



October 2016 • VOLUME 13 • ISSUE 10

The Cedars Post

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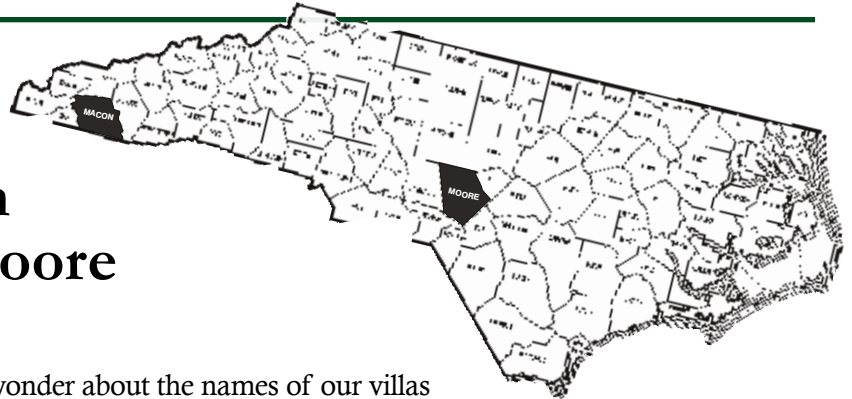
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Macon and Moore

by Kathy Soule

Did you ever wonder about the names of our villas and verandas? They are named after North Carolina counties. NC has 100 counties so the developers had plenty of names to choose from. This article covers Macon, the 500 Villa, and Moore, the 200 Veranda.

Moore County is in the Sandhills, on the edge of the Piedmont, in the south central region of NC. Its county seat is Carthage, incorporated in 1796 and named after the North African city. At least as long ago as the sixth Century CE Indians of the Siouan family lived in the county, and so did buffaloes. A trail, beaten out by buffaloes migrating from the Piedmont to coastal marshes provided the route for what is now the Yadkin Road.

In 1750-1770 Highland Scots immigrated to the Sandhills, where they used the great forests of longleaf pines that existed then to establish the manufacture of naval stores. In 1783 Moore was carved out of Cumberland County and named for Alfred Moore, who had been a militia colonel in the Revolutionary War and was later a Judge of the US Supreme Court.

In the 1880s, when the best medical treatment available for some serious diseases was limited to advice to live a worry-free life and breathe good air, resorts providing facilities for these patients were built in many locations in the USA, including along the rail lines in Moore County. Those in Moore County also provided a refuge from the "Northern Blizzard." Two of these resort towns became Southern Pines and Pinehurst.

Macon County is in the far western mountains of NC. It too was originally part of another county, Haywood. Macon County was separated from Haywood in 1828 and named for Nathaniel Macon, who served as both US Senator and Speaker of the House of Representatives in the early 1800s. Communities in Macon include Nantahala, Cowee and Franklin, the county seat.

The land was ceded to European settlers in 1819 by the Cherokee. The capital of the Middle Cherokees, Cowee, was in Macon County and the Nikwasi Indian Mound in Franklin marks an important Cherokee ceremonial center. According to Cherokee tradition the Nunnehi, a race of spirits, lived underneath the Nikwasi Mound and more than once Nunnehi warriors emerged to save the village.

Nantahala National Forest, largest of NC's four national forests, covers almost half the county and is known for fishing and whitewater rafting on the Nantahala River, and hiking along the Appalachian Trail. And for rockhounds, there are rubies, sapphires, amethysts, moonstones, and garnets in the land.

