



The Cedars Post

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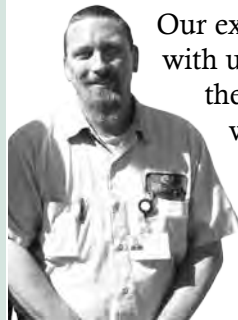
In November, we will have our once a year chance to express our appreciation to our wonderful employees who make our life at The Cedars so enjoyable. This is a great opportunity to make countless people happy by writing a check to the Cedars Employee Appreciation Fund. All Cedars employees will share in our gifts based on the hours they worked during the year whether they worked in the Health Center, laundry, kitchen, dining rooms, housekeeping, maintenance, or elsewhere. (Sara Flynn, Kristen Onions and Marketing staff do not share in the gifts)

Last year, 94.6% of the Members contributed \$238,412 to the Employee Appreciation Fund and 433 employees received gifts from the Fund. Both were record totals! We can play an important part in their lives by contributing to the Employee Appreciation Fund. This year we hope everyone contributes.

Our gifts are an important part of our employees' holiday season. They all look forward to receiving them. The gifts will be used by our employees not only for the holidays, but also for schooling, paying off debts, taking care of relatives, and other worthwhile endeavors.



Elaine Goldberg, our stalwart accounting specialist for eight years, has used her gifts to help support her mother and enrich the lives of her ten grandchildren. This year for the first time she hopes to use a small bit of it to buy something for herself—a KitchenAid mixer.



Our excellent maintenance specialist, Doug Andress who has been with us four years, looks forward to buying presents with Kelly for their two boys and paying some bills. Last year, part of their gift was used to help a single mother whose high school son had been diagnosed with cancer.

Victor Caceres, our hard working custodian for the last seven years, will use his gift for presents for his wife, daughter and his family in El Salvador, presents he would not otherwise be able to give.



The gift will also be used for eagerly anticipated visits by family to see Victor during the year.

How do you go about giving to the Cedars Employee Appreciation Fund? You will receive a letter next week describing in detail the how, when and where of giving to the Fund. Remember that what you give is your choice and is confidential. Whatever you decide to give will be greatly appreciated by our employees. It is gratifying to see our Members come together to give generously to our employees. Thank you in advance for your support.

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:

Transportation to the Voting Polls

Tuesday, November 3, 9am, 11am, 1pm, 3pm Lobby

Dining Out! Bloomsbury Bistro

Tuesday, November 10, 4:45pm Lobby

Friday Favorites at Meymandi Hall

Friday, November 13, 10:15am Lobby

The Artist's Garden: American Impressionism and the Garden Movement, 1887-1920

at the Reynolda House Museum in Winston-Salem

Friday, November 20, 10am Lobby

Carolina Ballet

Saturday, November 21, 1pm Lobby

PlayMakers Repertory Company

Sunday, November 22, 1:30pm Lobby

NC Symphony at UNC Memorial Hall

Sunday, November 22, 6:45pm Lobby

Beyond the Cedars

Dining Out! Bloomsbury Bistro

Tuesday, November 10, 4:45pm Lobby

Located in the heart of Raleigh at Five Points, Bloomsbury Bistro has served nationally renowned cuisine in a comfortable neighborhood setting for well over a decade. Critics and food writers agree that the Bistro has a firm grasp on the entire dining experience. With a seasonal menu that changes every six weeks, chef John Toler stretches the bounds of traditional French cooking by incorporating vibrant ethnic flavors into the Bistro's globally inspired menus.

A sample menu is available at the Concierge Desk. Sign up at the Concierge Desk beginning November 2, deadline November 9. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 6 people.



