



November 2016 • VOLUME 13 • ISSUE 11

# The Cedars Post

## The Cedars Employee Appreciation Fund

by Phil Purcell

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

The check from the Employee Appreciation Fund is probably more money than most of our employees have ever had at one time that was not earmarked for rent, food or monthly living expenses. Our gifts are truly an important part of our employees' holiday season and they all look forward to receiving them. We have this one time we can play an important part in their lives by contributing to the Employee Appreciation Fund.

I wish every contributor could be there when our employees are given their checks from the Fund and witness firsthand their joy that day.

Jane Oluoch Hayes, our stalwart certified nursing assistant for home care who has been with us for seven years, uses her gifts to support a group of widows and their children in her native Kenya. Jane said it is her responsibility to help others who are less fortunate and that our gifts to the employees help more than just the employees. She thinks of The Cedars as her home and asks that God bless everyone here.

Nicki Weiss, our excellent housekeeping specialist of seven years, glowed when she said the Employee Appreciation Fund makes "everybody happy." She has used her gifts to provide extra things for her family at Christmas that they otherwise would not have.

Becky Pitman, a single mother of a four year old girl, has been with us for more than seven years as a hard working certified nursing assistant at DuBose. Becky's gift last year was used to help her make a down payment on a home for her daughter and herself. She is deeply appreciative of the gifts which she said are wonderful blessings that make Christmases brighter.

Last year, 97.4% of the Members contributed \$254,344 to the Employee Appreciation Fund and 444 employees received gifts from the Fund. All were record totals! This year we hope everyone contributes; it means so much to our employees.

How do you go about giving to the Cedars Employee Appreciation Fund? Soon you will receive a letter describing in detail the how, when and where of giving to the Fund. What you give is your choice and is confidential. Whatever you decide to give will be greatly appreciated by our employees.

It is gratifying to see our Members come together to give generously to our employees. Thank you in advance for your support.



Jane Oluoch Hayes



Nicki Weiss



Becky Pitman

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## MAKE IT TO THE BUS ON TIME

Please call Laura Booker at 919-259-7944 on regular business days if you have signed up but are unable to attend these events:

### Dining Out! Bloomsbury Bistro

Thursday, November 10, 4:45am Lobby

### Friday Favorites

at Meymandi Hall

Friday, November 11, 10:15am Lobby

### 47th Annual Carolina Artisan Craft Market in Raleigh

Saturday, November 12, 10:30am Lobby

### NC Symphony at UNC Memorial Hall

Sunday, November 13, 6:45pm Lobby

### Chamber Orchestra

Sunday, November 20, 2pm Lobby

### Carolina Ballet

Saturday, November 26, 1pm Lobby

### PlayMakers Repertory Company

Sunday, November 27, 1:30pm Lobby

### Duke Chorale Christmas Concert

Tuesday, November 29, 6pm Lobby

# Beyond the Cedars



### Dining Out! Bloomsbury Bistro

Thursday, November 10, 4:45pm

Located in the heart of Raleigh at Five Points, Bloomsbury Bistro has served nationally renowned cuisine in a comfortable neighborhood setting for well over a decade. Critics and food

writers agree that the Bistro has a firm grasp on the entire dining experience. With a seasonal menu that changes every six weeks, chef John Toler stretches the bounds of traditional French cooking by incorporating vibrant ethnic flavors into the Bistro's globally inspired menus.

A sample menu is available at the Concierge Desk. Sign up at the Concierge Desk beginning November 1, deadline November 7. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 6 people.

### 47th Annual Carolina Artisan Craft Market in Raleigh

Saturday, November 12, 10:30am Lobby

The Carolina Artisan Craft Market is a trusted resource for art collectors and first-time buyers looking for the finest contemporary and traditional craft being made in America. All ticket sales benefit the local nonprofit and host organization Carolina Designer Craftsman Guild. Fine craft artists present a striking variety of glass, ceramics, wood, both wearable and decorative fibers, metal, leather, basketry, printmaking and mixed media, as well as one-of-a-kind handmade furniture, and both precious and semi-precious jewelry. Sign up at the Concierge Desk beginning November 1, deadline November 8. Cost: \$12 for transportation. **Purchase your tickets at the door, \$10.** Minimum 6 people.



