



The Cedars Post

Inside This Issue...

Earth's most threatened group of mammals 2
Tour of The Duke Lemur Center

A growing popularity as both a craft and art form 5
The Art of Woodturning in North Carolina with Orlan Johnson and Frank Penta

Calypso, reggae, R&B, and soul 8
Steel Drummer Wilton Dubois with His Band Shadze



photo by Norman Innes

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

Therapy Dogs and Their Active Owners

by Jean Wolff



With their wonderfully dedicated owners/handlers, the Cedars is fortunate to have two active therapy dogs, Bonnie and Koko.

Bonnie is a beautiful nine-year-old collie (pictured at right), raised and trained by Member Rhonda Innes since Bonnie was seven weeks old. Bonnie underwent various levels of training beginning with leash training in Kindergarten to obedience and agility, concluding with an accredited therapy license after 1½ years. Norman and Rhonda Innes were living at the time on Lake Norman in Davidson, NC. They resided there for 30 years prior to making Cedars their home two years ago. Both young violinists, they met in their high school orchestra in W. Hempstead, Long Island. At 17, Rhonda became a sailor, piloting many types of sea craft, all without motors. Today, she continues her love of sailing and sculling on Jordan Lake, sculpts in marble and enjoys her three children, six grandchildren and eight great-grandchildren. Rhonda and Bonnie visit the DuBose Health Center (where one Member always merrily sings, “My Bonnie Lies Over the Ocean”). They also visit the Veterans Hospital and SECU Hospitality House on a weekly basis. My daughter and friends fondly remember Bonnie in the “Paws to Read” program at the Davidson Public Library.

Ellen and Tom Herron’s Koko is a Keeshond (pictured at left), a breed that originated in The Netherlands. Koko is 4½ years and the great nephew of his companion, KZ, who is 14½ years. They have had five “Kees” since 1978 when their son was ten years old. Kees love dogs, cats and people—if there’s a fight brewing, they will back away. When visiting at the DuBose Health Center, Ellen is provided a list of Members who request to see the dog. With each Member, Koko responds in kind, even climbing laps to get a little closer. When going to the Ronald McDonald House, Ellen and Koko wait in a living room for guests who want to visit them. For more on Ellen, please check your May 2014 *Cedars Post*.

Pet therapy dogs are trained to provide affection and attention to people in hospitals, schools, and health centers as they have a calming, yet happy-to-be-alive effect. Petting dogs has been shown to improve immune function and ease pain, releasing positive, feel-good endorphins. All therapy dogs and their owners hold accredited licenses and insurance; such organizations that provide these services are Therapy Dogs International and Love on a Leash, Inc.

In addition to serving the community-at-large with their specially trained dogs, Ellen and Rhonda contribute greatly to the Buildings & Grounds Committee. How lucky are we that they chose The Cedars for their homes!

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 Duke Lemur Center Tour

Friday, September 18, 2pm Lobby

PlayMakers Repertory Company

Sunday, September 20, 1:30pm Lobby

Dining Out! 411 West

Monday, September 21, 4:45pm Lobby

Beautiful at DPAC

Wednesday, September 23, 6:30pm Lobby

NC Symphony at UNC Memorial Hall

Thursday, September 24, 6:45pm Lobby

Carolina Ballet

Saturday, September 26, 1pm Lobby

Kudos to...

- ☞ Phil Purcell for his Armchair Travel South Africa Safari, Part 2
- ☞ Maia Saaremaa for suggesting some of the upcoming Cedars University lecture series
- ☞ Sarah Kittner for teaching the Intro to Mah Jongg Workshop
- ☞ Don Rorke and Jim Ackerman for recommending The Art of Woodturning in NC lecture
- ☞ Don Rorke for recommending George Smart's lecture on Modernist Homes

Beyond the Cedars

The Duke Lemur Center Tour

Friday, September 18, 2pm Lobby

The Duke Lemur Center is the world's largest and most diverse collection of lemurs – Earth's most threatened group of mammals – outside of Madagascar. The Duke Lemur Center advances science, scholarship, and biological conservation through interdisciplinary research, community-based conservation and public outreach.

