



May 2017 • VOLUME 14 • ISSUE 5

The Cedars Post

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Camden and Burke

by Kathy Soule Burk

This month's counties, Camden and Burke, are different from each other and far apart. Camden is a small (241 square miles), slender county in the north-eastern part of the Coastal Plain; Burke is a large (507 square miles) county in the Mountain Region, at the other end of the state. The Cedars' building Camden is the 600 villa and Burke is the 400 veranda.

Camden County was formed in 1777 from Pasquotank County and named for Sir Charles Pratt (1714-1794), Earl of Camden. Camden had a long career as lawyer, judge, and even "on the woosack" as Lord Speaker of the House of Lords and, in general, asserted the rights of ordinary people. His maiden speech in the House of Lords was on the disaffection made manifest in America by passage of the Stamp Act. In a later speech he maintained that its taxation without representation was sheer robbery. Later he protested against the Tea Act, which reduced the Stamp Act taxes to only a duty on tea but which led to the Boston Tea Party.

One end of the county abuts Virginia; the other touches on Albemarle Sound. The county seat is Camden. A section of the Great Dismal Swamp National Wildlife Refuge covers part of Camden County. Boating, fishing, swimming, and waterfowl, along with wild turkeys, attract tourists.

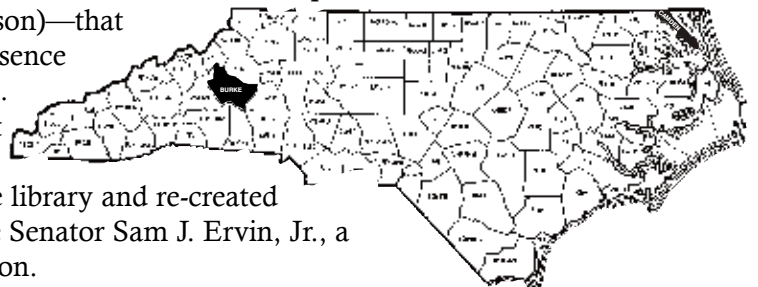
Moving to Burke at the other end of the state, we find a fairly large county. But it was a good deal larger when formed in 1777. Up to 1834, portions of Burke became parts of eight other counties, including Alexander.

Catawba and Cherokee Indians inhabited Burke County when English, Scotch-Irish, and German settlers first moved in. In the late 1700s and early 1800s many of these settlers came from Pennsylvania through the Shenandoah Valley. After the Civil War the Southern Railroad was built through Burke, bringing some industrial development and contact with the rest of the state.

The county is named for Thomas Burke, delegate to the Continental Congress and governor of the state in 1781 and 1782. Morganton, the county seat, was named for General Daniel Morgan, the Revolutionary War hero who led troops at the battles of King's Mountain and Cowpens.

Burke contains several large state parks and the Linville Gorge Wilderness Area. It also contains enough state institutions—NC School for the Deaf, Broughton Hospital, Western Carolina Hospital, and Western Correctional Center (a state prison)—that there is a large presence of state employees.

Western Piedmont Community College houses the library and re-created office of long-time Senator Sam J. Ervin, Jr., a native of Morganton.



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:

Last Words: Bach's Final Musical Expression

at Duke University Chapel
Sunday, May 7, 4pm Lobby

UNC Athletic Facilities Tour

Monday, May 8, 1:15pm Lobby

NC Symphony

at UNC Memorial Hall
Thursday, May 11, 6:45pm Lobby

The Metropolitan Opera: Der Rosenkavalier

at Silverspot Cinema
Saturday, May 13, 12:15pm Lobby

Carolina Ballet

Saturday, May 20, 1pm Lobby

Nina Chanel Abney: Royal Flush

at the Nasher Museum of Art at Duke University
Tuesday, May 23, 1:30pm Lobby

Great Get-Aways

Southern Leisure Tours Presents

- ❖ D-Day Anniversary Special, American Armoured Foundation Tank Museum, Danville, VA
June 3
- ❖ The Barter Theater, Abingdon, VA
July 19-21
- ❖ North Carolina Music Hall of Fame, Kannapolis, NC
July 25

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.