### Duke Chorale Christmas Concert

Tuesday, November 29, 6pm Lobby

The Duke Chorale, directed by Rodney Wynkoop, presents its annual Christmas Concert featuring seasonal selections by the Duke Chorale as well as traditional carols for the entire audience to sing and stories and special treats for the children. This family holiday event is a long-standing tradition for many area residents. Rodney Wynkoop is Professor of the Practice of Music and Director of University Choral Music and Chapel Music at Duke University, where he conducts the Duke Chorale and Chapel Choir. Sign up at the Concierge Desk beginning November 1, deadline November 24. Cost: \$7 for transportation, **also bring a donation of a canned food item.** Minimum 6 people. Maximum 28 people.

# The Extreme Dangers of Sitting

Being a couch potato has long been known to threaten a person's health. But now researchers are discovering that it's more dangerous than previously thought.

Our bodies are programmed to move. When we spend most of our waking hours sitting, our health suffers in various ways. Examples...

☹ **Sluggish central nervous system.** Sitting causes your central nervous system to slow down, leading to fatigue. Three weekly sessions of low-intensity exercise, such as walking at a leisurely pace, which stimulates the central nervous system, reduced fatigue by 65% after six weeks, according to one study.

☹ **Weakened muscles.** Sitting weakens your muscles (especially those that support posture and are used to walk) and stiffens joints, leading to a hunched posture and increased risk for back and joint pain.

☹ **Poor fat burning.** The walls of your capillaries are lined with lipoprotein lipase, an enzyme that breaks down certain fats in the bloodstream. Sit for a few hours, and these enzymes start switching off. Sit all day, and their activity drops by 50%.

☹ **Increased heart risks.** Sitting for long periods, even in people with healthy weight, will have negative effects on blood sugar and blood fat levels, which may contribute to diabetes and heart disease.

Fortunately, the dangers of prolonged sitting can be countered by engaging in simple, low-intensity movement throughout the day. With a little forethought, it's possible to significantly raise your activity level without stepping foot in a gym...

**Stand up and walk around.** Do this every time an advertisement comes on the TV.

**Stand up when you answer the phone.** If possible, pace around your home for the duration of the call.

**Follow the 10-minute rule.** Whenever you're sitting, get up for ten minutes every hour to stretch your back and legs. Use this time to perform tasks that can be done while standing.

**Take the stairs.** Avoid the elevator when going to different floors of a building.

**Park your car a distance from your destination.** Even a few extra steps can add up to a healthier you.

—James A. Levine, MD, PhD, Mayo Clinic

## THE EVIL CHAIR



## Trip to Israel

Join Cedars Member Myra Smith and Shatour Travel of Jerusalem on an *Unforgettable Trip to Israel* March 25 – April 5, 2017. (Pre-trip tour to Petra, Jordan priced separately.)

- ✦ 2 nights in Tel Aviv  
4 & 5 Star hotels
- ✦ 1 night in Haifa  
Full Israeli buffet breakfasts
- ✦ 3 nights in the Galilee  
6 dinners
- ✦ 3 nights in Jerusalem  
Luxury tour bus

Cost per person in double room:  
\$3436 (land only)

Cost for single occupancy:  
\$4594 (land only)

For more information and a detailed itinerary contact Myra Smith at 919-929-9429 or smyramichael@gmail.com.



## NEW MOVE INS

Mr. and Mrs. Morris and Annette Martin  
413 Cedar Berry Lane

Mrs. Betty Pierce  
613 Cedar Club Circle

Mr. and Mrs. Chester and Joy Douglass  
105 Cedar Meadows Lane

Mrs. Luann Engelman  
345 Cedar Club Circle

Mr. Ludwig Gartner  
316 Cedar Club Circle

## November Birthdays

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

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

## The Bucket Brothers with Robert Griffin


Thursday, November 3, 5pm Dining Lobby

The North Carolina-based Bucket Brothers—Logan and Casey Valleroy—have captivated audiences since 2012 with their sophisticated arrangements, seamless improvisation, and beyond-their-years mastery of jazz. Fans enthuse over their amazing musicianship, composure, and stage presence. Logan has played violin since the age of seven, winning fiddle competitions, scholarships, and numerous accolades along the way. Casey began playing piano when he was five.

## Blame It On My Youth Jazz Orchestra

Sunday, November 6, 3pm Ballroom

The Blame It on My Youth Jazz Orchestra is a premier youth jazz orchestra offering committed young musicians the opportunity to make music with some of the best teen players in the area. This audition-based orchestra consists of horns, winds, strings and rhythm section, and is open to teens in 6th-12th grades. The Blame It on My Youth Jazz Orchestra, under the musical direction of Erich Lieth and Matt DiDonna, performs a range of jazz and popular styles, including scripted and improvised solos. This organization uses jazz music to teach excellence in musicianship, performance and conduct.