Charles Courtney Curran (1861-1942), *In the Luxembourg (Garden)*, 1889

The Artist's Garden: American Impressionism and the Garden Movement, 1887-1920

at the Reynolda House Museum in Winston-Salem

Friday, November 20, 10am Lobby

We'll start the day with a lovely lunch at the Graylyn Estate. After lunch we'll receive a docent tour of *The Artist's Garden* which tells the story of American Impressionist artists and the growing popularity of gardening as a leisure pursuit at the turn of the 20th century. Focusing on the American Garden Movement of 1887-1920, the exhibition will consider such themes as American artists' visits to European gardens; the enthusiasm for gardening among women; the urban garden, the artist's garden, and the garden in winter. Organized by the Pennsylvania Academy of the Fine Arts in Philadelphia, the exhibition and its accompanying catalogue will include representations of gardens across the United States and Europe. Sign up at the Concierge Desk beginning November 2, deadline November 16. Cost: \$48 for lunch, tour and transportation. Minimum 6 people.

LEARNING OPPORTUNITIES

Tax Valuations

with Ryan Vincent, Durham County Deputy Assessor, Steve Pelfrey, Deputy Assessor and Kimberly Simpson, Tax Administrator

Thursday, November 5, 3pm Ballroom

This lecture will provide an update on the 2016 countywide reappraisal process, and cover a range of related topics, including a description of the reappraisal; why and how it's done; a snapshot of some of their current findings; how the appeal process works; and some of the ways they are making it easier for citizens to communicate with them concerning their properties. They will bring along extra copies of the "2016 Reappraisal" brochure that was mailed with this year's tax bills and will be available to answer questions.

Growing Up Southern, Grown Up Southern and Growing Old Southern

with Nan Graham

Friday, November 6, 3pm Ballroom

"From her hilarious memory of sex education classes...to the miracle of her potty trained Persian, Nan hoards these moments like that last dish of banana puddin'. Lucky for us, she is willing to share. Delicious!" says Celia Rivenbark, author of *Bless Your Heart, Tramp*. Growing up in South Carolina and Alabama with an 18-month jaunt to Manhattan after graduating from Chapel Hill, Nan has taught for forty something years, from first grade to the college graduate courses. A commentator on Wilmington's public radio since 1995, author of two books and numerous articles in *Salt* magazine, she has navigated through the low country of South and North Carolina and into the "Deep South," writing humorous stories about our unique Southern smorgasbord

of quirky behavior. Best of all, she makes us laugh at ourselves. **Books will be available for purchase; please bring cash or checks.**

Insights on the Collection of Ancient Mediterranean Art at the Ackland Museum

with Mary C. Sturgeon

Friday, November 13, 2pm Ballroom

The collection of ancient art at the Ackland has developed since 1960 largely as a result of contributions from retired faculty members and alumni. For a university museum collection it offers unusual breadth of coverage, beginning with early periods in Egypt and the Near East, and continuing through painted pottery and sculpture from Cyprus, Greece, and Italy. The collection creates the opportunity for students to study ancient art through original objects. Mary C. Sturgeon is Professor of Classical Art, "Emerita" and adjunct Professor of Classics and Archaeology at The University of North Carolina at Chapel Hill.

A Visit to Jordan—A Country of History and Turmoil

with Jerry Adamson

Monday, November 16, 3pm Ballroom

Last March Jerry enjoyed a visit to an area which, for thousands of years, has been the focus of continuously changing religious, political and cultural influences. Its birth from the collision of tectonic plates 25 million years ago produced an amazing geographical situation placing it "right in the middle" of the present struggle in the Middle East. He journeyed from a Roman city by the Syrian border, sites of major religious events, to the Dead Sea, to Petra—one of the seven wonders of the world—and to the Bedouin deserts of Lawrence of Arabia. Come and enjoy his spectacular experience through photographs and story.

Great Getaways

Southern Leisure Tours Presents

- ❖ Ocracoke
November 18-20
- ❖ Rodin Exhibit, Virginia Museum of Fine Arts, Richmond, Va
November 23
- ❖ Holiday Lights in the SC Low Country, Charleston and Pawley's Island, SC
December 9-11
- ❖ Christmas Getaway at the Gaylord Opryland Hotel, Nashville, TN with The Gatlin Brothers Dinner, How the Grinch Stole Christmas and ICE!
December 23-25
- ❖ New Years in Savannah and Hilton Head
December 30-January 1

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.



