



March 2017 • VOLUME 14 • ISSUE 3

The Cedars Post

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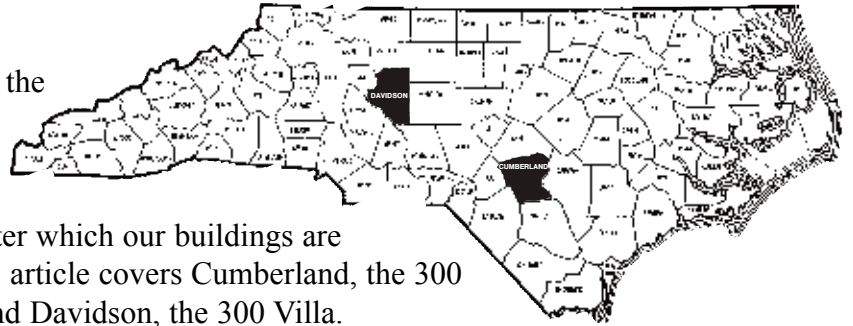
The greatest colorist in the 20th Century, he had exhibitions in the major art institutions of the world .. 9

Flowers by Chagall with Vivian Jacobson

Cumberland and Davidson

by Kathy Soule

Continuing the series on North Carolina



counties after which our buildings are named, this article covers Cumberland, the 300 Veranda, and Davidson, the 300 Villa.

Cumberland County is in the Coastal Plain region of NC. It includes Fayetteville and Fort Bragg. The area was settled by Highland Scots in the 1720s, and in 1754, Cumberland was formed from Bladen County. It was named after Prince William Augustus, the Duke of Cumberland and the son of King George II, who was the victorious commander of the Battle of Culloden in 1746 (one wonders how the Highland Scots felt about that). Its county seat is Fayetteville; the town was renamed in 1783 in honor of the Marquis de Lafayette.

The county remained largely undeveloped until construction began on a US military training camp, Camp Bragg, completed in 1919 and named after Braxton Bragg (1817-1876), an army captain in the Mexican War and a Confederate General. Camp Bragg became Fort Bragg, bringing significant growth to accommodate the military personnel and their families. In 2004 Cumberland was the fifth most populous county in NC.

Davidson County is in the Piedmont and was formed in 1822 from Rowan County. It was named after William Lee Davidson, a Revolutionary War Brigadier General killed in battle in 1781. Lexington, the county seat, was named to honor the Revolutionary War Battle of Lexington. There is an older Davidson County; it was formed in 1786 in the western part of what was then NC. When Tennessee was established as a state, this one became Davidson County, TN.

Davidson County includes High Point and Thomasville—towns that have been important producers of furniture and textiles. Lexington is known for western Carolina barbecue (hickory-smoked pork shoulder with a tomato-based sauce). The oldest range in North America, the Uwharrie Mountains, and High Rock Lake (second largest in NC) are in this county. When young, the Uwharries were as high as 20,000 feet but over time they have dwindled. The tallest one left is High Rock Mountain at 1119 feet.

In case you are wondering about Davidson College, it is not in Davidson County, it is about 20 miles north of Charlotte, in Mecklenberg County.