Beyond the Cedars



Last Words: Bach's Final Musical Expression with Chapel Organist Christopher Jacobson

at Duke University Chapel
Sunday, May 7, 4pm Lobby

As part of the year of celebration of the re-opening of Duke Chapel, Chapel Organist Christopher Jacobson presents 14 performances featuring the Complete Organ Works of Johann Sebastian Bach (over 260 pieces of music). Entitled "Last Words" the program will feature the great Passacaglia in C minor, as well as the last piece Bach ever wrote, "Vor deinen thron" (Before thy throne I now appear). As Bach lay on his death bed he dictated this piece

note by note to his son. It represents the great master's final musical utterance before his passing. Sign up at the Concierge Desk, deadline May 4. Cost: \$7 for transportation, free admission. Minimum 6 people, maximum 28 people.

The Metropolitan Opera *Der Rosenkavalier*

at Silverspot Cinema
Saturday, May 13, 12:15pm Lobby

The dream cast of Renée Fleming, in her final Met performance, as the Marschallin and Elīna Garanča as Octavian star in Strauss's grandest opera. In his new production, Robert Carsen, the director behind the Met's recent Falstaff, places the action at the end of the Habsburg Empire, underscoring the opera's subtext of class and conflict against a rich backdrop of gilt and red damask, in a staging that also stars Günther Groissböck as Baron Ochs. Sebastian Weigle conducts the sparkingly perfect score. Sign up at the Concierge Desk beginning May 1, deadline May 8. Cost: \$27 for ticket and transportation. Minimum 6 people, maximum 16.

Nina Chanel Abney: Royal Flush

at the Nasher Museum of Art at Duke University
Tuesday, May 23, 1:30pm Lobby

The Nasher Museum presents *Nina Chanel Abney: Royal Flush*, the first solo exhibition in a museum for the Chicago-born artist. The exhibition is a ten-year survey of approximately 30 of the artist's paintings, watercolors and collages. Abney has also painted a large wall mural on the entrance wall of the exhibition. Abney, born in 1982, is at the forefront of a generation of artists that is unapologetically revitalizing narrative figurative painting, and as a skillful storyteller, she visually articulates the complex social dynamics of contemporary urban life. **Disclaimer: The exhibition offers some challenging material related to race relations in the U.S. Her artwork asks a lot of hard questions, and features quite a bit of nudity, profanity and violence.** Sign up at the Concierge Desk beginning May 1, deadline May 19. Cost: \$13 for docent tour and transportation. Minimum 6 people, maximum 15 people.



George Kahdy with his son and granddaughter after their karate demonstration in the Ballroom



The World of Miniatures lecture with Meredith Michener



Members take a watercolor series with Becky Raye Russell



from Carolyn Taff

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

Duke Baldwin Auditorium
919-684-4444 • Durham
Eighth Blackbird, contemporary classical sextet, Sat. 5/6, 8pm

St. Paul's Lutheran Church
919-489-0421 • Durham
Leonard Bernstein: An American Original
Triangle Jewish Chorale
Candide, West Side Story, Chichester Psalms & more
Sun. 5/21, 3–5pm

Durham Performing Arts Ctr.
919-680-2787 • Durham
Chicago the Musical, Fri. 5/12–Sun. 5/14, varying times
Finding Neverland, Tues. 5/23–Sun. 5/28, varying times
The Tenors, Wed. 5/17, 7:30pm

Durham Arts Council
919-560-2787 • Durham
Durham Savoyards Public Sing Through, Trial By Jury, Sun. 5/7, 2pm

Carolina Theater
919-684-3898 • Durham
Christopher Cross, Mon. 5/1, 8pm
Loretta Lynn, Fri. 5/5, 8pm
Pete Seeger: The Storm King
Sat. 5/13, 8pm

