



# The Cedars Post

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*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

## The Magical Candy-Stripers of The Cedars

By Stanley Peele

In 2013, I was a patient at the Dubose Health Center. I was gravely ill. Things were not looking good. Hospice had been called. I needed food badly, but could only eat a few teaspoons. Everything tasted awful, awful.... One morning, three ladies came into my room. Their names were Thelma Baker, Margaret Rook and Caroline Ward. They brought in a tray which contained baked goods. "Would you like any cookies?" one of them asked. I tried to say no. Then one of them asked if I wanted any cheese sticks. Ahhh! They looked good. I reached up and took one and ate a small bit. It tasted good! That magical cheese stick was the perfect food. It was a step in my recovery.

The Candy-Stripers of The Cedars do three things:

- 1) They bake cookies, brownies, healthy food and other baked goods.
- 2) Every Friday morning, they carry these goods to the Dubose Health Center. The goods are offered to patients. Every area in Dubose is visited. They have an egalitarian policy: offering the goods to nurses and all the Dubose staff. The delivery is done by four members of the candy-stripers. At present, those four people are Margaret Rook, Jeanne Michels, Thelma Baker, and Richard Fox. Sometimes, others substitute for them.
- 3) They deliver more than food alone. They help the staff deliver kindness and good cheer. Their gentle and caring spirit is perfectly suited for the patients.

Thelma Baker started this group, joined shortly thereafter by Margaret Rook. Once it started, it developed in a magical way. When someone or something is needed it appears! Things just come out of the blue! Have you tasted their food? Umm, it is rumored that the brownies are a recipe stolen from King Tut's burial chamber in Egypt. Well, maybe not, but in any case, the brownies are legendary. The people that produce this repast are Judith Fox, Joan Bingham, Joan Langenderfer, Peg Hall, and others. Many other people are members of this group. Only a few are cited. They do not seek recognition, and the ones cited would prefer that their names not be mentioned here. However, they approved this article because they hope it will encourage more people to volunteer for work at the Cedars, especially at Dubose.

One of the many strengths of The Cedars is the fact that we have so many Members who step up to the plate and volunteer for a variety of jobs. The Candy-Stripers of the Cedars illustrate this fact beautifully. They have created a group that works together in a wonderful, cooperative way.

It is magic!



## 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:

**Glimpses of Genius: Bach's Compositional Workshop**  
at Duke Chapel  
Sunday, September 4, 4pm Lobby

**Dorance Dance at UNC Memorial Hall**  
Wednesday, September 14, 6:45pm Lobby

**PlayMakers Repertory Company**  
Sunday, September 18, 1:30pm Lobby

**NC Symphony at UNC Memorial Hall**  
Thursday, September 22, 6:45pm Lobby

**Jordan Lake Eco Tour**  
Friday, September 23, 1:15pm Lobby

**Carolina Ballet**  
Saturday, September 24, 1pm

**The Frank Hawkins Kenan Memorial Organ Recital**  
at St. Stephen's Episcopal Church  
Sunday, September 25, 3:15pm Lobby

**Celebration of Music at Duke Chapel**  
Thursday, September 29, 6:45pm Lobby

# Beyond the Cedars

## Glimpses of Genius: Bach's Compositional Workshop

Christopher Jacobson,  
FRCO, Chapel Organist,  
at Duke Chapel  
Sunday, September 4, 4pm Lobby

This performance presents an introductory cross section of some of Bach's most popular organ works. Mr. Jacobson became a Fellow of the Royal College of Organists in London in March 2016, one of a handful of Americans to have been awarded this honor in over 150 years. Sign up at the Concierge Desk, deadline September 1. Cost: \$7 for transportation, free admission. Minimum 6 people. Maximum 28 people.



