



June 2017 • VOLUME 14 • ISSUE 6

The Cedars Post

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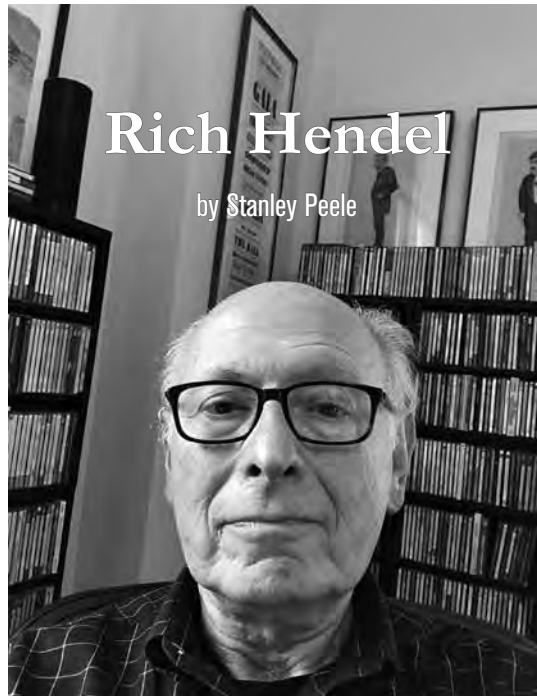
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The Cedars Post is a monthly publication of The Cedars of Chapel Hill Club, Inc. • 100 Cedar Club Circle Chapel Hill NC 27517 • 919-259-7000



Rich Hendel

by Stanley Peele

An award-winning book designer, Rich Hendel was born in 1939 in Providence, Rhode Island. It can be said that he wrote the book on book design.

Two days after graduating from the Rhode Island School of Design in 1962, he joined the army to get into its language school. His intent was to learn German to be able to research the history of the printing industry. The army chose instead to teach him Chinese. With 18 months of training and a top-secret security clearance, he was sent to Clark Air Base in the Philippines where the Army decided there was nothing for him to do.

After being discharged in 1965,

he became a designer for the Toledo Museum of Art doing everything from billboards to postcards.

In 1967, he was invited to teach graphic design at the Rhode Island School of Design. He felt it was a mistake to teach a subject for which he had had so little experience. RISD felt otherwise. While still teaching at RISD he was hired as Director of Design and Production at the new University of Massachusetts Press, commuting between Amherst and Providence. Designing both covers and interiors of books he began winning major awards.

After a term teaching at the London College of Printing, he was hired at the University of Texas Press. In 1975, he moved to Boston and then he came to Chapel Hill in 1979. He became Associate Director of the UNC Press.

He met his wife Vicky here in 1983. She was once a university faculty member, head of the English Department at Vance-Granville Community College and had a successful tutoring business here.

They moved to New Haven in 1988 when Rich was offered the job as Design and Production Manager at Yale University Press. He says it was the best job he ever had in the worst place he ever lived, so when his successor at UNC was fired, he moved back to Chapel Hill. He stayed with UNC Press until 2008 when he left to freelance as a designer full time. In 1998, Rich wrote *On Book Design*, and followed that in 2013 with *Aspects of Contemporary Book Design*. He says, "I loved my job at UNC Press, and I love what I'm doing now. I'm a very active book designer and doing work for university presses across the country." When asked if he read all the books he responded, "Time does not allow. I have gained a smattering of knowledge in a lot of subjects, but I know just enough to sound like I know what I'm talking about, but not enough about any one subject to be an expert. Just enough to be dangerous!"

