



January 2017 • VOLUME 14 • ISSUE 1

The Cedars Post

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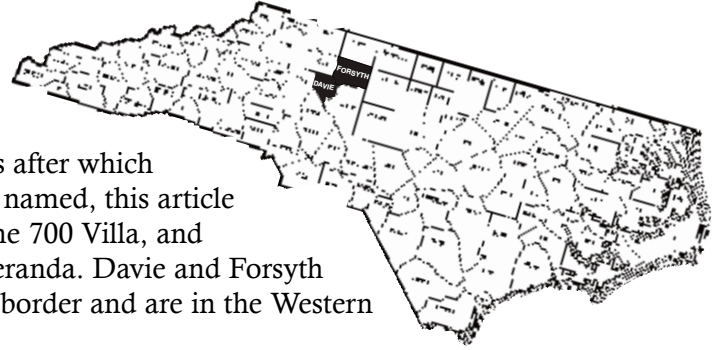
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The Cedars Post is a monthly publication of The Cedars of Chapel Hill Club, Inc. • 100 Cedar Club Circle Chapel Hill NC 27517 • 919-259-7000

Davie and Forsyth

by Kathy Soule



Continuing the series on North Carolina counties after which our buildings are named, this article covers Forsyth, the 700 Villa, and Davie, the 100 Veranda. Davie and Forsyth Counties share a border and are in the Western Piedmont.

Davie County was carved from Rowan County in 1836. It is agricultural and one of the primary dairy producers in North Carolina. The county seat is Mocksville, site of the annual (since 1878) Mocksville Masonic Picnic. Originally a celebration for returning Confederate soldiers who lived in Davie County, it is now a picnic featuring speeches by Masonic Masters and one special guest.

William Davie (1756-1820), after whom the county is named, was an American Revolutionary Patriot. He was a North Carolina delegate to the Constitutional Convention of 1787 and his vote made North Carolina the only large state to vote for the Great Compromise—representation by population in the House of Representatives and equal representation for each state in the Senate.

In 1789 Davie sponsored legislation to charter the University of North Carolina. He also helped select the Chapel Hill location (sorry, no mention of an alcoholic lunch under the Davie poplar in the reference I read), recruit faculty, and promote the adoption of an updated curriculum. In 1811 Davie was awarded the first honorary doctorate from the University of North Carolina.

The land in Forsyth County was part of a 100,000 tract sold in the 1750s to Bishop August Spangenberg and the Moravian Church by the Lord Proprietor of North Carolina, Lord Granville. The name Wachovia refers to the Austrian estate, known as “Wachau” of a Moravian patron, Nicholas Ludwig von Zinzendorf.

Forsyth was split from Stokes County in 1849. Its county seat is Winston-Salem. In 1875 Richard J Reynolds started his tobacco corporation in Winston. In 1913 Winston merged with Salem, a commercial town in which Moravian crafts flourished, to form Winston-Salem. Krispy Kreme Doughnuts and the Wachovia Corporation were also founded in Forsyth County. Reynolda House, with its displays of American art, the NC School of the Arts, and Wake Forest University are all in Forsyth County.

Benjamin Forsyth, after whom the county is named, was an officer in the Rifle Corps in the War of 1812, stationed near the Canadian border. He was a daring officer, sometimes more daring than his superiors desired. At one point he led a night raid across the frozen St Lawrence River that liberated American prisoners and captured 52 British along with a cache of British weapons. This raid made Forsyth a hero in North Carolina and later led to the county being named for him.

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:

An American in Paris

at DPAC

Thursday, January 5, 6:30pm Lobby

The Metropolitan Opera—*Nabucco*

at Silverspot Cinema

Saturday, January 7, 12:15pm Lobby

Piano Recital by Andrew Tyson

at St. Stephen's Episcopal Church

Sunday, January 8, 3:15pm Lobby

Chamber Orchestra of the Triangle

at Carolina Theater

Sunday, January 15, 2pm Lobby

The Metropolitan Opera—*Roméo et Juliette*

at Silverspot Cinema

Saturday, January 21, 12:15pm Lobby

Dining Out! Provence

Tuesday, January 24, 5:15pm Lobby

PlayMakers Repertory Company

at Paul Green Theater

Sunday, January 29, 1:30pm Lobby

NC Symphony

at UNC Memorial Hall

Sunday, January 29, 6:45pm Lobby

Great Decisions Lecture

at UNC Carroll Hall

Tuesday, January 31, 6:30pm Lobby

Beyond the Cedars



Piano Recital by Andrew Tyson

at St. Stephen's Episcopal Church
Sunday, January 8, 3:15pm Lobby

Hailed by BBC Radio 3 as “a real poet of the piano,” Andrew Tyson is emerging as a distinctive and important new musical voice. In summer 2015, he was awarded First Prize at the Géza Anda Competition in Zürich, as well as the Mozart and Audience Prizes. These victories result in numerous performances throughout Europe under the auspices of the Géza Anda Foundation. Sign up at the

Concierge Desk, deadline January 5. Cost: \$4 for transportation. **Purchase tickets at the door (\$25), cash or checks only.** Minimum 6 people.

The Metropolitan Opera *Roméo et Juliette*

at Silverspot Cinema

Saturday, January 21, 12:15pm Lobby

When Diana Damrau and Vittorio Grigolo starred opposite each other in *Manon* at the Met in 2015, the *New York Times* said, “the temperature rises nearly to boiling every time Damrau and Grigolo are on stage together.” Now they’re back as opera’s classic lovers, in Gounod’s lush Shakespeare adaptation. The production, by director Bartlett Sher, has already won acclaim for its vivid 18th-century milieu and stunning costumes during runs at Salzburg and La Scala. Gianandrea Noseda conducts the sumptuous score. Sign up at the Concierge Desk beginning January 2, deadline January 15. Cost: \$27 for ticket and transportation. Minimum 6 people, maximum 16 people.

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

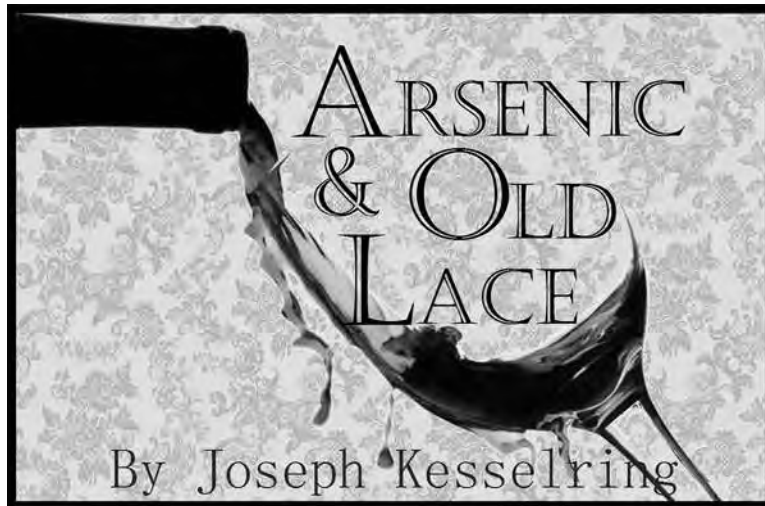
1				2		6		
6					1	9		
9		8			6			1
					2	5		4
3	1		4		8		9	7
2		4	1					
5			9			4		8
		1	8					3
		3		7				9

Puzzle by websudoku.com

Dining Out! Provence

Tuesday, January 24, 5:15pm Lobby

For more than 14 years, Provence has enjoyed welcoming guests to their well-loved establishment. Regarded as one of the finest French restaurants in the Triangle, Provence features the cuisine of the French Mediterranean with an emphasis on local, seasonal dishes. Classic favorites on the menu include the beautiful Truite Provençale and Whole Fish baked in Rock Salt, the Onion Soup Gratinée and Lobster Bisque as well as some contemporary creations to celebrate locally grown food. Sign up at the Concierge Desk beginning January 2, deadline January 21. Cost: \$4 for transportation. Bring money for food and drinks. Minimum 6 people.