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

MAKE IT TO THE BUS ON TIME

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

Ladysmith Black Mambazo

at the Carolina Theater
Wednesday, March 1, 7pm Lobby

PlayMakers Repertory Company

Sunday, March 5, 1:30pm Lobby

NC Symphony

at UNC Memorial Hall
Monday, March 6, 6:45pm Lobby

Great Decisions Lectures

at UNC Carroll Hall
Tuesdays, March 7, March 21 & March 28,
6:30pm Lobby

Ansel Adams: Masterworks

at the NCMA
Thursday, March 9, 1:15pm Lobby

The Met Opera: La Traviata

at Silverspot Cinema
Saturday, March 11, 12:15pm Lobby

Carolina Ballet

Saturday, March 18, 1pm Lobby

Meredith's Miniatures at the High Point Museum

Friday, March 24, 1pm Lobby

The Met Opera: Idomeneo

at Silverspot Cinema
Saturday, March 25, 12:15pm Lobby

Chamber Orchestra of the Triangle

at Carolina Theater
Sunday, March 26, 2pm Lobby

Art in Bloom

at the NCMA
Friday, March 31, 12:15pm Lobby

Beyond the Cedars

The Metropolitan Opera

La Traviata
at Silverspot Cinema
Saturday, March 11, 12:15pm Lobby

Sonya Yoncheva sings one of opera's most beloved heroines, the tragic courtesan Violetta, a role in which she triumphed on the Met stage in 2015, opposite Michael Fabiano as her lover, Alfredo, and Thomas Hampson as his father, Germont. Carmen Giannattasio sings later performances of the title role opposite Atalla Ayan, with the great Plácido Domingo as Germont. Nicola Luisotti conducts. Sign up at the Concierge Desk beginning March 1, deadline March 7. Cost: \$27 for ticket and transportation. Minimum 6 people, maximum 16 people.



Meredith's Miniatures at the High Point Museum

Friday, March 24, 1pm Lobby

High Point native Meredith Michener's exhibit "Meredith's Miniatures" features vignettes of real rooms, real places, the far away and the fanciful. Linger over themed scenes ranging from an authentic replica of Monet's kitchen to a fantasy garden to her very own family Christmas traditions. Marvel at the dazzling detail and intricate craftsmanship—all on a 1:12 scale. Meredith will join us on our tour. Sign up at the Concierge Desk beginning March 1, deadline March 19. Cost: \$15 for tour and transportation. Minimum 6 people, maximum 27 people. **Don't miss Meredith's lecture *The World of Miniatures* on March 14 at 3pm in the Ballroom (see page 8).**

The Metropolitan Opera

Idomeneo
at Silverspot Cinema
Saturday, March 25, 12:15pm Lobby



Mozart's first operatic masterpiece returns to the Met in the classic Jean-Pierre Ponnelle production, conducted by Music Director Emeritus James Levine. The superb ensemble includes Matthew Polenzani as the king torn by a rash vow; mezzo-soprano Alice Coote in the trouser role of his noble son Idamante; soprano Nadine Sierra as Ilia; and soprano Elza van den Heever as the volatile Elettra, who loves Idamante to the bounds of madness. Sign up at the Concierge Desk beginning March 1, deadline March 19. Cost: \$27 for ticket and transportation. Minimum 6 people, maximum 16 people.

Celebrating Valentine's Day

(left) William and Nancy Cobey, (below) James and Frankie Patton, (bottom) Joe Middleton and his son, Fran Young, Julie Allen and Virginia Page



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

Puzzle by websudoku.com

Get Involved

Accessing UNC Libraries
Saturdays, February 11 & 25, 11am Library

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

Great Books Club
2nd Mondays, 3pm Classroom

A Room of One's Own
by Virginia Woolf

Great Get-Aways

Southern Leisure Tours Presents

- ❖ "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
- ❖ "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 Eva 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.

March Birthdays

Ann Kennedy	1
Ken Hoffman	2
Caroline Ward	2
Richard Fox	3
Brent Elmore	5
John Hill	8
Joy Douglass	8
Dolores Bilangi	11
Betsy Pratt	12
Weslyn Strickland	12
Ary Reichman	14
William Reppy	14
Ann Christy	15
R. Lee Brummet	16
Annette Martin	16
Myron Liptzin	17
Maia Saaremaa	19
Millie Rolander	19
Eleanor Lamb	20
Glenda J. Gleckner	21
Anne Smith	25
Peter Page	25
Bette Israel	26
John Shedd	26
Charlotte Cooney	27
Dorothy Lavine	28
Mary Stark	29
Robert Rechholtz	29
Margery Duffey	30
Susan Link	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

Crystal Trio

Wednesday, March 1, 3pm Ballroom

In 2001 far away in Siberia, Russia, a group known as Crystal Trio began performing on crystal glass. Today these professional musicians—Igor Sklyarov, Vladimir Popras and Vladimir Perminov—play special instruments made from glass including the glass harp, verrophone and glass panflute

bass. The current repertoire includes variations of popular classical melodies of Mozart, Boccherini, Glinka, and Vivaldi, in addition to original pieces written specifically for crystal glass. The mysterious, gentle murmurs of crystal glass allow the listener to understand known melodies in a new fashion; it opens secret, unexpected sides of classical musical pieces.



The East Dance Ensemble from East Chapel Hill High School

Saturday, March 11, 3pm Ballroom

These dancers ranging in age from 15-18 will perform a variety of styles including ballet, tap, hip-hop, and contemporary. They dance regularly at their high school and are excited to perform their first community show at The Cedars. The students look forward to sharing their love and passion for dance with The Cedars residents.

