played with top society bands in New York City, and lent his talents to performers of virtually every style of music. Bill Adams at the piano is a professional musician and music educator. His vocal repertoire ranges from opera to jazz. As a multi-instrumentalist he has performed on more than 40 instruments in everything from symphony orchestras and jazz combos to rock bands.



An Afternoon of Jazz with Eve Silber

Monday, June 20, 4pm Ballroom



Eve Silber—daughter of Members Marty and Kayla Silberberg—is a singer, songwriter and guitar-player born and based in New York City. A sultry voiced songsmith and accomplished guitarist, she is best known performing a repertoire of swinging jazz originals and standards regularly in New York City's oldest jazz joints. **Enjoy a jazz club environment with wine and hors d'oeuvres.**

Popcorn and a Movie

The Lady in the Van

Monday, June 27, 3pm Ballroom

Alan Bennett's story is based on the true story of Miss Shepherd (played by Maggie Smith), a woman of uncertain origins who "temporarily" parked her van in Bennett's London driveway and proceeded to live there for 15 years. What begins as a begrudged favor becomes a relationship that will change both their lives.

SPRING EVENTS AT THE CEDARS



above: 3rd Annual Cedars Biscuit Day
(photo by Norman Innes)

right: Phil Purcell, Bonnie Simms and Nancy Buell tour the Bayer North American Bee Center



left: N&O columnist Barry Saunders signs copies of his books for Charlotte Cooney, Sue Bielawski and Babette Blaug



right: Peter Fornaby, George Kahdy, Peter Page, Norman Innes, Louis Taff, and Alejandro Crespi (not pictured) participate in the CCRC Billiards Tournament at Bailey's Pub



left: David and Marion Waters at the Bayer North American Bee Center

Members in the News


On April 13, Volunteer Services at UNC Medical Center honored **Ann Kennedy** with the 2016 Elaine M. Hill Distinguished Volunteer Service Award. Kennedy has volunteered with UNC Mammography since 1991 and with UNC Hospitals since the mid-1970s. "As a survivor and as a retiree from the dean's office, Ann felt privileged to have the opportunity to work with patients going through similar circumstances. Ann always demonstrates a compassionate and superb attitude in whatever she does. We care for her as much as she does for us. This innate ability to connect with everyone she touches makes her very special to all of us."

—Kathy Taylor, UNC Mammography Supervisor

On May 7, **Dr. Katherine Bick (Kit)** received a Doctor of Laws degree from the University of Prince Edward Island. This is the highest honor the UPEI bestows. She is being recognized for her leadership in Alzheimer research and policy, and credited with being a key part of the awakening of the public's consciousness about this neurodegenerative disease.

June 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



6/1 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**
4:30pm Yoga with Scott **B**
7:45pm Cedars Cinema CHANNEL 24

6/2 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Bocce **GL**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
4pm Scrabble **CR**
7pm Creative Writing Workshop **CL** 

6/3 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**
3pm *Your Memory, How It Works and How to Improve It with Pat Mandell* **B**
4:30pm Happy Hour **Bar**
5pm *Constellation Duo* **CR**
7:45pm Cedars Cinema CHANNEL 24

6/4 Saturday

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




6/5 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24
3pm *Young Artists Concert Series* **B**

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

6/7 Tuesday

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

6/8 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**
4:30pm Yoga with Scott **B**
7:45pm Cedars Cinema CHANNEL 24

6/9 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Bocce **GL**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  

2pm Rehab Lecture with Sandy Friday **B**
4pm Scrabble **CR**
4:30pm Robert Griffin—Jazz Pianist **DL**
7pm Creative Writing Workshop **CL** 

6/10 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am *Directors Dialogue* **B**
11:30am Aquatic Therapy **P**  
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24



6/11 Saturday

3pm & 7:45pm Cedars Cinema CHANNEL 24



6/12 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

6/13 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 **CL**
3pm *Measurement and Treatment of Chronic and Acute Pain with B. Duncan X. Lascellas* **B**

6/14 Tuesday

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

6/15 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 Yoga with Scott **B**
7:45pm Cedars Cinema CHANNEL 24

6/16 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Bocce **GL**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
3pm Exploration of Modern Architecture with Don Rorke B
4pm Scrabble **CR**