By engaging scientists, students and the public in new discoveries and global awareness, the Center promotes a deeper appreciation of biodiversity and an understanding of the power of scientific discovery. On our tour we'll learn about the similarities and differences between lemur species and what makes lemurs some of the most fascinating animals in the world. Visitors will typically observe about 10 different species of lemurs. Bring your camera, as you will be amazed by these wonderful creatures! Sign up at the Concierge Desk beginning September 1, deadline September 14. Cost: \$15 for tour and transportation. Minimum 6 people.



Dining Out! 411 West

Monday, September 21, 4:45pm Lobby

411's menu is inspired by the flavors of Italy and the Mediterranean, with a healthy California twist. They make their own fresh pasta on premise, and delicious thin crust pizzas are baked in a wood-fired oven. The menu features traditional Italian favorites, but they are best known for their creative pasta dishes, fresh seafood and steaks, and seasonal specials inspired by the bounty of the local farmers. They have half price bottles of wine on Mondays. Sign up at the Concierge Desk beginning September 1, deadline September 17. A sample menu is available at the Concierge Desk. Cost: \$4 for transportation. Bring money for food and drinks. Minimum 6 people.

Duke Symphony Orchestra with Darrett Adkins, Cellist

at Baldwin Auditorium

Friday, October 7, 7pm Lobby

Darrett Adkins is Associate Professor of Cello at Oberlin and a faculty member at the Juilliard School, where he received his DMA in 2000. He is a member of the Zephyr Trio with flutist Jeanne Galway and pianist Jonathan Feldman. A winner of the Presser Music Award and the Bunkamura Orchard Hall Award, Adkins has appeared as soloist with Tochio Soloisten, the North Carolina Symphony, the New Hampshire Symphony, Orchestra of St. Luke's, Tokyo Philharmonic, and National Symphony of Brazil, among others. The program on October 7 will include: Mozart: Symphony No. 38 in D Major, K. 504, "Prague"; Sibelius: "Valse Triste," from Kuolema, Op. 44; Tchaikovsky: Variations on a Rococo Theme, Op. 33; Pezzo Capriccioso for Cello and Orchestra, Op. 62; and Suite No. 4 in G Major, Op. 64, "Mozartiana." Harry Davidson is music director of the Duke Symphony Orchestra. Sign up at the Concierge Desk beginning September 1, deadline October 1. Cost: \$7 for transportation, no admission charge. Minimum 6 people. Maximum 27 people.

Cedars Fitness

Cedars Members' 60 Day Success

During the summer, Life Care Services held a 60 Day Walk to End Alzheimer's Exercise Challenge. Cedars Members proved that they were up for it: 97 Members from the Independent Living and Dubose Health Center communities logged 5810 hours of exercise during the 10 week competition. The Cedars team certainly "went the extra mile," placing 23rd among 64 LCS community teams across the country. As a group, the communities doubled the goal of 100,000 exercise hours, so LCS will make a \$10,000 donation to the Alzheimer's Association.

A big thank you and congratulations goes to all Members who participated in the effort:

Jackie Aranov

Lois and Phil Arcuni

Thelma Baker

Ruth and Milton Barber

Pat and Thad Beyle

Joan and Davis

Bingham

George Blackwelder

Carole Bossen

Anne Boyer

Mary Grace Bruno

John Cates

Ann and Tom Christy

Marjorie Combs

Karen and Herb Cooper

Margie Cox

Bea de Castro

Rosemarie Doerr

John Dover

John Englert

Fae Ensslin

Lucy Fort

Charlotte Frech

Iлона Fuchs

Elizabeth Ganz

Sue Greenberg

Ernie Harmel

Jane Hauser

Ellen Herron

Lofi Hirschman

Phyllis Hunter

Kani Hurow

Rhonda Innes

Barbara Jones

Kemp Jones

Benjamin Keaton

Pat and Allen Kelley

Ann Kennedy

Sarah Kittner

Pat Kosiba

Ellie Lamb

Joan Langenderfer

Nancy Lebo

Howard Maniloff

Marion Mayer

Sara McClure

Joy and Stephen Metelits

Rose Michelson

Marilyn Montague

Joan and Gus Montana

Prue Mulrine

Alice Myers

DeWitt Myers

John Neter

Martha Paterson

Harry Phillips

Mary Jane Price

Premila Rao

Faye and Gordon Rapp

Mark Reed

Mavis and Herb Rothen

Margaret Rook

Don Rorke

Caroline Rupert

Jane and Hank Saye

Pearl Schecter

Mary Schochet

Bonnie Simms

Sidney Smith

Kathy Soule

Abbye Sperber

Jean Stancell

Weslyn Strickland

Jean Suddarth

Peter Sylvester

Bill Thomas

Sue Tiedeman

Priscilla Winn

John Toscano

Shirley and Charles Ueng

Caroline Ward

Betty and Ray White

Marjorie White



Great Getaways

Southern Leisure Tours Presents

- ❖ *My Fair Lady* at Temple Theater, Sanford, NC September 10
- ❖ Autumn Splendor and Art in the Hudson River Valley Featuring Duke vs. Army at West Point and Monhonk Mountain House October 8-12
- ❖ 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
- ❖ Autumn in the North Georgia Mountains Featuring the Blue Ridge Scenic Railway October 26-29
- ❖ NC Transportation Museum Fall Train Excursion, Charlottesville, VA October 31-November 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.



Soprano Emily Smith returned to the Cedars Ballroom for another wonderful performance

photo by Pat Beyle



Cedars University

Classical Mythology

Taught by Professor Elizabeth Vandiver Ph.D., Associate Professor of Classics and Clement Biddle Penrose Professor of Latin at Whitman College (lectures on DVD)

Thursdays, September 3 & 10, 11am Ballroom

An introduction to the primary characters and most important stories of classical Greek and Roman mythology.

Chamber Music of Mozart

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

Thursdays, September 17- 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.

LEARNING OPPORTUNITIES



Modernist Homes

with George Smart, founder of Mayberry Modernism

Friday, September 4, 3pm Ballroom

What’s North Carolina’s greatest secret? We have the third most Modernist houses than anywhere in the country.

George Smart’s discovery of the Triangle’s large number of “livable works of art” in 2007 led him to start North Carolina Modernist Houses, the largest open digital archive of Modernist residential architecture and architects in the nation. During this exciting talk, you’ll visually explore some of the state’s Modernist gems, many still glorious, some endangered, and some destroyed forever. Since 2010, George Smart has taken Mayberry Modernism on the road to dozens of AIA NC sections, preservation organizations, realtor associations, and other groups across the state.

Namibia, Botswana, Zimbabwe and Kenya, South Africa Safari, Part 2

with Phil Purcell

Tuesday, September 15, 3pm Ballroom

Look for indigenous animals at Damaraland Camp and Ungava Lodge next to the Etosha Pan in the arid region of western Namibia and see the magnificent sand dunes of Sossusvlei in the Namib Desert with Phil and Tally Purcell. Fly along

the Skeleton Coast of Namibia, so named for its countless shipwrecks, and visit the wet Okavango Delta of Botswana with its large elephant herds and ever present predatory lions. Ride Rovos Rail’s luxurious train from Pretoria to Victoria Falls, view the Falls and watch the animals of Zimbabwe. See Mt. Kilimanjaro, the many different animals of Kenya and the start of the wildebeest migration in the Masai Mara.



Homes and Habitat for Humanity

with Susan Levy, Loryn Clark, and Holly Fraccaro

Friday, September 25, 3pm Ballroom

Join the leaders of local housing agencies as they explore the importance of creating a stable home and community. They will discuss the challenges that hardworking families face when they attempt to find affordable housing in Chapel Hill. Hear the stories of Cedars employees who have partnered with Habitat to build and buy their own homes. Habitat for Humanity will touch on its services to help seniors stay in their homes, green building practices, and volunteer opportunities. Susan Levy is the Executive Director of Habitat for Humanity of Orange County, Loryn Clark is the Executive Director of the Office of Housing and Community at Town of Chapel Hill and Holly Fraccaro is the CEO of the Home Builders Association of Durham, Orange & Chatham counties.

The Art of Woodturning in North Carolina

with Orlan Johnson and Frank Penta
Monday, September 28, 3pm Ballroom

Frank Penta is past president of the Woodturners Guild of North Carolina and has been involved in woodworking throughout his life. His work integrates function and aesthetics with fine detailing and finishing enhancing the natural beauty of the wood. Frank's one-of-a-kind designs are exhibited in private collections and sold through museums and galleries. Orlan Johnson has also been involved with woodworking all his life, building structures, furniture, jewelry boxes, yoga benches and more. In 2010



he met Frank Penta and they've been working together ever since. On September 28 they plan to talk about woodturning and its growing popularity as both a craft and art form, the evolution of their club (Chapel Hill Woodturners) and the significant growth in local interest, and their vision of establishing a local arts and crafts school.