Popcorn and a Movie—*Manchester by the Sea*

Monday, March 13, 3pm Ballroom

A hardened handyman named Lee (Casey Affleck) returns to his hometown in New England after the death of his brother (Kyle Chandler) to care for his 16-year-old nephew (Lucas Hedges), but his arrival also unearths his checkered past. Soon, Lee comes back into contact with his estranged wife (Michelle Williams) as he deals with life in his tight-knit former community. Kenneth Lonergan directed this family drama.

UNC Undergraduate Drama Department to Perform

Excerpts from Orange Light

Sunday, March 26, 2pm Ballroom

Orange Light, a new play by Howard L. Craft, tells the story of the September 3rd, 1991 fire at the Imperial Foods processing plant in Hamlet North Carolina.



Richard Tazewell—Pianist

Friday, March 10, 5pm Dining Lobby

Robert Griffin—Jazz Pianist

Thursdays, March 16 & 30, 5pm Dining Lobby

Exercise: A Promising Treatment for Dementia?

We know that moderate-intensity exercise, such as brisk walking, can improve thinking skills and slow their decline in older age. Now a trio of studies presented at the July 2015 Alzheimer's Association International Conference suggest that aerobic exercise may even be able to help protect your brain from Alzheimer's and other dementias, and improve your quality of life if you have the disease.

One study of 200 adults with Alzheimer's showed that those who engaged in three hour-long exercise sessions a week for 16 weeks had less anxiety, irritability, and depression and better mental speed and attention compared with those who didn't exercise. A study of 65 sedentary older adults with mild cognitive impairment showed that those who took part in 45 to 60 minutes of aerobic exercise four times a week for six months not only had better attention and planning skills, but also better blood flow to the brain and a reduction in

dangerous proteins associated with Alzheimer's disease, compared with those who only did stretching exercises. A study of 71 older adults with cognitive impairment due to vascular disease found that those who did an hour of aerobic exercise three times per week for six months improved their thinking skills, memory, and attention compared with those who did not exercise.

Opportunities for aerobic exercise at The Cedars include classes such as Water Aerobics, Cardio and Core, TGIF, and use of the treadmills, elliptical,

stationary bicycle, and NuStep in the Fitness Room. For those who prefer to exercise outside, try walking and cycling around The Cedars campus and the Meadowmont neighborhood.

Source: *Harvard Health Letter*, October 2015



Kudos to...

- ❧ Meredith Michener for her talk on *The World of Miniatures* and being our docent at the High Point Museum
- ❧ Stan Friedland for organizing the Pickelball exhibition in the Ballroom
- ❧ Don Stark for his lecture *Trending to 2020: Art, Architecture and Technology*
- ❧ Carla Jenkins for introducing us to her son McKay Jenkins, and for the talk on his book, *Food Fight: GMOs and the Future of the American Diet*
- ❧ George Kahdy for recommending the karate demonstration by George Kahdy Jr.'s Karate Team




NEW MOVE IN

Mrs. Virginia Ostrander
319 Cedar Club Circle

March 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

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


3/1 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Balance Challenge **B**
11:30am Balance Basics **B**
12:45pm Duplicate Bridge **CR**
3pm *Crystal Trio* **B**
7pm *Ladysmith Black Mambazo* **LB** 
7:45pm Cedars Cinema CHANNEL 24

3/2 Thursday

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


3/3 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
10:30am *Great Decisions Discussion* **CR** 
1pm Party Bridge **CR**
2pm *Medical Emergencies at The Cedars* **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

3/4 Saturday


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

3/5 Sunday


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

3/6 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**
1:30pm Play Group **CL**
2pm Poker **CR**
3pm *9/11 Memorial Visions /Lester Levine* **B**
6:45pm *NC Symphony at UNC* **LB** 


3/7 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
1pm 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

3/8 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Balance Challenge **B**
11:30am Balance Basics **B**
12:45pm Duplicate Bridge **CR**
3pm *Pickleball Exhibition/Clinic* **B**
7:45pm Cedars Cinema CHANNEL 24


3/9 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
1:15pm *Ansel Adams at NCMA* **LB** 
2pm *Rehab lecture with Sandy Friday* **B**
4pm Scrabble **CR**