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:

North Carolina and World War I

at the North Carolina Museum of History
Thursday, June 8, 9:30am Lobby

Avenue Q

at Raleigh Little Theatre
Sunday, June 11, 2pm Lobby

National Teapot Show X

at Cedar Creek Gallery in Creedmoor
Tuesday, June 13, 1pm Lobby

Great Get-Aways

Southern Leisure Tours Presents

- ❖ Music in the Mountains, Brevard Music Festival Finale and the Flat Rock Playhouse
August 5-7
- ❖ The Great Solar Eclipse of 2017, Franklin, NC
August 20-22
- ❖ San Diego
September 5-9
- ❖ The North Carolina Pottery Center Seagrove, NC
October 3

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

NORTH CAROLINA in the GREAT WAR



North Carolina and World War I

at the North Carolina Museum of History
Thursday, June 8, 9:30am Lobby

The 6,500-square-foot exhibition will highlight approximately 500 artifacts,

period photography, a trench diorama, historical film footage, educational interactive components, and video re-enactments that feature European and North Carolina soldiers and citizens to relate the stories of ordinary men and women from North Carolina who provided extraordinary service to their country 100 years ago. Sign up at the Concierge Desk beginning June 1, deadline June 7. Cost: \$7 for transportation and tour. Minimum 6 people. Maximum 26 people. **WWI expert Bill Melega will be our docent. Don't miss his lecture series in the Ballroom Fridays, June 9, 16 & 23 (see page 9).**

National Teapot Show X

at Cedar Creek Gallery in Creedmoor
Tuesday, June 13, 1pm Lobby

Cedar Creek Gallery has hosted this show every three years for the past 26 years. Although every show is special in its own right, this year's showing is especially significant as it leads into



the 50th anniversary of the gallery. It includes over 200 teapots by more than 150 of America's most accomplished craftspeople. Teapots displayed will be both traditional and contemporary, functional & conceptual, whimsical and serious, in a variety of media. Sign up at the Concierge Desk beginning June 1, deadline June 11. Cost: \$7 for transportation. Bring money for shopping. Maximum 27 people. Minimum 6 people.

Ciampi Quartet Presents Summer Series

Raimi Family Plus DiEugenio at Kirby Horton Hall at Sarah P. Duke Gardens
Thursday, August 24, 6:30pm Lobby

The last concert in the Ciampi Quartet Presents summer series is a family and friends concert presented by cellist Fred Raimi that will include works by Mozart, Bach, Schubert, and Seder Songs by Max Raimi, performed by Nicholas DiEugenio (violin), Max Raimi (viola), Fred Raimi (cello), and Jane Hawkins (piano). Wolfgang Amadeus Mozart: Quartet for piano and strings, K. 493. Sign up at the Concierge Desk beginning June 1, deadline June 12. Cost: \$32 for ticket and transportation. Minimum 6. Maximum 27.

Second Time Around
TAG SALE



Peggy Cooper, Ginny Page and Hope Council (above)

David Waters and Patricia Patino (left)

Anne Boyer and Leesie Guthridge get a tour of Sara P. Duke Gardens on a beautiful spring morning



arts alerts

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

DPAC
919-684-6402 • Durham
American Dance Festival, Bill Young/Colleen Thomas & Co.
Thurs. 6/15, 6:30pm

Reynolds Industries Theater
(919) 684-4444 • Durham
American Dance Festival,
Pilobolus, Fri. 6/23, 8pm &
Sat. 6/24, 7pm, Fri. 6/30, 8pm,
Sat. 7/1, 7pm, Sat. 7/1, 1pm
Children's Matinee

NC Museum of Art
(919) 967-9053 • Raleigh
Joan Baez, Mary Chapin
Carpenter, Indigo Girls, Mon.
6/5, 8pm

Carolina Theater
919-684-3898 • Durham
Joe Jackson, Mon. 6/5, 8pm

Temple Theater
919-774-4155 • Sanford
Wizard of Oz, Fri. 6/30 – Sun.
7/2, varying times

Duke Gardens
919-684-4444 • Durham
Flock of Dimes, Wed. 6/7, 7pm
Loamlands, Wed. 6/28, 7pm

ArtsCenter
919-929-2787 • Carrboro
The Monte, Storytellers: all
true, all short, Sat. 6/10, 8pm