City of Petra, one of the seven wonders of the world

November Birthdays

Nancy Jo Oldham	1
Barbara Burkett	1
Peggy Cooper	2
Judith Hollinshead	3
Judith Fox	6
Harvey Gunter	7
Ann Merklein	7
George Morgan	7
Kaye Anne Aikins	8
Philip Arcuni	8
Jean Stancell	9
Beverly Smith	10
Jane Hauser	11
Margaret Hall	14
Pat Beyle	14
Virginia Page	14
Deborah Weinstein	14
Martha Paterson	15
Russell McLaughlan	16
Martha Davenport	18
Eleanor Hale	18
Norman Innes	18
Betty Kenan	19
John Jacoway	19
Mary Clark	20
Aud Ackerman	20
John Schwab	20
Ed Holmes	20
Charles Smith	21
Anne Boyer	21
Ina R. Evans	23
Pat Kelley	23
Duane Cassidy	24
Muriel Roll	27
Arthur Clark	28
Anne Liptzin	28
Christina Jeffs	29
DeWitt Myers	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

A little night music...



**Robert Griffin,
Jazz Pianist**
Thursdays, November 5 & 12
4:30pm Dining Lobby

**Richard Tazewell,
Pianist**
Friday, November 20
5pm Dining Lobby



The Existential Imagination

with Students from UNC's Kenan Theatre Company
Sunday, November 8, 2pm Ballroom

Students from the UNC Chapel Hill Dramatic Arts Program will be performing *The Existential Imagination* created by Heather Tatreau for The Kenan Theater Company. The students have been attending a class this semester where they have discussed major existential thinkers. The dancers focused on learning choreography and the actors constructed dialogue from the class readings. Eventually they all weaved the two elements together in a collage format creating one evening length performance piece. They will perform selections from this piece and discuss it with you afterwards.

Carolina Heartland Cloggers

Monday, November 9, 7:30pm Ballroom

The Carolina Heartland Cloggers are an adult traditional clogging team formed in 1984 who exhibit a variety of styles that exemplify the rich heritage and art of clogging in North Carolina. The diversity of dance styles of the individual members projects a unique versatility in freestyles, precision, smooth, hoedown, show and line routines.



Nostalgia Live

Wednesday, November 18, 7:30pm Ballroom

Nostalgia Live features two singers, Don Estes and Norman Begin, performing pop songs from the 20's to the present in a legit style. Drawing on their many years of experience in New York theater, they also perform Broadway show songs. They performed in New York theater and toured for 15 years in such shows as *1776*, *Student Prince*, *How to Succeed in Business*, *The Sound of Music*, *My Fair Lady*, and *West Side Story*; to name but a few of more than 100 shows in which they have appeared.



Members get a tour of the Duke Lemur Center on a beautiful day in September

Timothy Jones, Piano

Wednesday, November 25, 2pm Ballroom

Timothy Jones started his musical studies at the age of six. He studied with Brenda Bruce for eight years until his acceptance into University of North Carolina School of the Arts in 2012 to study with Eric Larsen. Timothy has also taken lessons and master classes from Sheila Paige, Ory Shihor, William Wellborn, Adam Wibrowski, Ann Schein, Robert McDonald, and Polish pianist Wojciech Kocyan. In the summer of 2012 Timothy made his orchestral debut with the Wiener Neustädter Instrumentalisten in Vienna, Austria. Timothy has won first place prizes in competitions in North Carolina such as the NCMTA Junior Division, NCMTA Senior Division and East Carolina University Young Artist Competition. He was the only high schooler to participate in the Kosciuszko Foundation International Chopin Competition in 2014. He was accepted into the Peabody Institute of Johns Hopkins University to study with Marian Hahn this fall. His program will include Mozart's Piano Sonata No. 12 in F major, K. 332, Moszkowski Etudes de Virtuosité, Op. 72, Brahms Three Pieces, Op. 118 and more.