Arsenic and Old Lace—Dessert Theatre

at The Passmore Center in Hillsborough

Sunday, February 26, 1pm Lobby

Performed by the Orange Community Players, *Arsenic and Old Lace* is a comedy that will have you laughing throughout the performance. Theater critic and longtime bachelor Mortimer Brewster finally proposes to his long suffering girlfriend. Returning to their respective family homes to deliver the news, Brewster finds a corpse hidden in a window seat. Chaos and comedy ensue. With his eccentric aunts, Abby and Martha, disturbed brother Teddy (who believes he is Theodore Roosevelt), and homicidal brother, Jonathan, Mortimer starts to realize that his family is even crazier than he thought. Dessert served during intermission. Sign up at the Concierge Desk beginning January 2, deadline January 12. Cost: \$27 for ticket and transportation. Minimum 6 people. Maximum 14 people.

Great Get-Aways

- ❖ The Florida Keys
February 14-17, 2017
- ❖ "The Savannah Sipping Society" at Temple Theater, Sanford, NC
March 2, 2017
- ❖ Virginia Highlands Maple Tour and Blackfriars Theater, Staunton, VA
March 14-16, 2017
- ❖ Alabama
March 20-26, 2017
- ❖ "The Andrews Brothers," Temple Theater, Sanford, NC
April 7, 2017
- ❖ Tour and Lunch at Berry Hill Plantation, South Boston, VA
April 25, 2017
- ❖ Norfolk Harbor Cruise, Botanical Gardens and the Virginia International Tattoo, Norfolk and Virginia Beach, VA
April 26-28, 2017

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.



NEW MOVE INS

William (Bill) & Ellie George
105 Cedar Pond Lane

Malcolm and Tamara Jackson
523 Cedar Club Circle

Roy Rodwell
635 Cedar Club Circle

January Birthdays

Joann McLauchlan	1
Jean Glover	1
Bonnie Simms	2
Frank Buell	3
Thomas Clegg	6
Betsy Terrell	8
Harry McPherson	9
Peter Jeffs	9
Patricia Riker	9
Hope Councill	11
Catherine Holland	11
Sabah George	11
Paul Green	14
Robert Broad	14
Kathleen Leutze	16
Beverly Rutstein	17
Arthur DeBerry	18
Jeanne Michels	21
Barbara Thomas	22
Mary Jo Pringle	22
Jane Saye	23
Perry Colwell	23
Warren Pence	23
Patsy Pence	27
Kayla Silberberg	28
Marvin Block	29
Nellie Snook	30
Joyce Hoffman	31

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

Let's Celebrate



Greg Taff—Singer/Songwriter/Pianist

Monday, January 9, 4pm Ballroom

Greg is back with another much-anticipated performance! As a singer/songwriter/pianist he will be playing old jazz standards as well as newer folk rock songs. You'll hear his smooth melodic vocals and rich piano harmonies. Some of the songs will be new to your ears, while with others you will be encouraged to sing along.

Rhythm & Reeds with A Dash of Brass Jazz Band

Bringing a Carolina Sound to the Music of New Orleans

Wednesday, January 11, 7pm Ballroom

This will be a program of “mostly blues” with some familiar blues and many other “upbeat” tunes you may not have heard from that same genre. This local jazz combo plays jazz in the New Orleans traditional style, with an emphasis on familiar melodies and upbeat rhythms, but featuring a sound that does not include the typical brass instrumentation usually heard in such bands. Nationally known traditional jazz musician Frank Mesich, from Cary, NC has become a member of Rhythm & Reeds on trombone and banjo. They are joined by Chapel Hill jazz vocalist Caryl Thomason Price, who has recorded with Mike Davis and attracted a sizeable local following for her interpretations of jazz standards.

Constellation

Friday, January 13, 5pm Cardroom

Constellation is an exciting musical duo of Eric Thomas and Helen Wolfson. Helen plays the hammered dulcimer and Eric is a singer/songwriter/guitarist. With their distinctive style, they cover a broad range of musical genres, including folk, Celtic, blues, classical and country. The combination of hammered dulcimer, guitar, and vocals is unique and energizing.



Robert Griffin—Jazz Pianist

Thursdays, January 12 & 26, 5pm Dining Lobby


Richard Tazewell—Pianist

Friday, January 20, 5pm Dining Lobby

Popcorn and a Movie—*Sully*

Monday, January 23, 3pm Ballroom

Sully is based on the autobiography *Highest Duty* by Chesley Sullenberger and Jeffrey Zaslow and directed by Clint Eastwood. The film stars Tom Hanks as Sullenberger, with Aaron Eckhart and Laura Linney. The film follows Sullenberger's January 2009 emergency landing of US Airways Flight 1549 on the Hudson River, in which all 155 passengers and crew survived with only minor injuries, and the subsequent publicity and investigation.



