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The Cedars Post

Inside This Issue...

A young knight caught between true love and passion 2

*The Metropolitan Opera—
Tannhauser*

Ever wonder who created the mural surrounding the Cedars pool? 3

*My Unusual Art Career: A 27-Year
Career Painting Murals in Chapel
Hill with Michael Brown*

Internationally renowned jazz pianist and Steinway artist 4

*Lenore Raphael with Howard Paul,
Guitar*

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My Reprise, Passing the Pen



by Jean Wolff

It was only a decade ago when Joan Welch, Programs Director, placed a short notice in *The Cedars Post*. “If anyone had experienced a memorable moment since their arrival and would like to share it with others, please let me know.” It didn’t take long to remember a young waiter, who provided an afternoon of classical piano music, so beautiful that it was recalled months later: “Since my arrival last fall, I’ve enjoyed many wonderful events. But one single offering left an indelible impression by our own Pedro Varga—a working student with his own band and compositions....” And that, dear friends, is how my writings for *The Cedars Post* began. It’s been a veritable honor and joy that you have allowed me to share many of your life journeys with the Cedars community, as well as capsule various events, both on and off campus. Sherman Jubelirer, a pundit of words, must be remembered as my good friend and excellent proof reader.

Some highlights that you may remember are the lectures by Elliot Engel, the scholarly and entertaining Dickens’ expert who was brought back by popular demand to present Leonardo da Vinci and Winston Churchill. Frederick Moyer, innovative pianist and nephew of Member Paul Green, gave us several marvelous concerts, as well as spearheaded the purchase of our perfectly rebuilt Steinway piano. In tribute to Martha Rice, her son Bob, a U.S. Medical Aid Facilitator, brought us harrowing stories of his tours in Afghanistan and Iraq. Recently celebrating the 14th anniversary of 9/11, we can recall Ernie Harmel’s introduction to her friend, Joe Dittmar, who detailed the good luck he had in escaping the second tower. Our exotic fantasies came to life with cruise showings by Phil Purcell and John Neter. Alice Saunders’ unique trip to Bhutan, the land of Shangri-La, left us spellbound. William and Marcie Ferris (daughter of Huddy Cohen) brought us up-to-speed on Southern culture and cuisine. Don Rorke, former CEO of Corning Glass, provided a compelling lecture on glass, as well as organized many other important speakers. Jane Hauser’s gift of story-telling led to a magical series of fairy stories and beyond. With solo concerts and duets, Davis Bingham inspired audiences with his rich baritone voice. And with our growing canine population, dog-friendly articles featured Mary Ann Van Kampen, Ellen Herron and Rhonda Innes. Just last month, an encore trip to Duke’s Lemur Center was as exciting as it was in June 2009.

As you can imagine, after 10 years and 110 articles, there are so many remarkable Members, trips and events I’ve covered, too many to mention here. The front page of *The Cedars Post* was earmarked for snapshot articles, and with a few exceptions, that has been true—to condense with substance. That has always been my goal. With your extraordinary support and appreciation, it has been a treasured chapter in my life and for that, I thank you.

It’s time to pass the pen. CHEERS!!!



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:

The Metropolitan Opera—*Il Trovatore*

Saturday, October 3, 11:45am Lobby

Duke Symphony Orchestra with Darrett Adkins, Cellist

Wednesday, October 7, 7pm Lobby

Renee Fleming

at Meymandi Hall

Sunday, October 11, 6:30pm Lobby

Vienna Boys' Choir

at Baldwin Auditorium

Tuesday, October 13, 7pm Lobby

A Gentleman's Guide to Love and Murder

at DPAC

Wednesday, October 14, 6:30pm Lobby

Friday Favorites

at Meymandi Hall

Friday, October 16, 10:15am Lobby

Carolina Ballet

Saturday, October 17, 1pm Lobby

PlayMakers Repertory Company

Sunday, October 18, 1:30pm Lobby

Dining Out! Vin Rouge

Wednesday, October 21, 5pm Lobby

NC Symphony at UNC Memorial Hall

Monday, October 26, 6:45pm Lobby

The Metropolitan Opera—*Tannhauser*

Saturday, October 31, 10:45am Lobby

Beyond the Cedars

Dining Out! Vin Rouge

Wednesday, October 21, 5pm Lobby

The moment you step inside this authentic French Bistro, you'll think you're in Southern France. As one of The Triangle's most critically acclaimed restaurants, Vin Rouge has consistently ranked in the top tier of "Best Of" lists by the local and national press. They feature Fruits de Mer—fresh seafood prepared Bistro style over ice on tiered trays. They offer a very special selection of fine wines that pair well with the variety of seafood dishes. A sample menu is available at the Concierge Desk. Sign up at the Concierge Desk beginning October 1, deadline October 19. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 6 people.

The Metropolitan Opera—*Tannhauser*

Saturday, October 31, 10:45am Lobby

James Levine conducts Wagner's early masterpiece in its first return to the Met stage in more than a decade. Today's leading Wagnerian tenor, Johan Botha, takes on the daunting title role of the young knight caught between true love and passion. Eva-Maria Westbroek is Elisabeth, adding another Wagner heroine to her Met repertoire after her acclaimed Sieglinde in the Ring a few seasons ago. On the heels of his recent triumph in Parsifal, Peter Mattei sings Wolfram, and Michelle DeYoung is the love goddess, Venus. Sign up at the Concierge Desk beginning October 1, deadline October 26. Cost: \$30 for ticket and transportation. Minimum 6 people. Maximum 18 people.



G.F. Handel's "Messiah" with the Duke Chapel Choir, Rodney Wynkoop, Director

at Page Auditorium

Sunday, December 6, 2pm Lobby

Join us for Duke's 82nd consecutive performance by the Duke Chapel Choir of Handel's beloved masterpiece. This English-language oratorio is one of the best-known and most frequently-performed choral works in Western music. The stirring strains of its "Hallelujah" Chorus, when all in the audience rise, create a truly memorable experience. Dr. Wynkoop assembles the area's premier musicians, many from the North Carolina Symphony Orchestra, for the sixty-member orchestra pro cantore. Featured soloists are four singers of international stature. Sign up at the Concierge Desk beginning October 1, deadline October 26. Cost: \$28 for ticket and transportation. Minimum 6 people. Maximum 20 people.

LEARNING

OPPORTUNITIES

What Patients Teach Doctors

with *Dr. Adam Goldstein*

Monday, October 5, 3pm Ballroom

What does it mean for a patient to be a great teacher? Is there a thing such as a perfect patient? The answers to these and many more questions will be shared through reflection, prose, poetry and pictures, including two decades of experiences between a family doctor and his patients. The talk will be given by Dr. Adam Goldstein, professor of Family Medicine at UNC, a leading US primary care researcher, and the host of the nationally syndicated *Your Health Radio*. Dr. Goldstein will share insights and lessons of what patients teach doctors through a lifetime of meaningful doctor/patient relationships.



Predicting Global Warming

with *Dr. Stephen Bodner*

Friday, October 16, 3pm Ballroom

Newspapers, magazines and the web have frequent articles on the level of global warming that is predicted for the remainder of this century. However most of these articles do not explain how scientists actually generate these predictions. Instead they mostly describe how the Earth's warming is being measured, and the impact on the Earth of continued warming. Dr. Stephen Bodner will try to explain, for nonscientists, how large computer models are actually

used to generate the predicted warming. He will also outline the uncertainties and the weaknesses in the computer modeling, compare the predictions with measurements, and outline the efforts by global warming scientists to improve their modeling. Dr. Bodner is a retired physicist who led a team of scientists in fusion research at the U.S. Naval Research Laboratory, and who now lives in Carolina Meadows.