3/10 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**
4:30pm Happy Hour **Bar**
5pm *Richard Tazewell—Pianist* **DL**
7:45pm Cedars Cinema CHANNEL 24

3/11 Saturday

9am Ping Pong **B**
11am Accessing UNC Libraries
12:15pm *Met Opera* **LB** 
3pm & 7:45pm Cedars Cinema CHANNEL 24
3pm *East Chapel Hill Dance Group* **B**

3/12 Sunday

Daylight Saving Time Begins  **SPRING AHEAD**
3pm & 7:45pm Cedars Cinema CHANNEL 24
3pm *Classical Concert Series* **B** 

3/13 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**
2pm Poker **CR**
2pm Great Books **CL**
3pm *Popcorn and a Movie* **B**

3/14 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
2pm Meditation **PD**
3pm *World of Miniatures/Meredith Michener* **B**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema CHANNEL 24

3/15 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Balance Challenge **B**

11:30am Balance Basics **B**
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema **CHANNEL 24**

3/16 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**

3/17 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Retro Dance Class **B**
1pm Party Bridge **CR**
4:30pm St. Patrick's Day Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**



3/18 Saturday

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

3/19 Sunday

3pm & 7:45pm Cedars Cinema **CHANNEL 24**
3pm Karate Demonstration **B**

3/20 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**
1:30pm Play Group **CL**
2pm Poker **CR**
3pm Trending To 2020/Don Stark **B**

3/21 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
1pm 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**

3/22 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Balance Challenge **B**
11:30am Balance Basics **B**
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema **CHANNEL 24**

3/23 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
3pm Flowers by Chagall/Vivian Jacobson **B**
4pm Scrabble **CR**

3/24 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am Great Decisions Discussion **CR**
11am TGIF Class **B**
1pm High Point Museum **LB**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

3/25 Saturday

9am Ping Pong **B**
11am Accessing UNC Libraries
12:15pm The Met Opera **LB**
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

3/26 Sunday

2pm UNC Undergrad Drama Students **B**
2pm Chamber Orchestra **LB**
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

3/27 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**
2pm Poker **CR**

3/28 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
2pm Meditation **CL**
4:30pm Line Dancing **B**
6:30pm Great Decisions Lecture **LB**
7:45pm Cedars Cinema **CHANNEL 24**

3/29 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Balance Challenge **B**
11:30am Balance Basics **B**
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema **CHANNEL 24**

3/30 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
2pm Members Meeting **B**
4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**

3/31 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am TGIF Class **B**
10:30am Great Decisions Discussion **CR**
11am TGIF Class **B**
12:15pm Art in Bloom at NCMA **LB**
3pm Food Fight/McKay Jenkins **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

❖ Pool closed weekdays
11:30—2:00 for
Aquatic Therapy



from Carolyn Taff

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

Duke Energy Ctr Fletcher Theater
919-719-0900 • Raleigh
Carolina Ballet, Vivaldi's Four
Seasons, 3/9-3/26, 8pm, some
matinees 2pm

PNC Arena
919-861-2323 • Raleigh
Stevie Nicks, Sun 3/19, 7pm

Durham Performing Arts Ctr
919-680-2787 • Durham
Steve Miller Band, Tues 3/28,
7:30pm

UNC Moser Auditorium
Hill Hall • Chapel Hill
UNC Symphony Orch. &
Carolina Choir, Winners of
concerto competition, Soprano,
Bass-baritone, cello, Thur 3/2,
7:30pm
New Music for Marimba, Sun
3/26, 6pm

Carolina Theater
Duke Performance
919-684-4444 • Durham
Stephin Merritt & The
Magnetic Fields, review of 50
years of his songs and artifacts,
Tues 3/21, & Wed 3/22
Gilbert and Sullivan's "The
Grand Duke" presented by
Durham Savoyards Thurs. 3/30-
Sun. 4/2 Varying times

Kidznotes & Black Violin
Unite Durham • 919-321-4475
Thur, 3/23, 5:30-7:30pm
Mingle, dinner, Kidznotes
Performances, Rickhouse
8-9:30pm Black Violin, Carolina
Theater, after party, Durham
Hotel

LEARNING OPPORTUNITIES



Medical Emergencies at The Cedars

Friday, March 3, 2pm Ballroom

Join your Cedars staff and visitors in learning about the resources available at The Cedars to respond to Members' medical emergencies. The presentations and Q&A session will review when you should activate your PERS and/or call 911, what you should do while waiting, and who responds when you need help. The program will also give us the opportunity to recognize and thank those who are standing by to respond to our emergency needs 24 hours a day, 7 days a week, 365 days a year.

