



April 2017 • VOLUME 14 • ISSUE 4

The Cedars Post

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Season Ticket Renewal

The NC Symphony will help you with ticket renewal in the Cedars Cardroom on Wednesday, April 12 from 10-11:30am.

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

The DuBose Art Gallery

by Stanley Peele

Are you aware of the enhancement at the DuBose Health Center about a year ago? If not, you can easily find it. Walk into DuBose Health Center, turn left, walk a few paces and you will be immersed in some amazing art. On the walls around you will be paintings, photographs and cross stitching. Voila! You will be in the fully functioning DuBose Art Gallery, with engrossing work done by Members of The Cedars. Yes!



The art work quietly amazes the lives of all who pass by. It can be enjoyed again and again. What an enrichment to the DuBose Health Center! The walls come alive! The comments made both by Members and staff indicate the appreciation and enjoyment of these works of art. The gallery adds another dimension to the center. The concept of this art gallery originated with the Social Services Department. We can enjoy beauty and creativity without having to leave the campus. We do not have to walk up any stairs. It is open seven days a week.

On one wall, Premila Rao's skillful cross stitchery creates highly realistic images. Her center portrait required 60 different colored strands of silk simultaneously (to me, this is patently impossible). Bill McLendon's photographs, on another wall, are almost indistinguishable from oil paintings. Bette Israel has delightful work covering many mediums including watercolor, collage, acrylic painting and sponge painting.

It takes a huge amount of effort to make this gallery function. Donor Members offer their work and suffer bare walls when the work leaves their homes. With great care, members of our Maintenance Department transport the work back and forth from homes to the gallery. Under the supervision of the artists, the skillful maintenance staff hangs the artwork—with great care and patience.

Every few months the scene changes.

The following is a partial list of the names of the Members who have so graciously allowed their work to be shown in the past year. They include: Lois Arcuni, painter; Sally Blackwelder, painter, Mary Clark, painter; Ann Christy, quilter; Bette Israel, painter; Joan Langenderfer, basket weaver; Bill McLendon, photographer; John Neter, photographer; Al Preiss, artist; Premila Rao, cross stitcher; and Caroline Rupert, painter. (See examples on page 3.)

If you have created works of art, you are most welcome to contribute. Call Weslyn Strickland at 919-759-7007. All the members of the group, both those above and other contributors, cordially invite you to come and view the exhibit. It is a labor of love!

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:

Ciampi Concert No. 4

at Baldwin Auditorium
Saturday, April 1, 7pm Lobby

PlayMakers Repertory Company

Sunday, April 9, 1:30pm Lobby

Dining Out! Squids

Monday, April 17, 5:15pm Lobby

Sarah P. Duke Gardens Tour

Tuesday, April 18, 9:30am Lobby

The Metropolitan Opera

Eugene Onegin at Silverspot Cinema
Saturday, April 22, 12:15pm Lobby

Carolina Ballet

Saturday, April 22, 1pm Lobby

NC Symphony

at UNC Memorial Hall
Thursday, April 27, 6:45pm Lobby

Berlioz' *Te Deum* and Poulenc's *Gloria*

at Duke Chapel
Sunday, April 30, 3pm Lobby

Beyond the Cedars

Dining Out! Squids

Monday, April 17, 5:15pm Lobby

Squid's, located in Chapel Hill, is famous for the area's best fresh seafood and a warm inviting oyster bar. For over 20 years Squid's has served the very freshest wood-grilled fillets, live Maine lobster, lightly breaded fried seafood, and unique weekly specials including Monday night discounted lobster dinners. A sample menu is available at the Concierge Desk. Sign up at the Concierge Desk beginning April 3, deadline April 14. Cost: \$4 for transportation. Bring money for food and drinks. Minimum 6 people, maximum 28 people.