ANNOUNCEMENTS

"Get a Grip: Is Your Hand Strength at Its Best?"

with Sandy Friday

Friday, September 11, 2pm Ballroom

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

Brunch Bunch Meet 'N Greet

Saturday, September 19, 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, September 20, 3pm Ballroom

Opening the new season will be the Ciompi Quartet with Eric Pritchard, violin; Hsiao-mei Ku, violin; Jonathan Bagg, viola; and Fred Raimi, cello. Resident quartet at Duke, the Ciompi has earned accolades throughout the US and abroad, and we welcome the opportunity to present them here at the Cedars. Subscribers, please join us! Call Connie Eby at 919-259-7808 if you have questions.




Moscow Nights/Golden Gates (above) offered Cedars Members an entertaining glimpse into Old Russia through music, song, and dance. Anne Liptzin talks to Carolina Performing Arts Executive Director Emil Kang (below) about the upcoming season.



September 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




9/1 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**
7:45pm Cedars Cinema **CHANNEL 24**



9/2 Wednesday

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

9/3 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 Intro to Mah Jongg **CR** 
4pm Scrabble **CR**
5:30pm *Robert Griffin with the Bucket Brothers* **DL**

9/4 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
1pm Party Bridge **CR**
3pm *Modernist Houses with George Smart* **B**
5pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

9/5 Saturday

9am Ping Pong **B**

9am Bocce **GL**

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

9/6 Sunday

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

9/7 Monday


Labor Day

Fitness Classes Cancelled

8am Art Open Studio **S**
9am Ping Pong **B**
9am Library Workday **L**
10:30am Knit & Stitch **CR**
1:30pm Play Group **CL**
2pm Poker **CR**
4pm *Wilton Dubois with Shadze* **DL**

LABOR
Day

9/8 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**




9/9 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**
4:30pm Zumba **B**
7:45pm Cedars Cinema **CHANNEL 24**



9/10 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 Intro to Mah Jongg **CR** 
4pm Scrabble **CR**
5pm *Teachers' Day Reception* **B**
6pm *Teachers' Day Dinner* **B**

9/11 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
2pm Rehab Lecture with Sandy Friday **B**
5pm Happy Hour **Bar**
5pm *Zachary Gossett, Pianist* **DL**
7:45pm Cedars Cinema **CHANNEL 24**

9/12 Saturday




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

9/13 Sunday



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



9/14 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
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**
3pm Great Books **CL**

9/15 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**
3pm *South Africa Safari with Phil Purcell* **B**
4:30pm Line Dancing **B**

7:45pm Cedars Cinema CHANNEL 24

9/16 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
4:30pm Zumba B
7:45pm Cedars Cinema CHANNEL 24

9/17 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 Intro to Mah Jongg CR 📖
4pm Scrabble CR
4:30pm Robert Griffin DL

9/18 Friday

8:45am Water Exercise P
9:45am Water Exercise P
11:30am Aquatic Therapy P 📖 ❖
1pm Party Bridge CR
2pm Duke Lemur Center Tour LB 📖
5pm Happy Hour Bar
7:45pm Cedars Cinema CHANNEL 24

9/19 Saturday

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

9/20 Sunday

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

9/21 Monday

8am Art Open Studio S
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
1:30pm Play Group CL
2pm Poker CR
4:45pm Dining Out! 411 West LB 📖

9/22 Tuesday

Yom Kippur
8:45am Seniorcize B
9:45am Sit and Be Fit B
10am Golf Croquet GL
11:30am Aquatic Therapy P 📖 ❖
11:30 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
7:45pm Cedars Cinema CHANNEL 24



9/23 Wednesday

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 ABC's of Dementia with Heather McKay B
4:30pm Zumba B
6:30pm Beautiful at DPAC LB 📖
7:45pm Cedars Cinema CHANNEL 24

9/24 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 Members Meeting B
4pm Scrabble CR
6:45pm NC Symphony at UNC LB 📖

