



July 2017 • VOLUME 14 • ISSUE 7

The Cedars Post

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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

Stan Friedland

By Stanley Peele

Stan Friedland gave a lecture in our Ballroom about *Play It Again Sam*, a book he wrote. His presentation was well-organized and solid. Remarkably, he did it all without notes. That was done, he said, “to keep his mind sharp.” His statement can be appreciated when we look at his life history. He received a BS degree in Health, Education and Science at Brooklyn College in 1952; an MA at Columbia in guidance; and an EdD from Columbia on educational administration in 1973. He had a 34-year public school career in which he taught all grade levels from elementary school up through graduate school. He also was a guidance counselor, high school administrator and principal.



Stan teaching pickleball to our Members

He has given hundreds of programs all over the world to school administrators and teachers. He has written more than 20 articles for educational journals. He had his own TV and radio show on the subject of education. There is even more: he has written books. One was *The Magic Fruit Cakes* – a delightful and magical book.

Stan was born on July 5, 1931 in Brooklyn and lived his young life there. His father died early and his family was very poor. He had a fine and loving mother who enriched his early life. However, she became ill. The result was that at age four, he and his older brother were sent to a series of foster homes. Some were good, and some mistreated the brothers badly. One of these was the “foster home from hell.” While there, they were treated with extreme cruelty by a tyrannical foster mother. This included a total absence of love, continuous neglect, and beatings. They were at that home for three years. When Stan recounts the neglect and brutality of his youth, he does not sound bitter or angry. Rather, he reflects on the good parts of his journey, the things he learned, and the strength he received from his invalid mother and the continued presence of his older brother—through thick and thin. In 1940, they entered the Pride of Judea Children’s Home in Brooklyn, where they stayed for seven years. The brothers prospered there. What a change for the better!

Stan’s early life was chronicled in a remarkable book, *An Orphan Has Many Parents*, which he co-authored.

Stan and Fran Friedland were married on June 8, 1952. They lived in glorious harmony for 64½ years. They both dedicated their lives to service to others. This continues today. He is presently writing a book about our own Bob Gersten. Stan Friedland is a man of all seasons.

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:

Paul Taylor Dance Company
at DPAC
Friday, July 7, 7pm Lobby

Shopping at Tanger Outlet Center in Mebane
Friday, July 14, 11:30am Lobby

Dining Out! Kanki
Tuesday, July 18, 4:45pm Lobby

Mark Morris Dance Group
at DPAC
Friday, July 21, 7pm Lobby

Summer Youth Conservatory Presents
Bye Bye Birdie!
at Paul Green Theatre
Saturday, July 29, 7pm Lobby

Great Get-Aways

Southern Leisure Tours Presents

- ❖ 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



Shopping at Tanger Outlet Center in Mebane

Friday, July 14, 11:30am Lobby

Tanger Outlet features brand name and designer fashions and accessories including jewelry, housewares and china, home décor, luggage, toys, books, food

specialties, and much more. You'll find entire stores filled with merchandise from your favorite brands. Sign up at the Concierge Desk beginning July 3, deadline July 10. Cost: \$12 for transportation. Minimum 6 people.



Dining Out! Kanki

Tuesday, July 18, 4:45pm Lobby

Kanki Durham serves up delicious hibachi dinners, sushi and much more. They are probably most well-known for their specialty hibachi dishes, which are carefully and creatively prepared by their expert chefs right at your table. Watch as your chef chops, slices and dices your meal to perfection, entertaining you with just the flip of a knife. Sign up at the Concierge Desk beginning July 3, deadline July 13. Cost: \$4 for transportation. Bring money for food and drinks. Minimum 6 people, maximum 14 people.