Sarah P. Duke Gardens Tour

Tuesday, April 18, 9:30am Lobby

More than 300,000 visitors from all over the world visit Sarah P. Duke Gardens annually, enjoying its 55 acres of specialized gardens in the heart of Duke University. A trolley tour will take us along the central path in the Gardens, so we can see the blooms of the day and learn more about the Gardens' history. We will also have time to explore other parts of the gardens by foot and wander through The Terrace Gift Shop. Sign up at the Concierge Desk beginning April 3, deadline April 10. Cost: \$17 for tour and transportation. Reminder to bring a hat and sunscreen. Minimum 6 people, maximum 20.



The Metropolitan Opera

Eugene Onegin at Silverspot Cinema
Saturday, April 22, 12:15pm Lobby

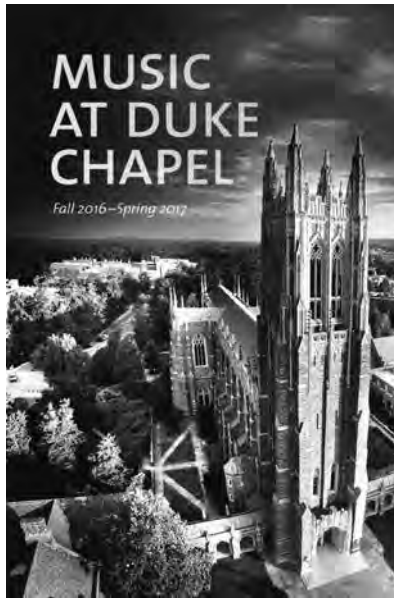


Tchaikovsky's setting of Pushkin's timeless verse novel is presented on the Met stage in Deborah Warner's moving production, starring Anna Netrebko as Tatiana and Mariusz Kwiecien and Peter Mattei sharing the title role. Alexey Dolgov sings the role of Lenski, and Robin Ticciati conducts. Sign up at the Concierge Desk beginning April 3, deadline April 16. Cost: \$27 for ticket and transportation. Minimum 6 people, maximum 16.

Berlioz' Te Deum and Poulenc's Gloria

Presented by the Choral Society of Durham, Duke Chapel Choir, and Riverside High School Chorus, Dr. Rodney Wynkoop, Director, at Duke Chapel
Sunday, April 30, 3pm Lobby

Witness the Duke Chapel's massive centerpiece, the 1932 Aeolian organ, coming to life roaring and snorting like a dragon behind the giant orchestra and three choirs in Hector Berlioz' Te Deum, with tenor solo. Exult in Poulenc's Gloria, one of the most popular of this 20c French composer's works, a joyous, ebullient celebration featuring soprano soloist Mary Wilson. A masterful composer who never learned how to play piano, a wildly sought-after conductor who never had formal lessons in conducting, and a composer of religious works who was a self-proclaimed agnostic—this was Hector Berlioz. His musical innovations became a cornerstone of musical Romanticism. Sign up at the Concierge Desk beginning April 3, deadline April 23. Cost: \$27 for ticket and transportation. Minimum 6 people, maximum 20.



Art on view at The DuBose Health Center



*Featured artists:
above left - Premila Rao
above right - Bill McLendon
left - Bette Israel*

Artwork photos taken by Norman Innes

Great Get-Aways

Southern Leisure Tours Presents

- ❖ 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
- ❖ "Legally Blonde, The Musical" at Temple Theater, Sanford, NC
May 11
- ❖ Theater, Gardens and Amish Culture, Lancaster County, PA
May 15-19
- ❖ Tea Pot Café and Ava Gardner Museum
May 30
- ❖ The Canadian Rockies and Pacific Northwest Coast by Train, Winnipeg, Manitoba to Seattle, WA
June 14-18

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.

