



March 2016 • VOLUME 13 • ISSUE 3

The Cedars Post



Season Tickets Renewal

It's time to renew your arts season tickets for 2016/17. You'll receive your renewal packets from the North Carolina Symphony, Carolina Ballet, Chamber Orchestra of the Triangle and Playmakers Repertory Company to which we provide transportation. We want to remind you not to renew your tickets until you have secured a seat on our bus if you are depending on transportation to these events.

Inserted into this issue of *The Cedars Post* is a sheet that explains the transportation that we provide to these venues. Please read it carefully and follow the sign up instructions to secure your seat on the bus. Sign up at the Concierge Desk beginning March 1. It's important that you do this promptly before all bus seats are taken.

North Carolina Symphony staff will assist you with your ticketing needs on Wednesday, March 23, 10–11:30am, in the Cedars Cardroom. Renewing your tickets at this time will waive processing fees.

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

Shirley and Marvin Block—Love In Action!

by Stanley Peele

Shirley met Marvin on a blind date. On the first date, neither liked the other. On the second date, they fell in love. Ten months later, they married. They have been married for 66 years and have lived in many different places, doing good work at every stage. Each wants this article to be about the other spouse. This is one aspect of their devotion to each other.



Marvin and Shirley's parents were very poor, yet they gave generously to others. Marvin's mother said, "We may not have much, but others have even less than we do." This philosophy shaped his life. Marvin became a dentist. He was drafted into military service during the Korean War. He and Shirley went to Germany, where Shirley gave birth to two children. While there, they worked to place orphans with adopting parents.

When Marvin was 49, he changed course, went back to school and earned a degree in public health—remarkable! He then joined the faculty at UNC and helped establish our senior centers.

Shirley said "We moved around a lot and if I didn't have a job, I went to school." She got a master's degree in education and worked with children with learning disabilities. They came to Chapel Hill in 1972. In 1975, she became Director of the Friends Lower School in Chapel Hill, serving there for 14 years. She has been a social worker, educator and school administrator.

They moved to The Cedars 11 years ago. Shirley and Joyce Hoffman got the idea of having a sale to raise money for scholarships for Cedars employees, and also to help their children. The group they formed pulled up their britches and sallied forth. The Scholarship Fund, now under the leadership of Anne Boyer, has been enormously successful. She and Ina Evans had another excellent idea, organizing the Cedars to donate to the PORCH hunger relief organization. This has worked like a dream. Marvin has supported Shirley at every opportunity. When she voices an idea, he says, "What can I do to help?"

They have three children, eight granddaughters and two great granddaughters. Their life is one of the most fascinating accounts I have ever heard. They have changed direction over and over. They continued to be of service to people at every step. It is astonishing! Writing this short article is like putting a polar bear into a thimble!

They greatly appreciate The Cedars, beyond words. There is a plaque in the Cedars library honoring Shirley's work with continuing care residential communities. It is a well-deserved honor. Yet it is only one part in the lives of Shirley and Marvin Block—two people who beautifully represent love in action.

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:

Duke Symphony Orchestra with Jennifer Koh, Violinist
at Baldwin Auditorium
Wednesday, March 2, 7:15pm Lobby

Friday Favorites at Meymandi Hall
Friday, March 4, 10:15am Lobby

The Metropolitan Opera
Manon Lescaut
at Silverspot Cinema
Saturday, March 5, 12:15pm Lobby

NC Symphony
at UNC Memorial Hall
Saturday, March 5, 6:45pm Lobby

Great Decisions Lecture at UNC
Tuesday, March 8, 6:30pm Lobby

Carolina Ballet
Saturday, March 12, 1pm Lobby

Dining Out! Squids
Monday, March 14, 5:15pm Lobby

Tour of James B. Hunt Jr. Library at NC State
Friday, March 18, 1:15pm Lobby

Great Decisions Lecture at UNC
Tuesday, March 22, 6:30pm Lobby

Great Decisions Lecture at UNC
Tuesday, March 29, 6:30pm Lobby

Beyond the Cedars

Dining Out! Squids
Monday, March 14, 5:15pm Lobby

Squid's, located in Chapel Hill, is famous for the area's best fresh seafood and a warm inviting oyster bar. For over 20 years Squid's has served the very freshest wood-grilled fillets, live Maine lobster, lightly breaded fried seafood, and unique weekly specials including Monday night discounted lobster dinners. A sample menu is available at the Concierge Desk. Sign up at the Concierge Desk beginning March 1, deadline March 11. Cost: \$4 for transportation. Bring money for food and drinks. Maximum 28 people.



