



August 2017 • VOLUME 14 • ISSUE 8

# 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



## Bill and Nancy Cobey

by Stanley Peele

Bill and Nancy Cobey were both born in Washington, DC. Believe it or not, they knew each other when Nancy was six years old! They were reared in College Park, MD. Bill's dad was the athletic director for the University of Maryland. Bill received a BA from Emory University, an MBA from the University of Pennsylvania and an M.Ed

from the University of Pittsburgh. Nancy is a graduate of the University of Pennsylvania, received a RDH in dental hygiene, and worked as a dental hygienist in Washington, DC and Chapel Hill.

Following in his dad's footsteps, Bill became the athletic director at UNC-Chapel Hill from 1976 to 1980. In 1984, he was elected as our representative in the fourth Congressional district and served two years. After serving in Congress, Bill joined the administration of NC Governor Jim Martin, first as Deputy Secretary of Transportation and then as Secretary of the Department of Environment, Health and Natural Resources. After serving as Town Manager of Morrisville, NC, he did government relations consulting for Capitol Link. Bill served from 1999 to 2003 as the voluntary chairman of the NC Republican Party. From 2005-2012, Cobey was a presidential-appointee to the Metropolitan Washington Airports Authority Board of Directors. He is a former chairman of the Board at Trinity School of Durham and Chapel Hill and a former president of the Chapel Hill-Carrboro YMCA. He currently serves as a board member for the NC Center for the Advancement of Teaching (NCCAT). He is chairman of the North Carolina State Board of Education. People think of him as a "big wheel."

Nancy was a fitness instructor and held certifications for basic and group instruction as well as aquatics fitness instruction. She also is qualified as a personal trainer. She worked for over 25 years in the Triangle area and helped people with a wide range of physical difficulties. Her goal was to help people. She did that. Nancy has served in many beneficial groups, including the Brownie/Girl Scout organization and the PTA.

The Cobey's created and now run the Sunday Chapel Church which meets in the Cedars Ballroom. It is an interdenominational church that meets on Sunday mornings. This was done with gentleness and appreciation for the feelings of non-Christians and religious beliefs of all kinds.

Their lives are very challenging and extremely interesting. They have two children and four grandchildren who live nearby. How was it possible for Bill to do so many different things? First, he is an extremely able and versatile administrator. Second, Nancy is an equal partner and an excellent organizer. It is incredible. Together, they are a dream team!

## 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:

***A Beautiful Planet 3D at IMAX Theatre and Lunch at the Irregardless Café***  
Thursday, August 3, 10am Lobby

**Dining Out! Nana's**  
Tuesday, August 15, 4:45pm Lobby

***The Medici's Painter: Carlo Dolci and 17th-Century Florence***  
at the Nasher Museum of Art  
Tuesday, August 29, 1:30pm 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



## Dining Out! Nana's

Tuesday, August 15, 4:45pm  
Lobby

Nana's, located in Durham, has a well-known combination of world-class cuisine, a wine list that has won the "Award of

Excellence" from Wine Spectator Magazine, and friendly, attentive service that makes for an unforgettable dining experience. Sign up at the Concierge Desk beginning August 1, deadline August 11. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 6 people. Maximum 14 people.

## The Medici's Painter: Carlo Dolci and 17th-Century Florence

at the Nasher Museum of Art  
Tuesday, August 29, 1:30pm Lobby

The Nasher Museum is proud to present *The Medici's Painter: Carlo Dolci and 17th-Century Florence*, the first exhibition in the United States devoted to the luminous and meticulously rendered paintings of Italian artist Carlo Dolci (1616–1687). A favorite among the powerful Medici family, Dolci was the most important painter in 17th-century Florence.

*The Medici's Painter* includes 30 paintings and works on paper, including a rare 17th-century Florentine still life painting. This exhibition includes major loans from the Louvre in Paris, Uffizi Gallery in Florence, J. Paul Getty Museum in Los Angeles, Detroit Institute of Arts, and private Italian collections. A

richly illustrated exhibition catalogue was published by the Davis Museum at Wellesley College and Yale University Press. Sign up at the Concierge Desk beginning August 1, deadline August 21. Cost: \$24 for docent tour and transportation. Minimum 6 people. Maximum 18 people.