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: Easy

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

Puzzle by websudoku.com

June Birthdays

Alyce Bennett	1
Dorothy Bolton	1
Faye Kalman	3
Margaret Rook	4
Teena Sessoms	5
Newland Oldham	5
Wendell Rosse	5
Malcolm Jackson	6
Martha Oxenfeldt	7
Donald Alguire	7
Sue Tiedeman	9
Carole Bossen	10
Dorothy Kreissman	12
Carol Stamm	13
Virginia Ostrander	15
Frances Young	16
Robert Paterson	20
Toby Kahr	20
Thomas Christy	22
Sally Orcutt	23
Mary Peacock	25
Scott Taylor	27
Rod James	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

Opera to Broadway

presented by A Grand Time for Singing
Thursday, June 8, 3pm Ballroom

The group has been entertaining audiences in the Triangle since 1999. The program is unique in that it gives you an opportunity to hear opera arias and ensembles, as well as Broadway show tunes, musical movie show tunes and ensembles. It includes songs such as the "Vous qui faites l'endormie," "I Could Have Danced All Night," "Aufond du temple saint," "Lime Jello," "As Time Goes By," "Misty," and more. They will introduce you to some of the musical forms that are sung, giving you synopses related to what is being sung and translating important foreign phrases from opera into English. Members of the group include our own Joan Ontjes (Mezzo Soprano), Jack DeBruyn (Bass), Jim Fields (Tenor), Pam Stewart (Soprano), and Robert Spaziano (Pianist and Accompanist).



Frank Sinatra Concert

with Danny Grewen and Robert Griffin
Thursday, June 15, 4pm Ballroom

Danny Grewen and Robert Griffin will be performing songs by Ol' Blue Eyes, one of the towering figures of the 20th century. Danny Grewen is a trombonist and vocalist who performed in San Francisco for 20 years before moving to the Triangle two years ago. He performed with the Fil Lorenz Orchestra and played the part of Frank Sinatra in a San Francisco production of the Rat Pack

that ran for ten years. Robert Griffin has spent most of his time performing in the Triangle and was pianist with the Squirrel Nut Zippers and Katharine Whalen's Jazz Squad. **Enjoy a jazz club environment with wine and hors d'oeuvres.**