My Unusual Art Career: A 27-Year Career Painting Murals in Chapel Hill

with *Michael Brown*

Friday, October 23, 3pm Ballroom

Best known as a muralist, Michael Brown has completed murals and public art projects in cities across North Carolina and in Virginia, West Virginia, New York, Florida, Chicago and Baltimore. As part of the Chapel Hill/UNC bicentennial celebration, he was commissioned to do a mural painting for the Franklin Street Post Office as a companion piece to an existing mural by the distinguished Depression-era artist Dean Cornwell. His large realistic historical paintings also circle the walls in the historic Orange County District Court in Hillsborough, the rotunda of the Main Branch of the Greensboro Public Library, the Veterans Museum in Tarboro, and at other sites supported by local civic groups.

Great Getaways

Southern Leisure Tours Presents

- ❖ Showtime for Fall Colors and Great Theater: The Mountains of Southwest Virginia and the Barter Theater
October 16-18
- ❖ *The Adams Family* at Temple Theater, Sanford, NC
October 22
- ❖ NC Transportation Museum Fall Train Excursion, Charlottesville, VA
October 31-November 1
- ❖ Alabama
November 2-8
- ❖ 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.

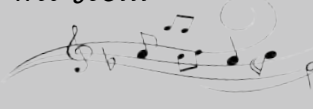
October Birthdays

Don Tiedeman	1
Philip Purcell	2
Jerome Adamson	2
Mary Schochet	3
Virginia Banks	3
Mary Crabill	4
Peter Wise	4
Camilla Rushbrooke	5
Robert Bullock	5
Connie Eby	8
Patrick Conley	10
Joyce Sprouse	11
Charlotte Frech	11
Eileen Stendig	12
Catherine Williams	13
Jeanne W. McCullough	15
Evelyn Grisham	15
Shirley Little	16
Jean Wolff	19
Prue Mulrine	22
Edith Kelly	23
Phyllis Hunter	23
Katherine Soule	23
Barbara White	25
Ruth Witte	26
Ellyn Easterling	27
Arthur Lebo	27
James Patton	27
Hugh Boyer	27
Don Fang	28
William Elmore	28
William McLendon	29
Herbert Salmon	31

We apologize to anyone whose birthday may have been omitted or is incorrect. If you would like to be included or removed from the birthday list please contact Sheila Kiliru (919-537-0126).

Let's Celebrate

A little night music...



**Robert Griffin,
Jazz Pianist**

Thursdays, October 8 & 22
4:30pm Dining Lobby

**Richard Tazewell,
Pianist**

Friday, October 16
5pm Dining Lobby

Lenore Raphael, Jazz Pianist with Howard Paul, Guitarist

Thursday, October 1, 3pm Ballroom



Internationally renowned Steinway artist jazz pianist Lenore Raphael joins musical forces with Benedetto guitar artist Howard Paul for an exciting performance featuring the music of the great American composers Gershwin, Porter, Rogers and Hart, etc. The two gave several sold out concerts recently in Colorado and performed on the air at the jazz radio station in Denver.

They have performed together in sold out concerts in Savannah, Hilton Head Island, Colorado and in North Carolina. CDs will be available for purchase; please bring cash or checks.

COMMON THREAD EVENTS

Meet Members with like interests, professions, hobbies and locations

Party to A Murder!

Thursday, October 15 | Meet-the-Cast Reception 5:30pm | Dinner Theater 6-8pm | Ballroom

For this next Common Thread Event we invite all Cedars sleuths. If you like a good mystery, this is a dinner party you won't want to miss. Parties are usually such happy occasions, but sometimes there are things that can put a damper on the festivities...like when unexpected guests show up...like when deep dark secrets are revealed...like when someone is murdered! It will be up to you and your table of fellow sleuths to discover who the perpetrator—or perpetrators— might be. This event will include a wine and cheese reception with a three-course prix fixe menu, equivalent to a meal credit plus \$28 for the murder mystery production. A menu is available at the Concierge Desk. A gluten-free vegetarian option will be available, but no other substitutions, please. Sign up at the Concierge Desk beginning October 1, deadline October 9. Maximum 70 guests. Minimum 35 guests.