## Jordan Lake Eco Tour

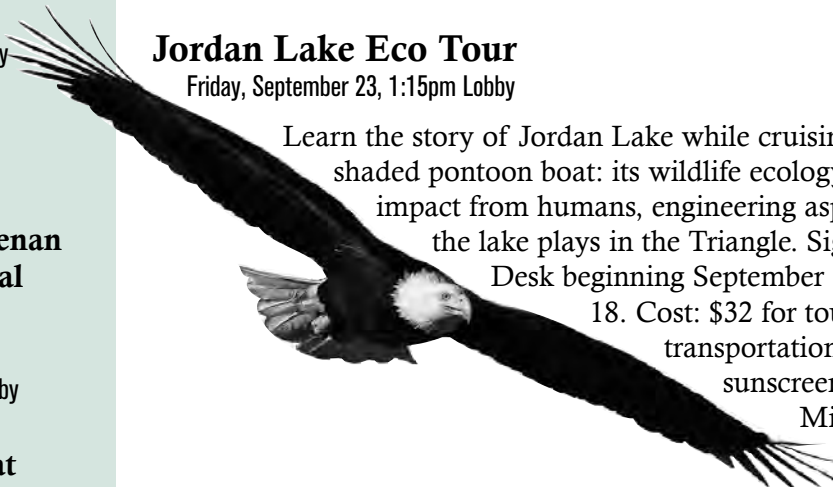
Friday, September 23, 1:15pm Lobby

Learn the story of Jordan Lake while cruising on a 24-foot, fully shaded pontoon boat: its wildlife ecology, history, environmental impact from humans, engineering aspects, and the vital role the lake plays in the Triangle. Sign up at the Concierge Desk beginning September 1, deadline September 18. Cost: \$32 for tour, snacks and transportation. Remember to bring sunscreen, a hat, and sunglasses. Minimum 6 people. Maximum 10 people.

## The Frank Hawkins Kenan Memorial Organ Recital

Organist Dongho Lee, with Brass Quintet and Timpani  
at St. Stephen's Episcopal Church  
Sunday, September 25, 3:15pm Lobby

Dongho Lee is praised for her "drive and energy, coupled with the ability to tenderly shape a musical line," (*The Journal*, AAM). She was awarded both the First Prize (Lilian Murtagh Memorial Prize) and the Audience Prize in the 2010 American Guild of Organists National Young Artists Competition in Organ Performance, which was held at the 50th national convention of the Guild in Washington, D.C. Sign up at the Concierge Desk beginning September 1, deadline September 19. Cost: \$4 for transportation. **Purchase tickets at the door (\$25), cash or checks only.** Minimum 6 people. Maximum 28 people.

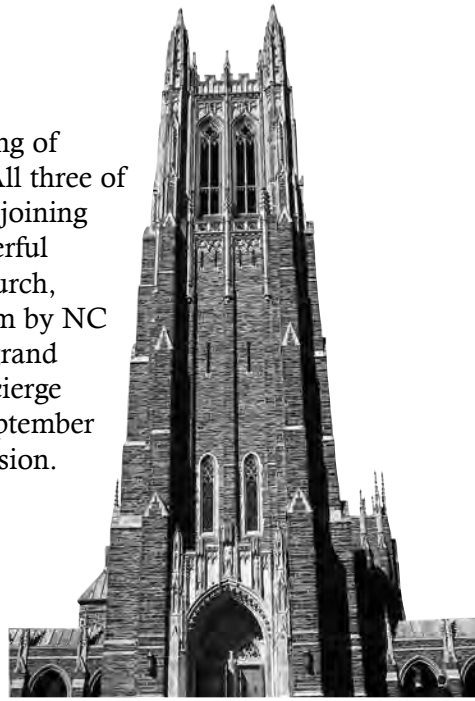


## Celebration of Music

at Duke Chapel

Thursday, September 29, 6:45pm Lobby

Grand gala concert celebrates the reopening of Duke Chapel after a year of restoration. All three of the Chapel choirs will perform, as well as joining forces with a large brass ensemble in powerful arrangements of favorite hymns of the church, plus a newly-commissioned festival anthem by NC composer Dan Forrest and music on the grand organs of the Chapel. Sign up at the Concierge Desk beginning September 1, deadline September 25. Cost: \$7 for transportation, free admission. Minimum 6 people. Maximum 28 people.



## The Metropolitan Opera

*Tristan and Isolde*

at Silverspot Cinema

Saturday, October 8, 11:15am Lobby

The new production is conducted by Sir Simon Rattle in his first *Live in HD* performance. Nina Stemme stars as Isolde—a touchstone role she has sung with major opera companies around the world. Her Tristan is Australian heldentenor Stuart Skelton, who sang Siegmund in the Met's Ring cycle in 2013. Sign up at the Concierge Desk beginning September 1, deadline October 1. Cost: \$27 for ticket and transportation. Maximum 16 people.