2016 Celebration of Life Service
Friday, February 3, 3pm Ballroom
Please join us as we remember and celebrate Cedars Members that we lost in 2016.

CEDARS FITNESS

A New Year, A New You?

It's the time of the year when we begin resolving to live healthier lives during the coming year. Start by making your health and well-being a priority and change your life for the better. Here are some strategies to help you keep your focus and achieve your goals, well into the New Year and beyond.

Have a **strong initial commitment** to make a change. Think of the positive impact the change will have on your life.

Evaluate your resolutions to make sure they are reasonable. Smaller steps and shorter time spans will deliver faster results.

Take the process of change **one day at a time**. Small successes can lead to long-term healthy habits.

Keep track of your progress throughout the entire year. Weigh yourself, record your exercise progress in a training log, or keep a journal. The more monitoring you do, and the more feedback you get, the more you will achieve.



Seek support. Get exercise and diet advice from a professional and ask friends and family for their encouragement. You can become a positive role model for them.

Finally, if you lapse, think about how **you can do better next time**. Strengthen your plan for success. You do get to try again and make behavior changes throughout the year, not only at New Year's.

—Source: AARP



from Carolyn Taff

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

The ArtsCenter

919-929-2787 • Carrboro
Robin & Linda Williams
Fri. 1/13, 8pm

Duke Baldwin Auditorium

919-684-4444 • Durham
Branford Marsalis & Joey
Calderazzo, Fri. 1/13, Sat.
1/14, 8pm

Barnatan, McGill, Weilerstein
trio, a cello, clarinet, piano
dream ensemble, Clarinet trios:
Beethoven, Brahms, Hallman
(World Premiere), Sat. 1/21,
8pm

Durham Performing Arts Center

919-680-2787 • Durham
Beach Boys, Sun. 1/22, 7:30pm

Hill Hall (newly opened!)


919-843-3333 • Chapel Hill
Nani Topeng Losari, Indonesian
Sufi Dance, Fri. 1/27, 8pm

Carolina Theater

919-560-3030 • Durham
Pat Metheny, Thurs. 1/26, 8pm
The Second City, Fri. 1/27,
8pm

January 2017

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


1/1 Sunday

Happy New Year!



3pm & 7:45pm Cedars Cinema CHANNEL 24





1/2 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**  
1:30pm Play Group **CL**
2pm Poker **CR**



1/3 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**
4:30 Line Dancing **B**
7:45pm Cedars Cinema CHANNEL 24

1/4 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

1/5 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Aquatic Therapy **P**  
3pm *Ends of the Earth with Arthur Clark* **B**

4pm Scrabble **CR**

6:30pm *An American in Paris at DPAC* **LB** 


1/6 Friday

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

1/7 Saturday

9am Ping Pong **B**
3pm & 7:45pm Cedars Cinema CHANNEL 24
12:15pm *The Met Opera* **LB** 



1/8 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24
3:15pm *Andrew Tyson at St. Stephen's Episcopal Church* **LB** 

1/9 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**  
4pm *Greg Taff Concert* **B**
2pm Poker **CR**
3pm Great Books **B**

1/10 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 **CL**
4:30pm Line Dancing **B**
5:30pm Ballroom Dancing **B**
7:45pm Cedars Cinema CHANNEL 24

1/11 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**
7pm *Rhythm & Reeds with a Dash of Brass Band* **B**
7:45pm Cedars Cinema CHANNEL 24

1/12 Thursday

All Fitness Classes Cancelled
8am Art Open Studio **S**
11:30am Aquatic Therapy **P**  
4pm Scrabble **CR**
5pm *Robert Griffin—Pianist* **DL**
7:30pm *Let's Go Dancing with the Stars! with Roy Friedland* **B**

1/13 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**
5pm Constellation **CR**
7:45pm Cedars Cinema CHANNEL 24

1/14 Saturday

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

1/15 Sunday

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

1/16 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** 📖 ♣️
1:30pm Play Group **CL**
2pm Poker **CR**