**CEDARS FITNESS**



**Try Total Body Training**

Fitness professionals agree that there are many important components of physical fitness including cardiorespiratory endurance, muscular strength and endurance, flexibility, and balance. Gaining and maintaining these components allows individuals to enjoy healthy and active lifestyles with less chance of injury and illness.

There are group fitness classes here at The Cedars that allow Members to train in all of these areas, in the cool comfort of the Ballroom!

**Cardio and Core ▪ Mondays at 11am and Tuesdays/Thursdays at 8:45am**

Set to great music, these classes consist of low impact aerobics, strength training with weights and bands and stretching on mats. These are great cross-training workouts for runners, walkers and swimmers.

**TGIF (The Goal Is Fitness) ▪ Rotating Fridays at 11am**

Suitable for intermediate exercisers, these workouts are performed in circuit formats. Each circuit includes aerobic, strength training and balance components, with an emphasis on core strength. Weights, bands, stability balls and Pilates techniques are used. A ten-minute stretch and relaxation segment on mats rounds out this challenging workout.

Come and enjoy an exercise challenge and reach your fitness goals with Julie Hardison. Contact Julie with questions at 919-259-7922.

**Sudoku Puzzle**

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

Puzzle rating: Hard

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

Puzzle by websudoku.com



*from Carolyn Taff*

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

DPAC

919-684-6402 • Durham  
*Motown The Musical*, Tues. 8/1–Sun. 8/6, varying times

Temple Theater

919-774-4155 • Sanford  
*Wizard of Oz*, Fri. 8/11–Sun. 8/13, varying times

Forest Theater

123 S. Boundary St. • Chapel Hill  
*Outdoors. AMAZING, unique show!* Fri. 8/4–Sun. 8/6, Fri. 8/11–Sun. 8/13, Fri. 8/18–Sun. 8/20, Fri. 8/25–Sun. 8/27, 7pm  
Sun. 8/20 & Sun. 8/27, 3pm

Weaver Street Market

919-241-1789 • Carrboro  
*Jazz Brunches on the Lawn*  
Good music, good food, nice people, children dancing, cute dogs etc., Sundays 8/6–8/27, 11am–1pm  
*After Hours Music on the Lawn*  
Good bands, mostly adult attendees, Thursdays 8/3–8/31, 6–8pm



## August Birthdays

Joan Langenderfer	1
Lynne Morris	2
Frank Bordbar	3
Priscilla Winn	4
Flora Shedd	5
Richard Hendel	5
Anne Cates	6
Lois Hirschman	7
Jeanette Kimmel	7
Sally Hammond	7
Harriet Stubbs	8
Chris Straughan	8
Carmen Woodruff	10
Esta Thomas	13
Gustavo Montana	13
Pauline Wilkes	16
Tom Nuzum	17
Marian Hicks	18
Joan Montana	18
Carolyn Taff	19
Elizabeth Morgan	20
Morris Martin	21
Jane McPherson	25
Faye Rapp	25
Robert Gersten	26
Milton Barber	26
Merle Hofmann	27
Milton Wollman	28
Linn Royster	30
Mary Louise Earey	30
Patricia Nenninger	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

## Ethan Uslan—Ragtime/Jazz/Silent Film Pianist

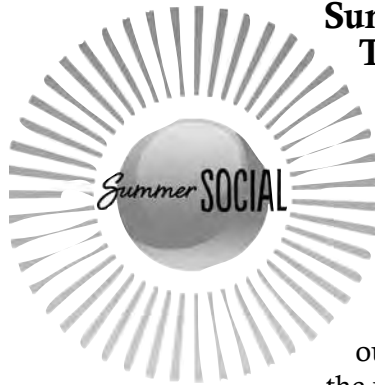
Tuesday, August 8, 3pm Ballroom

Ethan Uslan is a ragtime/jazz/silent film pianist based in Charlotte, North Carolina. He is a three-time winner of the World Championship Old-Time Piano Playing Contest and has performed all over the USA as well as in the UK, France, Italy, Switzerland, Belgium, and Cyberspace. Ethan's performances are filled with passion, humor, virtuosity, and a deep love for America's rich musical past. His vast repertoire includes original arrangements of Civil-War era songs, New Orleans Jazz, 1920s Charlestons, blues, stomps, Harlem stride piano, swing, Cuban rumbas, jazzed-up versions of classical masterpieces, and one Hawaiian song called "Yaaka Hula Hickey Dula."