Popcorn and a Movie

Hidden Figures
Monday, June 26, 3pm Ballroom

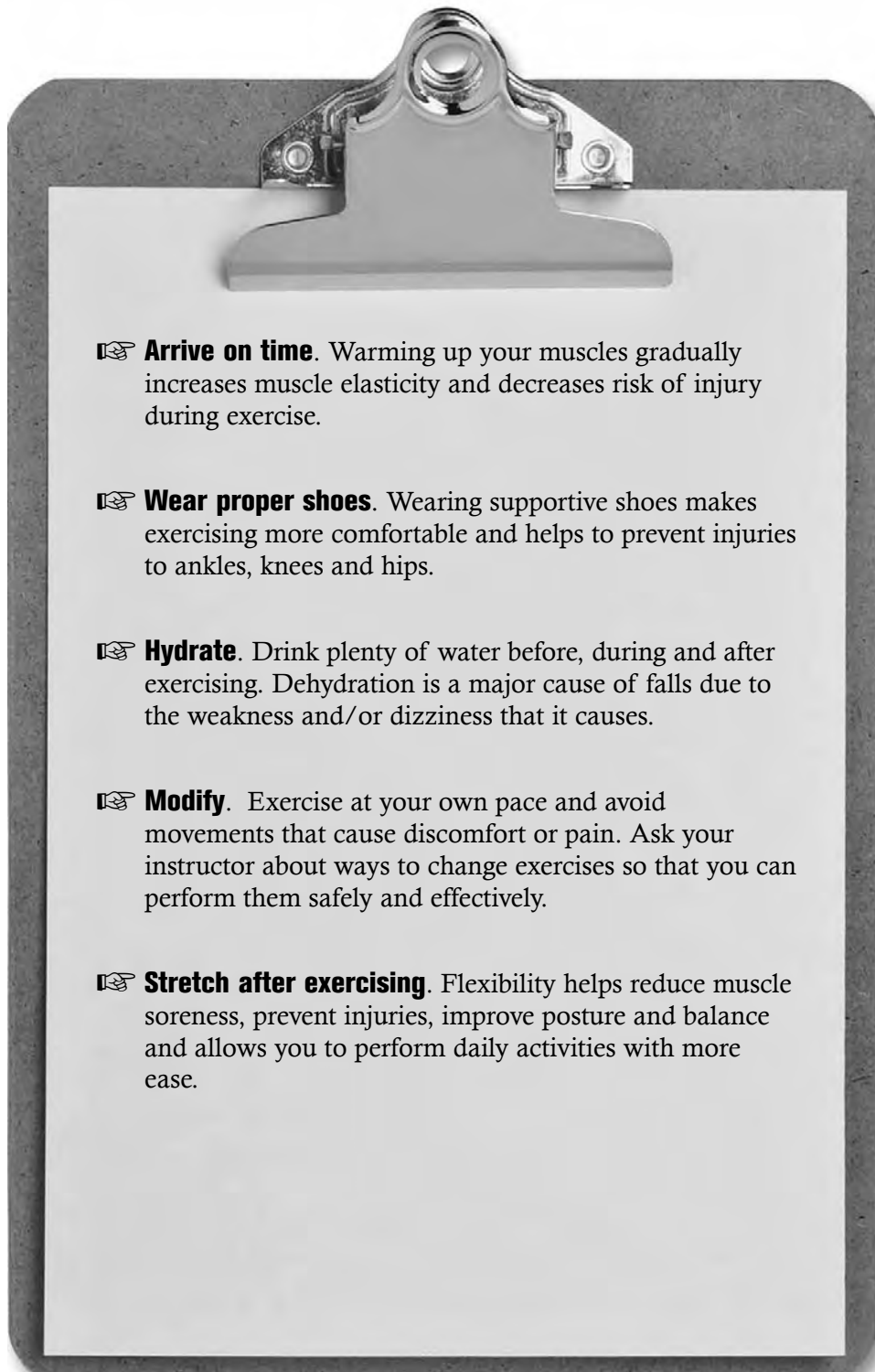
Three female African-American mathematicians (Taraji P. Henson, Octavia L. Spencer, and Janelle Monae) provide crucial calculations for NASA's space race against the Soviets, all while dealing with the racist and sexist assumptions of their white co-workers. Kevin Costner, Kirsten Dunst, and Jim Parsons co-star in this adaptation of the book of the same name by Margot Lee Shetterly. Directed by Theodore Melfi.

Robert Griffin—Jazz Pianist
Thursday, June 8, 5pm Dining Lobby

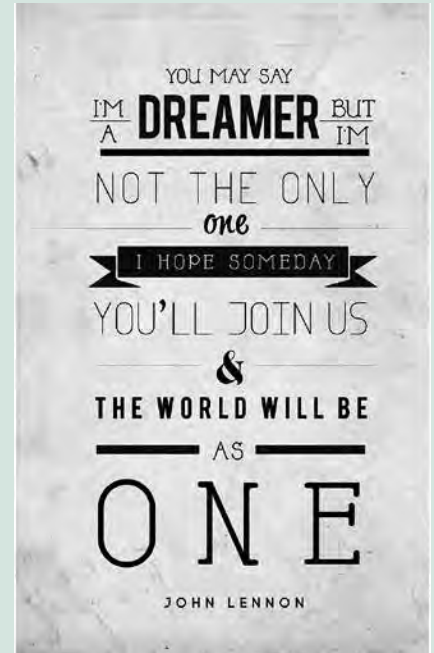


Richard Tazewell—Pianist
Friday, June 23, 5pm Dining Lobby

Make the Most of Your Fitness Classes and Activities



Member "Hope Quotes"