Popcorn and a Movie

Max

Monday, November 30, 3pm Ballroom

In this affecting drama based on real events, military dog Max is adopted by the family of his trainer, who was killed in Afghanistan. Besides helping the family overcome their grief, Max's arrival provides new clues about the soldier's death. Starring Lauren Graham, Joseph Julian Soria and Josh Wiggins.




Kudos to...

- ☞ Jerry Adamson for his Armchair travel on *A Visit to Jordan—A Country of History and Turmoil*
- ☞ Nancy Millen for recommending Nan Graham for her book reading *Growing Up Southern, Grown Up Southern and Growing Old Southern*
- ☞ Jean Wolff for writing the wonderful *Cedars Post* cover articles for the past ten years!!
- ☞ Bob Rechholtz for his participation in the organization of our Veterans Day program
- ☞ Charles Millard for recommending pianist Tim Jones

We would like to congratulate one of The Cedars very own culinarians, Patrick Ross, on his recent silver medal in his very first professional hot food competition. The competition took place on Tuesday, September 22, 2015 at The Raleigh Convention Center and was sponsored by the American Culinary Federation.

November 2015

CALENDAR KEY

 sign-up required
B Ballroom
BR Billiards Room
CL Classroom
CR Cardroom

DL Dining Lobby
DR Dining Room
ER Exercise Room
GL Great Lawn
L Library

LB Lobby
MR Magnolia Room
P Pool
PD Private Dining
S Studio

11/1 Sunday

Daylight Savings Time Ends



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

11/2 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**




11/3 Tuesday

Election Day!



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

11/4 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**
 4:30pm Zumba **B**
 7:45pm Cedars Cinema CHANNEL 24

11/5 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**  
 1pm Write to Heal Workshop **CL** 
 2pm Intro to Mah Jongg **CR** 
 3pm Tax Valuations with Ryan Vincent **B**
 4pm Scrabble **CR**
 4:30pm Robert Griffin—Jazz Pianist **DL**

11/6 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 Party Bridge **CR**
 3pm Southern with Nan Graham **B**
 5pm Happy Hour **Bar**
 7:45pm Cedars Cinema CHANNEL 24

11/7 Saturday



9am Ping Pong **B**
 10am Bocce **GL**
 3pm & 7:45pm Cedars Cinema CHANNEL 24

11/8 Sunday

9am Ping Pong **B**
 2pm Existential Imagination **B**
 3pm & 7:45pm Cedars Cinema CHANNEL 24

11/9 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**
 7:30pm Carolina Heartland Cloggers **B**




11/10 Tuesday

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

11/11 Wednesday

Veterans Day



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 Veterans Day Program **B**
 7:30pm Old North State Brass Concert **B**
 7:45pm Cedars Cinema CHANNEL 24

11/12 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 Rehab Lecture with Sandy Friday **B**
 4pm Scrabble **CR**
 4:30pm Robert Griffin—Jazz Pianist **DL**

11/13 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**  
 2pm Mediterranean Art with Mary Sturgeon **B**
 5pm Happy Hour **Bar**
 7:45pm Cedars Cinema CHANNEL 24

11/14 Saturday

9am Ping Pong **B**
10am Bocce **GL**
3pm & 7:45pm Cedars Cinema CHANNEL 24

11/15 Sunday

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

11/16 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**
3pm Visit to Jordan with Jerry Adamson **B**

11/17 Tuesday

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

11/18 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**
4:30pm Zumba **B**
7:30pm Nostalgia Live **B**
7:45pm Cedars Cinema CHANNEL 24

11/19 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 Annual Condo Board/Members Mtg. **B**
4pm Scrabble **CR**

11/20 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
10am Winston-Salem Day Trip **LB** 📖
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Party Bridge **CR**
5pm Happy Hour **Bar**
5pm Richard Tazewell—Pianist **DL**
7:45pm Cedars Cinema CHANNEL 24

11/21 Saturday

9am Ping Pong **B**
10am Bocce **GL**
11am Accessing UNC Libraries **L**
1pm Carolina Ballet **LB** 📖
3pm & 7:45pm Cedars Cinema CHANNEL 24