Popcorn and a Movie

Five Flights Up

Monday, October 19, 3pm Ballroom

Forty years ago, artist Alex Carver (Morgan Freeman) bought a run-down apartment in a sketchy part of Brooklyn with his wife, schoolteacher Ruth (Diane Keaton). Today, their neighborhood is now very hip and their apartment worth a small fortune. The now-retired Ruth and Alex haven't changed—they are still as much in love as ever. But they have let Ruth's niece Lily (Cynthia Nixon), a real estate agent, list their property to see what the market might bear.

Hot Stuff! A Comic Musical Revue

with Mary Crabill, Pat Beyle and Jane Hauser

Thursday, October 22, 4pm Ballroom

Three Cedars residents, Mary Crabill, Pat Beyle and Jane Hauser, have written and will perform a revue about life after (ahem) 70 (ahem) and doings at the Cedars. Karen Cooper will provide music but does not want to take the blame for the rest of it. Actually, none of us do but we will promise a good time for all. Come and be prepared to have fun!

Oktoberfest Celebration

Friday, October 30, 4pm Ballroom

Join us for an Oktoberfest celebration with the The German Oompah Trio. The trio is comprised of Vince Simonetti on tuba, John Simonetti on trombone, and Drew Lile on guitar. The band has played at many Oktoberfest celebrations around the Triangle for the past several years. In addition to playing German Oompah music, band members can also be seen performing with the North Carolina Symphony, DPAC Pit Orchestra, North Carolina Theater, and many other musical groups. Traditional Oktoberfest refreshments will be served.



ANNOUNCEMENTS

Get a Grip: Is Your Hand Strength at Its Best? with Sandy Friday

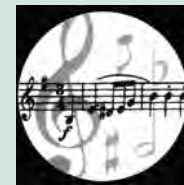
Thursday, October 8, 2pm Ballroom

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

Brunch Bunch Meet 'N Greet

Saturday, October 17, 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**
Sunday, October 18,
3pm Ballroom

Returning to the Cedars for our next concert is pianist Mayron Tsong. A native of Canada and a Steinway Artist, Dr. Tsong has performed throughout the United States and worldwide. After her solo recital debut at Carnegie Hall, *Fanfare Magazine* praised her dazzling technique and deeply felt sensitivity. Dr. Tsong is currently Associate Professor/Artist Teacher of Piano and Director of Undergraduate Studies at the School of Music, University of Maryland. She previously served as Head of Keyboard Studies at the University of Lethbridge and the University of North Carolina at Chapel Hill. Call Connie Eby at 919-259-7808 with questions.



Members get a tour and lunch at the new 21c Hotel in Durham

October 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

10/1 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**
3pm Lenore Raphael, Jazz Pianist **B**
4pm Scrabble **CR**

10/2 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**
5pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

10/3 Saturday

9am Bocce **GL**
11:45am Met Opera—Il Trovatore **LB**
3pm & 7:45pm Cedars Cinema CHANNEL 24

10/4 Sunday

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

10/5 Monday

Health Services Week 10/5-9

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10am Beginner Polymer Clay Class **S**
10:30 Tour of DuBose
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 What Patients Teach Doctors with Dr. Goldstein **B**

10/6 Tuesday

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

10/7 Wednesday

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

10/8 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 Rehab Lecture with Sandy Friday **B**
4pm Scrabble **CR**
4:30pm Robert Griffin—Jazz Pianist **DL**

10/9 Friday

8am Flu Shots **CL**
8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**
2pm Member Health & Safety Expo **B**
5pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

10/10 Saturday

9am Ping Pong **B**

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

10/11 Sunday

9am Ping Pong **B**
3pm & 7:45pm Cedars Cinema CHANNEL 24
6:30pm Renee Fleming@Meymandi **LB**