Tour of James B. Hunt Jr. Library
at NC State
Friday, March 18, 1:15pm Lobby

Hunt Library on NC State's Centennial Campus features resources for students, staff and faculty that have never before been so accessible on a college campus, including immersive visualization labs, virtual simulation studios, a five-story robotic

bookBot retrieval system that accesses the library's collection of up to 2 million books, 3-D printing, a game lab, a large immersive Google Earth experience and more—all powered by a super computer located in the library's basement. Sign up at the Concierge Desk beginning March 1, deadline March 14. Cost: \$7 for transportation. Minimum 6 people. Maximum 27 people. Note: This one-hour tour requires a good amount of walking.

The Metropolitan Opera—*Madama Butterfly*
at Silverspot Cinema
Saturday, April 2, 12:15pm Lobby

Anthony Minghella's breathtaking production has thrilled audiences ever since its premiere in 2006. Kristine Opolais reprises her acclaimed portrayal of the title role, opposite Roberto Alagna as Pinkerton, the naval officer who breaks Butterfly's heart. Hei-Kyung

Hong, Roberto De Biasio, and Gwyn Hughes Jones star in a second set of performances. Karel Mark Chichon conducts. Sign up at the Concierge Desk beginning March 1, deadline March 28. Cost: \$27 for ticket and transportation. Maximum 15 people.



**Friday Favorites 2016-17 Season
with the NC Symphony**

at Meymandi Concert Hall in Raleigh

Individual sign-up sheets for transportation for the season are available at the Concierge Desk. Call the box office at 919-733-8750 to order your tickets and mention The Cedars to receive the group discount. Cost: \$7 for transportation. All performances will depart from the lobby at 10:15am.



**New Member
Welcome
Reception 2015**

Perry Colwell and Betty Neese (above), Fran Alguire with new Member Eunice Shatzman (right), and John and Carol Stamm (below)

Jewelry Repair and Redesigning

with Eva Mogensen

Friday, March 25, 1pm Art Studio

Eva will bring tools and supplies to do jewelry repairs, including replacement ear wires and clasps, restringing bracelets and necklaces, etc. She will charge a nominal fee for her time and supplies. Eva presently provides these services for Carol Woods and Carolina Meadows residents. Please feel free to stop by to meet her and ask questions as well.

Great Getaways

Southern Leisure Tours Presents

- ❖ Blackfriar's Theater, Frontier Culture and Maple Syrup, Staunton, VA
March 16-18
- ❖ *Always a Bridesmaid*, Temple Theater, Sanford, NC
March 31
- ❖ The Country Doctor Museum, Bailey, NC
April 4
- ❖ Cape Lookout, Beaufort and Morehead City, NC
April 5-8
- ❖ Dogwood Festival and Museum of Appalachia, Knoxville, TN
April 20-22
- ❖ *Smoke on the Mountain: Homecoming*, Temple Theater, Sanford, NC
April 28

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

March Birthdays

Ann Kennedy	1
Ken Hoffman	2
Caroline Ward	2
John Stamm	2
Richard Fox	3
Brent Elmore	5
John Hill	8
Joy Douglass	8
Abbye Sperber	9
Betsy Pratt	12
Weslyn Strickland	12
Ary Reichman	14
Ann Christy	15
R. Lee Brummet	16
Myron Liptzin	17
Maia Saaremaa	19
Millie Rolander	19
Eleanor Lamb	20
Glenda J. Gleckner	21
Anne Smith	25
Toula Bockting	25
Peter Page	25
Bette Israel	26
John Shedd	26
Charlotte Cooney	27
Dorothy Lavine	28
Mary Stark	29
Robert Rechholtz	29
Margery Duffey	30
Elwood Coley	31
Susan Link	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

Robert Griffin, Jazz Pianist

Thursdays, March 3 & 24

5pm Dining Lobby



Richard Tazewell, Pianist

Friday, March 18

5pm Dining Lobby

Crystal Trio

Thursday, March 3, 3pm Ballroom

In 2001 far away in Siberia, Russia, a group known as Crystal Trio began performing on crystal glass. Today these professional musicians—Igor Sklyarov, Vladimir Popras and Vladimir Perminov—play special instruments



made from glass including the glass harp, verrophone and glass panflute bass. The current repertoire includes variations of popular classical melodies of Mozart, Boccerini, Glinka, and Vivaldi, in addition to original pieces written specifically for crystal glass. The mysterious, gentle murmurs of crystal glass allow the listener to understand known melodies in a new fashion; it opens secret, unexpected sides of classical musical pieces.