Shakori Hills
919-542-8142 • Pittsboro
GrassRoots Festival of Music & Dance
Thurs. 5/4–Sun. 5/7

May Birthdays

Esther Lederman	3
Katherine Bick	3
Suzanne Bullock	3
Lucia Headen	3
Rachel Hackney	5
John Totoiu	5
Jane Church	5
Arthur Rolander	7
Pressly Millen	7
Mignon DeBerry	9
Henry Saye	10
Jacob Mathai	10
Thad Beyle	11
Sarah Kittner	13
Nancy Millen	14
Byron Hollinshead	14
Marjorie Wollman	14
Anne Mathai	15
Ron Toelle	18
Pearl Schechter	18
Louis Taff	19
Laurence Cobb	20
Rhonda Innes	21
Bart Bielawski	22
Martha Reed	23
Janet Clegg	23
Ethel Amacher	24
Weezie Oldenburg	26
Karin Fang	27
Mary Ann Van Kampen	29

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

Let's Celebrate

Derby Day "Run for the Roses"

Saturday, May 6, 5:30-7pm Ballroom

Wear your Derby hats and sip mint juleps while watching coverage of the 143rd running of the Kentucky Derby. Place a wager on your favorite horse and cheer your pick on to victory. Wine and heavy hors d'oeuvres will be served. Prizes will be awarded for the most outrageous Derby hats! Post time for the race is 6:34pm.



Mother's Day Brunch with Gabriel Pelli and Dave Smith of the Onyx Club Boys

Sunday, May 14, 11:30am Dining Lobby

Gabriel Pelli and Dave Smith form the core of the larger Onyx Club Boys band. The two are rooted in the Gypsy Jazz sounds of 1930's Paris and Stuff Smith's New York City Swing. However, being from 21st Century North Carolina, their diverse

influences take the music beyond borders. It's a trip around the world, which will make you swoon, tap your feet, and realize how universally similar music really is.

Popcorn and a Movie *LA LA LAND*

Monday, May 29, 3pm Ballroom

Written and directed by Academy Award® nominee Damien Chazelle, *LA LA LAND* tells the story of Mia (Emma Stone), an aspiring actress, and Sebastian (Ryan Gosling), a dedicated jazz musician, who are struggling to make

ends meet in a city known for crushing hopes and breaking hearts. Set in modern day Los Angeles, this original musical about everyday life explores the joy and pain of pursuing your dreams.



Robert Griffin—Jazz Pianist
Thursdays, May 11 & 25, 5pm Dining Lobby



Richard Tazewell—Pianist
Friday, May 19, 5pm Dining Lobby



The DuBose Art Gallery invites you and your guests to enjoy the exhibit scheduled for opening Mothers' Day, Sunday May 14. The exhibit will include artistic pieces by your friends and neighbors: Julie Allen (left), Traute Cameron (center) and John Spitznagel (right).



Sign up at the Concierge Desk and meet the artists on May 26. Complimentary transportation back and forth to the gallery will be provided from 10-11am and 3-4pm.

Sudoku Puzzle

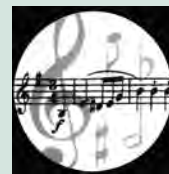
Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating: Medium

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

Puzzle by websudoku.com

2017/18 Classical Concert Series



Subscription forms for the 2017/18 Cedars Classical Concert Series will be distributed to all Cedars Members in early May. Whether you are a current subscriber or wish to be one next season, please complete and return your form to the "ballot box" located in the Clubhouse lobby. Call Connie Eby at 919-259-7808 if you have questions.

Cedars Young Artist Classical Concert Series

Thursday, May 4, 7:30pm Ballroom

We are pleased to announce that pianist Gabriel Crist is leading this summer's Young Artist Series at The Cedars. His program will include works by Haydn, Chopin, Debussy, and Gershwin. Gabriel was born in North Carolina in 2003 and lives with his parents in Durham. He is a pianist, cellist and composer and has studied piano performance with Mimi Solomon, a soloist, teacher and chamber musician.