*2016 New Member Welcome Reception*

*Friday, November 18, 5-6pm in the Ballroom*

2016 was a very special year—it was the year you moved to the Cedars! Come celebrate that important milestone at a welcome reception.

Meet other newcomers as well as those who have called the Cedars home for many years. All members are welcome to come and enjoy live music, wine and hors d'oeuvres.

## Popcorn and a Movie—*All the Way*

Monday, November 28, 3pm Ballroom

*All the Way* is based on events of the presidency of Lyndon B. Johnson, directed by Jay Roach and adapted by Robert Schenkkan from his play with the same title. The film stars Bryan Cranston, who reprises his role as Johnson from the play's 2014 Broadway production, opposite Melissa Leo as First Lady Lady Bird Johnson; Anthony Mackie as Civil Rights Movement leader Martin Luther King, Jr.; and Frank Langella as Georgia Senator Richard Russell.

**Robert Griffin—Jazz Pianist** Thursdays, November 3 & 17, 5pm Dining Lobby



## A Salute to Our Veterans!

### Cedars Veterans to Be Honored at Special Program

Friday, November 11, 3pm Ballroom

Be sure to mark your calendar for this special event to honor our veterans and their service to our country. The program will be opened by the Color Guard from UNC's award winning Army ROTC Battalion, led by SFC Jeremy Smith. Soloists will include Cadet Louis Boehm and our very own Mike Liptzen. Learn more about this special holiday and the challenges facing our military with a presentation by keynote speaker William Melega, Chapel Hill High School 2010 VFW National Teacher of the Year. Immediately following the program please join us in the main lobby for a reception as we celebrate all who have served in the United States Armed Forces.



### Sudoku Puzzle

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

Puzzle rating: Evil

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

Puzzle by websudoku.com



from Carolyn Taff

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

#### Orange County Artists Guild Open Studio Tour

[www.ocagnc.org](http://www.ocagnc.org)

11/5-6, 11/12-13, Saturdays  
10-5, Sundays 12-5

#### Durham Performing Arts Center

919-680-2787 • Durham  
Bob Dylan, Fri. 11/4, 8pm

#### UNC Memorial Hall

919-843-3333 • Chapel Hill  
Steep Canyon Rangers  
Fri. 11/11, 8pm

#### UNC Kenan Music Building

919-843-3333 • Chapel Hill  
Carolina Wind Quintet, Sun.  
11/13, 3pm

#### Duke Baldwin Auditorium

919-684-4444 • Durham  
Pacifica Quartet w/Johannes  
Moser, cello, Sat. 11/5, 8pm  
A Chanticleer Christmas, Sun.  
11/27, 7pm

#### Duke Chapel

919-684-3898 • Durham  
Victoria Requiem, Duke  
Vespers & UNC Sackbut  
Ensembles, Fri. 11/18, 8pm

#### UNC Friday Center

919-962-2643 • Chapel Hill  
*Art Appreciation: The Story Behind  
Art*, works at NC Museum of  
Art, Thurs. 11/10, 10-12

#### NC State Kennedy-McIlwee Studio Theater

919-515-1100, Raleigh  
"The Other Mozart," play about  
Mozart's sister, Fri. 11/11, 8pm;  
Sat. 11/12, 3pm & 8pm

# November 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

### 11/1 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 *Dr. Andrew Weil: Healthy Aging* DVD **B**  
 2pm Mah Jongg **CR**  
 4:30pm Line Dancing **B**  
 7:45pm Cedars Cinema CHANNEL 24

### 11/2 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**  
 7:45pm Cedars Cinema CHANNEL 24

### 11/3 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**  
 3pm *A Cruise to Central America* | John Neter **B**  
 4pm Scrabble **CR**  
 5pm *Robert Griffin & Bucket Brothers* **DL**

### 11/4 Friday

8:45am Water Exercise **P**  
 9am Ping Pong **B**  
 9:45am Water Exercise **P**  
 11am TGIF Class **B**  
 11:30am Aquatic Therapy **P**   
 1pm Party Bridge **CR**  
 3pm *Play it Again Sam* | Stan Friedland **B**  
 4:30pm Happy Hour **Bar**