10/12 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**

10/13 Tuesday

8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Golf Croquet **GL**
11:30am Aquatic Therapy **P**
11:30am SunTrust Lunch and Learn **CR**
1:30pm Bible Study **MR**
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
5:30pm Ballroom Dance Group **B**
7pm Vienna Boy's Choir at Baldwin Auditorium **LB**
7:45pm Cedars Cinema CHANNEL 24

10/14 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**
6:30pm A Gentleman's Guide to Love and Murder at DPAC **LB**
7:45pm Cedars Cinema CHANNEL 24

10/15 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** 📄
4pm Scrabble **CR**
5:30pm Mystery Theme Reception **B**
6pm Mystery Theme Dinner **B** 📄

10/16 Friday

8am Flu Shots **CL**
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**
3pm Predicting Global Warming **B**
5pm Happy Hour Bar
5pm Richard Tazewell—Pianist **LB**
7:45pm Cedars Cinema CHANNEL 24

10/17 Saturday

9am Ping Pong **B**
9am Bocce **GL**
1pm Carolina Ballet **LB** 📄
3pm & 7:45pm Cedars Cinema CHANNEL 24

10/18 Sunday

9am Ping Pong **B**
1:30pm PlayMakers **LB** 📄
3pm 2015-16 Classical Concert Series **B**
3pm & 7:45pm Cedars Cinema CHANNEL 24

10/19 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 Popcorn and a Movie—Five Flights Up **B**

10/20 Tuesday

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

10/21 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**
5pm Dining Out! Vin Rouge **LB** 📄
7:45pm Cedars Cinema CHANNEL 24

10/22 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** 📄
4pm Scrabble **CR**
4pm Hot Stuff! A Comic Musical Revue **B**
4:30pm Robert Griffin—Jazz Pianist **DL**

10/23 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P** 📄 ♣️
3pm Michael Brown's Unusual Art Career **B**
5pm Happy Hour Bar
7:45pm Cedars Cinema CHANNEL 24

10/24 Saturday

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

10/25 Sunday

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

10/26 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10am Beginner Polymer Clay Class **S** 📄
10:30am Knit & Stitch **CR**
11am Seniorcize **B**
11:30am Aquatic Therapy **P** 📄 ♣️
11:30am Tai Chi **B**
2pm Poker **CR**

6:45pm NC Symphony/Memorial Hall **LB** 📄

10/27 Tuesday

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

10/28 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

10/29 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 Members Meeting **B**
4pm Scrabble **CR**

10/30 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P** 📄 ♣️
4pm Oktoberfest Celebration **B**
5pm Happy Hour Bar
7:45pm Cedars Cinema CHANNEL 24

10/31 Saturday

Halloween
9am Ping Pong **B**
9am Bocce **GL**
10:45am Met Opera—Tannhauser **LB** 📄
3pm & 7:45pm Cedars Cinema CHANNEL 24



♣️ Pool closed weekdays from 11:30 to 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, October 1-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.

Cedars Fitness



TGIF: The Goal Is Fitness!

Fridays, October 2 & 16

11am, Ballroom

Fitness professionals agree that there are many important components of physical fitness, including cardiorespiratory endurance, muscular strength and endurance, flexibility and balance. Gaining and maintaining these components allows individuals to enjoy healthy and active lifestyles with less chance of injury and illness.

Beginning on October 2, new fitness classes will be held on the first and third Fridays of each month. These classes will be suitable for intermediate exercisers and will involve challenging movements performed while standing and on a mat (chairs may be used to assist with getting onto and off of the floor).

One of the most effective fitness strategies is to participate in a variety of activities, so classes will consist of different types of exercise, including aerobics, strength training, balance and stretching, with an emphasis on core work. Equipment used will include weights, bands, stability balls and mats.

Come and enjoy a new exercise challenge and reach your fitness goals with Julie Hardison. Contact Julie with questions at 919-259-7922.