Submitted by Sally Terwey



Submitted by Arthur Clark

June 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

6/1 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9am Bocce **GL**
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**
7:30pm Young Artist Concert Series **B**

6/2 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

6/3 Saturday

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



6/4 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24



6/5 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 NC Author Series with David Blevins **B**




6/6 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

6/7 Wednesday

8:45am Water Exercise **P**
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

6/8 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:30am NC and World War I at the NC Museum of History **LB** 
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
3pm Grand Time for Singing **B**
4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**


6/9 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am TGIF Class **B**
11:30am Aquatic Therapy **P**  
3pm World War I Lecture Series Part 1 with Bill Melega **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

6/10 Saturday

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


6/11 Sunday

2pm Avenue Q at Raleigh Little Theatre
LB 
3pm & 7:45pm Cedars Cinema CHANNEL 24



6/12 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Cardio and Core **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**  
2pm Poker **CR**
3pm Great Books **CL**



6/13 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**  
1pm Teapot Show at Cedar Creek Gallery
LB 
2pm Mah Jongg **CR**
2pm Meditation **PD**
7:45pm Cedars Cinema CHANNEL 24

6/14 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

6/15 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9am Bocce **GL**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  

4pm Scrabble **CR**
4pm Frank Sinatra Concert with Robert Griffin and Danny Grewen **B**

6/16 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
11am Retro Dance **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Party Bridge **CR**
3pm World War I Lecture Series Part 2 with Bill Melega **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

6/17 Saturday

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

6/18 Sunday

Father's Day
3pm & 7:45pm Cedars Cinema **CHANNEL 24**



6/19 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 NC Author Series with Debbie Moose and Bridgette Lacy **B**

6/20 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**

6/21 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**

6/22 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9am Bocce **GL**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
3pm Using Our Imagination to Transform Our City and Then the World with Arthur Clark Jr. **B**
4pm Scrabble **CR**

6/23 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am TGIF Class **B**
11:30am Aquatic Therapy **P** 📖 ♣️
3pm World War I Lecture Series Part 2 with Bill Melega **B**
4:30pm Happy Hour **Bar**
5pm Richard Tazewell—Pianist **DL**
7:45pm Cedars Cinema **CHANNEL 24**

6/24 Saturday

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

6/25 Sunday

3pm & 7:45pm Cedars Cinema **CHANNEL 24**

6/26 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Cardio and Core **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P** 📖 ♣️

2pm Poker **CR**
3pm Popcorn and a Movie—Hidden Figures **B**

6/27 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**

6/28 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**

6/29 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9am Bocce **GL**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
2pm Members Meeting **B**
4pm Scrabble **CR**

6/30 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**

♣️ **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, June 1–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

North Carolina Author Series

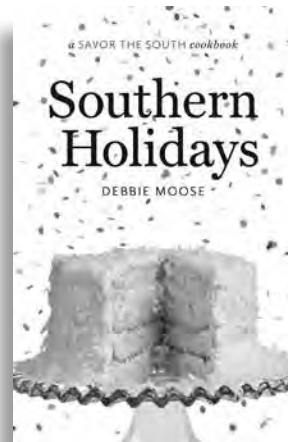
Mondays, June 5, June 19 & July 10, 3pm Ballroom

June 5

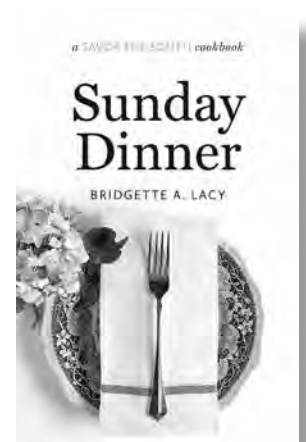
David Blevins, author of *North Carolina’s Barrier Islands*, will talk about his new book. In this beautiful book, the nature photographer and ecologist offers an inspiring visual journey to North Carolina’s unique Barrier Islands with their surprising plants and animals and their uncertain future. He has captured the incredible natural diversity of the North Carolina coasts with his stunning photographs and words. His book features 150 full-color images from Currituck Banks, Cape Hatteras and Cape Lookout National Seashores, and the islands of the southern coast. It is also an appeal for their conservation.