7:45pm Cedars Cinema CHANNEL 24

### 11/5 Saturday

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

### 11/6 Sunday

*Daylight Savings Time Ends*  
 3pm & 7:45pm Cedars Cinema CHANNEL 24  
 3pm *Blame It On My Youth Jazz Orchestra* **B**



### 11/7 Monday

8:45am Water Exercise **P**  
 9am Library Workday **L**  
 9:45am Water Exercise **P**  
 10:30am Knit & Stitch **CR**  
 11:30am Aquatic Therapy **P**   
 1:30pm Play Group **CL**  
 2pm Poker **CR**

### 11/8 Tuesday

*Election Day*  
 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 Dancing **B**  
 7:45pm Cedars Cinema CHANNEL 24



### 11/9 Wednesday

8:45am Water Exercise **P**  
 9am Ping Pong **B**  
 9:45am Water Exercise **P**  
 10am Parkinson's Support Group **CL**  
 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

### 11/10 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**  
 4:45pm *Dining Out! Bloomsbury Bistro* **LB**

### 11/11 Friday

*Veterans Day*  
 8:45am Water Exercise **P**  
 9am Ping Pong **S**  
 9:45am Water Exercise **P**  
 10:15am *Friday Favorites* **LB**   
 11am De-stress and Renew Class **B**  
 11:30am Aquatic Therapy **P**   
 3pm Veterans Day Program **B**  
 4:30pm Happy Hour **Bar**  
 7:45pm Cedars Cinema CHANNEL 24



### 11/12 Saturday

9am Ping Pong **B**  
 10:30am *Carolina Artisan Craft Market* **LB**   
 3pm & 7:45pm Cedars Cinema CHANNEL 24

### 11/13 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24  
 3pm *Classical Concert Series* **B**   
 6:45pm *NC Symphony at UNC* **LB**

### 11/14 Monday

8am Art Open Studio **S**  
 8:45am Water Exercise **P**  
 9am Ping Pong **B**  
 9am Library Workday **L**  
 9:45am Water Exercise **P**  
 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 **B**  
 3pm *Birds of Sanibel Island* | Herb Cooper **B**

## 11/15 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**  
2pm Meditation **PD**  
4:30pm Line Dancing **B**  
7:45pm Cedars Cinema CHANNEL 24

## 11/16 Wednesday

8:45am Water Exercise **P**  
9:45am Water Exercise **P**  
11:30am Aquatic Therapy **P** 📖 ♣️  
12:45pm Duplicate Bridge **CR**  
7:45pm Cedars Cinema CHANNEL 24

## 11/17 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 Annual Condo Board/Members Meeting **B**  
4pm Scrabble **CR**  
5pm Robert Griffin—Pianist **DL**

## 11/18 Friday

8:45am Water Exercise **P**  
9am Ping Pong **S**  
9:45am Water Exercise **P**  
11am De-stress and Renew Class **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Party Bridge **CR**  
3pm Grief During the Holidays with  
Transitions Healthcare **CL** 📖  
4:30pm Happy Hour **Bar**  
5pm 2016 New Member Welcome  
Reception **B**  
7:45pm Cedars Cinema CHANNEL 24

## 11/19 Saturday

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

## 11/20 Sunday

2pm Chamber Orchestra **LB** 📖  
3pm & 7:45pm Cedars Cinema CHANNEL 24

## 11/21 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 Greece and Turkey | Bonnie Simms **B**

## 11/22 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**  
2pm Meditation **PD**  
4:30pm Line Dancing **B**  
5:30pm Ballroom Dancing **B**  
7:45pm Cedars Cinema CHANNEL 24

## 11/23 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

## 11/24 Thursday

Happy Thanksgiving!  
**All Fitness Classes  
Cancelled**



8am Art Open Studio **S**

## 11/25 Friday

9am Ping Pong **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
4:30pm Happy Hour **Bar**

7:45pm Cedars Cinema CHANNEL 24

## 11/26 Saturday

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

## 11/27 Sunday

1:30pm Playmakers **LB** 📖  
3pm & 7:45pm Cedars Cinema CHANNEL 24

## 11/28 Monday

8am Art Open Studio **S**  
8:45am Water Exercise **P**  
9am Ping Pong **B**  
9am Library Workday **L**  
9:45am Water Exercise **P**  
10:30am Knit & Stitch **CR**  
11am Cardio and Core **B**  
11:30am Tai Chi **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
2pm Poker **CR**  
3pm Popcorn and a Movie—All the Way **B**