## Summer Social with The Cedars Leadership Team

Friday, August 11, 4pm Ballroom



It's time to cool off and celebrate! Members of your Cedars Leadership team—directors, managers, and supervisors—invite you to a summer social. The purpose of this event is simply to socialize. The leadership team is excited about the opportunity to spend time with our Members in casual conversation rather than the usual work-focused discussions. Please mark your calendars and join us for summer refreshments and wine.

## Popcorn and a Movie—*The Promise*

Monday, August 14, 3pm Ballroom

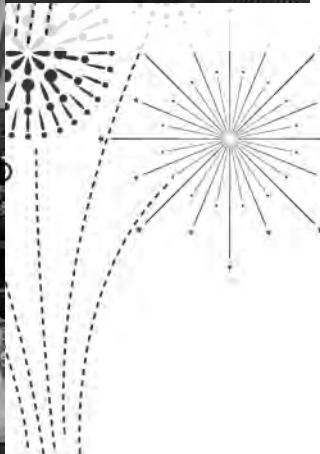
Empires fall, love survives. When Michael (Oscar Isaac), a brilliant medical student, meets Ana (Charlotte Le Bon), their shared Armenian heritage sparks an attraction that explodes into a romantic rivalry between Michael and Ana's boyfriend Chris (Christian Bale), a famous American photojournalist dedicated to exposing political truth. As the Ottoman Empire crumbles into war-torn chaos, their conflicting passions must be deferred while they join forces to get their people to safety and survive themselves. *The Promise* is directed by Academy Award winning filmmaker Terry George.

**Richard Tazewell—Pianist**  
Friday, August 11, 5pm Dining Lobby



**Robert Griffin—Jazz Pianist**  
Thursdays, August 17 & 31, 5pm Dining Lobby

# JULY 4TH CELEBRATION



## Kudos to...

- ☞ John Neter for his presentation on *Cruising Two Coasts: Norwegian Fjords and Alaskan Glaciers*
- ☞ Pat and Bob Nenninger for their donation of Great Courses DVD's
- ☞ Ellen Herron for her presentation on Peru and Ecuador
- ☞ All of our Members who supported the 10th Annual Casual for a Cause Hot Dog Fundraiser for Alzheimer's

## NEW MOVE INS




Gale Hill  
331 Cedar Berry Lane

Elizabeth Martin  
126 Cedar Breeze Lane

Thomas "Tom" Wolf  
111 Cedar Breeze Lane

# August 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

### 8/1 Tuesday

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8:45am Cardio and Core **B**  
9:45am Sit and Be Fit **B**  
9am 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

### 8/2 Wednesday

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



### 8/3 Thursday

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8am Art Open Studio **S**  
8:45am Cardio and Core **B**  
9:45am Sit and Be Fit **B**  
10am *IMAX Trip* **LB**   
11am Cedars University **B**  
11:30am Aquatic Therapy **P**    
4pm Scrabble **CR**

### 8/4 Friday

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8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
11:30am Aquatic Therapy **P**    
1pm Party Bridge **CR**  
4pm *Summer Social with The Cedars Leadership Team* **B**  
4:30pm Happy Hour **Bar**  
7:45pm Cedars Cinema CHANNEL 24

### 8/5 Saturday

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

### 8/6 Sunday

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3pm & 7:45pm Cedars Cinema CHANNEL 24

### 8/7 Monday

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



### 8/8 Tuesday

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8:45am Cardio and Core **B**  
9:45am Sit and Be Fit **B**  
9am Golf Croquet **GL**  
11:30am Bible Study **MR**  
11:30am Aquatic Therapy **P**    
2pm Mah Jongg **CR**  
2pm Meditation **PD**  
3pm *Ethan Uslan—Ragtime/Jazz/Silent Film Pianist* **B**  
4:30pm Line Dancing **B**  
7:45pm Cedars Cinema CHANNEL 24