April Birthdays

Jeane Suddarth	1
John Toscano	2
Sheppard Zinovoy	2
Dorothy Neter	3
Joan Ontjes	3
Thelma Baker	6
Patricia Kosiba	7
Martha Gentry	8
Arnold Burk	8
Joy Metelits	8
Marion Waters	9
Rollie Tillman	11
John Spitznagel	11
Nancy Boger	12
Stephen Metelits	12
Karen Cooper	13
Jean Nuzum	14
Clara Zinovoy	14
Susan Zehl	15
Barbara Loda	15
Michael Smith	16
Davis B. Bingham	18
Premila Rao	20
Willard Patton	20
James Allen	22
Gisela Cox	26
Chester Douglass	26
Margaret Trotter	30

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

Let's Celebrate

Doomed to Love You: The Music of Bob Dylan

with Peter White

Monday, April 10, 1pm Ballroom

Since the start of his professional career in 1961 in Greenwich Village, considered “the great folk scare,” Bob Dylan has written over 500 songs, released 37 albums, several books and is now in his 75th year. Besides Grammys, a Golden Globe and an Oscar, he has received honorary degrees, the Presidential Medal of Freedom, Pulitzer Prize, and the Polar Music Prize. And now, in 2017, he has won the Nobel Prize for Literature. We celebrate this event through songs with the Bob Dylan Regulars combined with brief academic notes from all phases: folk, protest, introspection, rock and roll, country, mid-life changes, Christian, and on-going search for wisdom and meaning. Peter White, a Bob Dylan specialist and a Bob Dylan Regular, is an ecologist and a Professor in the Department of Biology at UNC.



A Sentimental Journey...

with The Cedars Singers

Wednesday, April 19, 3pm Ballroom

A choral program featuring The Cedars Singers, our newly formed 21-voice ensemble, is directed by Davis Bingham and accompanied at the piano by Joy Douglass. The group will present several of those unforgettable songs from the '40s and '50s, including “Getting to Know You,” “Chattanooga Choo Choo,” “Sentimental Journey,” “Swinging on a Star,” “Accentuate the Positive,” “We Kiss in a Shadow,” “Moon River” and “Sixteen Candles.” As always, the audience will enjoy participating in several Sing-Along favorites.

Popcorn and a Movie—Fences

Thursday, April 20, 3pm Ballroom

Denzel Washington directed and stars in this adaptation of August Wilson’s Pulitzer Prize-winning play, which centers on a black garbage collector named Troy Maxson in 1950s Pittsburgh. Bitter that baseball’s color barrier was only broken after his own heyday in the Negro Leagues, Maxson is prone to taking out his frustrations on his loved ones. Viola Davis won an Oscar for Best Supporting Actress as Rose Maxson.

Richard Tazewell—Pianist
Friday, April 7, 5pm Dining Lobby



Robert Griffin—Jazz Pianist
Thursdays, April 13 & 20, 5pm Dining Lobby



March Events at The Cedars



(above) A docent tour of the *Ansel Adams: Masterworks* exhibit at the NCMA.

(left) A member of Crystal Trio shows Prue Mulrine how to play crystal glass.

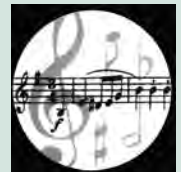
(below) Stan Friedland explains the game of pickleball.



Kudos to...

- ❧ Clara and Shep Zinoyov for recommending Dr. Ralph Snyderman for his lecture *A Chancellor's Tale, Transforming Academic Medicine*
- ❧ Joan Ontjes for recommending Peter White for his presentation *Doomed to Love You: The Music of Bob Dylan*
- ❧ The Cedars Singers for their Sentimental Journey concert
- ❧ Dr. Wendell Rosse for his talk, *Mathis der Maler and the Altarpiece of Isenheim*
- ❧ Stan Friedland for introducing us to his son Roy Friedland for his presentation *Let's Go Dancing with the Stars!*
- ❧ Bette Israel for her doll collection in the Member display case

2016/17
**Classical
 Concert Series**
 Sunday, April 23, 3pm
 (doors open 2:30)
 Ballroom



Our final concert of the season, "Mallarmé Chamber Players Concert: Down to the Depths," features Low and Lower, a cello and bass duo. Joined by Janet Orenstein, violin and Suzanne Rousso, viola. "Bassist Paul Sharpe and Cellist Brooks Whitehouse, both classically trained concert artists, step artfully in and out of the traditional roles of their instrumentation." Don't forget your yellow pass. Questions? Call Connie Eby at 919-259-7808 or email her at cteby@mindspring.com.