6/17 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am TGIF Fitness Class **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Tour of the NC State College of Veterinary Medicine LB 📖
1pm Jewelry Repair **S**
1pm Party Bridge **CR**
7pm Pilobolus at DPAC 📖
4:30pm Happy Hour **Bar**
5pm Richard Tazewell—Pianist **DL**
7:45pm Cedars Cinema CHANNEL 24

6/18 Saturday

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

6/19 Sunday **FATHER'S DAY**

11:30am Father's Day Brunch Jazz Duo DL
1:45pm All My Sons at Kennedy Theater LB 📖
3pm & 7:45pm Cedars Cinema CHANNEL 24

6/20 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Seniorcize **B**
11:30am Tai Chi **B**

11:30am Aquatic Therapy **P** 📖 ♣️
1:30pm Play Group **CL**
2pm Poker **CR**
4pm An Afternoon of Jazz with Eve Silber B

6/21 Tuesday

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

6/22 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 Yoga with Scott **B**
7:45pm Cedars Cinema CHANNEL 24

6/23 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Bocce **GL**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
4pm Scrabble **CR**
4:30pm Robert Griffin—Jazz Pianist **DL**

6/24 Friday

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

6/25 Saturday

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

6/26 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

6/27 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 Popcorn and a Movie—The Lady in the Van B

6/28 Tuesday

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

6/29 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 Yoga with Scott **B**
7:45pm Cedars Cinema CHANNEL 24

6/30 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Bocce **GL**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
2pm Members Meeting **B**
4pm Scrabble **CR**

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



**Cedars
University**

LECTURES ON DVD

Experiencing America: A Smithsonian Tour through American History

*Taught by Richard Kurin,
Ph.D., The Smithsonian*
Thursdays, June 2-July 7, 11am Ballroom

This DVD lecture showcases 20 authentic historic objects along with detailed replicas and photographs of almost 100 other artifacts and exhibits. Together, these evocative items tell the story of America, its people, and its diverse cultures in 24 lavishly illustrated half-hour lectures.

Your guide is the distinguished scholar, administrator, and bestselling author, Dr. Richard Kurin, Under Secretary for History, Art, and Culture at the Smithsonian. Among his many responsibilities, Dr. Kurin oversees most of the Smithsonian's national museums, libraries, and archives, making him the curator of the country's greatest treasures—and the ideal host for this remarkable survey.

LEARNING OPPORTUNITIES

Your Memory, How It Works and How to Improve It

with
Pat Mandell
Friday, June 3, 3pm Ballroom



Patricia Mandell is a psychologist with a doctoral degree in Educational Psychology, concentrating in cognition and learning. She has conducted research in memory functions and memory strategies. In addition to teaching in colleges of education in Texas and Maryland, she was the Head of School at two schools in Texas and one in Maryland. She and her husband retired to North Carolina in 2012. Her presentation will explain some of the basic components of human memory. Dr. Mandell will then demonstrate and teach strategies to help improve your memory function. You will leave the presentation with new memory strategies to use in many areas of daily life.

Measurement and Treatment of Chronic and Acute Pain

with B. Duncan X. Lascelles
Monday, June 13, 3pm Ballroom

Dr. Lascelles is Professor of Small Animal Surgery and Pain Management at NC State College of Veterinary Medicine with clinical and research interests in acute and chronic pain. He organizes the Integrated Pain Management Service, runs the Comparative Pain Research Program, is Associate Director of the Comparative

Medicine Institute, and directs the Clinical Studies Core. He is board-certified by the European, American and Royal Colleges of Veterinary Surgeons.

One of the most important drivers of decline in age-related mobility is chronic pain. Dr. Lascelles will discuss the economic cost—\$600 billion per year—spent on chronic pain research, more than cancer, cardiovascular disease, and diabetes combined yet new therapeutics are not being produced. Why? The solution may well be living with us.

Exploration of Modern Architecture

with Don Rorke
Thursday, June 16, 3pm Ballroom

Architecture and building construction methods continue to evolve throughout the world. Just when it appears that nothing new is possible, an architectural firm will distance itself from others with a breathtaking design and use of materials of historical significance. One such project is Grace Farms in New Canaan, CT, designed by the Tokyo-based, Pritzker Prize-winning architects, SANAA.

On a beautiful 75-acre former equestrian farm purchased by the nonprofit Grace Farms Foundation, SANAA's principal architects designed a multi-purpose community center. The design approach was to create a new kind of public space with architecture of the building blending with the landscape and construction materials accommodating a 45-foot change in grade. Don Rorke will give a presentation with photography of Grace Farms.