11/22 Sunday

9am Ping Pong **B**
1:30pm PlayMakers **LB** 📖
3pm & 7:45pm Cedars Cinema CHANNEL 24
6:45pm NC Symphony at UNC **LB** 📖

11/23 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 2015-16 Classical Concert Series **B**

11/24 Tuesday

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

7:45pm Cedars Cinema CHANNEL 24

11/25 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**
2pm Tim Jones—Pianist **B**
7:45pm Cedars Cinema CHANNEL 24

11/26 Thursday

Happy Thanksgiving!
All fitness classes cancelled
8am Art Open Studio **S**
4pm Scrabble **CR**



11/27 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P** 📖 ♣️
5pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

11/28 Saturday

9am Ping Pong **B**
10am Bocce **GL**
3pm & 7:45pm Cedars Cinema CHANNEL 24

11/29 Sunday

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

11/30 Monday

8am Art Open Studio **S**
9am Ping Pong **B**
9am Library Workday **L**
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—Max **B**

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



Cedars University

Chamber Music of Mozart

Taught by Professor Robert Greenberg Ph.D., Music Historian-in-Residence with San Francisco Performances (lectures on DVD)

Thursdays, November 5-January 14, 11am Ballroom

What made Wolfgang Amadeus Mozart perhaps the most complete “musical package” in history—a man who created more masterpieces of virtually every musical genre of his day than any other composer before or since? There is perhaps no better way to explore this question than by studying his chamber music. Nowhere is Mozart’s maturity and mastery more apparent than in the chamber music he wrote during the last 10 years of his life.

Exercise: A Promising Treatment for Dementia?



We know that moderate-intensity exercise, such as brisk walking, can improve thinking skills and slow the decline in older age. Now a trio of studies presented at the July 2015 Alzheimer’s Association International Conference suggest that aerobic exercise may even be able to help protect your brain from Alzheimer’s and other dementias, and improve your quality of life if you have the disease.

One study of 200 adults with Alzheimer’s showed that those who engaged in three hour-long exercise sessions a week for 16 weeks had less anxiety, irritability, and depression and better mental speed and attention compared with those who didn’t exercise. A study of 65 sedentary older adults with mild cognitive impairment showed that those who took part in 45 to 60 minutes of aerobic exercise four times a week for six months not only had better attention and planning skills, but also better blood flow to the brain and a reduction in dangerous proteins associated with Alzheimer’s disease, compared with those who only did stretching exercises. A study of 71 older adults with cognitive impairment due to vascular disease found that those who did an hour of aerobic exercise three times per week for six months improved their thinking skills, memory, and attention compared with those who did not exercise.

Opportunities for aerobic exercise at The Cedars include classes such as water aerobics, Seniorcize, TGIF and Zumba and use of the treadmills, elliptical, stationary bicycle, and NuStep in the fitness room. For those who prefer to exercise outside, try walking and cycling around The Cedars campus and the Meadowmont neighborhood. —Source: *Harvard Health Letter*, October 2015

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

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

Puzzle by websudoku.com

ANNOUNCEMENTS

Eye Opening Facts on Low Vision

with Sandy Friday

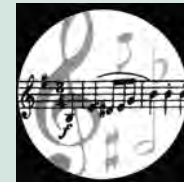
Thursday, November 12, 2pm Ballroom

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

Brunch Bunch Meet 'N Greet

Saturday, November 21, 8:30-10:30am

Brunch Bunch Open House is held the third Saturday of each month. Get to know your Meadowmont neighbors over coffee and a bagel. The Meadowmont community picks up the tab. Contact Bill Ferrell at 919-240-4682 with questions.



**2015-16
Classical
Concert Series**
Monday, November 23,
3pm Ballroom

Returning to the Cedars for our November concert is the popular duo of Brian Reagin, violin and Anita Burroughs-Price, harp. Both are members of the North Carolina Symphony. Mr. Reagin has held the Concertmaster Chair for 27 years and is also Concertmaster of the Chautauqua Symphony; Ms. Burroughs-Price heads the Harp Department at Furman University and has taught in numerous other schools in the area. Call Connie Eby at 919-259-7808 with questions.