Jack Hammond's crossword puzzle class

## Kudos to...

- ❧ The hardworking Member Volunteers for the 9th Annual Casual for a Cause Hot Dog Fundraiser for Alzheimer's—Bill & Esta Thomas, Thelma Baker, Bonnie Simms, Caroline Ward, Dick & Judy Fox, George Kahdy, Huddy Cohen, Joan Langenderfer, Joy and Stephen Metelits, Margaret Rook, Peg Hall, Rose Michelson, Sue Greenberg, and Sue Tiedeman—through your volunteerism and generous donations, we exceeded our goal and collected \$4,212.50 in contributions for Alzheimer's NC
- ❧ Meredith Michener for her miniatures collection in the Member display case in August
- ❧ Carla Jenkins for recommending Judi Jaeger and Bob Reid to perform in the Ballroom
- ❧ Don Rorke and Anne Boyer for recommending Dan Gottlieb to speak about the NCMA Museum Park project
- ❧ Joanne Miller for recommending *Genius* for Popcorn and a Movie
- ❧ Paul Green for recommending Don Watkins to give a lecture on Jordan Lake
- ❧ Dr. Nuzum for recommending Gustavo Montana's lecture on Vincent van Gogh in Arles

## September Birthdays

John Cates	2
Victoria Neunert	4
Allen Kelley	5
Betty White	5
Fae Ensslin	7
Rosalie Cassidy	7
Charles Ueng	8
Carter Fox	8
Stuart Bondurant	9
Edna Cobb	9
Anne George	13
Lois Arcuni	14
Dwight Morris	15
Simone Rosse	15
Elise Guthridge	18
Stephen Davis	18
Herbert Rothen	19
Gale Hill	20
Herbert Lawton	21
Jane Porter	21
Robert Price	21
William Jr. Pereira	22
Helen Wilson	23
Nancy Cobey	23
Wyndham Robertson	25
Johanne Miller	26
Mark Reed	26
Luann Engelman	27
Bernice Wheeler	28
Richard Orcutt	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

## Judi Jaeger and Bob Reid—Singer-Songwriter Duo

Monday, September 12, 4:30pm Ballroom

Judi Jaeger and Bob Reid are a singer-songwriter duo with beautiful harmony and folk roots. They will perform original songs and a contemporary interpretation of some choice covers. **Refreshments will be served.**



## Bouncing Bulldogs

Thursday, September 15, 8pm Ballroom

Each year, the Chapel Hill based Bouncing Bulldogs perform worldwide in front of thousands of spectators, including sports fans, health and fitness professionals, corporate employees, students, educators and the general public. The team has won more than 200 national and international championship awards

in both single and double dutch events and has 18 world champions. This event will be dedicated in memory of Ted Wolf, a proud supporter and fan of the Bouncing Bulldogs.

## Cedars Community Walk to End Alzheimer's and Ice Cream Social

Friday, September 16, 3pm Fine Dining Patio

Every year The Cedars looks forward to participating in the National Walk to End Alzheimer's at the Durham Bulls Athletic Stadium. Members have always been encouraged to attend, but have been limited by the number of seats on our bus. This

year we are bringing the walk to the Cedars! We will host two satellite walks and invite all Members, staff, family, and friends to participate in our first community Walk to End Alzheimer's. We will walk around DuBose at 11am and the Great Lawn at 3pm. Immediately following the 3pm walk, join us for music and festivities on the Clubhouse Patio to include a Cup and Cone Ice Cream Party provided by Maple View Farms. Wear your purple proudly, the color of the Alzheimer's movement, to honor the more than 5 million Americans living with Alzheimer's disease and join us for this wonderful cause!



## Popcorn and a Movie

*Genius*

Tuesday, September 20, 3pm Ballroom

*Genius* is a stirring drama about the complex friendship and transformative professional relationship between the world-renowned book editor Maxwell Perkins (who discovered F. Scott Fitzgerald and Ernest Hemingway) and the larger-than-life literary giant Thomas Wolfe. Based on the biography *Max Perkins: Editor of Genius* by A. Scott Berg, *Genius* stars Colin Firth, Jude Law and Nicole Kidman.