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: Hard

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

Puzzle by websudoku.com

April 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

4/1 Saturday

9am Ping Pong **B**
10am Bocce **GL**
3pm & 7:45pm Cedars Cinema CHANNEL 24
7pm *Ciampi Concert No. 4* **LB** 

4/2 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24



4/3 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**



4/4 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
9am Golf Croquet **GL**
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
6:30pm *Great Decisions Lecture* **LB** 
7:45pm Cedars Cinema CHANNEL 24

4/5 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

4/6 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**  
3pm *Mathis der Maler and the Altarpiece of Isenheim with Dr. Wendell Rosse* **B**
4pm Scrabble **CR**
7:30pm *Let's Go Dancing with the Stars! with Roy Friedland* **B**

4/7 Friday

8:45am Water Exercise **P**
9am Ping Pong **S**
9:45am Water Exercise **P**
10:30am Great Decisions Discussion **CR**
11am TGIF Class **B**
11:30am Aquatic Therapy **P**  
1pm Party Bridge **CR**
4:30pm Happy Hour **Bar**
5pm *Richard Tazewell—Pianist* **DL**
7:45pm Cedars Cinema CHANNEL 24

4/8 Saturday

9am Ping Pong **B**
10am Bocce **GL**
11am Accessing UNC Libraries
3pm & 7:45pm Cedars Cinema CHANNEL 24



4/9 Sunday

7:30pm *PlayMakers* **LB** 
3pm & 7:45pm Cedars Cinema CHANNEL 24



4/10 Monday

Passover Begins/Sundown
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**  
1pm *Doomed to Love You: The Music of Bob Dylan with Peter White* **B**
2pm Poker **CR**
3pm Great Books **CL**

4/11 Tuesday

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



4/12 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10am *NC Symphony ticket renewal* **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

4/13 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**  
2pm *Rehab Lecture with Sandy Friday* **B**
4pm Scrabble **CR**
5pm *Robert Griffin—Jazz Pianist* **DL**