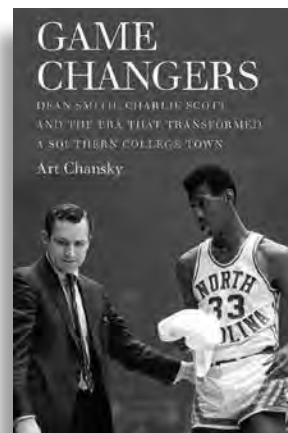
June 19



Featuring cookbook authors Debbie Moose—author of both *Southern Holidays* and *Buttermilk*—and Bridgette Lacy, author of *Sunday Dinner*.



July 10



Come hear Art Chansky, author of *Game Changers: Dean Smith, Charlie Scott, and the Era That Transformed a Southern College Town*.

Books will be available for purchase for these three events.

World War I Lecture Series

with Bill Melega

Fridays, June 9, 16 & 23, 3pm Ballroom



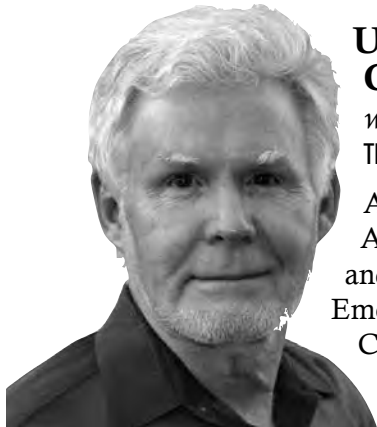
Join master storyteller Bill Melega, award-winning instructor and 2010 National VFW Teacher of the Year, as he takes you on a journey through the events of World War I.

Week One, *The Road to War: The Events That Started It All*, will cover the first battle of the Marne, the fighting in and around Ypres, and the race to the North Sea as both armies tried to out flank each other. We will also discuss the stereotypical trench warfare throughout 1914 and 1915.

Week Two, *Stalemate and Slaughter on the Western Front*, will feature daily trench life for the soldiers as well the medical wounds that led to the development of new medical practices that had never been used before. Another focus will be the Great Battle of Verdun in the South and the British conflicts at Cambrai and Passchendaele.

Week Three, *Bringing the War to An End: The Events That Forced the U.S. to Enter the War*, will focus on the largest American offensive in history: The Battle of the Meuse-Argonne. This week will feature General John Pershing's philosophy on the war and the accomplishments of the American Doughboy.

Each lecture will feature videos and photographs of field experiences from Bill's iBook chapter, "Looking at the Meuse-Argonne Through the Eyes of a Soldier," which was written for the American Battlefield Monument Commission and the U.S. Meuse-Argonne Cemetery.



Using Our Imagination to Transform Our City and Then the World

with Arthur Clark Jr.

Thursday, June 22, 3pm Ballroom

Arthur Clark Jr., son of Members Mary and Arthur Clark, is a graduate of Davidson College and Duke University Medical School and Professor Emeritus, Faculty of Medicine, University of Calgary in Canada. He is the author of a book on global citizenship, *The ABCs of Human Survival* and founder of the Calgary Centre for Global Community. He has helped launch a series of

programs and projects in Calgary designed to strengthen the fabric of society and lead toward a healthy global community. A few notables include the 2020 Vision for Humanity Symposium, an annual Social Capital Tournament, a learning center, and a small business at Folk Tree Lodge designed to place harmonious human relationships at the center of the field of values. He identifies *imagination* as essential for improving human options at the personal, the local, and the global levels and a major determinant of whether our species will survive another century on planet Earth.