## An Afternoon of Cabaret

with Ellen Ciompi and Danny Gotham  
Friday, September 30, 4pm Ballroom

Ellen Ciompi has been singing all her life and creating and presenting cabaret performances with her pianist/musical director Glenn Mehrbach since 2003. Her diverse programs explore the traditional cabaret literature of the Great American Songbook and Broadway and Hollywood musicals. As an alumna of the prestigious Cabaret Conference at Yale University, she has worked with many greats in the field, including Andrea Marcovicci, Marilyn Maye, Amanda McBroom and Laurel Masse. Danny Gotham teaches guitar and performs with many artists in the area. **Enjoy a jazz club environment with wine and hor d'oeuvres.**



from Carolyn Taff

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

### Downtown Raleigh

www.hopscotchmusicfest.com  
Hopscotch Music Festival  
Thu. 9/8 – Sat. 9/10

### NC State Stewart Theater

919-515-1100 • Raleigh  
The Capitol Steps, Sat. 9/10,  
4pm & 8pm

### UNC Memorial Hall

919-843-3333 • Chapel Hill  
Mystical Music, Fri. 9/9, 8pm  
Chris Thile, Mon. 9/12, 7:30pm

### Silverspot Cinema

919-357-9887 • Chapel Hill  
*A View from the Bridge*,  
Tue. 9/13, 7pm

### Duke Baldwin Auditorium

919-684-4444 • Durham  
Ciompi Concert w/soprano  
Sat. 9/17, 8pm

Aaron Neville, Fri. 9/23, 8pm

Dover Quartet, Sat. 9/24, 8pm

### The ArtsCenter


919-929-2787 • Carrboro  
The Monti Storytellings: true &  
short, Sat. 9/17, 8pm

## 9th Annual Casual for a Cause Hot Dog Fundraiser for Alzheimer's



# September 2016

## CALENDAR KEY

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




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

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

## 9/1 Thursday

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

## 9/2 Friday

8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
11am De-stress and Renew Class **B**   
11:30am Aquatic Therapy **P**    
1pm Party Bridge **CR**  
4:30pm Happy Hour **Bar**  
7:45pm Cedars Cinema **CHANNEL 24**

## 9/3 Saturday

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

## 9/4 Sunday

3pm & 7:45pm Cedars Cinema **CHANNEL 24**  
4pm *Bach at Duke Chapel* **LB** 

## 9/5 Monday

### Labor Day


*Fitness Classes Cancelled*

8am Art Open Studio **S**  
9am Ping Pong **B**  
9am Library Workday **L**  
10:30am Knit & Stitch **CR**  
2pm Poker **CR**



## 9/6 Tuesday

8:45am Cardio and Core **B**  
9am Golf Croquet **GL**  
9:45am Sit and Be Fit **B**  
11:30am Bible Study **MR**



11:30am Aquatic Therapy **P**    
2pm Mah Jongg **CR**  
2pm Meditation **PD**  
4:30pm Line Dancing **B**  
5:30pm Ballroom Dancing **B**  
7:45pm Cedars Cinema **CHANNEL 24**



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

## 9/8 Thursday

8am Art Open Studio **S**  
8:45am Cardio and Core **B**  
9am Bocce **GL**  
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**  
5pm *Robert Griffin—Pianist* **DL**

## 9/9 Friday

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



## 9/10 Saturday

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

## 9/11 Sunday

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

## 9/12 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 Cardio and Core **B**  
11:30am Tai Chi **B**  
11:30am Aquatic Therapy **P**    
1:30pm Play Group **CL**  
2pm Poker **CR**  
3pm Great Books **CL**  
4:30pm *Jaeger and Reid Duo* **B**

## 9/13 Tuesday

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

## 9/14 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**  
4pm *NCMA Park Expansion/Dan Gottlieb* **B**  
6:45pm *Dorance Dance at UNC* **LB**   
7:45pm Cedars Cinema **CHANNEL 24**