Summer Youth Conservatory Presents *Bye Bye Birdie!*

at Paul Green Theatre
Saturday, July 29, 7pm Lobby

The Conservatory is a unique theatre experience for high school students: an education and performance opportunity that includes working with professional directors, choreographers, and musical directors at PlayMakers Repertory Company. This summer's production will be *Bye Bye Birdie* with a book by Michael Stewart, music by Charles Strouse, and lyrics by Lee Adams. It's 1958 and rock 'n' roll teen heartthrob Conrad Birdie has just been drafted. As a final publicity stunt, he's selected Sweet Apple, Ohio's Kim McAfee to give him a farewell kiss, live on The Ed Sullivan Show. But Kim's boyfriend is not so excited by the prospect. Sign up at the Concierge Desk beginning July 3, deadline July 20. Cost: \$21 for ticket and transportation. Minimum 6 people. Maximum 14 people.





A Beautiful Planet 3D at IMAX Theatre in Raleigh and Lunch at the Irregardless Café

Thursday, August 3, 10am Lobby

A Beautiful Planet 3D is a breathtaking portrait of Earth from space, providing a unique perspective and increased understanding of our planet and galaxy as never seen before. Made in cooperation with the National Aeronautics and Space Administration (NASA), the film features stunning footage of our magnificent blue planet—and the effects humanity has had on it over time—captured by the astronauts aboard the International Space Station (ISS). From space, Earth blazes at night with the electric intensity of human expansion—a direct visualization of our changing world. But it is within our power to protect the planet. As we continue to explore and gain knowledge of our galaxy, we also develop a deeper connection to the place we all call home. Narrated by Jennifer Lawrence. After the movie we will have lunch at the Irregardless Café. Sign up at the Concierge Desk beginning July 3, deadline July 28. Cost: \$34 for lunch, movie and transportation. Minimum 6 people, maximum 28 people.

Sudoku Puzzle

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

Puzzle rating: Evil

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

Puzzle by websudoku.com



from Carolyn Taff

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

DPAC

919-684-6402 • Durham
American Dance Festival
Kidd Pivot & Electric Company
Theater, Fri. 7/14 8pm, Sat.
7/15 7pm
Bill T. Jones/Arnie Zane
Company, Thurs. 7/27 & Fri.
7/28 8pm, Sat. 7/29 7pm

Reynolds Industries Theater

919-684-4444 • Durham
American Dance Festival
Sean Dorsey Dance, Wed. 7/5
& Thurs. 7/6 8pm
Dendy/Donovan Projects, Wed.
7/12 & Thurs. 7/13 8pm
Faculty Concert, Sun. 7/16
2pm & 7pm
Roy Assaf & ATE9 Dance
Company, Tues. 7/18 & Wed.
7/19 8pm
Footprints, Tues. 7/25 & Wed.
7/26 8pm

Duke Gardens (outdoors)

919-684-4444 • Durham
Kelsey Waldon (good review
from NPR), Wed. 7/12 7pm
River Whyless (big response at
Newport Folk Festival), Wed.
7/19 7pm

Duke Gardens, Kirby Hall,
Doris Duke Center (indoors)

919-684-4444 • 919-684-3698
for directions • Durham
Ciompi Quartet presents:
music for flute, viola & piano
Bach flute sonata + 20th
century composers, Tues. 7/11,
7:30-9pm

July Birthdays

Sue Bielawski	2
John Crabill	4
Betty Pierce	4
Stan Friedland	5
Victor Chew	9
John Hammond	10
Judith Kramer	10
Frances Alguire	11
Clarke Church	13
Dorothy Lebeau	15
Rose Michelson	16
Joe Middleton	16
Robert Eby	17
Ruth Barber	17
Ruth Strong	22
Stanley Peele	22
William Bondurant	22
David Waters	26
Joan Bingham	27
Roger Duvoisin	27
Caroline Rupert	28
Traute Cameron	28
Robert Headen	28
Anne McLendon	29
Peter Sylvester	30
Nancy Buell	30
George Dutrow	31
Eunice Shatzman	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 at 919-537-0126.

Let's Celebrate

July 4th Celebration with The Carolina Cut-Ups

Tuesday, July 4, 4:30pm Dining Lobby

The Carolina Cut-Ups, including Buz Lloyd (fiddle), Bobb Head (guitar and banjo), Terry Burtyk (banjo and guitar) and Karen Warren (bass), are veterans of the Triangle Old Time Stringband music community and play and sing traditional songs and tunes many of which come from the mountains of North Carolina. Old Time Stringband music is a uniquely American form perfectly suited for celebrating our nation's July 4th birthday!