Sudoku Puzzle

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating: Evil

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

Puzzle by websudoku.com

Health Services Week

October 5-9

Promoting health and wellness in our community

Monday, October 5

Tour of DuBose

10:30am DuBose Lobby

Come see the day-to-day operations of our five-star health center with Director of Social Services Ashely Beale (919-259-7735).

What Patients Teach Doctors

with Dr. Adam Goldstein

3pm Ballroom

What does it mean for a patient to be a great teacher? Is there a thing such as a perfect patient? Dr. Adam Goldstein, Professor of Family Medicine at UNC, a leading US primary care researcher, and the host of the nationally syndicated *Your Health Radio* will share insights and lessons of what patients teach doctors through a lifetime of meaningful doctor/patient relationships.

Tuesday, October 6

Waffles with Andrew at DuBose

9am DuBose Dining Room

Start your morning off right with Andrew's fresh-made waffles and fruit. Come have breakfast with your friends at DuBose. Transportation will be provided to and from DuBose every 15 minutes between 8:45 and 10:15am. We hope to see you there!

Health Panel

11am Ballroom

Join The Cedars of Chapel Hill Health Services Staff for a Question and Answer Session. Representatives from The Cedars Clinic, Home Care, Social Services, Nursing and Programs team will be on hand. Discover new facts and learn more about health services at The Cedars.

Wednesday, October 7

Tour of DuBose

10:30am DuBose Lobby

Come see the day-to-day operations of our five-star health center with Director of Social Services Ashely Beale (919-259-7735).

Thursday, October 8

Learn with Sandy Friday

2pm Ballroom

Is your hand strength at its best? How good is your grip? Join Heritage Rehab Specialist Sandy Friday for an informative discussion.

Friday, October 9

FLU SHOTS!

8am-4pm Classroom

Members are encouraged to come get their annual flu shot on Friday, October 9 OR on Friday, October 16. If you are NOT a member of The Cedars Wellness Clinic, please bring your Medicare card.

Health & Safety Expo

2-4pm Ballroom

Representatives from a variety of community resources will be available including the UNC Dental School, Chapel Hill Ophthalmology, Chapel Hill Police Department, Walgreens, Orange County on Aging, Neil Medical, Chapel Hill Quest Martial Arts, UNC Hearing and Communication, and Hospice and Palliative Care Center of Alamance-Caswell to name a few. Come take care of all your health and safety needs!

Kudos to...

- 🎉 Jane Hauser, Pat Beyle and Mary Crabill for their comic musical revue Hot Stuff!
- 🎉 Don Stark for recommending Dr. Bodner's lecture, Predicting Global Warming
- 🎉 Gus Montana for recommending Dr. Goldstein's health lecture
- 🎉 Tom Christy for being recognized as The Cedars Physical Wellness Champion by LCS in September for his accomplishments in fitness
- 🎉 Aud Ackerman for demonstrating the art of Polymer Clay in the Art Studio

Herb and Mavis Rothen attend the Cedars Teachers' Day Party





• • • • • CEDARS Cinema • • • • •

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

The Taming of the Shrew

Tuesday, October 6, Saturday, October 10, 7:45pm
Sunday, October 11, 3pm • NR

Elizabeth Taylor and Richard Burton seem to be channeling the legendary dramas of their marriage in this boisterous and bawdy adaptation of William Shakespeare's classic comedy. A younger sister cannot wed until her older, shrewish sister Katharina (Taylor) marries first. Petruchio (Burton) is brought in to trick Katharina into wedlock, but the two fall in love despite their passionate bickering. (1967)

National Gallery

Wednesday, October 7, Friday, October 9, 7:45pm
Saturday, October 10, 3pm

With more than 2,000 paintings spanning seven centuries, London's National Gallery is alive with art and humanity—all of which are illuminated by documentarian Frederick Wiseman's far-ranging lens. (2014)

Tin Cup

Tuesday, October 13, Saturday, October 17, 7:45pm
Sunday, October 18, 3pm • R

Kevin Costner puts down his bat and picks up a putter. Psychologist Rene Russo inspires golf pro Costner to hit the Professional Golfers' Association tour. Too bad she's dating Costner's nemesis (Don Johnson). The question of whether true love with Costner will prevail takes a backseat to another query: Does it pay to play by the rules? (1996)