The Cedars Salutes Our Veterans

Cedars Veterans to Be Honored at Special Program

Wednesday, November 11, 3pm Ballroom

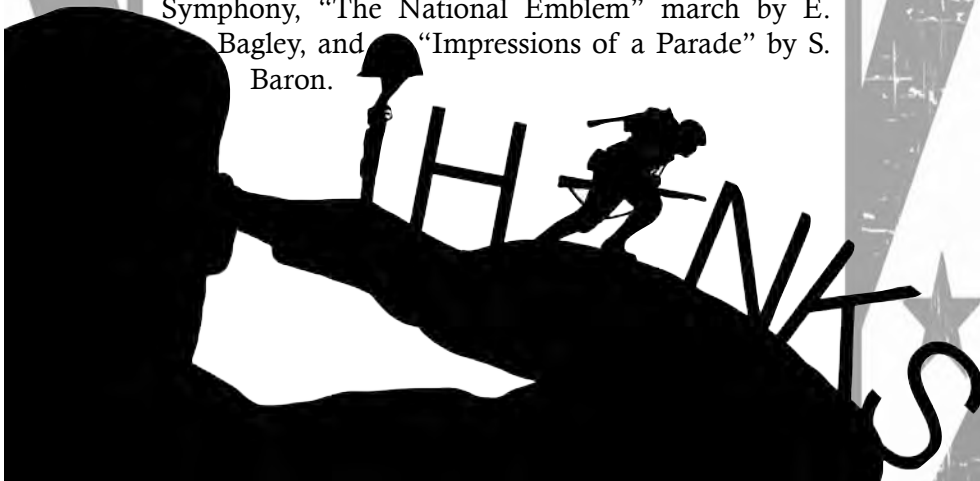
Be sure to mark your calendar for this special event to honor our veterans and their service to our country. The program will be opened by the Color Guard from UNC's award winning Army ROTC Battalion, led by SFC Jeremy Smith. Soloists will include Cadet Louis Boehm and our very own Mike Liptzen. Learn more about this special holiday and the challenges facing our military in a rapidly changing world. Guest speakers will include current and retired military personnel. A reception will be held at the conclusion of the program.

Veterans Day Concert

Old North State Brass

Wednesday, November 11, 7:30pm Ballroom

Old North State Brass is an ensemble of accomplished volunteer musicians dedicated to exploring brass repertory, providing enriching, educational and entertaining musical experiences. Founded in 2009, the group performs classical, jazz, sacred and popular music. They'll begin the concert with "The Star Spangled Banner" followed by traditional arrangements of patriotic music, including "America the Beautiful," John Philip Sousa marches such as "The Liberty Bell" and "Stars and Stripes Forever," several Big Band Swing Era tunes, and a musical tribute to our veterans in "Armed Forces Salute." They'll round out the program with Dvorak's "Going Home" from the New World Symphony, "The National Emblem" march by E. Bagley, and "Impressions of a Parade" by S. Baron.





• • • • • CEDARS *Cinema* • • • • •

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

Show Boat

Tuesday, November 3, Saturday, November 7, 7:45pm; Sunday, November 8, 3pm • NR
Entertainers (Ava Gardner and Robert Sterling) are forced to leave the showboat because of her mixed blood. The captain's daughter (Kathryn Grayson) and gambler Gaylord Ravenal (Howard Keel) take over the act, fall in love, marry and leave. They live off his gambling earnings, which dry up fast. (1951)
SUBTITLES NOT INCLUDED

Love & Mercy

Wednesday, November 4, Friday, November 6, 7:45pm; Saturday, November 7, 3pm • PG-13
This biopic traces the path of Brian Wilson, creator of the Beach Boys' unique sound. Battling mental illness, Wilson traded stardom for an isolated existence in the 1960s but returned to the stage in the '80s after taming his demons. Starring John Cusack, Paul Giamatti and Elizabeth Banks. (2015)