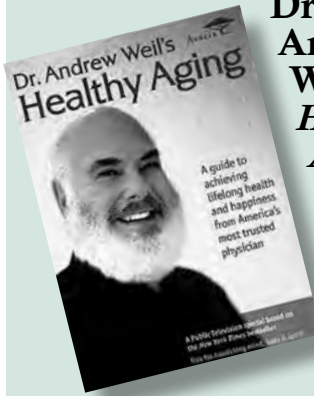
## 11/29 Tuesday

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**  
2pm Meditation **PD**  
4:30pm Line Dancing **B**  
5:30pm Ballroom Dancing **B**  
6pm Duke Chorale Christmas Concert **LB** 📖  
7:45pm Cedars Cinema CHANNEL 24

## 11/30 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

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



**Dr. Andrew Weil:**  
**Healthy Aging DVD**  
Tuesday,  
November 1,  
2pm  
Ballroom

Dispensing practical advice, Dr. Andrew Weil, one of America's most admired physicians, guides viewers through tips for healthy aging while providing easy-to-understand examples. In this informative PBS special, maturity never seemed so bright, as Weil shares diet, exercise and sleep secrets that contribute to overall mental, emotional and physical well-being. His trusted methods and honest advice offer a favorable outlook on growing older.



**Cedars University**  
LECTURES ON DVD

### **Great American Bestsellers: The Books That Shaped America**

*Taught by Professor Peter  
Conn, Ph.D., University of  
Pennsylvania*  
Thursdays, November 3-December 29, 11am  
Ballroom

## LEARNING OPPORTUNITIES

### ARMCHAIR TRAVEL **A Cruise to Central America: Mayan Ruins and Tropical Rain Forests**

*with John Neter*  
Thursday, November 3, 3pm Ballroom

On a cruise to Central America, John visited the ruins of the old Mayan city of Tulum on the coast of Mexico and the remains of the Mayan city of Altun Ha in Belize. An outstanding excursion went to the ancient large Mayan city of Tikal in the rainforest of Guatemala, where some very large temples are located. Along with Mayan ruins, the cruise also visited rainforests in Belize and Costa Rica, the Panama Canal, and the old Spanish Colonial city of Cartagena. Located on the North Coast of Colombia, the Cartagena old walled city and fortress have been designated a UNESCO World Heritage Site.



### **Play It Again Sam: The Sam Schoenfeld Story**

*with Stan Friedland*  
Friday, November 4, 3pm Ballroom

*Play It Again Sam*, by our own Cedars Member Stan Friedland, is both a book and documentary film which chronicles the life and career of legendary basketball player Sam Schoenfeld. He was one of the most outstanding basketball players of his generation. He became one of the top high school basketball coaches in New York City history, and then went on to become one of the best

college basketball officials as well. Chapel Hill is a major hotbed of the sport of basketball. How and when did this sport become so popular? What role did it play, then and now, in American culture? This program will center on these themes.



### **The Birds of Sanibel Island**

*with Herb Cooper*  
Monday, November 14, 3pm

During our last ten winters on Sanibel Island we have become avid birders. One of the top birding sites in the US, this subtropical barrier island, for generations, has been a magnet for shelling and birding enthusiasts from across the globe. A majority of the island is reserved for wildlife refuges, including the J.N. "Ding" Darling National Wildlife Refuge. The list of birds spotted on Sanibel Island is ever-evolving thanks to the protected environment that encourages natural habitats for year-round residents such as bald eagles, egrets, pelicans, cormorants, ospreys, plovers, herons, and more. Some 245 species and more than 180 varieties make their home on Sanibel for at least one season. Come and enjoy a video of my photos of the birds of Sanibel.