Where Hope Grows

Wednesday, October 14, Friday, October 16, 7:45pm
Saturday, October 17, 3pm • PG-13

After chronic anxiety attacks bring a premature end to Calvin Campbell's baseball career, he spirals into depression—until he begins an unlikely friendship with a young supermarket clerk who has Down syndrome. (2015)

Serena

Tuesday, October 20, Saturday, October 24, 7:45pm
Sunday, October 25, 3pm • R

As most of America is mired in the Depression, George Pemberton and his wife, Serena, build a booming timber business together. But the family legacy becomes a knotty issue after Serena learns that she's barren—and George has an illegitimate son. Starring Jennifer Lawrence and Bradley Cooper. (2015) SUBTITLES NOT INCLUDED

Groundhog Day

Wednesday, October 21, Friday, October 23, 7:45pm
Saturday, October 24, 3pm • PG

Sent to cover the annual appearance of world-famous groundhog Punxsutawney Phil, a self-centered TV weatherman unleashes his bitterness—and soon realizes he's doomed to repeat Groundhog Day until he learns that his actions can affect the outcome. Starring Bill Murray and Andie MacDowell. (1993) SUBTITLES NOT INCLUDED

Woman in Gold

Tuesday, October 27, Saturday, October 31, 7:45pm
Sunday, November 1, 3pm • PG-13

Six decades after World War II, Jewish octogenarian Maria Altmann begins a quest to reclaim the artwork confiscated from her family by the Nazis—including a famed Gustav Klimt masterpiece. Starring Helen Mirren and Ryan Reynolds. (2015)

Young Frankenstein

Wednesday, October 28, Friday, October 30, 7:45pm
Saturday, October 31, 3pm • PG

This classic parody from director Mel Brooks stars Gene Wilder as Frederick Frankenstein, who detests his family history but ultimately can't resist the temptation to follow in his infamous grandfather's footsteps. Also starring Marty Feldman, Madeline Kahn and Peter Boyle.