## 9/15 Thursday

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

8pm Bouncing Bulldogs **B**

## 9/16 Friday

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8:45am Water Exercise **P**

9am Ping Pong **B**

9:45am Water Exercise **P**

11:30am Aquatic Therapy **P** 📖 ♣️

1pm Party Bridge **CR**

3pm Member/Staff Ice Cream Social **Patio**

4:30pm Happy Hour **Bar**

5pm Richard Tazewell—Pianist **DL**

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

## 9/17 Saturday

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9am Ping Pong **B**

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

## 9/18 Sunday

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

1:30pm PlayMakers **LB** 📖

3pm Classical Concert Series **B** 📖

## 9/19 Monday

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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 Cardio and Core **B**

11:30am Tai Chi **B**

11:30am Aquatic Therapy **P** 📖 ♣️

1:30pm Play Group **CL**

2pm Poker **CR**

3pm Story of Jordan Lake/Don Watkins **B**

## 9/20 Tuesday

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8:45am Cardio and Core **B**

9am Golf Croquet **GL**

9:45am Sit and Be Fit **B**

11:30am Bible Study **MR**

11:30am Aquatic Therapy **P** 📖 ♣️

2pm Mah Jongg **CR**

2pm Meditation **PD**

3pm Popcorn and a Movie—Genius **B**

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

## 9/21 Wednesday

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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**

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

## 9/22 Thursday

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8am Art Open Studio **S**

8:45am Cardio and Core **B**

9am Bocce **GL**

9:45am Sit and Be Fit **B**

11am Cedars University **B**

11:30am Aquatic Therapy **P** 📖 ♣️

4pm Scrabble **CR**

5pm Robert Griffin—Jazz Pianist **DL**

6:45pm NC Symphony at UNC **LB** 📖

## 9/23 Friday

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8:45am Water Exercise **P**

9am Ping Pong **B**

9:45am Water Exercise **P**

11am De-stress and Renew Class **B** 📖

11:30am Aquatic Therapy **P** 📖 ♣️

1:15pm Jordan Lake Eco Tour **LB** 📖

4:30pm Happy Hour **Bar**

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

## 9/24 Saturday

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9am Ping Pong **B**

11am Accessing UNC Libraries

1pm Carolina Ballet **LB** 📖

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

## 9/25 Sunday

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

3:15pm Frank Hawkins Organ Recital **LB** 📖

## 9/26 Monday

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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 Cardio and Core **B**

11:30am Tai Chi **B**

11:30am Aquatic Therapy **P** 📖 ♣️

2pm Poker **CR**

3pm Let's Talk About Parkinson's Disease with Dr. Daniel Roque, MD **B**

## 9/27 Tuesday

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8:45am Cardio and Core **B**

9am Golf Croquet **GL**

9:45am Sit and Be Fit **B**

11:30am Bible Study **MR**

11:30am Aquatic Therapy **P** 📖 ♣️

2pm Mah Jongg **CR**

2pm Meditation **PD**

4:30pm Line Dancing **B**

5:30pm Ballroom Dancing **B**

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

## 9/28 Wednesday

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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**

3pm Communication When Words Don't Work **B**

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

## 9/29 Thursday

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8am Art Open Studio **S**

8:45am Cardio and Core **B**

9am Bocce **GL**

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 Duke Chapel Celebration **LB** 📖

## 9/30 Friday

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8:45am Water Exercise **P**

9am Ping Pong **B**

9:45am Water Exercise **P**

11am TGIF Class **B**

11:30am Aquatic Therapy **P** 📖 ♣️

4pm An Afternoon of Cabaret **B**

4:30pm Happy Hour **Bar**

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

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





**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. 74 Members from the Independent Living and Dubose Health Center communities logged 4,416 hours of exercise during the 10 week competition. The Cedars team

certainly "went the extra mile," placing seventh among 36 LCS community teams across the country!