ANNOUNCEMENTS

Health and Wellness Assessment

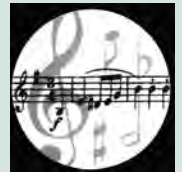
with Sandy Friday

Thursday, June 1, 2pm Ballroom

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

Young Artists Concert Series

Presented by the
Cedars Classical
Concert Series



Thursday, June 1,
7:30pm Ballroom

Featuring an evening of French music by the Sun-Stipe-Rice Trio, this is a free concert open to everyone. Doors open at 7pm. Questions? Call Kani Hurov at 919-933-5366.

Jewelry Repair with Eva Mogenson

Friday, June 9, 1-2pm Art Studio

Walk with a Doc

Saturday, June 17, 10am, UNC Wellness
Center at Meadowmont

Gather at the UNC Wellness Center to take a one-mile walk around the trails or, if raining, around the indoor track. A doctor from the Thurston Arthritis Research Center will give a brief talk on a health related topic before joining walkers to answer questions about their health. For more information contact Kirsten Ambrose at 919-966-7209.

Cynthia's Taylor Shop Services

Wednesdays, 9-9:30am Art Studio

Cynthia Lennon will provide quality and affordable alterations.



• • • • • CEDARS *Cinema* • • • • •

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

20th Century Women

Tuesday, June 6 & Saturday, June 10, 7:45pm
Sunday, June 11, 3pm • R

In 1979 Southern California, single mom Dorothea Fields looks to a pair of women from different generations to help teach her son lessons about love and life. But he gets another perspective after Dorothea takes in a male boarder. Starring Annette Bening and Elle Fanning. (2016)

Gold

Wednesday, June 7 & Friday, June 9, 7:45pm
Saturday, June 10, 3pm • R

In this crime caper based on real-life events, an out-of-luck gold prospector and a willing geologist pull off a brazen scam. Falsely claiming to have located gold in Indonesia, the duo proceeds to hoodwink the experts. Starring Matthew McConaughey and Edgar Ramirez. (2016) SUBTITLES NOT PROVIDED

On Golden Pond

Tuesday, June 13 & Saturday, June 17, 7:45pm
Sunday, June 18, 3pm • PG

Henry Fonda, in his final role, plays retired professor Norman Thayer, who's making his yearly excursion with his wife to their summerhouse. But a hostile teen left in their care short-circuits the couple's tranquility. Starring Katharine Hepburn, Henry Fonda and Jane Fonda. (1981) SUBTITLES NOT PROVIDED

The Founder

Wednesday, June 14 & Friday, June 16, 7:45pm
Saturday, June 17, 3pm • PG-13

The concept and expansion of McDonald's global fast-food empire represent one of the great success stories of American business. This biopic profiles company founder Ray Kroc. Starring Michael Keaton and Nick Offerman. (2016) SUBTITLES NOT PROVIDED

Mash

Tuesday, June 20 & Saturday, June 24, 7:45pm
Sunday, June 25, 3pm • R

Director Robert Altman's thinly veiled Vietnam War satire is indicative of when the spirit of the 1970s went mainstream, with Elliot Gould, Donald Sutherland and Tom Skerritt as Army doctors fighting military insanity and healing wounded soldiers during the Korean War. (1970)

A Man Called Ove

Wednesday, June 21 & Friday, June 23, 7:45pm
Saturday, June 24, 3pm • PG-13

Despite being deposed as president of his condo's resident association, 59-year-old misanthrope Ove continues to plague his neighbors with dictatorial demands. But when Ove's new neighbor runs over his mailbox, he's met his match. Starring Rolf Lassgard and Bahar Pars. (2016)

Fahrenheit 451

Tuesday, June 27 & Saturday, July 1, 7:45pm
Sunday, July 2, 3pm • NR

All printed materials are destroyed and banned, and the firemen actually start fires in this adaptation of author Ray Bradbury's cautionary parable of an oppressive society in which free thought is verboten. Starring Cyril Cusack and Julie Christie. (1966) SUBTITLES NOT PROVIDED