Popcorn and a Movie — *A Quiet Passion*

Thursday, July 20, 3pm Ballroom

Emily Dickinson is recognized as one of the most iconic poets in American history. However, she did not have that degree of fame during her lifetime. We meet Emily as a young girl and observe her quiet way of interacting with the world, always jotting down her thoughts and feelings in terse verse. Over the years, the poetry increases, but she keeps to herself, retreating more and more as she ages. Did this reclusive woman have any inkling that the world would one day consider her a writer of monumental significance? Starring Cynthia Nixon, Jennifer Ehle, Duncan Duff.

Robert Griffin—Jazz Pianist
Thursdays, July 6 & 27, 5pm Dining Lobby



Richard Tazewell—Pianist
Friday, July 21, 5pm Dining Lobby

10th Annual Casual for a Cause

Alzheimer's Hot Dog Fundraiser

Friday, July 28, 11am-1:30pm Dining Rooms

With the arrival of summer brings our 10th Annual Casual for a Cause Alzheimer's Hot Dog Fundraiser. Each year we have increased our donation amounts. Last year we raised \$4,212.50. Can we make it to \$5,000 this year? Please invite your friends and family; we will be inviting the entire Chapel Hill community. Proceeds will be donated to Alzheimer's NC Inc. If you cannot attend, but would like to make a donation, please contact Ashley Beale, Social Services Director at 919-259-7735. If you would like to volunteer, please contact Tara Pierce at 919-537-0128 or by email at tpierce@cedarsofchapelhill.com.



Chapel Hill Girl Scout Lofi Hirschman Celebrates 80 Years with the Girl-Led Movement



Herb Cooper, Jacob Mathai, Karen Cooper, Anne Mathai and Premila Rao after Herb Cooper's presentation on southern India



NC and WWI exhibit at the NC Museum of History in Raleigh



Pickleball players: Karen Cooper, Betty Pierce, Sue Tiedeman and Charlotte Frech



Kudos to...

- ☞ Frank Loda for recommending Laurence Avery to speak about his book *Mountain Gravity*
- ☞ Sally Terwey for recommending the shopping trip to the Tanger Outlets
- ☞ Peter Sylvester for recommending Dining Out! to Kanki

WELCOME

NEW MOVE INS

Dolores Bilangi
524 Cedar Berry Lane

William and Sara McCoy
112 Cedar Pond Lane


Charles (Chris) &
Dulcie Straughan
200 Cedar Meadows Lane

Exhibits

If you are willing to share your collection by displaying it in the Clubhouse Lobby, please contact Laura Booker at 919-259-7944.

July 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



7/1 Saturday

9am Ping Pong **B**
 10:30am Cribbage **CL**
 11am Accessing UNC Libraries
 3pm & 7:45pm Cedars Cinema CHANNEL 24

7/2 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

7/3 Monday

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



7/4 Tuesday

Independence Day
 All Fitness Classes
 Cancelled



10am Golf Croquet **GL**
 11:30am Bible Study **MR**
 2pm Mah Jongg **CR**
 2pm Meditation **PD**
 4:30pm July 4th Celebration with
 The Carolina Cut-Ups **DL**
 7:45pm Cedars Cinema CHANNEL 24

7/5 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

7/6 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**
 5pm Robert Griffin—Jazz Pianist **DL**

7/7 Friday

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

7/8 Saturday

9am Ping Pong **B**
 10:30am Cribbage **CL**
 3pm & 7:45pm Cedars Cinema CHANNEL 24

7/9 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

7/10 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**

3pm NC Author Series with Art Chansky **B**



7/11 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




7/12 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

7/13 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**

7/14 Friday

8:45am Water Exercise **P**
 9:45am Water Exercise **P**
 11:30am Aquatic Therapy **P**  
 11:30am Shopping Trip to Tanger Outlets
LB 
 4:30pm Happy Hour **Bar**
 7:45pm Cedars Cinema CHANNEL 24

7/15 Saturday

9am Ping Pong **B**
 10:30am Cribbage **CL**
 11am Accessing UNC Libraries
 3pm & 7:45pm Cedars Cinema CHANNEL 24