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

- |                        |                      |                         |
|------------------------|----------------------|-------------------------|
| Jackie Aranov          | Lofi Hirschman       | Timothy Potter          |
| Lois and Phil Arcuni   | Kani Hurow           | Mary Jane Price         |
| Thelma Baker           | Carla Jenkins        | Phil Purcell            |
| Ruth and Milton Barber | Barbara Jones        | Premila Rao             |
| Pat and Thad Beyle     | George Kahdy         | Margaret Rook           |
| Nancy Buell            | Kemp Jones           | Don Rorke               |
| Joan and Davis         | Pat and Allen Kelley | Caroline Rupert         |
| Bingham                | Ann Kennedy          | Eunice Shatzman         |
| Anne Boyer             | Howard Maniloff      | Pearl Schecter          |
| Ann and Tom Christy    | Marion Mayer         | Bonnie Simms            |
| Larry Cobb             | Mary Medearis        | Sidney Smith            |
| Charlotte Cooney       | Joy and Stephen      | Kathy Soule             |
| Margie Coxe            | Metelits             | Abbye Sperber           |
| Bea de Castro          | Rose Michelson       | John Spitznagel         |
| Rosemarie Doerr        | Nina Mitchell        | Weslyn and Henry        |
| John Dover             | Marilyn Montague     | Strickland              |
| John Englert           | Joan and Gus Montana | Peter Sylvester         |
| Don Fang               | Alice Myers          | Bill Thomas             |
| Lucy Fort              | John Neter           | Scott and Jimmy Trotter |
| Charlotte Frech        | Lou and Wayne Owens  | Betty and Ray White     |
| Sabah George           | Ginny and Peter Page |                         |
| Ellen Herron           | Harry Phillips       |                         |

**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: Medium

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

Puzzle by websudoku.com

**ANNOUNCEMENTS**

**Learning on the Move: Movement/Brain Connection**

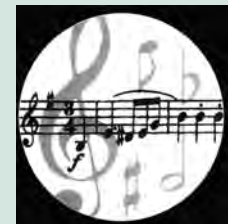
*with Sandy Friday*  
Thursday, September 8, 2pm Ballroom

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

**Walk with a Doc**

Saturday, September 17, 11am, UNC Wellness Center at Meadowmont

Gather at the UNC Wellness Center to take a one-mile walk around the trails or, if raining, around the indoor track. A doctor from the Thurston Arthritis Research Center will give a brief talk on a health related topic before joining walkers to answer questions about their health. For more information contact Kirsten Ambrose at 919-966-7209.



**2016-2017 Classical Concert Series**

Sunday, September 18, 3pm Ballroom

The opening concert for our new season will be on Sunday, September 18, featuring a favorite, the Aurora Musicalis Quartet. All concerts this season will be on Sundays at 3pm in the Ballroom. Passes for the season's concerts will be distributed to all subscribers early this month. Questions? Haven't yet subscribed? Call Connie Eby at 919-259-7808 or email [cteby@mindspring.com](mailto:cteby@mindspring.com).



# • • • • • CEDARS *Cinema* • • • • •

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

## ***The Glass Bottom Boat***

Tuesday, September 6 & Saturday, September 10, 7:45pm • Sunday, September 11, 3pm • NR  
Bruce Templeton (Rod Taylor) makes quite a catch when he reels in part-time mermaid Jennifer Nelson (Doris Day). Smitten with the costumed cutie, Bruce commissions Jennifer to write his biography. But through a series of misunderstandings, he comes to believe she's a Russian spy. (1966)

## ***The Confirmation***

Wednesday, September 7 & Friday, September 9, 7:45pm • Saturday, September 10, 3pm • PG-13  
When boozy carpenter Walt is offered a job, he thinks his bad luck may be changing—only to find that someone has pilfered his toolbox. As Walt hunt down the culprit with his son, the pair unexpectedly form a bond. Starring Clive Owen, Maria Bello and Patton Oswalt. (2016)

## ***The Finest Hours***

Tuesday, September 13 & Saturday, September 17, 7:45pm • Sunday, September 18, 3pm • PG-13  
Recounting one of the most heroic tales of the U.S. Coast Guard, this thriller traces the rescue of the crew aboard two oil tankers; both torn by the furious waves of a storm. Starring Chris Pine and Casey Affleck. (2016)

## ***Crossing Delancey***

Wednesday, September 14 & Friday, September 16, 7:45pm • Saturday, September 17, 3pm • R  
Try as she might, Izzy Grossman (Amy Irving) can't escape her family's good intentions. She's single with good friends and a great job, but her grandmother (Reizl Bozyk) is convinced that Izzy needs a man. Enter pickle vendor Sam (Peter Riegert), who just can't seem to win Izzy's heart. Jeroen Krabbé co-stars as Sam's competition, and Sylvia Miles appears as matchmaker. (1988)