Hot Stuff! Encore

with Pat Beyle, Mary Crabill, Karen Cooper, and Jane Hauser

Monday, March 21, 4pm Ballroom

They're ba-ack. For those who missed or fell asleep at the first showing of Hot Stuff last fall, there will be an encore presentation. On March 21 the Hot Stuff gals, Pat Beyle, Mary Crabill, Karen Cooper, and Jane Hauser will perform. This is not a new show but since we are older and may forget the words, it may sound new. We hope to see you there!

Popcorn and a Movie: *Spotlight*

Wednesday, March 30, 3pm Ballroom

Spotlight tells the riveting true story of the Pulitzer Prize-winning Boston Globe investigation that would rock the city and cause a crisis in one of the world's oldest and most trusted institutions. When the newspaper's tenacious "Spotlight" team of reporters delves into allegations of abuse in the Catholic Church, their year-long investigation uncovers a decades-long cover-up at the highest levels of Boston's religious, legal, and government establishment, touching off a wave of revelations around the world. Starring Mark Ruffalo, Michael Keaton and Rachel McAdams.

ANNOUNCEMENTS

THE CEDARS SCHOLARSHIP PROGRAM

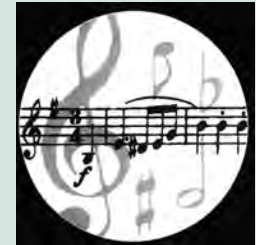
For a fabulous spring, fill out the enclosed Plant Sale Order Form today! Call Anne Boyer with questions at 919-259-7800.



Healthy Living Kick Off with Sandy Friday

Thursday, March 10, 2pm Ballroom

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



2015-16 Classical Concert Series

Sunday, March 20, 3pm Ballroom

A string trio comprised of outstanding new musicians in our North Carolina Symphony will perform for us at our March 20 concert. Libby Phelps is the Symphony's Principal Second Violin; Sam Gold is Principal Violinist, and Nathaniel Yaffe is a key member of the cello section. Their program will include numbers by Bach, Francaix and Mozart. Subscribers, mark your calendars. Call Connie Eby at 919-259-7808 if you have questions.

Easter Egg Hunt

**Sunday, March 27
2pm on the Great Lawn**

Members' grandchildren are welcome!

Ethan Uslan—Ragtime/Jazz/Silent Film Pianist

Friday, April 1, 3pm Ballroom

Ethan Uslan is a ragtime/jazz/silent film pianist based in Charlotte, North Carolina. He is a three-time winner of the World Championship Old-Time Piano Playing Contest and has performed all over the USA as well as in the UK, France, Italy, Switzerland, Belgium, and Cyberspace. Ethan's performances are filled with passion, humor, virtuosity, and a deep love for America's rich musical past. His vast repertoire includes original arrangements of Civil-War era songs, New Orleans Jazz, 1920s Charlestons, blues, stomps, Harlem stride piano, swing, Cuban rumbas, jazzed-up versions of classical masterpieces, and one Hawaiian song called *Yaaka Hula Hickey Dula*.



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

March 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

3/1 Tuesday

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

3/2 Wednesday

8:45am Water Exercise **P**
 9am Ping Pong **B**
 9:45am Water Exercise **P**
 10:30am French Lessons **CL** 
 11am Balance Challenge **B**
 11:30am Balance Basics **B**
 11:30am Aquatic Therapy **P**  
 12:45pm Duplicate Bridge **CR**
 7:15pm *Duke Symphony Orchestra* **LB** 
 7:45pm Cedars Cinema **CHANNEL 24**



3/3 Thursday

8am Art Open Studio **S**
 8:45am Seniorcize **B**
 9:45am Sit and Be Fit **B**
 11am Cedars University **B**
 11:30am Aquatic Therapy **P**  
 2pm Bocce **GL**
 3pm *Crystal Trio* **B**
 4pm Scrabble **CR**
 5pm *Robert Griffin—Jazz Pianist* **DL**