### ARMCHAIR TRAVEL **Greece and Turkey**

*with Bonnie Simms*  
Monday, November 21, 3pm Ballroom

Witness wonders of the ancient world from my 2014 Tauck Tours trip with my two granddaughters, from a rooftop dinner overlooking



the Acropolis at sunset, experiencing the Parthenon up close, viewing the salvaged marbles at the Acropolis Museum, and watching the changing of the guard at the Presidential Mansion. We travelled to the ruins of the ancient cities of Mycenae and Epidaurus, and the picturesque seaside town of Nafplio before boarding our Windstar sailing ship, which would be our home for the following week. Our ship visited the Greek Islands of Mykonos, the ruins on the island of Delos, then on to Santorini with its glorious views of the dormant volcanic crater. Next we stopped at Ephesus with its famous Library and well preserved townscape. Our final stop was in the fascinating city of Istanbul where we visited the Hagia Sophia Museum and the Blue Mosque. **We will conclude our Armchair Travel with a sampling of Chef Rusty's Greek hors d'oeuvres and wine.**



### **Partnership for Appalachian Girls Education Program**

*with Deborah Hicks-Rogoff*  
Thursday, December 1, 3pm Ballroom

The Partnership for Appalachian Girls' Education, or PAGE, is an innovative program designed to help girls growing up in North Carolina's rural mountains achieve their dreams. Join founder and director Deborah Hicks-Rogoff for an intimate look inside the lives of girls in one of our state's most beautiful and yet economically distressed regions, in the heart of Appalachia.



Beautiful Fall day for a Jordan Lake Eco tour

## ANNOUNCEMENTS

### **Standing Tall: How Does Your Posture Stand Up?**

*with Sandy Friday*

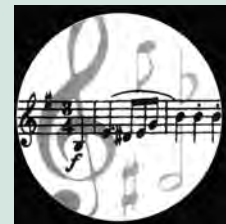
Thursday, November 10, 2pm Ballroom

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

### **Walk with a Doc**

Saturday, November 12, 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, November 13, 3pm Ballroom

Subscribers—this month horn player Rachel Niketopoulos will be back with her natural (no valves) and modern horns, along with husband Chris Caudill, also a horn player, and Larry Todd on the pianoforte. Please be in your seats before 3pm in the Ballroom. Don't forget to bring your yellow season pass. Questions? 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

## ***Money Monster***

Tuesday, November 1 & Saturday, November 5,  
7:45pm • Sunday, November 6, 3pm • PG-13

In financial straits after a stock tip from TV persona Lee Gates, Kyle Budwell takes the lout hostage and threatens to kill him unless he turns the stock price. Starring George Clooney and Julia Roberts. (2016)

## ***Peggy Guggenheim: Art Addict***

Wednesday, November 2 & Friday, November 4,  
7:45pm • Saturday, November 5, 3pm • NR

This documentary recalls the life of art collector Peggy Guggenheim, who helped establish several artists of her era, including Jackson Pollock. (2015)  
SUBTITLES NOT PROVIDED

## ***The Meddler***

Tuesday, November 8 & Saturday, November 12,  
7:45pm • Sunday, November 13, 3pm • PG

After her husband's death, Marnie Minervini begins interfering with her daughter's life. But after a chance romantic encounter, she turns in a different direction. Starring Susan Sarandon and Rose Byrne. (2016)

## ***The Best Years of Our Lives***

Wednesday, November 9 & Friday, November 11,  
7:45pm • Saturday, November 12, 3pm • NR

This drama follows WWII veterans Homer, Al and Fred, as they return to small-town America. Starring Myrna Loy, Fredric March and Dana Andrews. (1946) SUBTITLES NOT PROVIDED

## ***Jane Got A Gun***

Tuesday, November 15 & Saturday, November 19,  
7:45pm • Sunday, November 20, 3pm • R

When her husband barely survives a murder attempt, steely Jane Hammond takes the law into her own hands to defend her homestead and protect her spouse—with help from a former lover. Starring Natalie Portman and Joel Edgerton. (2016)

## ***Dead Poets Society***

Wednesday, November 16 & Friday, November 18,  
7:45pm • Saturday, November 19, 3pm • PG

Robin Williams stars as an teacher who inspires students through poetry. When the school fires him, his students rally behind him. (1989)  
SUBTITLES NOT PROVIDED

## ***Planes, Trains and Automobiles***

Tuesday, November 22 & Saturday, November 26,  
7:45pm • Sunday, November 27, 3pm • R

While trying to get home, executive Neal Page runs into one disaster after another including being stuck with an insufferable salesman as his traveling companion. Starring John Candy and Steve Martin. (1987)

## ***The Russians Are Coming, The Russians Are Coming***

Wednesday, November 23 & Friday, November 25,  
7:45pm • Saturday, November 26, 3pm • NR

A Russian submarine runs aground near a small town, the Russians covertly secure a towboat to avoid an international confrontation. But all hell breaks loose. (1966)