La La Land

Wednesday, June 28 & Friday, June 30, 7:45pm
Saturday, July 1, 3pm • PG

Struggling actress Mia (Emma Stone) and ambitious jazz pianist Sebastian (Ryan Gosling) begin a meteoric romance as they both follow their heart in the path of their dreams in LA. When they reach a point where their career paths pull them in different directions, they are forced to face the challenges in their growing relationship

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 9:00 **GL**

Cardio and Core

Mon 11:00 Tue Thur 8:45 **B**

Julie Hardison 919-259-7922

Caregivers Support Group

1st Wed 2:30 **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, June 3 & 17, 11am Library

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

Kudos to...

- ☞ Joan Ontjes for bringing us
her group A Grand Time
for Singing
- ☞ Arthur and Mary Clark
for introducing us to their
son Arthur Clark, Jr who
gave a presentation on
*Using Our Imagination to
Transform Our City and
Then the World*
- ☞ Kit Bick for her display of
notecards (made by her
friend Diana Britt) in the
Member display case in
June
- ☞ Pat Beyle and Richard
Hendel for bringing us the
NC author series
- ☞ Joy Metelits for suggesting
the outing to Cedar Creek
Gallery for the teapot
show



NEW MOVE INS

Sally Sullivan
721 Cedar Club Circle

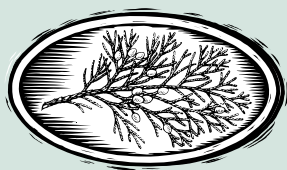
Natalie Campbell
443 Cedar Club Circle

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>
6/1	Thursday	Cedars University <i>Practicing Mindfulness: An Introduction to Meditation</i>	11am	Ballroom
6/1	Thursday	Young Artist Concert Series	7:30pm	Ballroom
6/5	Monday	NC Author Series with David Blevins, <i>North Carolina's Barrier Islands</i>	3pm	Ballroom
6/8	Thursday	<i>North Carolina and World War I</i> at the North Carolina Museum of History	9:30am	Lobby
6/8	Thursday	Cedars University <i>Practicing Mindfulness: An Introduction to Meditation</i>	11am	Ballroom
6/8	Thursday	Opera to Broadway presented by A Grand Time for Singing	3pm	Ballroom
6/8	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
6/9	Friday	<i>World War I Lecture Series Part 1</i> with Bill Melega	3pm	Ballroom
6/11	Sunday	Avenue Q at Raleigh Little Theatre	2pm	Lobby
6/13	Tuesday	National Teapot Show X at Cedar Creek Gallery	1pm	Lobby
6/15	Thursday	Cedars University <i>Practicing Mindfulness: An Introduction to Meditation</i>	11am	Ballroom
6/15	Thursday	Frank Sinatra Concert with Danny Grewen and Robert Griffin	4pm	Ballroom
6/16	Friday	<i>World War I Lecture Series Part 2</i> with Bill Melega	3pm	Ballroom
6/19	Monday	NC Author Series with Debbie Moose, <i>Southern Holidays and Buttermilk</i> and Bridgette Lacy, <i>Sunday Dinner</i>	3pm	Ballroom
6/22	Thursday	<i>Using Our Imagination to Transform</i> <i>Our City and Then the World</i> with Arthur Clark Jr.	3pm	Ballroom
6/23	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
6/23	Friday	<i>World War I Lecture Series Part 3</i> with Bill Melega	3pm	Ballroom
6/26	Monday	Popcorn and a Movie— <i>Hidden Figures</i>	3pm	Ballroom
6/29	Thursday	Cedars University <i>Practicing Mindfulness: An Introduction to Meditation</i>	11am	Ballroom
6/29	Thursday	Members Meeting	2pm	Ballroom