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

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:

Friday Favorites

at Meymandi Hall
Friday, October 7, 10:15am Lobby

The Metropolitan Opera *Tristan and Isolde*

Saturday, October 8, 11:15am Lobby

Chamber Orchestra

Sunday, October 9, 2pm Lobby

NC Symphony at UNC Memorial Hall

Sunday, October 9, 6:45pm Lobby

Rent at DPAC

Friday, October 14, 7pm Lobby

Shatzman Antique Ceramics

at the Ackland Art Museum

Friday, October 21, 1:15pm Lobby

The Metropolitan Opera *Don Giovanni*

at Silverspot Cinema

Saturday, October 22, 12:15pm Lobby

Carolina Ballet

Saturday, October 22, 1pm Lobby

PlayMakers Repertory Company

Sunday, October 23, 1:30pm Lobby

Dining Out! 411 West

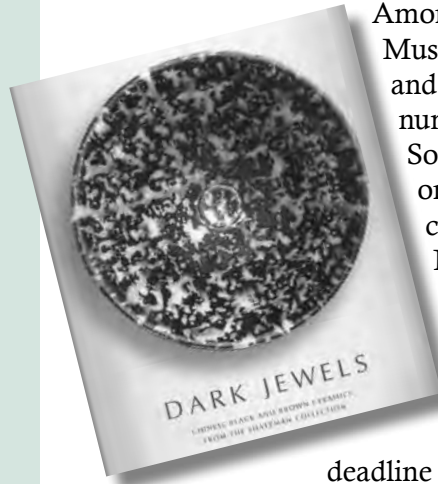
Wednesday, October 26, 4:45pm Lobby

Beyond the Cedars

Shatzman Antique Ceramics

at the Ackland Art Museum

Friday, October 21, 1:15pm Lobby



Among the art of China shown at UNC's Ackland Museum is a collection of glazed stoneware, porcelain and underglazed decorative ceramics including a number of extraordinary pieces from the Northern Song dynasty (960-1127 CE). The 14 objects on display are part of a much larger ceramics collection given to the Ackland Museum by Cedars Member Eunice Shatzman (who will be joining us for the tour) and her late husband Herbert. We will have a docent tour of this collection as well as *Arts of Asia and Extended Remix: Contemporary Artists Meet the Japanese Print*. Sign up at the Concierge Desk beginning October 3,

deadline October 16. Cost: \$4 for transportation and tour.

Minimum 6 people. Maximum 28 people.

The Metropolitan Opera *Don Giovanni*

at Silverspot Cinema

Saturday, October 22, 12:15pm Lobby

Three charismatic singers—Simon Keenlyside, Ildar Abdrazakov, and Mariusz Kwiecien—share the role of the title hero, who goes to hell in a dazzling coup de théâtre. The ensemble of great Mozartean singers includes Isabel Leonard, Angela Meade, Matthew Polenzani, Marina Rebeka, Erwin Schrott, Ramón Vargas, and Rolando Villazón. Fabio Luisi and Plácido Domingo conduct. Sign up at the Concierge Desk beginning October 3, deadline October 17. Cost: \$27 for ticket and transportation. Maximum 16 people.



Dining Out! 411 West

Wednesday, October 26, 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. Sign up at the Concierge Desk beginning October 3, deadline October 24. A sample menu is available at the Concierge Desk. Cost: \$4 for transportation. Bring money for food and drinks. Minimum 6 people.



**G.F. Handel’s “Messiah”
with the Duke Chapel Choir,
Dr. Rodney Wynkoop,
Director**

at Duke Chapel

Sunday, December 4, 2pm Lobby

Join the Duke Chapel Choir’s 83rd consecutive performance of the most frequently-performed and best-loved oratorio in western music. Director Dr. Rodney Wynkoop assembles the area’s premier musicians, many from the NC Symphony Orchestra, for the orchestra pro cantores along with four soloists of international repute. Sign

up at the Concierge beginning October 3, deadline October 19. Cost: \$25 for ticket and transportation. Minimum 6 people. Maximum 28 people.



Cedars Members proudly present a check for \$4,212.50 to Dee Dee Harris with Alzheimer’s NC



Latin Dance demonstration performed by Cedars wait staff, Natalie Roman and friends



Stanley and Frances Friedland enjoying the End of Summer Luau Party

Kudos to...