1/17 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 **CL**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema **CHANNEL 24**

1/18 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**

1/19 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** 📖 ♣️
2pm Rehab Lecture with Sandy Friday **B**
4pm Scrabble **CR**

1/20 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 The Magnitude of Meditation with Ron Vereen, MD **B**
4:30pm Happy Hour **Bar**
5pm Richard Tazewell—Piano **DL**

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

1/21 Saturday

12:15pm The Met Opera **LB** 📖
9am Ping Pong **B**
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

1/22 Sunday

3pm 2016-17 Classical Concert Series **B**
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

1/23 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—Sully **B**

1/24 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 **CL**
5:15pm Dining Out! Provence **LB** 📖
7:45pm Cedars Cinema **CHANNEL 24**

1/25 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**

1/26 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** 📖 ♣️
2pm Members Meeting **B**
4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**

1/27 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**

1/28 Saturday

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

1/29 Sunday

1:30pm PlayMakers **LB** 📖
3pm & 7:45pm Cedars Cinema **CHANNEL 24**
6:45pm NC Symphony at UNC **LB** 📖

1/30 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 Rocky Mountain HIGH Lights with Jerry Adamson **B**

1/31 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 **CL**
6:30pm Great Decisions Lecture **LB** 📖
7:45pm Cedars Cinema **CHANNEL 24**

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



**Cedars
University**
LECTURES ON DVD

**Great American Music:
Broadway Musicals**

*Taught by Professor Bill
Messenger, The Peabody
Institute of the John Hopkins
University*

Thursdays, January 19–May 4, 11am
Ballroom

“Give my regards to Broadway...” Is it possible to read those lyrics, let alone hear them, without mentally filling in: “Remember me to Herald Square”? Have you begun to hum or sing it to yourself, with the words and notes carrying you back in time to the Broadway of George M. Cohan and the heyday of Tin Pan Alley? For most people who’ve grown up with and shared America’s musical heritage, such a phrase opens the floodgates to a wealth of memories and feelings because, after all, that’s what great songs do. What a delight, then, to be able to promise you the same experience in an entire course. For in Professor Bill Messenger’s *Great American Music: Broadway Musicals*, you get the story and the music, as well—and not only in the examples expertly played by Professor Messenger at the piano to illustrate insights, techniques, or subtleties of composition.

**LEARNING
OPPORTUNITIES**

The Ends of the Earth

with Arthur Clark
Thursday, January 5, 3pm Ballroom

Arthur Clark has revisited some of Roald Amundsen’s explorations to the poles and through the Northwest Passage. Amundsen is recognized as the first person, without dispute, as having reached both poles. Arthur will present an illustrated record of trips to *The Ends of the Earth*, the North Pole and South Pole.



Let’s Go Dancing with the Stars!

with Roy Friedland
Thursday, January 12, 7:30pm Ballroom

Roy Friedland, son of Members Fran and Stan Friedland, is a stage manager for *Dancing with the Stars*, a delightful show that has many loyal viewers here at The Cedars. During Roy’s January visit he will take us “behind the scenes” with some candid video that you are certain to enjoy. He also will answer your questions about this top-rated show and its cast.

The Magnitude of Meditation

with Ron Vereen, MD
Friday, January 20, 3pm Ballroom

Ron Vereen is a board-certified psychiatrist, psychotherapist, and certified group psychotherapist. He is in private practice as well as a consulting associate in the Department of Psychiatry at Duke University. Having practiced mindfulness since 1992, he began

teaching this to others in 1999 as an instructor in the Mindfulness-Based Stress Reduction



Program at Duke Integrative Medicine, as well as integrating mindfulness principles into his psychotherapy practice. He applies a mindfulness-informed approach to individual and group therapy modalities in the treatment of a variety of difficulties including anxiety, addictions, mood and personality disorders, being interested in the integration of Eastern traditions and Western psychology. In 2009 he co-founded the Triangle Insight Meditation Community where he teaches mindfulness and leads various related activities including meditation classes, study groups, and both day-long and weekend meditation retreats. Ron is the meditation teacher of Member Suzanne Bullock.