9/25 Friday

8:45am Water Exercise P
9am Ping Pong B
9:45am Water Exercise P
11:30am Aquatic Therapy P 📖 ❖
3pm Habitat for Humanity with Susan Levy, Loryn Clark, and Holly Fraccaro B
5pm Happy Hour Bar
5pm Richard Tazewell—Pianist LB
7:45pm Cedars Cinema CHANNEL 24

9/26 Saturday

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

9/27 Sunday

9am Ping Pong B
2pm The Fairytale Lives of Russian Girls with UNC's Kenan Theatre Company B
3pm & 7:45pm Cedars Cinema CHANNEL 24

9/28 Monday

8am Art Open Studio S
8:45am Water Exercise P
9am Ping Pong B
9am Library Workday L
9:45am Water Exercise P
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
3pm The Art of Woodturning with Orlan Johnson and Frank Penta B

9/29 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
7:45pm Cedars Cinema CHANNEL 24

9/30 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—Woman in Gold B
7:45pm Cedars Cinema CHANNEL 24

❖ Pool closed weekdays from 11:30 to 2:00 for Aquatic Therapy

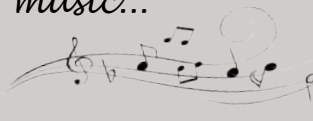
September Birthdays

John Englert	1
John Cates	2
Victoria Neunert	4
Allen Kelley	5
Betty White	5
Fae Ensslin	7
Rosalie Cassidy	7
Charles Ueng	8
Stuart Bondurant	9
Edna Cobb	9
Anne George	13
Lois Arcuni	14
Dwight Morris	15
Simone Rosse	15
Helen Halleck	17
Pauline Myers	17
Elise Guthridge	18
Stephen Davis	18
Herbert Rothen	19
Herbert Lawton	21
Jane Porter	21
Robert Price	21
Helen Wilson	23
Nancy Cobey	23
Hazel Craige	25
Wyndham Robertson	25
Johanne Miller	26
Mark Reed	26
Richard Orcutt	30
Jacquelyn S. Floreen	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, September 3 & 17
4:30pm Dining Lobby

**Richard Tazewell,
Pianist**
Friday, September 25
5pm Dining Lobby

Robert Griffin with the Bucket Brothers

Thursday, September 3, 5:30pm Dining Lobby

Steel Drummer Wilton Dubois with Shadze

Monday, September 7, 4-7pm Dining Lobby

Wilton Dubois was six years old when he was introduced to steel drums in a small village in the Island of Trinidad. Wilton and his band Shadze perform calypso, reggae, R&B, and soul.

COMMON THREAD EVENTS

Meet Members with like interests, professions, hobbies and locations

Cedars Teachers' Day Party

Thursday, September 10 | Wine & Cheese Reception 5pm | Dinner 6pm | Ballroom



For this next Common Thread Event we invite all Cedars teachers to join us. Members who have taught in the classroom are encouraged to meet your fellow educators and talk about your careers in education.

The event will include a wine and cheese reception with a three-course prix fixe menu, equivalent to one meal credit. Sign up at the Concierge Desk beginning August 27, deadline September 4. Maximum 45 guests.

Sudoku Puzzle

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

Puzzle rating: Easy

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

Puzzle by websudoku.com

Zachary Gossett, Pianist

Friday, September 11, 5pm Dining Lobby

Zachary Gossett is a pianist, composer and instructor working more often in jazz, but with an extensive background not only in classical piano but an eclectic mix of music. A recent graduate of UNC Chapel Hill, he has worked with a variety of ensembles, and is currently engaging with the rich local music scene.

The Fairytale Lives of Russian Girls

with students from UNC's Kenan Theatre Company

Sunday, September 27, 2pm Ballroom

The students from UNC's Kenan Theatre Company will perform scenes from their upcoming production of *The Fairytale Lives of Russian Girls*. Award-



winning playwright Meg Miroshnik explores the contemporary lives of young Russian women turned fairytales through encounters with witches, bears, and evil stepmothers. Twenty-year-old Annie, in an effort to lose her American accent, finds herself in her homeland of Russia, only to find herself falling down the rabbit hole of her own fairytale. Please join us on Sunday, September 27 for a preview and discussion with the cast and then see the entire performance October 8–12 at UNC's Kenan Theatre.