Friday, May 19, 10am & Saturday, May 20, 8:30am Ballroom

Have you cleaned out your closets, drawers and cabinets lately? There's still time to donate to the Tag Sale! Call Hope Council 919-259-7606, Ginny Page 919-259-7119 or Peggy Cooper 919-259-7455.

May 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



5/1 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**



5/2 Tuesday

9:45am Sit and Be Fit **B**
10am Golf Croquet **GL**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
2pm Mah Jongg **CR**
2pm Meditation **PD**
7:45pm Cedars Cinema **CHANNEL 24**

5/3 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**

5/4 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**  
4pm Scrabble **CR**
7:30pm *Young Artist Concert Series B*

5/5 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**

5/6 Saturday

9am Ping Pong **B**
10am Bocce **GL**
11am Accessing UNC Libraries
3pm & 7:45pm Cedars Cinema **CHANNEL 24**
5:30pm *Derby Day "Run for the Roses" B*

5/7 Sunday

2pm *Chamber Orchestra LB* 
3pm & 7:45pm Cedars Cinema **CHANNEL 24**
4pm *Berlioz' Te Deum and Poulenc's Gloria at Duke LB* 

5/8 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**  
1:15pm *UNC Athletic Facilities Tour LB* 
2pm Poker **CR**
2pm Great Books **CL**

5/9 Tuesday


8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
10am Golf Croquet **GL**
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**



5/10 Wednesday

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


5/11 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Aquatic Therapy **P**  
2pm *Rehab Lecture with Sandy Friday B*
4pm Scrabble **CR**
5pm *Robert Griffin—Jazz Pianist DL*
6:45pm *NC Symphony at UNC LB* 

5/12 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**

5/13 Saturday

9am Ping Pong **B**
10am Bocce **GL**
12:15pm *The Met Opera LB* 
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

5/14 Sunday

11:30am *Mother's Day Brunch Duo DL*
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

5/15 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Cardio and Core **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**  
1:30pm Play Group **CL**
2pm Poker **CR**

3pm Palaces of Rajasthan and Taj Mahal with Herb Cooper B

5/16 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
10am Golf Croquet **GL**
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

5/17 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

5/18 Thursday

8am Art Open Studio **S**
11:30am Aquatic Therapy **P** 📖 ❖
4pm Scrabble **CR**

5/19 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
10am *Second Time Around Tag Sale* **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

5/20 Saturday

8:30am *Second Time Around Tag Sale* **B**
10am Bocce **GL**
11am Accessing UNC Libraries
1pm Carolina Ballet **LB** 📖
3pm & 7:45pm Cedars Cinema CHANNEL 24

5/21 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

5/22 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 *Earthcaster with Thomas Sayre B*

5/23 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
10am Golf Croquet **GL**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P** 📖 ❖
1:30pm *Nina Chanel Abney at the Nasher LB* 📖
2pm Mah Jongg **CR**
2pm Meditation **CL**
7:45pm Cedars Cinema CHANNEL 24

5/24 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 *Southern India with Herb Cooper B*
7:45pm Cedars Cinema CHANNEL 24

5/25 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*

5/26 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

5/27 Saturday

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

5/28 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

5/29 Monday

Memorial Day

All Fitness Classes Cancelled

8am Art Open Studio **S**
9am Ping Pong **B**
9am Library Workday **L**
10:30am Knit & Stitch **CR**
2pm Poker **CR**
3pm *Popcorn and a Movie—La La Land B*



5/30 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
10am Golf Croquet **GL**
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

5/31 Wednesday

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

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



**Practicing
Mindfulness:
An Introduction to
Meditation**

Taught by Professor Mark W. Muesse, Ph.D., Rhodes College
Thursdays, May 25-August 10, 11am
Ballroom

What is meditation? For thousands of years, human beings have practiced refined techniques of mental focusing, designed to change the habitual conditioning of the mind. Central to many spiritual and philosophical traditions and known in English as “meditation,” these practices are considered a major means for enhanced awareness and self-mastery.