## ***Grumpy Old Men***

Tuesday, November 29 & Saturday, December 3,  
7:45pm • Sunday, December 4, 3pm • PG-13

For decades, next-door neighbors and former friends John and Max (Jack Lemmon and Walter Matthau) have feuded. When an attractive widow (Ann-Margret) moves in, it erupts into a high-stakes rivalry. (1993)

## ***Truth***

Wednesday, November 30 & Friday, December 2,  
7:45pm • Saturday, November 3, 3pm • R

In this dramatic re-creation of Dan Rather's fall from grace, his career comes to an end after erroneously reporting that President George W. Bush received preferential treatment that kept him from serving in Vietnam. (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 & 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

### Parkinson's Support Group

2nd Wed 10:00 **CL**

Carol Fox 804-370-5740

### 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



## ELECTION DAY

**Tuesday, November 8**

Transportation will be provided to the election polls at 9am, 11am, 1pm, and 3pm. Sign up for your preferred time at the Concierge Desk.

## Kudos to...

- 🐾 John Neter for his Armchair Travel program on *A Cruise to Central America: Mayan Ruins and Tropical Rain Forests*
- 🐾 Bonnie Simms for her Armchair Travel program on Turkey and Greece
- 🐾 Stan Friedland for his presentation on *Play It Again Sam*
- 🐾 Herb Cooper for his lecture on *Birds of Sanibel Island*
- 🐾 Tom and Ann Christy for recommending Blame It on My Youth Orchestra
- 🐾 Jean Michels for recommending the *Dr. Andrew Weil: Healthy Aging* DVD

## Get Involved

### Accessing UNC Libraries

Saturdays, November 5 & 19, 11am Library

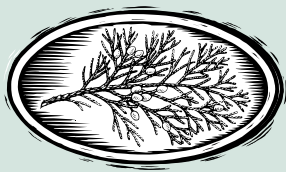
Want to borrow books from UNC Libraries? Contact Lynne Morris with questions at 919-967-4885.

**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 Booker 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 Booker  
919-259-7944
  
- Graphic Designer.....Debb Hepp  
919-260-4495

**CALENDAR *at a Glance***

<i>date</i>	<i>day</i>	<i>activity</i>	<i>time</i>	<i>location</i>
11/1	Tuesday	<i>Dr. Andrew Weil: Healthy Aging DVD</i>	2pm	Ballroom
11/3	Thursday	Cedars University <i>Great American Bestsellers: The Books That Shaped America</i>	11am	Ballroom
11/3	Thursday	Armchair Travel with John Neter <i>A Cruise to Central America: Mayan Ruins and Tropical Rain Forests</i>	3pm	Ballroom
11/3	Thursday	Robert Griffin with the Bucket Brothers	5pm	Dining Lobby
11/4	Friday	<i>Play It Again Sam: Sam Schoenfeld Story</i> with Stan Friedland	3pm	Ballroom
11/6	Sunday	Blame It On My Youth Jazz Orchestra	3pm	Ballroom
11/10	Thursday	Cedars University <i>Great American Bestsellers: The Books That Shaped America</i>	11am	Ballroom
11/10	Thursday	Dining Out! Bloomsbury Bistro	4:45pm	Lobby
11/11	Friday	Friday Favorites at Meymandi Hall	10:15am	Lobby
11/11	Friday	Veterans Day Program	3pm	Ballroom
11/12	Saturday	Carolina Artisan Craft Market	10:30am	Lobby
11/13	Sunday	2016-17 Classical Concert Series	3pm	Ballroom
11/13	Sunday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
11/14	Monday	<i>The Birds of Sanibel Island</i> with Herb Cooper	3pm	Ballroom
11/17	Thursday	Annual Condo Board/Members Meeting	2pm	Ballroom
11/17	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
11/18	Friday	Grief During the Holidays with Transitions Healthcare	3pm	Classroom
11/18	Friday	2016 New Member Welcome Reception	5pm	Ballroom
11/20	Sunday	Chamber Orchestra	2pm	Lobby
11/21	Monday	Armchair Travel with Bonnie Simms Greece and Turkey	3pm	Ballroom
11/24	Thursday	Happy Thanksgiving!		
11/26	Saturday	Carolina Ballet	1pm	Lobby
11/27	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
11/28	Monday	Popcorn and a Movie— <i>All the Way</i>	3pm	Ballroom
11/29	Tuesday	Duke Chorale Christmas Concert	6pm	Lobby