Regular Group Activities

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

Art Open Studio

Mon & Thur all day **S**

Balance Basics

Wed 11:30 **B**

Julie Hardison 919-259-7922

Balance Challenge

Wed 11:00 **B**

Julie Hardison 919-259-7922

Ballroom Dance Group

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

Betty White 919-967-4064

The Bible Class

Tue 1:30 **MR**

Mary Ann Van Kampen
919-493-1789

Bocce

Sat 9:00 **GL**

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 10:00 **GL**

Norman and Rhonda Innes
919-259-7150

Great Books Club

2nd Mon 3:00 **CL**

Alice Manilloff 919-942-6992

Happy Hour

Fri 5:00 **Bar**

Knit & Stitch

Mon 10:30 **CR**

Lou Owens 919-259-7557

Library Workday

Mon 9:00 **L**

Nancy Lebo 919-259-7330

Line Dancing

Tue 4:30 **B**

Julie Hardison 919-259-7922

Mah Jongg

Tue 2:00 **CR**

Sarah Kittner 919-969-6822

Meditation Tue

2:00 **PD**

Carolyn Taff 919-918-4467

Members Meeting

last Thur 2:00 **B**

Weezie Oldenburg 919-942-6994

Party Bridge

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

Lofi Hirschman 919-259-7015

Ping Pong

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

Rose Michelson 919-945-0888

Play Group

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

Pat Beyle 919-942-1281

Poker

Mon 2:00 **CR**

Bob 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**

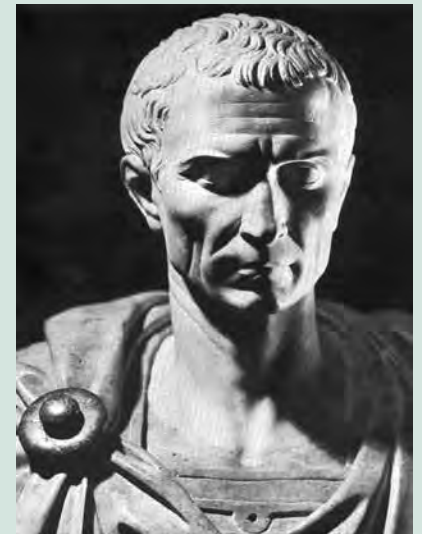
Julie Hardison 919-259-7922

Get Involved

Accessing UNC Libraries

Saturdays, October 10 & 24, 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

Julius Caesar Acts III and IV
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



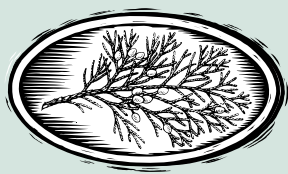
Cedars Members' **COLLECTIONS**

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.

New Move In

Mrs. Bernice Wheeler
231 Cedar Club Circle



- 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

EditorLaura Waggoner
919-259-7944

Graphic DesignerDebb Hepp
919-260-4495

CALENDAR at a Glance

date	day	activity	time	location
10/1	Thursday	Cedars University <i>Chamber Music of Mozart</i>	11am	Ballroom
10/1	Thursday	Lenore Raphael, Jazz Pianist with Howard Paul, Guitarist	3pm	Ballroom
10/3	Saturday	The Metropolitan Opera— <i>Il Trovatore</i>	11:45am	Lobby
10/5	Monday	<i>What Patients Teach Doctors</i> with Dr. Adam Goldstein	3pm	Ballroom
10/7	Wednesday	Duke Symphony Orchestra with Darrett Adkins, Cellist	7pm	Lobby
10/8	Thursday	Cedars University <i>Chamber Music of Mozart</i>	11am	Ballroom
10/8	Thursday	Robert Griffin—Jazz Pianist	4:30pm	Dining Lobby
10/11	Sunday	Renee Fleming at Meymandi Hall	6:30pm	Lobby
10/13	Tuesday	Vienna Boys' Choir at Baldwin	7pm	Lobby
10/14	Wednesday	<i>A Gentleman's Guide to Love and Murder</i> at DPAC	6:30pm	Lobby
10/15	Thursday	Cedars University <i>Chamber Music of Mozart</i>	11am	Ballroom
10/15	Thursday	Party to Murder! Mystery Theme Reception and Dinner	5:30pm	Ballroom
10/16	Friday	Friday Favorites at Meymandi Hall	10:15am	Lobby
10/16	Friday	<i>Predicting Global Warming</i> with Dr. Stephen Bodner	3pm	Ballroom
10/16	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
10/17	Saturday	Carolina Ballet	1pm	Lobby
10/18	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
10/18	Sunday	2015-16 Classical Concert Series	3pm	Ballroom
10/19	Monday	Popcorn and a Movie— <i>Five Flights Up</i>	3pm	Ballroom
10/21	Wednesday	Dining Out! Vin Rouge	5pm	Lobby
10/22	Thursday	Cedars University <i>Chamber Music of Mozart</i>	11am	Ballroom
10/22	Thursday	<i>Hot Stuff! A Comic Musical Revue</i> with Mary Crabill, Pat Beyle and Jane Hauser	4pm	Ballroom
10/22	Thursday	Robert Griffin—Jazz Pianist	4:30pm	Dining Lobby
10/23	Friday	<i>My Unusual Art Career</i> with Muralist Michael Brown	3pm	Ballroom
10/26	Monday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
10/29	Thursday	Cedars University <i>Chamber Music of Mozart</i>	11am	Ballroom
10/29	Thursday	Members Meeting	2pm	Ballroom
10/30	Friday	Oktoberfest Celebration	4pm	Ballroom
10/31	Saturday	Halloween		
10/31	Saturday	The Metropolitan Opera— <i>Tannhauser</i>	10:45am	Lobby