- ☞ Phil Purcell for recommending Tom Driscoll to return to The Cedars to give a lecture on the *Flora and Fauna of Borneo*
- ☞ Herb Cooper for his lecture on *Incubator Babies*
- ☞ Eunice Shatzman for joining us for her antique ceramics exhibit at the Ackland

Great Getaways

Southern Leisure Tours Presents

- ❖ Western Maryland and West Virginia Fall Foliage by Train
October 11-14
- ❖ Old Salem, Winston-Salem
October 18
- ❖ Virginia Highlands Fall Foliage and the Barter Theater, Abingdon, Va
October 20-22
- ❖ Pensacola Beach Florida and the Blue Angels
November 1-4
- ❖ Maryland’s Chesapeake Bay and the Navy-Tulsa Football Game in the Naval Academy
November 10-13
- ❖ “A Christmas Carol” at Temple Theater, Sanford, NC
December 1
- ❖ Christmas in Folly Beach, Charleston, with Progressive Dinner by Horse Drawn Carriage
December 22-24

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.

UNC Undergraduate Drama Department to Perform—

Excerpts from *Distracted* Sunday, October 2, 2pm Ballroom

What's wrong with nine-year-old Jesse? He can't sit still, he curses, he raps, and you can't get him into—or out of—pajamas. His teacher thinks it's Attention Deficit Disorder. A hilarious, provocative, and poignant look at a modern family and an epidemic dilemma: Are we so tuned into our 24/7 info-rich world that we've tuned out what really matters?

Excerpts from *Elephant's Graveyard* Sunday, October 16, 2pm Ballroom

Elephant's Graveyard is the true tale of the tragic collision of a struggling circus and a tiny town in Tennessee, which resulted in the only known lynching of an elephant. Set in September of 1916, the play combines historical fact and legend, exploring the deep-seated American craving for spectacle, violence and revenge.

Get Involved

Accessing UNC Libraries Saturdays, October 8 & 22, 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

An Imaginary Life
by David Malouf

Let's Celebrate



Lenore Raphael, Jazz Pianist with Howard Paul, Guitarist

Thursday, October 6, 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. They have performed together in Savannah, Hilton Head Island, Colorado and North Carolina. Lenore has recorded seven critically acclaimed CDs. Some of her recordings have reached Top 10 airplay and her 2006 recording "Invitation" and 2012

recording "Lovely" were up for Grammy nominations. **CDs will be available for purchase; please bring cash or checks. Cheese and wine will be served.**

Popcorn and a Movie—*Truth*

Monday, October 17, 3pm Ballroom

Truth is a American political docudrama film written and directed by James Vanderbilt in his directorial debut. It is based on American journalist and television news producer Mary Mapes' memoir *Truth and Duty: The Press, the President and the Privilege of Power*. The film focuses on the Killian documents controversy, and the resulting last days of news anchor Dan Rather and producer Mary Mapes at CBS News. Starring Cate Blanchett as Mapes and Robert Redford as Rather.



Join us for a Costumes & Cocktails Halloween Party

Monday, October 31, 4pm Ballroom

Food and drink and witches brew, the only thing we need is you! Categories for prizes include: spookiest, most original and best pair. Frightfully fun prizes will be awarded at 5pm in the Ballroom.



Robert Griffin—Jazz Pianist

Thursday, October 13 & 27
5pm Dining Lobby



Richard Tazewell—Pianist

Friday, October 21
5pm Dining Lobby



Annual Health and Safety Expo

Friday, October 7, 2pm Ballroom

The Cedars' Annual Health and Safety Expo will be held in the Ballroom.

Vendors will include Walgreens, Neil Medical Pharmacy, UNC Dental School, Cedars Home Care, Cedars Wellness Clinic, Alzheimer's NC, and Hospice of Alamance-Caswell.

Special guests will include Dr. Marvin McBride, Dr. Janet Baradell, and Dr. Julia Lunsford.

For more information, please call Ashley Beale at 919-259-7735 or Tara Pierce at 919-537-0128.