Award-winning Professor Mark W. Muesse of Rhodes College teaches you the principles and techniques of sitting meditation, the related practice of walking meditation, and the highly beneficial use of meditative awareness in many important activities, including eating and driving. As a major strength of the course, you learn in depth how to use the skills of meditation in working with thoughts and emotional states, in deepening sensory awareness of the body, and in becoming deeply attentive to the operation of your mind. Emphasizing clarity and practical understanding, this course will leave you with a solid basis for your own meditation practice and for bringing meditation’s remarkable and empowering benefits to every area of your life.

LEARNING OPPORTUNITIES



Palaces of Rajasthan and Taj Mahal (Part 1)

with Herb Cooper
Monday, May 15, 3pm Ballroom

Come, sit back and relax as we take the journey of a lifetime through Rajasthan (The Land of the Kings) on the world-famous Palace on Wheels. We will visit the palaces of the Maharajah’s of Rajasthan. See their art, architecture and experience the enormous wealth and power of the Rajput royalty. Ride elephants to see the Amber Fort and journey into the Thar Desert on camels to watch the sunset. We will take an early morning trip through the famous Keoladeo Bird Sanctuary and go into the wild to hunt for the magnificent Royal Bengal Tiger. The trip will culminate in Agra, where you will be able to experience

the awe of your first glimpse of the Taj Mahal and watch the Taj Mahal change colors as the sun sets on this incredible journey.

Southern India (Part 2)

with Herb Cooper
Wednesday, May 24, 3pm Ballroom

In the second segment of our visit to India we will fly south to the beautiful state of Kerala. We will attend a Hindu wedding and then travel by car with our driver to the tip of India, heading north to see the temples of Tamil Nadu, Madurai and Rameswaram. Then on to the tea and spice plantations before returning to the coast and floating through the backwaters of Kerala on our private boat with captain, cabin boy and gourmet chef. We will end our trip with a visit to the ancient city of Cochin.

Earthcaster

with Thomas Sayre
Monday, May 22, 3pm Ballroom

Working out of a repurposed warehouse in Raleigh, artist and designer Thomas Sayre has been creating public art installations for decades around the world. “My artwork is also part of a larger spiritual pursuit of balance,” Sayre explains. Through a process he calls “earthcasting,” Sayre explores the differences



between forms made by nature and those made by humans. We will screen the 56-minute documentary *Earthcaster* (produced by Carrboro-based Minnow Media and its creative team of Donna Campbell and Georgann Eubanks) and Sayre will answer questions afterwards. **A wine reception will follow.**

CEDARS FITNESS

May is National Senior Health and Fitness Month

This month, Cedars Members can join the fun and effective Miler's Club, try new fitness

activities and learn about the UNC athletic program on a tour of its facilities.

Miler's = Motivation!

Research shows that tracking progress is highly effective when working toward a goal. The Cedar's Miler's Club offers a fun way to track your daily exercise and stay motivated as you "walk around the world" for your health. As a "Miler," you record your daily exercise on a chart outside the Fitness Room.

Many different activities, such as fitness classes, walking, swimming, ping pong and more are converted into "miles." Each Member's mileage will be tallied until the group reaches its destination. The top two Milers will have their names engraved on a plaque displayed in the lower lobby of the Clubhouse.

A new Miler's Club tour will begin on May 22. Sign up at the Concierge Desk, deadline May 16. Want to learn more? Come to the Miler's Club Fireside Chat with Julie Hardison on Tuesday, May 9 at 11am in the Cardroom. Light refreshments will be served.

"Check It Out" Challenge

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

To encourage Cedars Members to try new physical activities, there will be a friendly competition during the month of May. In the "Check it Out" Challenge, Members will receive a blank calendar to record dates on which they try a new activity for the first time. The Member with the most new pursuits will win a Dick's Sporting Goods gift card.