Splash

Tuesday, November 10, Saturday, November 14, 7:45pm; Sunday, November 15, 3pm • PG
Tom Hanks is convinced he can't fall in love until he's rescued from a boating accident by the woman of his dreams—a mermaid (Daryl Hannah). But if the world discovers Madison's secret, it will be sink or swim for the duo. This special edition includes original auditions, a making-of special and an audio commentary. (1984) SUBTITLES NOT INCLUDED

A Place in the Sun

Wednesday, November 11, Friday, November 13, 7:45pm; Saturday, November 14, 3pm • NR
Dirt-poor George Eastman (Montgomery Clift) lands himself a factory job and has a tryst with co-worker Alice (Shelley Winters). But he forgets Alice when he becomes smitten with a stunning socialite (Elizabeth Taylor). Alice can't forget

George, however, because she's expecting his baby setting off a course of tragic events. (1951)

Scent of a Woman

Tuesday, November 17, Saturday, November 21, 7:45pm; Sunday, November 22, 3pm • R
To earn extra cash, a poor student agrees to look after a blind and cantankerous retired colonel. Though the two are mismatched, their relationship grows during a string of wild escapades. Starring Al Pacino and Chris O'Donnell. (1992)
SUBTITLES NOT INCLUDED

A LEGO Brickumentary

Wednesday, November 18, Friday, November 20, 7:45pm; Saturday, November 21, 3pm • G
Beloved by children and adults, LEGO plastic building bricks have inspired a global network of enthusiasts and LEGO artists, whose amazing creations are showcased in this colorful look into the history of the perennially popular toy. (2015)

5 Flights Up

Tuesday, November 24, Saturday, November 28, 7:45pm; Sunday, November 29, 3pm • PG-13
Married for four decades, Ruth and Alex have had a wonderful life—most of it spent in their cherished Brooklyn walk-up. But now that it's time to sell, the universe seems determined to thwart them. Starring Morgan Freeman and Diane Keaton. (2015)

Hannah and Her Sisters

Wednesday, November 25, Friday, November 27, 7:45pm; Saturday, November 28, 3pm • PG-13
Woody Allen's classic tale about three sisters (Mia Farrow, Dianne Wiest and Barbara Hershey) begins with a festive dinner, during which Hannah's husband, Elliot (Michael Caine), realizes he's falling for Lee. The Oscar-winning film follows the sisters' intertwined lives and loves. (1986)