4/14 Friday

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

4/15 Saturday

9am Ping Pong **B**
10am Bocce **GL**

3pm & 7:45pm Cedars Cinema CHANNEL 24

4/16 Sunday

2pm Easter Egg Hunt GL

3pm & 7:45pm Cedars
Cinema CHANNEL 24



4/17 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

5:15pm Dining Out! Squids LB

4/18 Tuesday

8:45am Cardio and Core B

9am Golf Croquet GL

9:30am Sara P. Duke Gardens Tour LB

9:45am Sit and Be Fit B

11:30am Bible Study MR

11:30am Aquatic Therapy P

2pm Mah Jongg CR

2pm Meditation PD

4:30pm Line Dancing B

7:45pm Cedars Cinema CHANNEL 24

4/19 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

3pm Cedars Singers B

7:45pm Cedars Cinema CHANNEL 24

4/20 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

3pm Popcorn and a Movie—Fences B

4pm Scrabble CR

5pm Robert Griffin—Jazz Pianist DL

4/21 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

1pm Party Bridge CR

1pm Director's Dialogue B

4:30pm Happy Hour Bar

7:45pm Cedars Cinema CHANNEL 24

4/22 Saturday

9am Ping Pong B

10am Bocce GL

11am Accessing UNC Libraries

12:15pm The Met Opera LB

1pm Carolina Ballet LB

3pm & 7:45pm Cedars Cinema CHANNEL 24

4/23 Sunday

3pm Classical Concert Series B

3pm & 7:45pm Cedars Cinema CHANNEL 24

4/24 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 Tai Chi B

11:30am Aquatic Therapy P

2pm Poker CR

3pm A Chancellor's Tale, Transforming

Academic Medicine with Dr. Ralph

Snyderman B

4/25 Tuesday

8:45am Cardio and Core B

9am Golf Croquet GL

9:45am Sit and Be Fit B

11:30am Bible Study MR

11:30am Aquatic Therapy P

2pm Mah Jongg CR

2pm Meditation CL

4:30pm Line Dancing B

7:45pm Cedars Cinema CHANNEL 24

4/26 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

7:45pm Cedars Cinema CHANNEL 24

4/27 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

2pm Members Meeting B

4pm Scrabble CR

6:45pm NC Symphony at UNC LB

4/28 Friday

8:45am Water Exercise P

9am Ping Pong B

9:45am Water Exercise P

11am TGIF Class B

11:30am Aquatic Therapy P

4:30pm Happy Hour Bar

7:45pm Cedars Cinema CHANNEL 24

4/29 Saturday

9am Ping Pong B

10am Bocce GL

3pm & 7:45pm Cedars Cinema CHANNEL 24

4/30 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

3pm Berlioz' Te Deum and Poulenc's Gloria

LB

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



arts alerts

from Carolyn Taff

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

Durham Performing Arts Center

919-680-2787 • Durham
Mamma Mia!, Fri. 5/5-Sun. 5/7, varying times
Trevor Noah, Fri. 4/28, 7:30pm & 10pm

Duke Energy Center

919-719-0900 • Raleigh
Jesus Christ Superstar, Tues. 4/11-Sun. 4/16, varying times

Duke Page Auditorium

919-684-4444 • Durham
Anoushka Shankar, Tribute to Ravi Shankar, Fri. 4/7, 8pm

Duke Baldwin Auditorium

919-684-4444 • Durham
Jazz Ensemble with Vibes, Fri. 4/7, 8pm

Duke Symphony Orchestra, Bernstein, Symphonic Dances from *West Side Story*; Purcell, Suite for strings, Grieg Piano Concerto, Wed. 4/12, 8pm

Duke Opera Workshop Excerpts in English, with costumes & staging, Sat. 4/22, 8pm, Sun. 4/23, 3pm

Duke Opera Workshop Excerpts in English, with costumes & staging, Sat. 4/22, 8pm, Sun. 4/23, 3pm

UNC Moeser Auditorium

Hill Hall • Chapel Hill
UNC Opera, Purcell Dido & Aeneas with Baroque Ensemble, Fri. 4/7, 8pm, Sun. 4/9, 3pm
Brahms & Schumann Quintets violin, clarinet, cello, piano Sun. 4/9, 7:30pm

UNC Kenan Music Building

Chapel Hill
Percussion Ensemble w/ marimba, 4/13, 7:30pm

LEARNING OPPORTUNITIES



Mathis der Maler and the Altarpiece of Isenheim

with Dr. Wendell Rosse
Thursday, April 6, 3pm Ballroom

One of the great masterpieces of Western art is to be found in a small museum in Colmar, a city in eastern France. It is the altarpiece of Isenheim, painted in 1512-16 for a hospital chapel. It consists of ten panels depicting events in the life of Christ and of St. Anthony the Great who was thought to be able to cure St. Anthony's fire, a painful and often fatal disease caused by contaminated bread. The artist was an obscure genius named Mathias Grünewald, often simply called Mathis der Maler (Mathis the Painter). The scenes are colorful, sometimes tragic, sometimes exotic, but always moving and spoke to the suffering and hope for recovery of the patients. The paintings have inspired many artists, including Matisse and Picasso and even a composer, Hindemith, who wrote an opera and a symphony entitled *Mathis der Maler*. Find out more about this fascinating painter and his masterpiece with Member Dr. Wendell Rosse on April 6.