Popcorn and a Movie

Woman in Gold

Wednesday, September 30, 3pm Ballroom

Helen Mirren stars in the incredible story of Maria Altmann, a Jewish refugee who is forced to flee Vienna during World War II. Decades later, determined to salvage some dignity from her past, Maria has taken on a mission to reclaim a painting the Nazis stole from her family: the famous Lady in Gold, a portrait of her beloved Aunt Adele. Partnering with an inexperienced but determined young lawyer (Ryan Reynolds), Maria embarks on an epic journey for justice 60 years in the making.



Save the Date! Hot Stuff!

Three women who live at the Cedars
whose ages are higher than their thermostats

Comic musical revue coming October 22, 4pm in the Ballroom

ANNOUNCEMENTS

SunTrust Lunch and Learn Summer Series (Part 2)

Tuesday, September 22, 11:30am Cardroom

Please join SunTrust for a conversation about your *Financial Well-Being in Retirement*. They will address topics like income needs, providing for a surviving spouse and more. There will be plenty of time for questions during this informal conversation. Lunch will be provided. Sign up at the Concierge Desk beginning September 1, deadline September 18. Maximum 20 people.

The ABC's of Dementia: A Session for the Residents and Families of The Cedars

with Heather McKay

Wednesday, September 23, 2pm Ballroom

Heather McKay, Occupational Therapist and Dementia Care Specialist, will present *The ABC's of Dementia*, what every person needs to know. The purpose of this program is to enhance our understanding of brain changes associated with normal aging, Alzheimer's Disease and other types of dementia and current treatments. Heather will focus on symptoms associated with different types of dementia, behaviors caused by these brain changes and a positive way of communicating with people who have dementia. Contact Ashley Beale, Director of Social Services, for more information at 919-259-7735.



• • • • • CEDARS *Cinema* • • • • •

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

My Old Lady

Tuesday, September 1, Saturday, September 5,
7:45pm | Sunday, September 6, 3pm • PG-13
Mathias Gold is delighted to learn that he's inherited a Paris apartment. But delight turns to dismay when he travels to France and finds his dad's former lover occupying the place. Starring Kevin Kline and Maggie Smith. (2014)

Babel

Wednesday, September 2, Friday, September 4,
7:45pm | Saturday, September 5, 3pm • R
When an American couple in Morocco falls victim to a random act of violence, a series of events unfolds that demonstrates the necessity of human communication. Starring Brad Pitt and Cate Blanchett. (2006)

A Letter to Three Wives

Tuesday, September 8, Saturday, September 12,
7:45pm | Sunday, September 13, 3pm • NR
Three married women vacationing suddenly find themselves on the receiving end of a disturbing missive: one of their husbands has broken his nuptial vows and cheated. But whose? Kirk Douglas costars. (1949)

Madame Bovary

Wednesday, September 9, Friday, September 11,
7:45pm | Saturday, September 12, 3pm • R
Young Emma Bovary's passions overwhelm her solemn vows of marriage when Marquis d'Andervilliers captivates her heart, ultimately leading her to ruin. Starring Rhys Ifans, Mia Wasikowska and Paul Giamatti. (2015)

Amistad

Tuesday, September 15, Saturday, September 19,
7:45pm | Sunday, September 20, 3pm • R
An African-born slave leads a mutiny against his brutal captors, but because the ship is in American waters, a U.S. court must decide the slaves' fates. Starring Morgan Freeman, Nigel Hawthorne and Anthony Hopkins. (1997) SUBTITLES NOT PROVIDED

Lover Come Back

Wednesday, September 16, Friday, September 18,
7:45pm | Saturday, September 19, 3pm • NR
A series of misunderstandings leaves an advertising executive (Rock Hudson) with a campaign for a product which has not been invented yet while he romances his rival (Doris Day) in the guise of its inventor. (1961)

Aloha

Tuesday, September 22, Saturday, September 26,
7:45pm | Sunday, September 27, 3pm • PG-13
A defense contractor reconnects with an old flame. Before long, he's distracted by the alluring Air Force officer assigned to be his escort. Starring Bradley Cooper, Emma Stone and Rachel McAdams. (2015)