7/16 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

7/17 Monday

8am Art Open Studio **S**
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 *Mountain Gravity with Laurence G. Avery* **B**

7/18 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 **CL**
4:45pm *Dining Out! Kanki* **LB** 📖
7:45pm Cedars Cinema **CHANNEL 24**

7/19 Wednesday

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

7/20 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 *Popcorn and a Movie—A Quiet Passion* **B**
4pm Scrabble **CR**

7/21 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Retro Dance Class **B**

11:30am Aquatic Therapy **P** 📖 ♣️
1pm Party Bridge **CR**
4:30pm Happy Hour **Bar**
5pm *Richard Tazewell—Pianist* **DL**
7pm *Mark Morris Dance Group at DPAC* **LB** 📖
7:45pm Cedars Cinema **CHANNEL 24**

7/22 Saturday

9am Ping Pong **B**
10:30am Cribbage **CL**
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

7/23 Sunday

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

7/24 Monday

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

7/25 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**
7:45pm Cedars Cinema **CHANNEL 24**

7/26 Wednesday

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

7/27 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**
5pm *Robert Griffin—Jazz Pianist* **DL**

7/28 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am *10th Annual Casual for a Cause Hot Dog Fundraiser* **DR**
11am TGIF Class **B**
11:30am Aquatic Therapy **P** 📖 ♣️
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

7/29 Saturday

9am Ping Pong **B**
10:30am Cribbage **CL**
11am Accessing UNC Libraries
3pm & 7:45pm Cedars Cinema **CHANNEL 24**
7pm *Bye Bye Birdie at Paul Green Theatre* **LB** 📖

7/30 Sunday

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

7/31 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**

♣️ 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, July 6–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

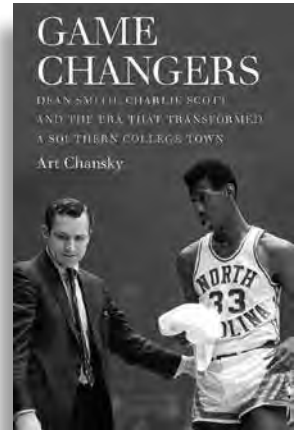
Game Changers: Dean Smith, Charlie Scott, and the Era That Transformed a Southern College Town

with Art Chansky

Monday, July 10, 3pm Ballroom

Art Chansky is a veteran sportswriter, radio commentator, and author of several books on UNC basketball. In *Game Changers*, Chansky reveals an intense saga of race, college sport, and small-town politics. Among many legendary episodes from the life and career of men’s basketball coach Dean Smith, few loom as large as his recruitment of Charlie Scott, the first African American scholarship athlete at the University of North Carolina at Chapel Hill. Drawn together by college basketball in a time of momentous change, Smith and Scott helped transform a university, a community, and the racial landscape of sports in the South.

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



Mountain Gravity

with Laurence Avery

Monday, July 17, 3pm Ballroom

Laurence Avery had a decades long career as teacher and scholar at UNC-Chapel Hill, where he served as chairman of the English department. He has published numerous articles and six books on British and American playwrights including several seminal works on the playwright Paul Green. While *Mountain Gravity* is his first book of poems, many of Avery’s poems have been published in magazines and journals. Brought together in this new collection,

the poems reveal Avery’s extraordinary narrative gift, an abiding interest in his mountain heritage and a keen eye for the natural world. **Books will be available for purchase, please bring cash or checks.**



Phyllis Hunter, Virginia Ostrander and Peggy Cooper with David Blevins after his *NC Barrier Islands* book signing

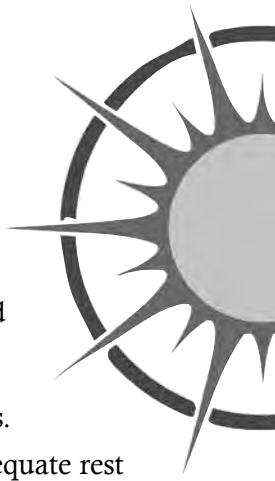
CEDARS FITNESS

Tips for Exercising Safely This Summer

As the summer sun beckons us to enjoy walks, golf, tennis and other outdoor activities, we should take precautions to prevent heat-related illness while exercising. Some of these tips include:

- * Gradually increase activity in terms of intensity and duration in the heat. This prepares your body for more intense, longer duration exercise in warm conditions, and helps prevent injury and heat illness.
- * Allow for periods of rest during activity and get adequate rest between exercise sessions.
- * Hydrate yourself properly BEFORE exercising. Drink two 8 oz. cups of water an hour or two before starting to exercise and follow with another cup every 20 minutes during exercise. Sip an additional cup or two within a half hour after exercise.
- * Exercise during cooler portions of the day if possible.
- * Do not exercise vigorously if you show signs of an existing illness (i.e., fever, diarrhea, extreme fatigue). These can decrease your body's tolerance for heat and increase your risk of a heat illness.

By following these recommendations you can keep your fitness level up during the hot months without sacrificing your health. And don't forget the sunscreen!



ANNOUNCEMENTS

2017-18 Classical Concert Series



If you've not yet subscribed to next year's concert series, spaces are still available. Extra forms can be found next to the box in the "fireplace" side of the Clubhouse Lobby; completed forms should be deposited in the box. Questions: please call Babette Blaug at 919-967-5013.

Meditate for the Health of It

with Sandy Friday
Thursday, July 13, 2pm Ballroom

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

Jewelry Repair with Eva Mogenson

Friday, July 14, 1-2pm Art Studio

Walk with a Doc

Saturday, July 15, 10am, UNC Wellness Center at Meadowmont

Gather at the UNC Wellness Center to take a one-mile walk around the trails or, if raining, around the indoor track. 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.

What's on at the DuBose Art Gallery now:
water colors, oils, pen and pencil drawings, and needlepoint.
Celebrate the work of you neighbors and friends at the Cedars!

DuBose Art Gallery

Julie Allen

Trante Cameron

Esther Lederman

John Spitznagel



• • • • • CEDARS Cinema • • • • •

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

Yankee Doodle Dandy

Tuesday, July 4 & Saturday, July 8, 7:45pm

Sunday, July 9, 3pm • NR

James Cagney won the Best Actor Oscar for his lively portrayal of “Mr. Broadway,” George M. Cohan, in some of his finest song-and-dance routines. Cohan made his mark on the vaudeville stage and penned countless memorable tunes, including “Over There,” “It’s a Grand Old Flag,” and “Give My Regards to Broadway.” (1942)

Before the Flood

Wednesday, July 5 & Friday, July 7, 7:45pm

Saturday, July 8, 3pm • PG

Global climate change is examined from multiple perspectives in this illuminating documentary chronicling actor Leonardo DiCaprio’s crusade to increase awareness of the potentially catastrophic effects of the environmental changes already under way. (2016) SUBTITLES NOT PROVIDED

Harvey

Tuesday, July 11 & Saturday, July 15, 7:45pm

Sunday, July 16, 3pm • NR

Affable tippler Elwood (James Stewart) lives with his sister Veta and her bashful daughter. Elwood’s embarrassing flight of fancy, a 6-foot-tall invisible rabbit named Harvey, is foiling Veta’s plans to marry off her daughter, so Veta decides to commit Elwood. But when she confesses she’s seen Harvey, the doctor institutionalizes Veta instead! (1950) SUBTITLES NOT PROVIDED

The Last Word

Wednesday, July 12 & Friday, July 14, 7:45pm

Saturday, July 15, 3pm • R

Not about to cede control of any facet of her life, or death, retired businesswoman Harriet Lawler hires a young writer to pen an obituary worthy of her. When the results

fall short of Harriet’s expectations, she sets out to reshape her legacy. Starring Shirley MacLaine, Amanda Seyfried and Anne Heche. (2017)

Goldfinger

Tuesday, July 18 & Saturday, July 22, 7:45pm

Sunday, July 23, 3pm • PG

The third installment in the 007 series finds uberspy James Bond trying to thwart baddie Auric Goldfinger and his elaborate gambit to corner the gold market by contaminating Fort Knox. Starring Sean Connery. (1964)