9/11 Memorial Visions: Innovative Concepts from the 2003 World Trade Center Site Memorial Competition

with Lester J. Levine
Monday, March 6, 3pm Ballroom

In 2011, Lester J. Levine spent nearly seven months being the only person to ever review all 5,201 entries to the 2003 World Trade Center Memorial Design Competition. In that research, he identified several hundred designs that challenged the traditional ideas of a public memorial. He spent the next four years seeking and interviewing the creators of these entries to better understand the creative response to horrific events and the evolving concept of a memorial. **Books will be available for purchase, please bring cash or checks.**

Pickleball Anyone??

Wednesday, March 8, 3pm Ballroom (rescheduled from December)

The sport that is sweeping the country is coming to The Cedars! A modified form of tennis, it has surged in popularity throughout the country, especially by seniors, who are playing it in increasing numbers. We need look no farther than Chapel Hill to find two of its leading "Ambassadors," who have led the way in play and instruction so that the Chapel Hill Pickleball Association is now a large and active group. Both of these Ambassadors will be here to give a pickleball exhibition and clinic for any of our Members who are interested in this most enjoyable game. Put your sneakers on and come on down for this attractive event. If we then have a sizable interest afterwards, we can start to enjoy regular pickleball play sessions right in the comfort of our Ballroom! Call Stan Friedland at 919-259-7089 with questions.

The World of Miniatures

with Meredith Michener
Tuesday, March 14, 3pm Ballroom

Come explore the big wonders of a small world with miniaturist and Cedars Member Meredith Michener. Meredith will share her passion for all things miniature which emerged from a "togetherness" project with her grandchildren. Learn about the history of this craft dating back to the 15th Century and how it has evolved to become the featured exhibit at many popular museums around the world. Meredith will cover these topics and share her personal journey through 14 of her favorite creations. **The lecture will be followed by a trip to the High Point Museum on March 24 to view Meredith's Miniatures, a permanent collection which boasts one of the largest individual exhibits in the country featuring 30 remarkable scenes (see page 2).**

Karate Demonstration

with *George Kahdy Jr.'s Karate Team*
Sunday, March 19, 3pm Ballroom

The Knightdale Martial Arts demonstration will show how ancient day martial arts can be applied to present day self-defense. They have a diversity of students in size, shape, age, and ability. Knowledge and technique erases these differences. There are three main components of martial arts training: (1) Kata—an imaginary fight between one or more opponents; (2) Kobudo—weapons; and (3) Kumite—fighting or sparring.

Trending to 2020: Art, Architecture and Technology

with *Don Stark*
Monday, March 20, 3pm Ballroom

You call a taxi, it arrives, the door opens, a voice confirms your name and destination, you enter. There is no human driver. The voice promises you a good trip. Would you accept or try to bail out? Beyond your smart phone, you may already have other devices that answer questions you may ask. These gadgets may perform services by using some early form of Artificial Intelligence (AI). The pace of technological change is accelerating, perhaps foretelling the coming of a technology tsunami. We will look at a few trends in art and architecture, 3-D printing, Artificial Intelligence, robots and drones to suggest some remarkable changes over the next five or so years.

Flowers by Chagall

with *Vivian Jacobson*
Thursday, March 23, 3pm Ballroom

“Art is the increasing effort to compete with the beauty of flowers—and never succeeding.” Such were the words of Marc Chagall. A passion for nature in the form of flowers, trees, birds and animals fills the artworks of Chagall. His love of flowers and his interpretation of these wonders of



nature are found in every form of his magnificent creations. This lecture will describe how Chagall brought his love of flowers to his numerous works of art. Flowers were present in his studio to give him inspiration and for making his artistic ideas become reality. Vivian Jacobson was honored to work closely with Chagall on major international projects during the last 11 years of his life. Since 1978, Jacobson has lectured on her experiences with the man whose works continue to touch the lives of individuals around the globe. **Books will be available for purchase, please bring cash or checks.**