UNC Athletic Facilities Tour

Monday, May 8, 1:15 Lobby

The University of North Carolina is home to some of the finest athletic programs in the country and its athletic facilities are equally notable. On May 8, Cedars Members will have the opportunity to tour some of its most recognized, picturesque and state-of-the-art sports venues. Sign up at the Concierge Desk, deadline May 3. Cost: \$4 for transportation. Minimum 5 people, maximum 25 people.

A calendar of all fitness activities for the month of May will be delivered to Members' pigeonholes. Call Julie Hardison, Fitness Coordinator, at 919-259-7922 with questions.

ANNOUNCEMENTS

Eating for a Sharper Mind with Sandy Friday

Thursday, May 11, 2pm Ballroom

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

Jewelry Repair with Eva Mogenson

Friday, May 12, 1-2pm Art Studio

Coffee Shop Grand Opening

Mondays and Wednesdays, 10:30am-3pm



The Fountain View Room will be transformed into The Coffee Shop beginning Monday, May 15. It will be an informal gathering place to enjoy your cup of coffee alone, to catch up with old friends, or to make some new ones. Please call Ashley Beale at 919-259-7735 with questions or if you need a buddy to head over to the coffee shop with you.

Walk with a Doc

Saturday, May 20, 10am, UNC Wellness Center at Meadowmont

Gather at the UNC Wellness Center to take a one-mile walk. A doctor from the Thurston Arthritis Research Center will join 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

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

The Philadelphia Story

Tuesday, May 2 & Saturday, May 6, 7:45pm

Sunday, May 7, 3pm • NR

Socialite Tracy Lord (Katharine Hepburn) prepares to remarry, but her ex (Cary Grant) and a reporter (James Stewart) have other ideas in this screwball romance. (1940)

Jackie

Wednesday, May 3 & Friday, May 5, 7:45pm

Saturday, May 6, 3pm • R

Reeling from her husband's assassination in Dallas, Jacqueline Kennedy (Natalie Portman), battles through exhaustion, overwhelming heartache and anger to preserve his legacy, and to define her own. (2016)

The Sound of Music

Tuesday, May 9 & Saturday, May 13, 7:45pm

Sunday, May 14, 3pm • G

A feisty postulant (Julie Andrews) is sent to care for the unruly Von Trapp children. She soon tames them and finds herself falling for their stern father (Christopher Plummer). (1965)

SUBTITLES NOT INCLUDED

Tootsie

Wednesday, May 10 & Friday, May 12, 7:45pm

Saturday, May 13, 3pm • PG

Michael Dorsey (Dustin Hoffman) transforms himself into a woman to get hired on a soap opera. But Michael has a problem when his alter ego, Dorothy, becomes television's hottest ticket. Also starring Jessica Lange and Teri Garr. (1982)

Patriots Day

Tuesday, May 16 & Saturday, May 20, 7:45pm

Sunday, May 21, 3pm • R

A bombing at the 2013 Boston Marathon sets off a citywide manhunt. With residents devastated by the events, the Boston Police Department zero in on two suspects. Starring Mark Walberg, Kevin Bacon and John Goodman. (2016)

Lion

Wednesday, May 17 & Friday, May 19, 7:45pm

Saturday, May 20, 3pm • PG-13

In this true story, 5-year-old Saroo loses his way in Kolkata. More than two decades later, new technology prompts a search for his family in India. Starring Dev Patel, Rooney Mara and Nicole Kidman. (2016)

Chocolat

Tuesday, May 23 & Saturday, May 27, 7:45pm

Sunday, May 28, 3pm • PG-13

A mother and her daughter open a chocolate shop during Lent. At first, the shop's sensuous desserts scandalize the town, but they learn to savor the sweetness. Starring Juliette Binoche and Johnny Depp. (2000)