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

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

Puzzle by websudoku.com



from Carolyn Taff

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

St. Stephens Church

919-493-5451 • Durham

All Russian Program: violin, cello, piano, Sun. 10/30, 4pm

The ArtsCenter

919-929-2787 • Carrboro

Leo Kottke, Renowned guitarist
Fri. 10/28, 8pm

UNC Memorial Hall

919-843-3333 • Chapel Hill

UNC Symphony Orchestra
Clarinet Concerto, Mendelssohn
Symphony #5, Thurs., 10/13,
7:30pm

Duke Baldwin Auditorium

919-684-4444 • Durham

Duke Symphony Orchestra,
Thurs., 10/6, 8pm

Schubert's Winterreise, tenor &
piano, Thurs., 10/20, 8pm

Belcea Quartet, Schubert &
Shostakovich, Sat., 10/15, 8pm

Duke Chapel


919-684-3898 • Durham

The Tyberg Project, Sat., 10/22,
8pm *The South Dakota Chorale*
will present 2 lost Masses for choir
and organ by Marcel Tyberg.
Tyberg was a composer who was
tragically killed at Auschwitz. They
have most recently come to light.

WONDERFUL MUSIC almost
every day. Check out these
websites: chapelmusic@duke.
edu, chapel.duke.edu/worship/
music. Live streaming music:
chapel.duke.edu.

October 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

10/1 Saturday

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

10/2 Sunday

2pm UNC Student Drama Performance **B**
3pm & 7:45pm Cedars Cinema CHANNEL 24



10/3 Monday





Rosh Hashanah

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**

10/4 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
3pm *Chad Pisaneschi: Glory of Opera* **B**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema CHANNEL 24


10/5 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

10/6 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
1pm Bocce **GL**
1pm *2017 Budget Presentation* **B**
3pm *Lenore Raphael—Jazz Pianist* **B**
4pm Scrabble **CR**


10/7 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:15am *Friday Favorites* **LB** 
11am De-stress and Renew Class **B**
11:30am Aquatic Therapy **P**  
1pm Party Bridge **CR**
2pm *Health and Safety Expo* **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

10/8 Saturday



11am Accessing UNC Libraries **L**
11:15am *The Metropolitan Opera* **LB** 
3pm & 7:45pm Cedars Cinema CHANNEL 24

10/9 Sunday



2pm *Chamber Orchestra* **LB** 
3pm & 7:45pm Cedars Cinema CHANNEL 24
6:45pm *NC Symphony at UNC* **LB** 

10/10 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**  
2pm Poker **CR**
3pm Great Books **CL**



10/11 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
10am *2017 Budget Fireside Chat* **CR**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
4:30pm Line Dancing **B**
5:30pm Ballroom Dancing **B**
7:45pm Cedars Cinema CHANNEL 24

10/12 Wednesday






Yom Kippur

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10am *2017 Budget Fireside Chat* **CR**
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

10/13 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
1pm Bocce **GL**
2pm Rehab Lecture with Sandy Friday **B**
4pm Scrabble **CR**
5pm Robert Griffin—Pianist **DL**

10/14 Friday

8:45am Water Exercise **P**
9am Ping Pong **S**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
4:30pm Happy Hour **Bar**
7pm *Rent at DPAC* **LB** 
7:45pm Cedars Cinema CHANNEL 24

10/15 Saturday

9am Ping Pong **B**

3pm & 7:45pm Cedars Cinema CHANNEL 24

10/16 Sunday

2pm UNC Student Drama Performance **B**

3pm & 7:45pm Cedars Cinema CHANNEL 24

10/17 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 Popcorn and a Movie—Truth **B**