## ***Louder Than Bombs***

Tuesday, September 20 & Saturday, September 24, 7:45pm • Sunday, September 25, 3pm • R  
Brought together after their mother's death for an exhibit honoring her work as a photographer, Conrad and Jonah share their memories as their father tries to bridge the emotional divide with his sons. Starring Gabriel Byrne and Jesse Eisenberg. (2016)  
SUBTITLES NOT PROVIDED

## ***A Hologram for the King***

Wednesday, September 21 & Friday, September 23, 7:45pm • Saturday, September 24, 3pm • R  
Teetering on bankruptcy, U.S. businessman Alan Clay tries to reverse his fortunes by landing a lucrative contract in Saudi Arabia. As Alan attempts to navigate his way through an unfamiliar culture, he unexpectedly finds romance. Starring Tom Hanks. (2016)

## ***Cabaret***

Tuesday, September 27 & Saturday, October 1, 7:45pm • Sunday, October 2, 3pm • PG  
A British scribe (Michael York) and his comrades—including a nightclub entertainer named Sally Bowles (Liza Minnelli)—chronicle the debauchery and turbulence of prewar Berlin. Existing in a morally ambiguous void, the characters maintain their facades as the world outside the cabaret gears for war. (1972)

## ***The Man Who Knew Infinity***

Wednesday, September 28 & Friday, September 30, 7:45pm • Saturday, October 1, 3pm • PG-13  
This biopic recounts the life of self-taught Indian mathematician Srinivasa Ramanujan, who made his way to Cambridge University in 1914 and rose to prominence under the tutelage of renowned math professor G.H. Hardy. Starring Dev Patel and Jeremy Irons. (2016) SUBTITLES NOT PROVIDED