Food Fight: GMOs and the Future of the American Diet

with *McKay Jenkins*
Friday, March 31, 3pm Ballroom

McKay Jenkins, son of Member Carla Jenkins, has been writing about people and the natural world for 30 years. He is the author of the forthcoming book *Food Fight: GMOs and the Future of the American Diet*. Jenkins is currently the Cornelius Tilghman Professor of English, Journalism and Environmental Humanities at the University of Delaware, where he has won the Excellence in Teaching Award. **Books will be available for purchase, please bring cash or checks.**

ANNOUNCEMENTS

Protect the Skin You're In with Sandy Friday

Thursday, March 9, 2pm Ballroom

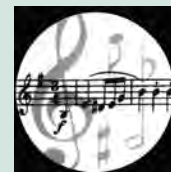
For more information contact Sandy Friday, Rehab Manager, at 919-259-7907.

Jewelry Repair with Eva Mogenson

Friday, March 10, 1-2pm Art Studio

2016/17 Classical Concert Series

We are pleased to have Pianist John Salmon as our soloist on March 12. Dr. Salmon studied at TCU, Hochschule für Musik in Freidburg, Germany, and Juilliard, and he holds a DMA from the University of Texas at Austin. He spices his classical programs with a touch of Brubeck “classical jazz.” Don't forget your yellow pass. Ballroom opens at 2:30pm. Questions? Call Connie Eby at 919-259-7808 or email cteby@mindspring.com.



Walk with a Doc

Saturday, March 18, 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

Postcards from the Edge

Wednesday, March 1 & Friday, March 3, 7:45pm

Saturday, March 4, 3pm • R

Carrie Fisher's confessional novel, about a woman who becomes addicted to drugs while pursuing an acting career, makes a biting funny transition to the silver screen. Starring Meryl Streep, Shirley MacLaine and Dennis Quaid. (1990)
SUBTITLES NOT AVAILABLE

Denial

Tuesday, March 7 & Saturday, March 11, 7:45pm

Sunday, March 12, 3pm • PG-13

In the 1990s, well-known Holocaust denier David Irving sued historian Deborah Lipstadt, issuing a complaint under British law requiring proof that the atrocity actually took place. Starring Rachel Weisz and Tom Wilkinson. (2016)

Inferno

Wednesday, March 8 & Friday, March 10, 7:45pm

Saturday, March 11, 3pm • PG-13

Tom Hanks returns as symbologist Robert Langdon. This time, Langdon awakens in an Italian hospital with no memory of the past few days and finds himself in a race to stop a madman from unleashing a plague on the world. (2016)

The Singing Revolution

Tuesday, March 14 & Saturday, March 18, 7:45pm

Sunday, March 19, 3pm • NR

This documentary recounts Estonia's fight for freedom from Soviet occupation, telling the story of the hundreds of thousands of protestors who gathered in public to voice their dissent through song. (2006)
SUBTITLES NOT AVAILABLE

Ordinary People

Wednesday, 15 & Friday, March 17, 7:45pm

Saturday, March 18, 3pm • R

Everything is in its proper place in the Jarrett household, except

the past. Mary Tyler Moore is mother Beth Jarrett, whose son has died, leaving her with another son (Timothy Hutton) she can barely tolerate. (1980)

Kubo and the Two Strings

Tuesday, March 21 & Saturday, March 25, 7:45pm

Sunday, March 26, 3pm • PG

Young Kubo's peaceful existence is upended when he conjures a spirit from the past and finds himself on the run from a horde of gods and monsters. With Charlize Theron and Ralph Fiennes. (2016)

Thoroughly Modern Millie

Wednesday, March 22 & Friday, March 24, 7:45pm

Saturday, March 25, 3pm • G

Julie Andrews is Millie Dillmount, who comes to New York during the "roaring twenties" in search of a job and an unattached boss. Before you can say "23 skidoo," Millie befriends Mary Tyler Moore and comes across a white slavery plot. (1967) SUBTITLES NOT AVAILABLE

Deepwater Horizon

Tuesday, March 28 & Saturday, April 1, 7:45pm

Sunday, April 2, 3pm • PG-13

Replaying the explosion of the Deepwater Horizon oil rig in 2010, this drama recounts the experiences of the 126 crew members and their acts of courage. Starring Mark Wahlberg and Kurt Russell. (2016)

The Light Between Oceans

Wednesday, March 29 & Friday, March 31, 7:45pm

Saturday, April 1, 3pm • PG-13

A lighthouse keeper and his wife live together in married bliss on a rugged island off the coast of Australia. But their world is turned upside down when a drifting lifeboat washes ashore with a crying baby in it. The dilemma the couple now face will echo far beyond the island. (2016)
SUBTITLES NOT AVAILABLE

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

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 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

Parkinson's Support Group

2nd Wed 10:00 **CL**

Carol Fox 804-370-5740

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



The Cedars Scholarship Program Springs Into Action

Beautify your home. Check your pigeonholes for the Plant Sale Order Form and fill out today! Call Anne Boyer with questions at 919-259-7800.