Survivor

Wednesday, September 23, Friday, September 25,
7:45pm | Saturday, September 26, 3pm • PG-13
After surviving a terrorist bombing in London, a U.S. embassy employee ends up on the run when she's framed for crimes. Starring Robert Forester, Anglea Bassett and Dylan McDermott. (2015)

Tuesdays with Morrie

Tuesday, September 29, Saturday, October 3,
7:45pm | Sunday, October 4, 3pm • PG-13
When Mitch Albom (Hank Azaria) learns his beloved professor Morrie Schwartz (Jack Lemmon) is dying, he reconnects and learns from him all over again. (1999)

The Second Best Exotic Marigold Hotel

Wednesday, September 30, Friday, October 2,
7:45pm | Saturday, October 3, 3pm • PG
In this sequel, hotel owner Sonny is overwhelmed with finding a second property to accommodate new residents, while his wedding plans may be too much for the hotel's staff to handle. (2015)

Regular Group Activities

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

Art Open Studio

Mon & 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

French Lessons

Wed 10:30 **CL**

James Noblitt 919-962-0273

resumes September 9

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

Seniortize

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 11am

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

Intro to Mah Jongg Workshop

Thursdays, September 3, 10, 17, 2-4pm
Cardroom

Interested in learning to play the game of Mah Jongg? Join Member Sarah Kittner for a three-week beginners' workshop. There is no cost, but interested Members are asked to sign up at the Concierge Desk by September 1. Questions call Sarah at 919-969-6822.

Accessing UNC Libraries

Saturdays, September 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

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



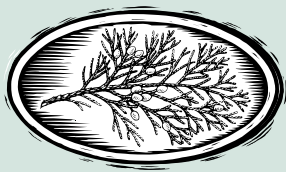
Exhibits

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 Ins

Mr. E.L. Buck Coveney and
Mrs. Nancy Meyer
522 Cedar Berry Lane

Mrs. Margaret Cooper
412 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>
9/3	Thursday	Cedars University <i>Classical Mythology</i>	11am	Ballroom
9/3	Thursday	Robert Griffin—Jazz Pianist	4:30pm	Dining Lobby
9/3	Thursday	Robert Griffin with the Bucket Brothers	5:30pm	Dining Lobby
9/4	Friday	Modernist Homes with George Smart	3pm	Ballroom
9/7	Monday	Steel Drummer Wilton Dubois with His Band Shadze	4-7pm	Dining Lobby
9/10	Thursday	Cedars University <i>Classical Mythology</i>	11am	Ballroom
9/10	Thursday	Teachers' Day Reception	5pm	Ballroom
9/10	Thursday	Teachers' Day Dinner	6pm	Ballroom
9/11	Friday	Zachary Gossett, Pianist	5pm	Dining Lobby
9/15	Tuesday	<i>South Africa Safari, Part 2</i> with Phil Purcell	3pm	Ballroom
9/17	Thursday	Cedars University <i>Chamber Music of Mozart</i>	11am	Ballroom
9/17	Thursday	Robert Griffin—Jazz Pianist	4:30pm	Dining Lobby
9/18	Friday	The Duke Lemur Center Tour	2pm	Lobby
9/20	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
9/20	Sunday	2015-16 Classical Concert Series	3pm	Ballroom
9/21	Monday	Dining Out! 411 West	4:45pm	Lobby
9/23	Wednesday	<i>The ABC's of Dementia: A Session for the Residents and Families of The Cedars</i> with Heather McKay	2pm	Ballroom
9/23	Wednesday	<i>Beautiful</i> at DPAC	6:30pm	Lobby
9/24	Thursday	Cedars University <i>Chamber Music of Mozart</i>	11am	Ballroom
9/24	Thursday	Members Meeting	2pm	Ballroom
9/24	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
9/25	Friday	<i>Homes and Habitat for Humanity</i> with Susan Levy, Loryn Clark, and Holly Fraccaro	3pm	Ballroom
9/25	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
9/26	Saturday	Carolina Ballet	1pm	Lobby
9/27	Sunday	<i>The Fairytale Lives of Russian Girls</i> with Students from UNC's Kenan Theatre Company	2pm	Ballroom
9/28	Monday	<i>The Art of Woodturning in North Carolina</i> with Orlan Johnson and Frank Penta	3pm	Ballroom
9/30	Wednesday	Popcorn and a Movie— <i>Woman in Gold</i>	3pm	Ballroom