Warm Up Before You Work Out



Doing warm up exercises before your workout is important in many ways. A good warm up will gradually increase your heart rate, increase circulation to your muscles, tendons and ligaments and mentally prepare you for your workout. The importance of warm up exercises can be compared to driving your car in freezing cold weather. It is generally best to allow your car to warm up a bit before revving it to high speeds. The same principle applies when you work out. You want to physically prepare your body for the demands of exercise by gradually increasing your body temperature.

Warm ups should last 5 to 10 minutes and should consist of low-intensity movements that move the muscles and joints that you will be using in your activity. For example, if you are going to be swimming, move your arms and shoulders. If you are going to be walking, begin slowly and gradually increase your speed. Warming up gives the different aspects of your physiology a chance to prepare to work together. Your heart rate increases gradually. Your muscles warm up to prevent injury. Your ligaments and tendons become more flexible, reducing the chance of tears. A good warm up will also help with mental preparation for your workout, as you focus on the goals and benefits that you hope to achieve during your exercise time.



Whether you attend a group exercise class or exercise on your own, take the time to perform a solid warm up. By doing so, you will experience fewer occurrences of injuries and increase your workout enjoyment.

~Sources: fitday.com and National Institute on Aging

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: Easy

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

Puzzle by websudoku.com



from Carolyn Taff

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

Duke Gardens

919-684-4444 • Durham

Music In The Gardens

Brass Band, Wed. 6/1, 7pm

Leyla Mccalla, Wed. 6/8,
7pm

Skylar Gudasz, Wed. 6/15,
7pm

Mount Moriah, Wed. 6/29,
7pm

Koka Booth Amphitheater

919-462-2025 • Cary

Gershwin & Jazz, Fri. 6/3,
7:30pm

Classics Under The Stars, Sat.
6/4, 7:30pm

Beethoven Festival, Thurs.-Fri.
6/16-17, 7:30pm

Broadway at the Booth, Fri.
6/24, 7:30pm

American Dance Festival

919-684-6402 • Durham

Savion Glover & Jack
DeJohnette, Mon.-Tues. 6/20-
21, 8pm

Kate Weare Company, Wed.
6/22, 8pm



• • • • • CEDARS *Cinema* • • • • •

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

Joy

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

Saturday, June 4, 3pm • PG-13

After trying to market the floor mop she had invented, Joy Mangano strikes gold with a personal pitch on QVC that turns her into a marketing miracle. Starring Jennifer Lawrence, Robert De Niro and Bradley Cooper. (2015)

Moneyball

Tuesday, June 7 & Saturday, June 11, 7:45pm

Sunday, June 12, 3pm • PG-13

The true story of Billy Beane, a jock turned general manager who uses unconventional methods to bring the best players to the baseball team struggling against financial hardship. Starring Brad Pitt, Jonah Hill and Philip Seymour Hoffman. (2011)

In the Heart of the Sea

Wednesday, June 8 & Friday, June 10, 7:45pm

Saturday, June 11, 3pm • PG-13

Revisiting the true tale of the ship Essex, which was rammed and sunk in 1820, this historical drama chronicles the crew's horrific 90-day struggle. Starring Chris Hemsworth and Benjamin Walker. (2015)

Mrs. Doubtfire

Tuesday, June 14 & Saturday, June 18, 7:45pm

Sunday, June 19, 3pm • PG-13

Irresponsible dad (Robin Williams), estranged from his spouse (Sally Field), is crushed by a court order allowing only weekly visits with his kids. When his ex needs a housekeeper, he gets the job—disguised as a nanny. He becomes the kind of parent he should have been. (1993) SUBTITLES NOT INCLUDED

Butch Cassidy and the Sundance Kid

Wednesday, June 15 & Friday, June 17, 7:45pm

Saturday, June 18, 3pm • PG

Legendary outlaws display their gifts for perfect comedic timing as they

pull off heist after heist. To evade a posse, the boys flee, but trouble finds them wherever they go. Starring Paul Newman, Robert Redford and Katharine Ross. (1969)

The Revenant

Tuesday, June 21 & Saturday, June 25, 7:45pm

Sunday, June 26, 3pm • R

Set in the 1820s, this thriller follows trapper Hugh Glass as he seeks retribution against the companions who left him for dead after he was mauled by a bear. Starring Leonardo DiCaprio and Tom Hardy. (2015)