10/18 Tuesday

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

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

11:30am Bible Study **MR**

11:30am Aquatic Therapy **P** 📖 ♣️

1pm Golf Croquet **GL**

2pm Mah Jongg **CR**

4:30pm Line Dancing **B**

5:30pm Ballroom Dance **B**

7:45pm Cedars Cinema CHANNEL 24

10/19 Wednesday

8:45am Water Exercise **P**

9am Ping Pong **S**

9:45am Water Exercise **P**

11:00am Balance Challenge **B**

11:30am Balance Basics **B**

11:30am Aquatic Therapy **P** 📖 ♣️

12:45pm Duplicate Bridge **CR**

7:45pm Cedars Cinema CHANNEL 24

10/20 Thursday

8am Art Open Studio **S**

11:30am Aquatic Therapy **P** 📖 ♣️

1pm Bocce **GL**

3pm Herb Cooper: Incubator Babies **B**

4pm Scrabble **CR**

10/21 Friday

8:45am Water Exercise **P**

9am Ping Pong **S**

9:45am Water Exercise **P**

11:30am Aquatic Therapy **P** 📖 ♣️

1pm Party Bridge **CR**

1:15pm Ackland Art Museum **LB** 📖

4:30pm Happy Hour **Bar**

5pm Richard Tazewell—Pianist **DL**

7:45pm Cedars Cinema CHANNEL 24

10/22 Saturday

9am Ping Pong **B**

11am Accessing UNC Libraries **L**

12:15pm The Metropolitan Opera **LB** 📖

1pm Carolina Ballet **LB** 📖

3pm & 7:45pm Cedars Cinema CHANNEL 24

10/23 Sunday

1:30pm PlayMakers **LB** 📖

3pm & 7:45pm Cedars Cinema CHANNEL 24

3pm Classical Concert Series **B** 📖

10/24 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 Aquatic Therapy **P** 📖 ♣️

2pm Poker **CR**

10/25 Tuesday

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

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

11:30am Bible Study **MR**

11:30am Aquatic Therapy **P** 📖 ♣️

1pm Golf Croquet **GL**

2pm Mah Jongg **CR**

3pm Tom Driscoll: Flora and Fauna of Borneo **B**

7:45pm Cedars Cinema CHANNEL 24

10/26 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**

4:45pm Dining Out! 411 West **LB** 📖

7:45pm Cedars Cinema CHANNEL 24

10/27 Thursday

8am Art Open Studio **S**

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

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

11am Cedars University **B**

11:30am Aquatic Therapy **P** 📖 ♣️

1pm Bocce **GL**

2pm Members Meeting **B**

4pm Scrabble **CR**

5pm Robert Griffin—Pianist **DL**

10/28 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** 📖 ♣️

4pm Lucia Powe: The Osprey's View **B**

4:30pm Happy Hour **Bar**

7:45pm Cedars Cinema CHANNEL 24

10/29 Saturday

9am Ping Pong **B**

3pm & 7:45pm Cedars Cinema CHANNEL 24

10/30 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

10/31 Monday HALLOWEEN

Halloween

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 Aquatic Therapy **P** 📖 ♣️

2pm Poker **CR**

4pm Costumes & Cocktails Halloween Party **B**

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



**Cedars
University**
LECTURES ON DVD

Great American Bestsellers: The Books That Shaped America

*Taught by Professor Peter
Conn, Ph.D., University of
Pennsylvania*

Thursdays, October 13-January 5, 11am
Ballroom

This series on dvd gives a pointed look at key best-selling works and their places within the greater fabric of American cultural history. Guided by award-winning Professor Peter Conn, you explore representative bestsellers at various stages of American history, from the first book published in the English-speaking New World to the blockbuster authors who dominate the 21st-century publishing industry.

Kudos to Jane Hauser for lending us this series.

LEARNING OPPORTUNITIES

The Glory of Opera

with Chad Pisaneschi

Tuesday, October 4, 3pm Ballroom

Chad Pisaneschi has had a lifelong passion for opera, probably through his Italian heritage. While attending Fairleigh Dickinson University he accepted a dare to take a voice lesson from NYC Opera Tenor James Clark who was on staff in the Music Department. Though encouraged to develop his Bass-Baritone voice and study more intensely, Chad opted for a business career but still performs in concerts and recitals. Chad enjoys sharing his love of this art form through multi-media seminars highlighting all styles of opera.