Collateral Beauty

Wednesday, July 19 & Friday, July 21, 7:45pm

Saturday, July 22, 3pm • PG-13

With his life shattered by personal tragedy, advertising executive Howard Inlet is unable to break out of his deep depression. To help him, Howard’s colleagues concoct an elaborate and unorthodox plan. Starring Will Smith, Edward Norton and Keira Knightley. (2016)

The Red Turtle

Tuesday, July 25 & Saturday, July 29, 7:45pm

Sunday, July 30, 3pm • PG

Without dialogue, this meditative animated fable chronicles the story of a man who washes up on a remote desert island, where he builds a makeshift raft to escape but is repeatedly turned back by an enormous red turtle. (2017)

Hidden Figures

Wednesday, July 26 & Friday, July 28, 7:45pm

Saturday, July 29, 3pm • PG

In the race to space between the United States and the Soviet Union, three black female mathematicians play a key role in launching astronaut John Glenn, making him the first American to orbit Earth. Starring Taraji P. Henson, Octavia Spencer and Janelle Monáe. (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

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 919-951-7626

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**

Maia Saaremma 919-928-9205

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**

Pickelball

Thu 10:00 (Ephesus Park)

Stan Friedland 919-259-7089

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

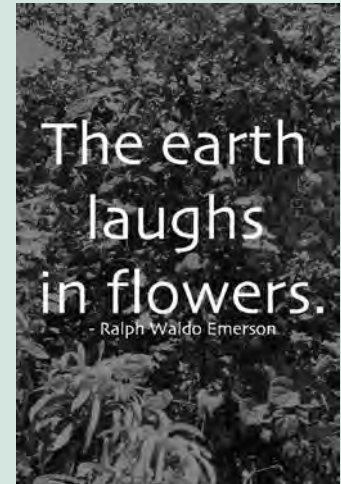
Get Involved

Accessing UNC Libraries

Saturdays, July 1, 15, & 29, 11am Library

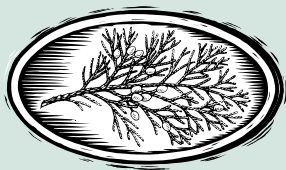
Want to borrow books from
UNC Libraries? Contact Lynne
Morris with questions at
919-967-4885.

Member "Hope Quotes"



**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



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>
7/4	Tuesday	July 4th Celebration with The Carolina Cut-Ups	4:30pm	Dining Lobby
7/6	Thursday	Cedars University <i>Practicing Mindfulness: An Introduction to Meditation</i>	11am	Ballroom
7/6	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
7/7	Friday	Paul Taylor Dance Group at DPAC	7pm	Lobby
7/10	Monday	NC Author Series with Art Chansky <i>Game Changers: Dean Smith, Charlie Scoot, and the Era That Transformed a Southern College Town</i>	3pm	Ballroom
7/13	Thursday	Cedars University <i>Practicing Mindfulness: An Introduction to Meditation</i>	11am	Ballroom
7/14	Friday	Shopping at Tanger Outlet Center	11:30am	Lobby
7/17	Monday	<i>Mountain Gravity</i> with Laurence Avery	3pm	Ballroom
7/18	Tuesday	Dining Out! Kanki	4:45pm	Lobby
7/20	Thursday	Cedars University <i>Practicing Mindfulness: An Introduction to Meditation</i>	11am	Ballroom
7/20	Thursday	Popcorn and a Movie— <i>A Quiet Passion</i>	3pm	Ballroom
7/21	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
7/21	Friday	Mark Morris Dance Group at DPAC	7pm	Lobby
7/27	Thursday	Cedars University <i>Practicing Mindfulness: An Introduction to Meditation</i>	11am	Ballroom
7/27	Thursday	Members Meeting	2pm	Ballroom
7/27	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
7/28	Friday	10th Annual Casual for a Cause Alzheimer's Hot Dog Fundraiser	11am	Dining Rooms
7/29	Saturday	<i>Bye Bye Birdie</i> at Paul Green Theatre	7pm	Lobby