Let's Go Dancing with the Stars!

with Roy Friedland

Thursday, April 6, 7:30pm Ballroom (rescheduled from January)

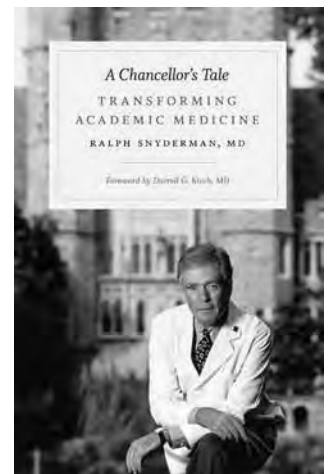
Roy Friedland, son of Member Stan Friedland, is a stage manager for *Dancing with the Stars*, a delightful show that has many loyal viewers here at The Cedars. Roy will take us "behind the scenes" with some candid video that you are certain to enjoy. He will also answer your questions about this top-rated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

A Chancellor's Tale, Transforming Academic Medicine

with Ralph Snyderman, MD
Monday, April 24, 3pm Ballroom

During his 15 years as chancellor, Dr. Ralph Snyderman helped create new paradigms for academic medicine while guiding the Duke University Medical Center through periods of great challenge and transformation. Under his leadership, the medical center became internationally known for its innovations in medicine, including the creation of the Duke University Health System—which became a model for integrated health care delivery—and the development of personalized health care based on a rational and compassionate model of care. In *A Chancellor's Tale*, Snyderman reflects on his role in developing and instituting these changes.

Books will be available for purchase, please bring cash or checks.



Strength Training is Essential for Arthritis

Yes, you'll get stronger and more toned, but those aren't the only reasons to strength train. Scientists continue to discover benefits of strength (or resistance) training. It can be done using light hand weights, elastic bands or even your own body weight. Here are four more good reasons to start.



- ① **It reduces pain.** A small study, published in the July 2012 *International Journal of Preventive Medicine*, found that men with rheumatoid arthritis affecting their knees had a 23 percent reduction in pain intensity after following a three-day-a-week strength training program for eight weeks. Other studies show strength training relieves the pain of osteoarthritis and fibromyalgia, too.
- ② **It increases range of motion.** Another study, published in the December 2011 *Journal of Strength and Conditioning Research*, found that participants who practiced resistance training three days a week for five weeks had the same flexibility improvements as those who did a regular stretching routine.
- ③ **It blasts calories** – even when you're not working out. Muscle burns calories, so adding muscle mass naturally amps up your calorie burn. In fact, an analysis of several studies, reported in the July-August 2012 *Current Sports Medicine Reports*, shows the number of calories you burn at rest rises about 7 percent after several weeks of resistance training.
- ④ **It boosts bone density.** Women lose up to 50 percent of their bone tissue in their lifetime, about half of it within 10 years after menopause. By age 65 or 70, men begin to lose bone mass at the same rate as women, according to the National Institute of Health. Lifting weights can help slow that loss and increase bone density, according to a 2015 review in the scientific journal of the American Physical Therapy Association.

Opportunities for strength training at The Cedars include group exercise classes (Cardio and Core, Sit and Be Fit, Balance Challenge, Balance Basics, water aerobics, and TGIF) as well as using weight machines and free weights in the fitness room. Contact Julie Hardison at 919-259-7922 with questions.

Resource: *Arthritis Today Magazine*

ANNOUNCEMENTS



UNC's Walk for Health Saturday, April 1, Noon

Participation is free. Register at uncwalkforhealth.com. Member Bob Gersten, "The Great-Granddaddy of UNC Athletics," will lead the walk. The ½ mile walk begins at the Old Well and ends at Fetzer Field.