Eleanor Roosevelt: American Experience

Wednesday, May 24 & Friday, May 26, 7:45pm

Saturday, May 27, 3pm • NR

Admired for expanding the first lady's role, Eleanor Roosevelt overcame her share of obstacles. This is a comprehensive portrait of one of history's most fascinating subjects. (1999) SUBTITLES NOT INCLUDED

The Great Escape

Tuesday, May 30 & Saturday, June 3, 7:45pm

Sunday, June 4, 3pm • NR

Based on a true story, this adventure centers on a plan by Allied officers to stage a massive breakout, this time from an ostensibly escape-proof German prison camp. Starring Steve McQueen and James Garner. (1963)

Fences

Wednesday, May 31 & Friday, June 2, 7:45pm

Saturday, June 3, 3pm • PG-13

In 1950s Pittsburgh, Troy Maxson struggles to raise his family in the face of being a talented baseball player denied the opportunity to play because of his race. Starring Denzel Washington and Viola Davis. (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 10:00 **GL**

Norman and Rhonda Innes

919-259-7150

Great Books Club

2nd Mon 2:00 **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

Get Involved

Accessing UNC Libraries

Saturdays, May 6 & 20, 11am Library

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

Kudos to...

- ☞ Eileen Preiss for recommending the outing to the Nasher Museum of Art to see the *Nina Chanel Abney: Royal Flush* exhibit
- ☞ Herb Cooper for his presentations on the Palaces of Rajasthan and the Taj Mahal and Southern India
- ☞ All the Members who organized and donated to the Second Time Around Tag Sale
- ☞ Kit Bick for suggesting the Earthcaster presentation with Thomas Sayre

NEW MOVE INS

Tom and Janet Clegg
104 Cedar Pond Lane

Jim Howard
526 Cedar Club Circle

Charles and Ross Baker
323 Cedar Berry Lane

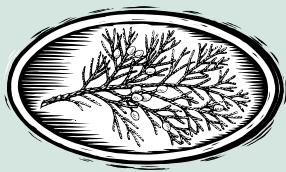
Mark and Linda Luftig
422 Cedar Club Circle

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>
5/4	Thursday	Cedars University <i>Great American Music: Broadway Musicals</i>	11am	Ballroom
5/4	Thursday	Young Artist Classical Concert Series	7:30pm	Ballroom
5/6	Saturday	Derby Day “Run for the Roses”	5:30pm	Ballroom
5/7	Sunday	Chamber Orchestra	2pm	Lobby
5/7	Sunday	<i>Last Words: Bach’s Final Musical Expression</i> at Duke University Chapel	4pm	Lobby
5/8	Monday	UNC Athletic Facilities Tour	1:15pm	Lobby
5/9	Tuesday	Miler’s Club Fireside Chat with Julie Hardison	11am	Cardroom
5/11	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
5/11	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
5/13	Saturday	The Met Opera— <i>Der Rosenkavalier</i>	12:15pm	Lobby
5/14	Sunday	Mother’s Day Brunch Duo: Gabriel Pelli and Dave Smith of the Onyx Club Boys	11:30am	Dining Lobby
5/15	Monday	<i>Palaces of Rajasthan and Taj Mahal</i> with Herb Cooper	3pm	Ballroom
5/19	Friday	Second Time Around Tag Sale	10am	Ballroom
5/19	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
5/20	Saturday	Second Time Around Tag Sale	8:30am	Ballroom
5/20	Saturday	Carolina Ballet	1pm	Lobby
5/22	Monday	<i>Earthcaster</i> with Thomas Sayre	3pm	Ballroom
5/23	Tuesday	<i>Nina Chanel Abney: Royal Flush</i> at the Nasher	1:30pm	Lobby
5/24	Wednesday	<i>Southern India</i> with Herb Cooper	3pm	Ballroom
5/25	Thursday	Cedars University <i>Practicing Mindfulness: An Introduction to Meditation</i>	11am	Ballroom
5/25	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
5/25	Thursday	Members Meeting	2pm	Ballroom
5/29	Monday	Popcorn and a Movie— <i>LA LA LAND</i>	3pm	Ballroom