3/4 Friday

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

3/5 Saturday

9am Ping Pong **B**
 12:15pm *The Metropolitan Opera* **LB** 
 3pm & 7:45pm Cedars Cinema **CHANNEL 24**
 6:45pm *NC Symphony/Memorial Hall* **LB** 




3/6 Sunday

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




3/7 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**

3/8 Tuesday


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

3/9 Wednesday




8:45am Water Exercise **P**
 9am Ping Pong **B**
 9:45am Water Exercise **P**
 10:30am French Lessons **CL** 
 11am Balance Challenge **B**
 11:30am Balance Basics **B**
 11:30am Aquatic Therapy **P**  
 12:45pm Duplicate Bridge **CR**

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


3/10 Thursday

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

3/11 Friday

8:45am Water Exercise **P**
 9am Ping Pong **B**
 9:45am Water Exercise **P**
 10:30am *Great Decisions Discussion* **CR** 
 11:30am Aquatic Therapy **P**  
 3pm *Darwinism with Dr. Wendell Rosse* **B**
 5pm Happy Hour **Bar**
 7:45pm Cedars Cinema **CHANNEL 24**

3/12 Saturday

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

3/13 Sunday

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



3/14 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**
 5:15pm *Dining Out! Squids* **LB** 

3/15 Tuesday

8:45am Seniorcize **B**
 9:45am Sit and Be Fit **B**
 11:30am Bible Study **MR**
 11:30am Aquatic Therapy **P**  
 1pm Golf Croquet **GL**
 2pm Mah Jongg **CR**



2pm Meditation **PD**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema CHANNEL 24

3/16 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am French Lessons **CL**
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema CHANNEL 24

3/17 Thursday

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

3/18 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**
1pm Party Bridge **CR**
1:15pm Hunt Library Tour **LB**
5pm Happy Hour **Bar**
5pm Richard Tazewell—Pianist **DL**
7:45pm Cedars Cinema CHANNEL 24

3/19 Saturday

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

3/20 Sunday

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

3/21 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 Hot Stuff! Encore **B**

3/22 Tuesday

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

3/23 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10am NC Symphony Ticket Renewal **CR**
10:30am French Lessons **CL**
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema CHANNEL 24

3/24 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**
2pm Bocce **GL**
4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**

3/25 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am Great Decisions Discussion **CR**
11am TGIF Fitness Class **B**
11:30am Aquatic Therapy **P**
1pm Jewelry Repair **S**
5pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

3/26 Saturday

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

3/27 Sunday

9am Ping Pong **B**
2pm Easter Egg Hunt **GL**
3pm & 7:45pm Cedars Cinema CHANNEL 24

3/28 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**

3/29 Tuesday

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

3/30 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am French Lessons **CL**
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**
12:45pm Duplicate Bridge **CR**
3pm Popcorn and a Movie—Spotlight **B**
7:45pm Cedars Cinema CHANNEL 24

3/31 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**
2pm Bocce **GL**
2pm Members Meeting **B**
4pm Scrabble **CR**
7pm The Pacific Theatre with Bill Melega **B**

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



**Cedars
University**

LECTURES ON DVD

The English Novel

*Taught by Timothy Spurgin,
Ph.D., Lawrence University*
Thursdays, March 3–April 14, 11am Ballroom

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

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

LEARNING OPPORTUNITIES



Darwinism in the Struggle Against Malaria—Evolution in Action

with Dr. Wendell Rosse
Friday, March 11, 3pm Ballroom

In 1859, Charles Darwin published his epic book *The Origin of Species*. He proposed that small, random and inheritable variations among animals underwent “natural selection” such that those that were beneficial increased in the population. He did not have the foggiest idea how these variations occurred or how they were inherited. We now have intimate knowledge of how these occur and in some cases, the reason some are “selected.” An excellent example of this concerns the changes in red blood cells that help in the struggle against malaria. Find out more about this fascinating topic with Member Dr. Wendell Rosse on March 11. Dr. Rosse, Florence McAlister Professor Emeritus of Medicine, in the School of Medicine at Duke, founded The Duke University Comprehensive Sickle Cell Center in the late 1970's.