Rocky Mountain HIGH Lights

with Jerry Adamson
Monday, January 30, 3pm Ballroom

This presentation is the result of an automobile photo journey made last September through six of the national parks in Western Canada and the United States. For 900 miles from Jasper, Lake Louise and Banff in Alberta and British Columbia to Glacier, Yellowstone and the Grand Tetons in Montana and Wyoming, Jerry enjoyed unbelievable sights and magnificent scenery. At the conclusion of this talk we’ll discuss which of these amazing places you like the best and why.



Great Decisions Program

Great Decisions is America's largest discussion program on world affairs. The name is shared by a national civic education program, briefing book and television series administered and produced by the Foreign Policy Association. The Great Decisions program highlights eight of the most thought provoking foreign policy challenges facing Americans each year. Great Decisions provides background information, current data and policy options for each issue and serves as the focal text for discussion groups. The lectures will be held at Carroll Hall on the UNC campus, departing the Cedars at 6:30pm. Sign up at the Concierge Desk, deadline 48 hours before each lecture. Cost: \$4 for transportation.



- January 31..... The Future of Europe
- February 7..... Latin America's Political Pendulum
- February 14..... Conflict in the South China Sea
- February 21..... Saudi Arabia in Transition
- February 28..... U.S. Foreign Policy and Petroleum
- March 7..... Trade and Politics
- March 21..... Prospects for Afghanistan and Pakistan
- March 28..... Nuclear Security

ANNOUNCEMENTS

Vow to Wow in 2017!

with Sandy Friday

Thursday, January 19, 2pm Ballroom

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

Walk with a Doc

Saturday, January 21, 10am, 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.

Cynthia's Taylor Shop Services

Wednesdays, 9-9:30am Art Studio

Beginning January 11, Cynthia Lennon will provide quality and affordable alterations for Members.

Jewelry Repair with Eva Mogenson

Friday, January 13, 1-2pm Art Studio



left: The stars of Double Hot Stuff: Pat Beyle, Mary Crabill, Jane Hauser and Karen Cooper

below: The Employee Appreciation Fund Committee in action





• • • • • CEDARS *Cinema* • • • • •

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

An Unfinished Life

Tuesday, January 3 & Saturday, January 7, 7:45pm
Sunday, January 8, 3pm • PG-13

When her husband dies, Jean moves into the home of her estranged father-in-law, a steely rancher. Over time, the two move on through the power of forgiveness. Starring Jennifer Lopez and Robert Redford. (2005) SUBTITLES NOT PROVIDED

Hands of Stone

Wednesday, January 4 & Friday, January 6, 7:45pm
Saturday, January 7, 3pm • R

Boxer Roberto Duran is portrayed in this drama, including his impoverished childhood, his professional debut at 16, and the career that made him one of the most revered boxers. Starring Robert De Niro and Ellen Barkin. (2016)

What About Bob?

Tuesday, January 10 & Saturday, January 14, 7:45pm
Sunday, January 15, 3pm • PG

A New Yorker with a host of phobias follows his psychiatrist on vacation. His shrink tries to get rid of him, but Bob ingratiates himself with the doctor's family. Starring Bill Murray and Richard Dreyfuss. (1991) SUBTITLES NOT PROVIDED

The Infiltrator

Wednesday, January 11 & Friday, January 13, 7:45pm
Saturday, January 14, 3pm • R

The exploits of U.S. Customs agent Robert Mazur are recounted in this thriller set in the 1980s. Gaining the trust of notorious drug lords, Mazur becomes a key player in an intricate government sting. Starring Bryan Cranston and Diane Kruger. (2016)

Pelé: Birth of a Legend

Tuesday, January 17 & Saturday, January 21, 7:45pm
Sunday, January 22, 3pm • PG

Growing up in Brazil with little money, Edson Arantes do Nascimento, later known as Pelé,

had a passion for soccer. At age 17 he led the nation's team to its first World Cup win, recounted in this rags-to-riches biopic. (2016) SUBTITLES NOT PROVIDED

Café Society

Wednesday, January 18 & Friday, January 20, 7:45pm
Saturday, January 21, 3pm • PG-13

Setting his sights on Hollywood, a young man migrates to Los Angeles in the 1930s and is drawn into the society of the young and beautiful, all pursuing visions of success. Starring Jeannie Berlin, Steve Carell and Jesse Eisenberg. (2016)