## Regular Group Activities

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

### Art Open Studio

Mon & Thu all day **S**

### Balance Basics

Wed 11:30 **B**

Julie Hardison 919-259-7922

### Balance Challenge

Wed 11:00 **B**

Julie Hardison 919-259-7922

### Ballroom Dance Group

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

Betty White 919-967-4064

### The Bible Class

Tue 11:30 **MR**

Mary Ann Van Kampen  
919-493-1789

### Bocce

Thu 9:00 **GL**

### Cardio and Core

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

Julie Hardison 919-259-7922

### Caregivers Support Group

1st Wed 3:00 **PD**

Ashley Beale 919-259-7735

### Cedars Cinema

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

### Duplicate Bridge

Wed 12:45 **CR**

Betty White 919-967-4064

Ginny Page 919-259-7119

Wendell Rosse 919-489-3585

George Reichman 919-259-7125

### Garden Plots

Kit Bick 919-259-7088

### Gin Rummy

Thu 1:00 **CR**

Jim Allen 919-259-7599

### Golf Croquet

Tue 9:00 **GL**

Norman and Rhonda Innes  
919-259-7150

### Great Books Club

2nd Mon 3:00 **CL**

Alice Manilloff 919-942-6992

### Happy Hour

Fri 4:30 **Bar**

### Interdenominational Service

Sun 11:00 **B**

Nancy Cobey 919-259-7048

### Knit & Stitch

Mon 10:30 **CR**

Margaret Rook 919-292-1497

### Library Workday

Mon 9:00 **L**

Nancy Lebo 919-259-7330

### Line Dancing

Tue 4:30 **B**

Julie Hardison 919-259-7922

### Mah Jongg

Tue 2:00 **CR**

Sarah Kittner 919-969-6822

### Meditation

Tue 2:00 **PD**

Carolyn Taff 919-918-4467

### Members Meeting

last Thu 2:00 **B**

Weezie Oldenburg 919-942-6994

### Party Bridge

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

Lofi Hirschman 919-259-7015

### Ping Pong

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

Bart Bielawski 919-933-4428

### Play Group

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

Pat Beyle 919-942-1281

### Poker

Mon 2:00 **CR**

Bob Paterson 919-259-7060

### Scrabble

Thu 4:00 **CR**

Esther Lederman 919-259-7778

### Sit and Be Fit

Tue Thu 9:45 **B**

Julie Hardison 919-259-7922

### Tai Chi

Mon 11:30 **B**

Julie Hardison 919-259-7922

### TGIF (*The Goal Is Fitness*)

Alternating Fri 11:00 **B**

Julie Hardison 919-259-7922

### UNC Libraries

alternate Sat 11:00

Lynne Morris 919-967-4885

### Water Exercise

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

Julie Hardison 919-259-7922

## Get Involved

### Accessing UNC Libraries

Saturdays, September 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

#### *Middlemarch*

by George  
Eliot



### New Move Ins

Mrs. Carol Sikes  
223 Cedar Breeze Lane

Dr. and Mrs. David and  
Joan Ontjes  
238 Cedar Club Circle

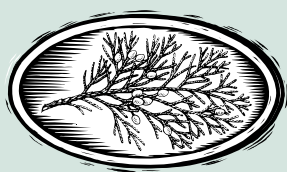
Mr. and Dr. Robert and  
Molly Broad  
110 Cedar Pond Lane

### Channel 24 Replays Schedule

- ☞ Mondays 10am, exercise program; 12:30pm, recent lectures
- ☞ Tuesdays 10am, exercise program
- ☞ Wednesdays 10am, exercise program; 12:30pm, Members Meeting
- ☞ Thursdays 10am, exercise program
- ☞ Fridays 10am, exercise program

### Exhibits

If you are willing to share your collection by displaying it in the Clubhouse Lobby, please contact Laura Waggoner at 919-259-7944 or Tara Pierce at 919-537-0128.



- In-House TV..... Channel 24
- Reception..... 919-259-7000
- Concierge..... 919-259-7937
- Fax..... 919-259-7001
- Spa & Salon..... 919-259-7940
- Dining Reservations..... 919-259-7932
- Work Orders..... 919-259-7918
- Security..... 919-883-7666
  
- Editor.....Laura Waggoner  
919-259-7944
  
- Graphic Designer.....Debb Hepp  
919-260-4495

# CALENDAR *at a Glance*

<i>date</i>	<i>day</i>	<i>activity</i>	<i>time</i>	<i>location</i>
9/1	Thursday	Cedars University <i>The Story of Human Language</i>	11am	Ballroom
9/4	Sunday	<i>Glimpses of Genius: Bach's Compositional Workshop</i> at Duke Chapel	4pm	Lobby
9/8	Thursday	Cedars University <i>The Story of Human Language</i>	11am	Ballroom
9/8	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
9/12	Monday	Judi Jaeger and Bob Reid Singer-Songwriter Duo	4:30pm	Ballroom
9/14	Wednesday	<i>NCMA Park Expansion</i> with Dan Gottlieb	4pm	Ballroom
9/14	Wednesday	Dorance Dance/UNC Memorial Hall	6:45pm	Lobby
9/15	Thursday	Cedars University <i>The Story of Human Language</i>	11am	Ballroom
9/15	Thursday	Bouncing Bulldogs	8pm	Ballroom
9/16	Friday	Cedars Community Walk to End Alzheimer's and Ice Cream Social	3pm	Dining Patio
9/16	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
9/18	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
9/18	Sunday	2016-17 Classical Concert Series	3pm	Ballroom
9/19	Monday	<i>The Story of Jordan Lake</i> with Don Watkins	3pm	Ballroom
9/20	Tuesday	Popcorn and a Movie— <i>Genius</i>	3pm	Ballroom
9/22	Thursday	Cedars University <i>The Story of Human Language</i>	11am	Ballroom
9/22	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
9/22	Thursday	NC Symphony/UNC Memorial Hall	6:45pm	Lobby
9/23	Friday	Jordan Lake Eco Boat Tour	1:15pm	Lobby
9/24	Saturday	Carolina Ballet	1pm	Lobby
9/25	Sunday	Frank Hawkins Kenan Organ Recital at St Stephen's Church	3:15pm	Lobby
9/26	Monday	<i>Let's Talk About Parkinson's Disease</i> with Dr. Daniel Roque, MD	3pm	Ballroom
9/28	Wednesday	<i>Communication When Words Don't Work</i> with Heather McKay	3pm	Ballroom
9/29	Thursday	Cedars University <i>The Story of Human Language</i>	11am	Ballroom
9/29	Thursday	Members Meeting	2pm	Ballroom
9/29	Thursday	Celebration of Music at Duke Chapel	6:45pm	Lobby
9/30	Friday	<i>An Afternoon of Cabaret</i> with Ellen Ciompi	4pm	Ballroom