The Pacific Theatre Lecture Series

with Bill Melega, M.Ed., NBPTS
Thursdays, March 31, April 7, April 14, April 21 &
April 28, 7pm Ballroom

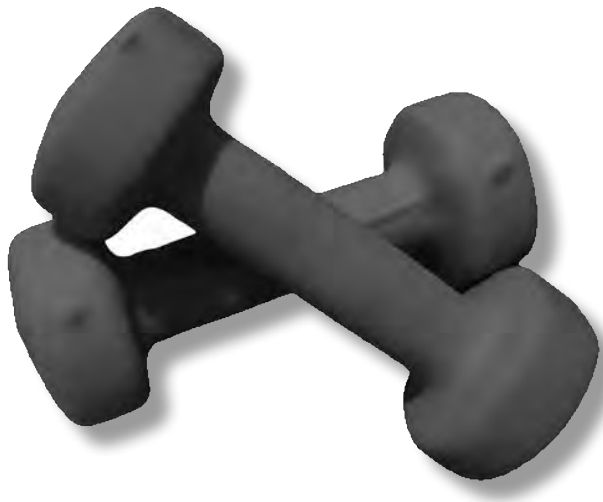
Award-winning history teacher, author and storyteller Bill Melega will be return to the Cedars with part two of his WWII lecture series covering the Pacific Theater. The series will start with *Blitzkrieg in Asia* and include a summary of the Pearl Harbor attack and America's entrance into the war. It will also highlight Japan's other attacks in Asia during the same period.

Week two, *Defending their Empire: Battles of 1942 and 1943*, will highlight the Battles of Midway and the entrance of the U.S. Marines as they invade the brutal jungle of Guadalcanal and overcome the obstacles on the Tarawa Atoll.

Week three, *Defense to the Depth*, with their empire shrinking, the Japanese change tactics with a series of land and sea battles defending Saipan, Guam, and Tinian. The U.S. Marines visit the coral hell of Peleliu. Week four, *The Beginning of the End*, includes the re-taking of the Philippines, Iwo Jima, and firebombing of Japan. Week five, *The Invasion of Okinawa*, follows the war to its conclusion with the dropping of the A-Bombs to VJ-Day and the end of World War Two.



Cedars Fitness



Strength Training Is Essential for Arthritis

Yes, you'll get stronger and more toned—but those aren't the only reasons to strength train. Scientists continue to discover benefits of strength (or resistance) training. It can be done using light hand weights, elastic bands or even your own body weight. Here are four more good reasons to start.

- ① **It reduces pain.** A small study, published in the July 2012 *International Journal of Preventive Medicine*, found that men with rheumatoid arthritis affecting their knees had a 23 percent reduction in pain intensity after following a three-day-a-week strength training program for eight weeks. Other studies show strength training relieves the pain of osteoarthritis and fibromyalgia, too.
- ② **It increases range of motion.** Another study, published in the December 2011 *Journal of Strength and Conditioning Research*, found that participants who practiced resistance training three days a week for five weeks had the same flexibility improvements as those who did a regular stretching routine.
- ③ **It blasts calories—even when you're not working out.** Muscle burns calories, so adding muscle mass naturally amps up your calorie burn. In fact, an analysis of several studies, reported in the July-August 2012 *Current Sports Medicine Reports*, shows the number of calories you burn at rest rises about 7 percent after several weeks of resistance training.
- ④ **It boosts bone density.** Women lose up to 50 percent of their bone tissue in their lifetime, about half of it within 10 years after menopause. By age 65 or 70, men begin to lose bone mass at the same rate as women, according to the National Institute of Health. Lifting weights can help slow that loss and increase bone density, according to a 2015 review in the scientific journal of the American Physical Therapy Association.

Resource: *Arthritis Today Magazine*



Great Decisions Program

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

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

- March 8..... *Koreas*
- March 22..... *The United Nations*
- March 29..... *Climate Change*
- April 5..... *Cuba*



• • • • • CEDARS *Cinema* • • • • •

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

The Carol Burnett Show: The Lost Episodes

Tuesday, March 1, Saturday, March 5, 7:45pm
Sunday, March 6, 3pm • NR

The Carol Burnett Show, one of the highest rated TV shows, featured women such as Lucille Ball, Carol Burnett, Phyllis Diller, Joan Rivers and Lily Tomlin who subsequently gained national attention.