Eating for a Sharper Mind with Sandy Friday

Thursday, April 13, 2pm Ballroom

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

Jewelry Repair with Eva Mogenson

Friday, April 14, 1-2pm Art Studio

Walk with a Doc

Saturday, April 15, 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. For more information contact Kirsten Ambrose at 919-966-7209.

Cynthia's Taylor Shop Services

Wednesdays, 9-9:30am Art Studio

Cynthia Lennon will provide quality and affordable alterations for Members.



CEDARS Cinema

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

Queen of Katwe

Tuesday, April 4 & Saturday, April 8, 7:45pm
Sunday, April 9, 3pm • PG

Disney presents *Queen of Katwe*, a movie based on a vibrant true story starring Lupita Nyong'o and David Oyelowo, and directed by Mira Nair. A Ugandan girl's life changes forever when she discovers she has a talent for chess, in this celebration of the human spirit. (2016)

The Accountant

Wednesday, April 5 & Friday, April 7, 7:45pm
Saturday, April 8, 3pm • R

Offering two very different skills to his clients, a financial forensics expert and trained assassin goes to work for a tech mogul who's determined to eliminate those responsible for manipulating the company's financial records. Starring Ben Affleck and Anna Kendrick. (2016)

The Graduate

Tuesday, April 11 & Saturday, April 15, 7:45pm
Sunday, April 16, 3pm • PG

In this Oscar-winning classic with an iconic Simon and Garfunkel soundtrack, Dustin Hoffman turns in a landmark performance as a naïve college grad who is seduced by middle-aged Mrs. Robinson but ends up falling in love with her daughter. (1967) SUBTITLES NOT INCLUDED

Easter Parade

Wednesday, April 12 & Friday, April 14, 7:45pm
Saturday, April 15, 3pm • NR

Judy Garland and Fred Astaire sing 17 Irving Berlin tunes in this romantic classic. A hooper (Astaire) teams with an inexperienced chorus girl (Garland) to show up his former dance partner, Nadine (Ann Miller). Berlin's tunes include "We're a Couple of Swells" and "Happy Easter." (1948)

The Eagle Huntress

Tuesday, April 18 & Saturday, April 22, 7:45pm
Sunday, April 23, 3pm • G

Aspiring to be an eagle hunter, a role historically performed only by men, Mongolian teen Aisholpan Nurgaiiv dedicates herself to the art of taming and training eagles to hunt game in the stark Altai Mountains. (2016)

The Return of the Pink Panther

Wednesday, April 19 & Friday, April 21, 7:45pm
Saturday, April 22, 3pm • G

When the Pink Panther diamond is stolen yet again, Inspector Clouseau (Peter Sellers) is saved from early retirement and sent to investigate. Certain that the heist is the work of a suave jewel thief, Clouseau unleashes his array of disguises and deductive powers. (1975) SUBTITLES NOT INCLUDED

Hacksaw Ridge

Tuesday, April 25 & Saturday, April 29, 7:45pm
Sunday, April 30, 3pm • R

Based on a true story, this World War II drama focuses on Desmond T. Doss, a conscientious objector who becomes a hero while serving as a medic during the brutal and bloody fight for Okinawa. Starring Andrew Garfield and Sam Worthington. (2016)

Manchester by the Sea

Wednesday, April 26 & Friday, April 28, 7:45pm
Saturday, April 29, 3pm • R

While working as a handyman in Boston, taciturn loner Lee Chandler gets word that his brother Joe has died of a coronary. After returning to the siblings' hometown, Lee receives another shock, he's been named legal guardian of Joe's 16-year-old son. Starring Casey Affleck and Michelle Williams. Casey Affleck won the Oscar for Best Actor. (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