Unclutter with the "Second Time Around" Tag Sale

May 19 & 20

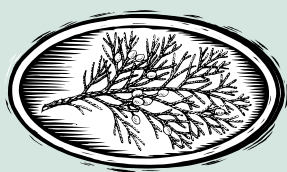
Details coming soon! Call Hope Council with questions at 919-259-7606.

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*

date	day	activity	time	location
3/1	Wednesday	Crystal Trio	3pm	Ballroom
3/1	Wednesday	Ladysmith Black Mambazo at DPAC	7pm	Lobby
3/2	Thursday	Cedars University <i>Great American Music: Broadway Musicals</i>	11am	Ballroom
3/3	Friday	Great Decisions Discussion	10:30am	Cardroom
3/3	Friday	Medical Emergencies at The Cedars	2pm	Ballroom
3/5	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
3/6	Monday	9/11 Memorial Visions with Lester J. Levine	3pm	Ballroom
3/6	Monday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
3/7	Tuesday	Great Decisions Lecture	6:30pm	Lobby
3/8	Wednesday	Pickleball Exhibition/Clinic	3pm	Ballroom
3/9	Thursday	Cedars University <i>Great American Music: Broadway Musicals</i>	11am	Ballroom
3/9	Thursday	<i>Ansel Adams: Masterworks</i> at NCMA	1:15pm	Lobby
3/10	Friday	Great Decisions Discussion	10:30am	Cardroom
3/10	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
3/11	Saturday	The Metropolitan Opera— <i>La Traviata</i>	12:15pm	Lobby
3/11	Saturday	East Chapel Hill Dance Group	3pm	Ballroom
3/12	Sunday	2016-17 Classical Concert Series	3pm	Ballroom
3/13	Monday	Popcorn and a Movie <i>Manchester by the Sea</i>	3pm	Ballroom
3/14	Tuesday	<i>The World of Miniatures</i> with Meredith Michener	3pm	Ballroom
3/16	Thursday	Cedars University <i>Great American Music: Broadway Musicals</i>	11am	Ballroom
3/16	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
3/18	Saturday	Carolina Ballet	1pm	Lobby
3/19	Sunday	Karate Demonstration by George Kahdy Jr.'s Karate Team	3pm	Ballroom
3/20	Monday	<i>Trending to 2020: Art, Architecture and Technology</i> with Don Stark	3pm	Ballroom
3/21	Tuesday	Great Decisions Lecture	6:30pm	Lobby
3/23	Thursday	Cedars University <i>Great American Music: Broadway Musicals</i>	11am	Ballroom
3/23	Thursday	<i>Flowers by Chagall</i> with Vivian Jacobson	3pm	Ballroom
3/24	Friday	Great Decisions Discussion	10:30am	Cardroom
3/24	Friday	<i>Meredith's Miniatures</i> at High Point Museum	1pm	Lobby
3/25	Saturday	The Metropolitan Opera— <i>Idomeneo</i>	12:15pm	Lobby
3/26	Sunday	Chamber Orchestra	2pm	Lobby
3/26	Sunday	UNC Undergrad Drama Performance	2pm	Ballroom
3/28	Tuesday	Great Decisions Lecture	6:30pm	Lobby
3/30	Thursday	Cedars University <i>Great American Music: Broadway Musicals</i>	11am	Ballroom
3/30	Thursday	Members Meeting	2pm	Ballroom
3/30	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
3/31	Friday	Great Decisions Discussion	10:30am	Cardroom
3/31	Friday	<i>Art in Bloom</i> at NCMA	12:15pm	Lobby
3/31	Friday	<i>Food Fight: GMOs and the Future of the American Diet</i> with McKay Jenkins	3pm	Ballroom