Regular Group Activities

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

Art Open Studio

Mon & Thur all day **S**

Balance Basics

Wed 11:30 **B**

Julie Hardison 919-259-7922

Balance Challenge

Wed 11:00 **B**

Julie Hardison 919-259-7922

Ballroom Dance Group

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

Betty White 919-967-4064

The Bible Class

Tue 1:30 **MR**

Mary Ann Van Kampen
919-493-1789

Bocce

Sat 10:00 **GL**

Tom Herron 919-259-7829

Caregivers Support Group

1st Wed 3:00 **PD**

Krista Lemery 919-259-7906

Cedars Cinema

Tue, Wed, Fri & Sat 7:45, Sat & Sun
3:00 **Channel 24**

Duplicate Bridge

Wed 12:45 **CR**

Betty White 919-967-4064

Ginny Paige 919-259-7119

Wendell Rosse 919-489-3585

French Lessons

Wed 10:30 **CL**

James Noblitt 919-962-0273

Garden Plots

Kit Bick 919-259-7088

Golf Croquet

Tue 1:00 **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 5:00 **Bar**

Knit & Stitch

Mon 10:30 **CR**

Lou Owens 919-259-7557

Library Workday

Mon 9:00 **L**

Nancy Lebo 919-259-7330

Line Dancing

Tue 4:30 **B**

Julie Hardison 919-259-7922

Mah Jongg

Tue 2:00 **CR**

Sarah Kittner 919-969-6822

Meditation Tue

2:00 **PD**

Carolyn Taff 919-918-4467

Members Meeting

last Thur 2:00 **B**

Weezie Oldenburg 919-942-6994

Party Bridge

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

Lofi Hirschman 919-259-7015

Ping Pong

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

Rose Michelson 919-945-0888

Play Group

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

Pat Beyle 919-942-1281

Poker

Mon 2:00 **CR**

Bob Paterson 919-259-7060

Scrabble

Thur 4:00 **CR**

Eileen Stendig 919-259-7722

Seniorcize

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

Julie Hardison 919-259-7922

Sit and Be Fit

Tue Thur 9:45 **B**

Julie Hardison 919-259-7922

Tai Chi

Mon 11:30 **B**

Julie Hardison 919-259-7922

UNC Libraries

alternate Sat 11:00

Lynne Morris 919-967-4885

Water Exercise

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

Julie Hardison 919-259-7922

Zumba

Wed 4:30 **B**

Julie Hardison 919-259-7922

Get Involved

Accessing UNC Libraries

Saturdays, November 7 & 21, 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

Longing

by Amos Oz



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.

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

Welcome

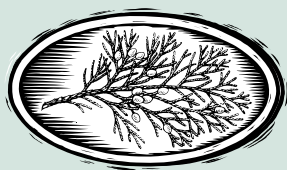
New Move Ins

Mr. and Mrs. Frank and
Nancy Buell
247 Cedar Club Circle

Mr. and Mrs. Ronald and
Susan Link
322 Cedar Club Circle

Mr. and Mrs. Milton and
Marjorie Wollman
623 Cedar Club Circle

Dr. and Mrs. John and
Carol Stamm
229 Cedar Berry Lane



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>
11/3	Tuesday	Transportation to the Voting Polls	9am 11am 1pm 3pm	Lobby
11/5	Thursday	Cedars University <i>Chamber Music of Mozart</i>	11am	Ballroom
11/5	Thursday	Tax Valuations with Ryan Vincent	3pm	Ballroom
11/5	Thursday	Robert Griffin—Jazz Pianist	4:30pm	Dining Lobby
11/6	Friday	<i>Growing Up Southern, Grown Up Southern and Growing Old Southern</i> with Nan Graham	3pm	Ballroom
11/8	Sunday	<i>Existential Imagination</i> with Students from UNC's Kenan Theatre Company	2pm	Ballroom
11/9	Monday	Carolina Heartland Cloggers	7:30pm	Ballroom
11/10	Tuesday	Dining Out! Bloomsbury Bistro	4:45pm	Lobby
11/11	Wednesday	Veterans Day Program	3pm	Ballroom
11/11	Wednesday	Veterans Day Concert with Old North State Brass	7:30pm	Ballroom
11/12	Thursday	Cedars University <i>Chamber Music of Mozart</i>	11am	Ballroom
11/12	Thursday	Robert Griffin—Jazz Pianist	4:30pm	Dining Lobby
11/13	Friday	Friday Favorites at Meymandi Hall	10:15am	Lobby
11/13	Friday	<i>Insights on the Collection of Ancient Mediterranean Art at the Ackland Art Museum</i> with Mary Sturgeon	2pm	Ballroom
11/16	Monday	<i>A Visit to Jordan—A Country of History and Turmoil</i> with Jerry Adamson	3pm	Ballroom
11/18	Wednesday	Nostalgia Live	7:30pm	Ballroom
11/19	Thursday	Cedars University <i>Chamber Music of Mozart</i>	11am	Ballroom
11/19	Thursday	Annual Condo Board/Members Meeting	2pm	Ballroom
11/20	Friday	Winston-Salem Day Trip	10am	Lobby
11/20	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
11/21	Saturday	Carolina Ballet	1pm	Lobby
11/22	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
11/22	Sunday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
11/23	Monday	2015-16 Classical Concert Series	3pm	Ballroom
11/25	Wednesday	Timothy Jones, Piano	2pm	Ballroom
11/26	Thursday	Thanksgiving		
11/30	Monday	Popcorn and a Movie— <i>Max</i>	3pm	Ballroom