SUBTITLES NOT INCLUDED

The Program

Wednesday, June 22 & Friday, June 24, 7:45pm

Saturday, June 25, 3pm • R

For years, journalist David Walsh pursued his conviction that Lance Armstrong was using performance-enhancing drugs. Armstrong's admission of guilt finally confirmed Walsh's claims. Starring Dustin Hoffman and Denis Menochet. (2016) SUBTITLES NOT INCLUDED

Learning to Drive

Tuesday, June 28 & Saturday, July 2, 7:45pm

Sunday, July 3, 3pm • R

When soon-to-be-divorced Wendy Shields signs up for driving lessons, her instructor is a Sikh immigrant. Though their perspectives are poles apart, the two develop a bond. Starring Patricia Clarkson, Ben Kingsley and Jake Weber. (2015)

Star Wars: Episode VII: The Force Awakens

Wednesday, June 29 & Friday, July 1, 7:45pm

Saturday, July 2, 3pm • PG-13

Set 30 years after *Return of the Jedi*, this adventure features familiar faces and new characters, including planetary scavenger Rey and incomparable X-wing pilot Poe. (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 10:00 **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

Garden Plots

Kit Bick 919-259-7088

Gin Rummy

Thu 1:00 **CR**

Jim Allen 919-259-7599

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 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**

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**

Esther Lederman 919-259-7778

Seniорize

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...

- ☞ Ann Christy for displaying her collection of quilting books by Georgia J. Bonesteel for the month of May
- ☞ Jim Ackerman for recommending Guy Beretich, Ph.D. for his lecture on *Brain Fuel Evolution: The Nutrients of Change*
- ☞ Marty and Kayla Silberberg for inviting their daughter Eve Silber to perform a jazz concert for us in the Ballroom
- ☞ The Kentucky Derby party volunteers: Art and Nancy Lebo, Margaret Rook and Thelma Baker
- ☞ Mary Jo Pringle for recommending Dr. B. Duncan X. Lascelles to speak to us about the NC State University College of Veterinary Medicine and the tour to NC State College of Veterinary Medicine

Get Involved

Accessing UNC Libraries

Saturdays, June 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

As You Like It

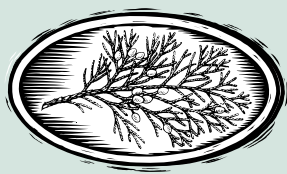
by William Shakespeare

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>
6/2	Thursday	Cedars University <i>Experiencing America</i>	11am	Ballroom
6/2	Thursday	Creative Memoir Writing Workshop with Dana Lebo	7pm	Classroom
6/3	Friday	<i>Your Memory, How It Works and How to Improve It</i> with Pat Mandell	3pm	Ballroom
6/3	Friday	Constellation Duo	5pm	Cardroom
6/5	Sunday	Young Artists Concert Series	3pm	Ballroom
6/7	Tuesday	Creative Memoir Writing Workshop with Dana Lebo	7pm	Classroom
6/9	Thursday	Cedars University <i>Experiencing America</i>	11am	Ballroom
6/9	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
6/9	Thursday	Creative Memoir Writing Workshop with Dana Lebo	7pm	Classroom
6/10	Friday	Director's Dialogue	11am	Ballroom
6/13	Monday	<i>Measurement and Treatment of Chronic and Acute Pain</i> with B. Duncan X. Lascellas	3pm	Ballroom
6/14	Tuesday	Dining Out! The Weathervane	5pm	Lobby
6/16	Thursday	Cedars University <i>Experiencing America</i>	11am	Ballroom
6/16	Thursday	<i>Exploration of Modern Architecture</i> with Don Rorke	3pm	Ballroom
6/17	Friday	Tour of NC State College of Veterinary Medicine	1pm	Lobby
6/17	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
6/17	Friday	<i>Pilobolus</i> at DPAC	7pm	Lobby
6/19	Sunday	Father's Day Brunch Jazz Duo	11:30am	Dining Lobby
6/19	Sunday	<i>All My Sons</i> at Kennedy Theater	1:45pm	Lobby
6/20	Monday	An Afternoon of Jazz with Eve Silber	4pm	Ballroom
6/23	Thursday	Cedars University <i>Experiencing America</i>	11am	Ballroom
6/23	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
6/27	Monday	Popcorn and a Movie <i>The Lady in the Van</i>	3pm	Ballroom
6/30	Thursday	Cedars University <i>Experiencing America</i>	11am	Ballroom
6/30	Thursday	Members Meeting	2pm	Ballroom