Betty White 919-967-4064

Bean Bag Toss

Tue 11:00 **S**

Bhavani Sodhi 919-346-3428

The Bible Class

Tue 11:30 **MR**

Mary Ann Van Kampen 919-493-1789

Bocce

Sat 10:00 **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**

Cribbage

Sat 10:30 **CL**

Malcolm Jackson 951-7626

Duplicate Bridge

Wed 12:45 **CR**

Betty White 919-967-4064

Ginny Page 919-259-7119

Garden Plots

Kit Bick 919-259-7088

Gin Rummy

Thu 1:00 **CR**

Jim Allen 919-259-7599

Golf Croquet

Tue 9:00 **GL**

Norman and Rhonda Innes

919-259-7150

Great Books Club

2nd Mon 3:00 **CL**

Alice Maniloff 919-619-5085

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

Party Bridge

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

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

ANNOUNCEMENTS



“Second Time Around”

Tag Sale

May 19 & 20

Don't wait until the last minute, start thinking about the Tag Sale now!

Have you cleaned out your closets, drawers and cabinets lately?

Call Hope Council 919-259-7606, Ginny Page 919-259-7119 or Peggy Cooper 919-259-7455.

Get Involved

Accessing UNC Libraries

Saturdays, April 8 & 22, 11am Library

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

NEW MOVE INS

Judith “Judy” Kramer
311 Cedar Berry Lane

Clark and Jane Church
211 Cedar Berry Lane

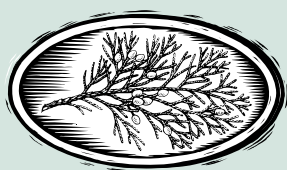
Carol Price
549 Cedar Club Circle

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.



- 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>
4/1	Saturday	Ciampi Concert No. 4 at Baldwin Auditorium	7pm	Lobby
4/6	Thursday	Cedars University <i>Great American Music: Broadway Musicals</i>	11am	Ballroom
4/6	Thursday	<i>Mathis der Maler and the Altarpiece of Isenheim</i> with Dr. Wendell Rosse	3pm	Ballroom
4/6	Thursday	<i>Let's Go Dancing with the Stars!</i> with Roy Friedland	7:30pm	Ballroom
4/7	Friday	Great Decisions Discussion	10:30am	Cardroom
4/7	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
4/9	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
4/10	Monday	<i>Doomed to Love You: The Music of Bob Dylan</i> with Peter White	1pm	Ballroom
4/10	Monday	Passover Begins/Sundown		
4/12	Wednesday	NC Symphony Ticket Renewal	10am	Cardroom
4/13	Thursday	Cedars University <i>Great American Music: Broadway Musicals</i>	11am	Ballroom
4/13	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
4/16	Sunday	Easter Egg Hunt	2pm	Great Lawn
4/17	Monday	Dining Out! Squids	5:15pm	Lobby
4/18	Tuesday	Sarah P. Duke Gardens Tour	9:30am	Lobby
4/19	Wednesday	<i>A Sentimental Journey</i> with The Cedars Singers	3pm	Ballroom
4/20	Thursday	Cedars University <i>Great American Music: Broadway Musicals</i>	11am	Ballroom
4/20	Thursday	Popcorn and a Movie— <i>Fences</i>	3pm	Ballroom
4/20	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
4/21	Friday	Director's Dialogue	1pm	Ballroom
4/22	Saturday	The Met Opera— <i>Eugene Onegin</i>	12:15pm	Lobby
4/22	Saturday	Carolina Ballet	1pm	Lobby
4/23	Sunday	2016/17 Classical Concert Series	3pm	Ballroom
4/24	Monday	<i>A Chancellor's Tale, Transforming Academic Medicine</i> with Dr. Ralph Snyderman, MD	3pm	Ballroom
4/27	Thursday	Cedars University <i>Great American Music: Broadway Musicals</i>	11am	Ballroom
4/27	Thursday	Members Meeting	2pm	Ballroom
4/27	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
4/30	Sunday	Berlioz' <i>Te Deum</i> and Poulenc's <i>Gloria</i> at Duke Chapel	3pm	Lobby