Incubator Babies

with Herb Cooper

Thursday, October 20, 3pm Ballroom

The first doctor to use incubators was French obstetrician Dr. Stephane Tarnier, who witnessed a crude type of incubator used to hatch eggs and warm the baby chicks at a Parisian zoo in the late 1870's. Around the turn of the century, a second generation of European obstetricians and pediatricians, particularly Dr. Pierre Constant Budin and his young protege Dr. Martin Couney, refined the incubators adding individual thermostats and better ventilation systems.



Dr. Couney brought this technology to the U.S. around 1903. Member Herb Cooper will discuss the enormous difficulties in trying to sell this idea to the premier hospitals in New York and Boston. In addition, Dr. Couney's extremely

unorthodox use of the incubators makes for a fascinating presentation and culminates in a big surprise for the audience.

Flora and Fauna of Borneo

with Tom Driscoll



Tuesday,
October 25,
3pm Ballroom

Borneo is the third-largest island in the world and the

largest island in Asia. Tom Driscoll, who gave us a lecture on the birds and animals of Uganda in February, will return to discuss his recent trip to Borneo. He will show photos of birds and mammals including Orangutans and other flora and fauna. Tom is a birdwatcher and a nature enthusiast and President of New Hope Audubon Society.

The Osprey's View—Book Reading and Signing

with Lucia Powe

Friday, October 28, 4pm Ballroom

Author Lucia Peel Powe will read from and sign her new book, *The Osprey's View*. What does an osprey diving for fish and causing an awful boating accident on the Roanoke River have to do with a romance years later in Richmond and Milan? Follow the sly stylings of Lucia Peel Powe as she reveals many keen observations of life and love, of surprises and reversals, in the World War II-era South. Featuring illustrations by Francis Speight, Emily Eve Weinstein, Pamela Henry Pate, Vita Jones, Myra Bowen, Christine Amory Long, and Elaine O'Neil. **Books will be available for purchase, please bring cash or checks (books are \$12.99 each). Wine and cheese will be served.**



In 1785, William Cowper wrote “Variety is the very spice of life, that gives it all its flavor.”

This phrase applies to many aspects of living, one of which is physical fitness. Although many of us are creatures of habit, it is important to vary our fitness routines. When we try new activities, our bodies and brains will reap benefits such as building new muscles, keeping the brain’s neurons firing better, preventing overuse injuries and breaking through weight loss plateaus.

There are many opportunities to change up your exercise routine at The Cedars. Be sure to check the inside calendar of your *Cedars Post* each month for a complete list of all fitness activities.

A rotation of De-stress and Renew, TGIF and Retro Dance Aerobics will be offered on Fridays at 11am:

De-stress and Renew is a class that combines guided meditation, gentle yoga and deep relaxation to soothe the mind and body. Remaining classes in the session will be held on 10/7, 11/11, 11/18 and 12/2. Please bring cash or a check payable to RoseMarie Roth for \$15 per class.

TGIF (The Goal Is Fitness) combines aerobics, strength training, balance and stretching in a circuit format. Designed for intermediate exercisers, these classes include challenging movements performed with stability balls and mats.

Retro Dance Aerobics has fun, easy-to-follow choreography set to great music. Our own Kim McLean brings lots of energy and teaching experience to make this class one to remember!

Cardio and Core (formerly Seniorcize) classes consist of low impact aerobics, strength training and stretching. Held on Mondays at 11am and Tuesdays and Thursdays at 8:45am, these are great cross-training workouts for runners, walkers and swimmers.

Tai Chi is a self-paced series of postures coordinated with focused breathing. Proven to reduce fall risk, tai chi improves balance, flexibility, muscle strength, and reduces stress. Offered on Mondays at 11:30am, these classes are led by Nina Maier, who has been teaching at area wellness centers and retirement communities for over 18 years.