The Intern

Wednesday, March 2, Friday, March 4, 7:45pm
Saturday, March 5, 3pm • PG-13

Participating in a community outreach program, entrepreneur Jules Ostin hires a 70-year-old intern—who ends up bringing his special business savvy. Starring Robert De Niro, Anne Hathaway and Rene Russo. (2015)

Burt's Buzz

Tuesday, March 8, Saturday, March 12, 7:45pm
Sunday, March 13, 3pm • NR

An exploration into the reclusive world of beekeeper Burt Shavitz, including his peculiar relationship with Burt's Bees, the company he co-founded with Roxanne Quimby. (2013) SUBTITLES NOT INCLUDED

Bonnie and Clyde

Wednesday, March 9, Friday, March 11, 7:45pm
Saturday, March 12, 3pm • R

Serial bank robbers Bonnie Parker (Faye Dunaway) and Clyde Barrow (Warren Beatty) barrel across Depression-ravaged America on a shooting spree that ends in a deadly rain of bullets and tragedy. (1967) SUBTITLES NOT INCLUDED

Bridge of Spies

Tuesday, March 15, Saturday, March 19, 7:45pm
Sunday, March 20, 3pm • PG-13

At the height of the Cold War, the downing of an American spy plane and the pilot's subsequent capture by the Soviets draws attorney James Donovan (Tom Hanks) into the effort

to secure the aviator's release. (2015)

Everest

Wednesday, March 16, Friday, March 18, 7:45pm
Saturday, March 19, 3pm • PG-13

Based on a true-life tale of survival on the world's tallest mountain, this adventure tracks the fate of two climbing parties that become trapped when a snowstorm engulfs the summit of Mount Everest. Starring Jason Clarke and Josh Brolin. (2015)

Please Don't Eat the Daisies

Tuesday, March 22, Saturday, March 26, 7:45pm
Sunday, March 27, 3pm • NR

Fed up with the stress of modern life, drama critic David Niven and his wife Doris Day pack up their family, leave New York City behind, and move to the country, ill-prepared to tackle the rural life. (1960)

Somewhere in Time

Wednesday, March 23, Friday, March 25, 7:45pm
Saturday, March 26, 3pm • PG

Playwright (Christopher Reeve), obsessed with an early 1900s actress (Jane Seymour) wills himself back in time to find the woman, and the two begin a love affair. (1980) SUBTITLES NOT INCLUDED

Funny Face

Tuesday, March 29, Saturday, April 2, 7:45pm
Sunday, April 3, 3pm • NR

Fred Astaire's dancing feet come full circle in this musical gambol about high-fashion photography in Paris, co-starring Audrey Hepburn as a new fashion model. (1957)

The Martian

Wednesday, March 30, Friday, April 1, 7:45pm
Saturday, April 2, 3pm • PG-13

Abandoned on the surface of Mars, astronaut Mark Watney must find a way to survive the planet's harsh environment. Starring Matt Damon and Jessica Chastain. (2015) SUBTITLES NOT INCLUDED