Little Men

Tuesday, January 24 & Saturday, January 28, 7:45pm
Sunday, January 29, 3pm • PG

When 13-year-old Jake moves into his late grandfather's home, he's happy to befriend Tony, who lives downstairs. But while the boys hit it off, a rent dispute quickly puts their parents in conflict. Starring Greg Kinnear and Jennifer Ehle. (2016)

The Red Violin

Wednesday, January 25 & Friday, January 27, 7:45pm
Saturday, January 28, 3pm • R

When the long-lost "red violin," crafted during the Italian Renaissance, shows up at a modern auction, it reveals its history, and the lives of its previous owners, in a series of flashbacks spanning three centuries. Starring Samuel L. Jackson and Irene Grzioli. (1998)

Florence Foster Jenkins

Tuesday, January 31 & Saturday, February 4, 7:45pm
Sunday, February 5, 3pm • PG-13

Despite her horrid singing voice, Florence is certain she can become an opera star. Her partner and manager does all he can to shield Florence from the truth, but his task may prove impossible. Starring Meryl Streep and Hugh Grant. (2016)

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

Meditation

Tue 2:00 **PD**

Suzanne Bullock 919-381-7795

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

Kudos to...

- ☞ Stan and Fran Friedland for introducing us to their son Roy Friedland for his presentation on *Let's Go Dancing with the Stars!*
- ☞ Tom Christy for lending us his *Great American Music: Broadway Musicals* DVDs for Cedars University
- ☞ Lou and Carolyn Taff for having their son Greg return to the Cedars to entertain us with his music in the Ballroom
- ☞ Arthur Clark for his presentation on *The Ends of the Earth*
- ☞ Suzanne Bullock for recommending Ron Vereen, MD, to give a lecture on *The Magnitude of Meditation*
- ☞ Stanley Peele and Kathy Soule for their wonderful cover articles for *The Cedars Post* each month

Get Involved

Accessing UNC Libraries

Saturdays, January 14, & 28, 11am Library

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

Great Books Club

2nd Mondays, Classroom

A Real Life

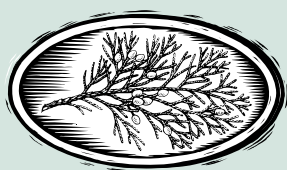
by Alice Munro

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>
1/5	Thursday	<i>The Ends of the Earth</i> with Arthur Clark	3pm	Ballroom
1/5	Thursday	<i>An American in Paris</i> at DPAC	6:30pm	Lobby
1/7	Saturday	The Metropolitan Opera— <i>Nabucco</i>	12:15pm	Lobby
1/8	Sunday	Piano Recital by Andrew Tyson at St. Stephen's Episcopal Church	3:15pm	Lobby
1/9	Monday	Greg Taff—Singer/Songwriter/Pianist	4pm	Ballroom
1/11	Wednesday	Rhythm & Reeds with a Dash of Brass	7pm	Ballroom
1/12	Thursday	<i>Let's Go Dancing with the Stars</i> with Roy Friedland	7:30pm	Ballroom
1/12	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
1/13	Friday	Constellation Duo	5pm	Cardroom
1/15	Sunday	Chamber Orchestra	2pm	Lobby
1/19	Thursday	Cedars University <i>Great American Music: Broadway Musicals</i>	11am	Ballroom
1/20	Friday	<i>The Magnitude of Meditation</i> with Ron Vereen, MD	3pm	Ballroom
1/20	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
1/21	Saturday	The Metropolitan Opera <i>Roméo et Juliette</i>	12:15pm	Lobby
1/22	Sunday	2016-17 Classical Concert Series	3pm	Ballroom
1/23	Monday	Popcorn and a Movie— <i>Sully</i>	3pm	Ballroom
1/24	Tuesday	Dining Out! Provence	5:15pm	Lobby
1/26	Thursday	Cedars University <i>Great American Music: Broadway Musicals</i>	11am	Ballroom
1/26	Thursday	Members Meeting	2pm	Ballroom
1/26	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
1/29	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
1/29	Sunday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
1/30	Monday	<i>Rocky Mountain HIGH Lights</i> with Jerry Adamson	3pm	Ballroom
1/31	Tuesday	Great Decisions Lecture	6:30pm	Lobby