Contact Julie Hardison, Fitness Coordinator, at 919-259-7922 with questions about any of these programs.

ANNOUNCEMENTS

Defying Gravity: What’s Your Balance Like?

with Sandy Friday

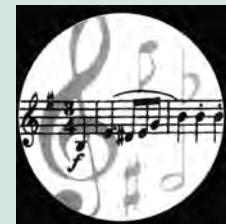
Thursday, October 13, 2pm Ballroom

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

Walk with a Doc

Saturday, October 15, 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, October 23, 3pm Ballroom

Subscribers—don’t miss this special treat! International superstar and Cedars favorite Fred Moyer will be at the piano. All concerts this season are on Sundays at 3p.m. in the Ballroom. Don’t forget to bring your season pass. Questions? Haven’t yet subscribed? Call Connie Eby at 919-259-7808 or email cteby@mindspring.com.



• • • • • CEDARS *Cinema* • • • • •

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

Deli Man

Tuesday, October 4 & Saturday, October 8, 7:45pm
Sunday, October 9, 3pm • PG-13

Arriving in the United States with 19th-century Jewish immigrants, deli cuisine quickly found its way into the nation's mainstream appetite. This affectionate documentary celebrates Jewish delicatessens and their place in American history. Starring Jerry Stiller and Freddie Roman. (2015)

The White Countess

Wednesday, October 5 & Friday, October 7, 7:45pm
Saturday, October 8, 3pm • NR

Blinded losing his wife and daughter, ex-U.S. diplomat Todd Jackson (Ralph Fiennes) dreams of owning a gentleman's club. But his life changes when he crosses paths with an exiled Russian countess (Natasha Richardson). This romantic drama is about two lonely people who find hope amid the political turmoil of 1930s Shanghai. (2005)

Fathers & Daughters

Tuesday, October 11 & Saturday, October 15,
7:45pm • Sunday, October 16, 3pm • R

Unfolding via interwoven narratives, novelist Jake Davis loses his wife and becomes a single dad to 5-year-old Katie, who's still struggling three decades later to overcome her tumultuous childhood. Starring Russell Crowe and Amanda Seyfried. (2016)

Emma's Chance

Wednesday, October 12 & Friday, October 14,
7:45pm • Saturday, October 15, 3pm • PG

While volunteering at a horse rescue, Emma forms a bond with a horse that won't let anyone else ride her. Gaining skills and confidence, Emma hatches a plan to redeem herself and ultimately save the ranch she's grown to love. Starring Greer Grammer and Missi Pyle. (2016)

Whiskey Tango Foxtrot

Tuesday, October 18 & Saturday, October 22,
7:45pm • Sunday, October 23, 3pm • R

Based on reporter Kim Barker's memoirs about her experiences covering the Afghanistan war, this satire also chronicles the obstacles encountered by female journalists in a rigidly conservative region. Starring Tina Fey and Margot Robbie. (2016)

Little Shop of Horrors

Wednesday, October 19 & Friday, October 21,
7:45pm • Saturday, October 22, 3pm • PG-13

Seymour Krelborn, looking for a way to save his job in a ramshackle flower shop, purchases a curious exotic plant hoping it will make business bloom. And it does, but the little creeper possesses a rapacious appetite for fresh human plasma and it's mushrooming out of control! Starring Rick Moranis, Steve Martin and Bill Murray. (1986)

The Trouble with Harry

Tuesday, October 25 & Saturday, October 29,
7:45pm • Sunday, October 30, 3pm • PG

The trouble with Harry is...he's "expired," and the residents of a New England tourist spot just can't seem to get rid of him. Shirley MacLaine makes her film debut, and Jerry Mathers is the bewildered boy. See if you can spot Hitchcock in his cameo (hint: strolling past a limo). (1955) SUBTITLES NOT PROVIDED