Regular Group Activities

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

Art Open Studio

Mon & Thu all day **S**

Balance Basics

Wed 11:30 **B**

Julie Hardison 919-259-7922

Balance Challenge

Wed 11:00 **B**

Julie Hardison 919-259-7922

Ballroom Dance Group

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

Betty White 919-967-4064

The Bible Class

Tue 11:30 **MR**

Mary Ann Van Kampen

919-493-1789

Bocce

Thu 2:00 **GL**

Caregivers Support Group

1st Wed 3:00 **PD**

Ashley Beale 919-259-7735

Cedars Cinema

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

3:00 **Channel 24**

Duplicate Bridge

Wed 12:45 **CR**

Betty White 919-967-4064

Ginny Paige 919-259-7119

Wendell Rosse 919-489-3585

French Lessons

Wed 10:30 **CL**

James Noblitt 919-962-0273

Garden Plots

Kit Bick 919-259-7088

Gin Rummy

Thu 1:00 **CR**

Jim Allen 919-259-7599

Golf Croquet

Tue 1:00 **GL**

Norman and Rhonda Innes

919-259-7150

Great Books Club

2nd Mon 3:00 **CL**

Alice Manilloff 919-942-6992

Happy Hour

Fri 5:00 **Bar**

Knit & Stitch

Mon 10:30 **CR**

Lou Owens 919-259-7557

Library Workday

Mon 9:00 **L**

Nancy Lebo 919-259-7330

Line Dancing

Tue 4:30 **B**

Julie Hardison 919-259-7922

Mah Jongg

Tue 2:00 **CR**

Sarah Kittner 919-969-6822

Meditation

Tue 2:00 **PD**

Carolyn Taff 919-918-4467

Members Meeting

last Thu 2:00 **B**

Weezie Oldenburg 919-942-6994

Party Bridge

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

Lofi Hirschman 919-259-7015

Ping Pong

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

Rose Michelson 919-945-0888

Play Group

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

Pat Beyle 919-942-1281

Poker

Mon 2:00 **CR**

Bob Paterson 919-259-7060

Scrabble

Thu 4:00 **CR**

Eileen Stendig 919-259-7722

Seniorcize

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

Julie Hardison 919-259-7922

Sit and Be Fit

Tue Thu 9:45 **B**

Julie Hardison 919-259-7922

Tai Chi

Mon 11:30 **B**

Julie Hardison 919-259-7922

TGIF (*The Goal Is Fitness*)

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

Julie Hardison 919-259-7922

UNC Libraries

alternate Sat 11:00

Lynne Morris 919-967-4885

Water Exercise

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

Julie Hardison 919-259-7922

Kudos to...

☞ Bette Israel for recommending Bernice Koff for teaching the Marriage of Paint and Collage workshops

☞ Wendell Rosse for his lecture on Darwinism in Action

☞ Marvin Block for displaying his collection of first day issue stamps in the Member display case in February

☞ Pat Beyle, Mary Crabill, Karen Cooper, and Jane Hauser for their encore performance of Hot Stuff

☞ Bette Israel for lending us *The Carol Burnet Show: The Lost Episodes* dvd's to play on Channel 24

Get Involved

Accessing UNC Libraries

Saturdays, March 12 & 26, 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 Three Lives of Lucie Cabrol
By John Berger



New Move Ins

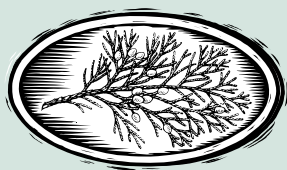
Dr. and Mrs. George and
Amalia Somjen
523 Cedar Berry Lane

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>
3/2	Wednesday	Duke Symphony Orchestra at Baldwin Auditorium	7:15pm	Lobby
3/3	Thursday	Cedars University <i>The English Novel</i>	11am	Ballroom
3/3	Thursday	Crystal Trio	3pm	Ballroom
3/3	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
3/4	Friday	Friday Favorites at Meymandi Hall	10:15am	Lobby
3/5	Saturday	The Met Opera— <i>Manon Lescaut</i>	12:15pm	Lobby
3/5	Saturday	NC Symphony at Memorial Hall	6:45pm	Lobby
3/8	Tuesday	Great Decisions Lecture	6:30pm	Lobby
3/10	Thursday	Cedars University <i>The English Novel</i>	11am	Ballroom
3/11	Friday	Great Decisions Discussion	10:30am	Cardroom
3/11	Friday	<i>Darwinism in the Struggle Against Malaria—Evolution in Action</i> with Dr. Wendell Rosse	3pm	Ballroom
3/12	Saturday	Carolina Ballet	1pm	Lobby
3/14	Monday	Dining Out! Squids	5:15pm	Lobby
3/17	Thursday	Cedars University <i>The English Novel</i>	11am	Ballroom
3/18	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
3/18	Friday	<i>Tour of Hunt Library at NC State</i>	1:15pm	Lobby
3/20	Sunday	2015-16 Classical Concert Series	3pm	Ballroom
3/21	Monday	<i>Hot Stuff! Encore</i> with Pat Beyle, Mary Crabill, Karen Cooper, and Jane Hauser	4pm	Ballroom
3/22	Tuesday	Great Decisions Lecture	6:30pm	Lobby
3/23	Wednesday	NC Symphony Ticket Renewal	10am	Cardroom
3/24	Thursday	Cedars University <i>The English Novel</i>	11am	Ballroom
3/24	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
3/25	Friday	Great Decisions Discussion	10:30am	Cardroom
3/25	Friday	Jewelry Repair with Eva Mogensen	1pm	Art Studio
3/27	Sunday	Easter Egg Hunt	2pm	Great Lawn
3/29	Tuesday	Great Decisions Lecture	6:30pm	Lobby
3/30	Wednesday	Popcorn and a Movie— <i>Spotlight</i>	3pm	Ballroom
3/31	Thursday	Cedars University <i>The English Novel</i>	11am	Ballroom
3/31	Thursday	Members Meeting	2pm	Ballroom
3/31	Thursday	<i>The Pacific Theatre Lecture Series</i> with Bill Melega	7pm	Ballroom