Genius

Wednesday, October 26 & Friday, October 28,
7:45pm • Saturday, October 29, 3pm • PG-13

Featuring a stellar cast, this absorbing biopic focuses on the long and complicated relationship between Max Perkins, famed literary editor at Scribner's publishing house, and acclaimed writer Thomas Wolfe. Starring Jude Law, Guy Pierce and Laura Linney. (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 1:00 **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 1:00 **GL**

Norman and Rhonda Innes

919-259-7150

Great Books Club

2nd Mon 3:00 **CL**

Alice Manilloff 919-942-6992

Happy Hour

Fri 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

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

October Birthdays

Don Tiedeman	1
Philip Purcell	2
Mary Schochet	3
Virginia Banks	3
Peter Wise	4
Camilla Rushbrooke	5
Robert Bullock	5
Connie Eby	8
Roberta Auwarter	8
Patrick Conley	10
Joyce Sprouse	11
Charlotte Frech	11
Catherine Williams	13
Jeanne W. McCullough	15
Shirley Little	16
Jean Wolff	19
Prue Mulrine	22
Phyllis Hunter	23
Katherine Soule	23
James Trotter	23
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

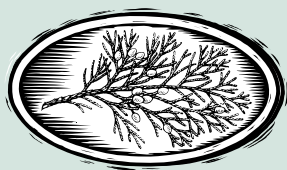
We apologize to anyone whose birthday may have been omitted or is incorrect. If you would like to be included or removed from the birthday list please contact Sheila Kiliru (919-537-0126).

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>
10/2	Sunday	UNC Student Drama Performance	2pm	Ballroom
10/3	Monday	Rosh Hashana		
10/4	Tuesday	<i>The Glory of Opera</i> with Chad Pisaneschi	3pm	Ballroom
10/6	Thursday	Cedars University <i>Great American Bestsellers: The Books That Shaped America</i>	11am	Ballroom
10/6	Thursday	2017 Budget Presentation	1pm	Ballroom
10/6	Thursday	Lenore Raphael, Jazz Pianist with Howard Paul, Guitarist	3pm	Ballroom
10/7	Friday	Health and Safety Expo	2pm	Ballroom
10/8	Saturday	The Metropolitan Opera <i>Tristan and Isolde</i>	11:15am	Lobby
10/9	Sunday	Chamber Orchestra	2pm	Lobby
10/9	Sunday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
10/12	Wednesday	Yom Kippur		
10/13	Thursday	Cedars University <i>Great American Bestsellers: The Books That Shaped America</i>	11am	Ballroom
10/13	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
10/14	Friday	<i>Rent</i> at DPAC	7pm	Lobby
10/16	Sunday	UNC Student Drama Performance	2pm	Ballroom
10/17	Monday	Popcorn and a Movie— <i>Truth</i>	3pm	Ballroom
10/20	Thursday	<i>Incubator Babies</i> with Herb Cooper	3pm	Ballroom
10/21	Friday	Shatzman Antique Ceramics at the Ackland Art Museum	1:15pm	Lobby
10/21	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
10/22	Saturday	The Metropolitan Opera <i>Don Giovanni</i>	12:15pm	Lobby
10/22	Saturday	Carolina Ballet	1pm	Lobby
10/23	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
10/23	Sunday	2016-17 Classical Concert Series	3pm	Ballroom
10/25	Tuesday	<i>Flora and Fauna of Borneo</i> with Tom Driscoll	3pm	Ballroom
10/26	Wednesday	Dining Out! 411 West	4:45pm	Lobby
10/27	Thursday	Cedars University <i>Great American Bestsellers: The Books That Shaped America</i>	11am	Ballroom
10/27	Thursday	Members Meeting	2pm	Ballroom
10/27	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
10/28	Friday	<i>The Osprey's View</i> Book Reading and Signing with Lucia Powe	4pm	Ballroom
10/31	Monday	Costumes & Cocktails Halloween Party	4pm	Ballroom