### 8/9 Wednesday



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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

### 8/10 Thursday



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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**

### 8/11 Friday

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8:45am Water Exercise **P**  
9:45am Water Exercise **P**  
11:30am Aquatic Therapy **P**    
4pm *Summer Social with The Cedars Leadership Team* **B**  
4:30pm Happy Hour **Bar**  
5pm *Richard Tazewell—Pianist* **DL**  
7:45pm Cedars Cinema CHANNEL 24

### 8/12 Saturday

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

### 8/13 Sunday

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3pm & 7:45pm Cedars Cinema CHANNEL 24

### 8/14 Monday

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8am Art Open Studio **S**  
8:45am Water Exercise **P**  
9am Ping Pong **B**  
9am Library Workday **L**  
9:45am Water Exercise **P**  
10:30am Knit & Stitch **CR**  
11am Cardio and Core **B**  
11:30am Tai Chi **B**  
11:30am Aquatic Therapy **P**    
1pm Poker **CR**  
2pm Great Books **CL**  
3pm *Popcorn and a Movie—The Promise* **B**

### 8/15 Tuesday

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9am Golf Croquet **GL**  
11:30am Bible Study **MR**  
11:30am Aquatic Therapy **P**    
2pm Mah Jongg **CR**  
2pm Meditation **CL**  
4:45pm *Dining Out! Nana's* **DL**   
7:45pm Cedars Cinema CHANNEL 24



## 8/16 Wednesday

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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**

## 8/17 Thursday

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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**

## 8/18 Friday

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8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
11am Balance Challenge **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
11:30am Balance Basics **B**  
1pm Party Bridge **CR**  
3pm *The Great American Eclipse* **B**  
4:30pm Happy Hour **Bar**  
7:45pm Cedars Cinema **CHANNEL 24**

## 8/19 Saturday

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

## 8/20 Sunday

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

## 8/21 Monday

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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** 📖 ♣️  
1pm Poker **CR**  
1:30pm Play Group **CL**  
2:30pm *Solar Eclipse Watch Party* **GL**

## 8/22 Tuesday

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8:45am Cardio and Core **B**  
9:45am Sit and Be Fit **B**  
9am 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**

## 8/23 Wednesday

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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**

## 8/24 Thursday

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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**

## 8/25 Friday

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8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
11:30am Aquatic Therapy **P** 📖 ♣️  
3pm *Cruising Two Coasts: Norwegian Fjords and Alaskan Glaciers with John Neter* **B**  
4:30pm Happy Hour **Bar**  
7:45pm Cedars Cinema **CHANNEL 24**

## 8/26 Saturday

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

## 8/27 Sunday

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

## 8/28 Monday

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8am Art Open Studio **S**  
8:45am Water Exercise **P**  
9am Ping Pong **B**  
9am Library Workday **L**  
9:45am Water Exercise **P**  
10:30am Knit & Stitch **CR**  
11am Cardio and Core **B**  
11:30am Tai Chi **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Poker **CR**  
3pm *Peru and Ecuador with Ellen Herron* **B**

## 8/29 Tuesday

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8:45am Cardio and Core **B**  
9:45am Sit and Be Fit **B**  
9am Golf Croquet **GL**  
11:30am Bible Study **MR**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1:30pm *The Medici's Painter at the Nasher Museum of Art* **LB** 📖  
2pm Mah Jongg **CR**  
2pm Meditation **CL**  
4:30pm Line Dancing **B**  
7:45pm Cedars Cinema **CHANNEL 24**

## 8/30 Wednesday

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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**

## 8/31 Thursday

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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**

♣️ 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, August 3 & 10, 11am Ballroom

**Terror of History: Mystics,  
Heretics, and Witches in the  
Western Tradition**

*Taught by Professor Teofilo  
F. Ruiz, Ph.D., University of  
California, Los Angeles*  
Thursdays, August 17–November 2, 11am  
Ballroom

Western civilization is closely associated with reason and science, and with exceptional accomplishment in art, architecture, music, and literature. Yet it has also been characterized by widespread belief in the supernatural and the irrational—with mystics who have visions of the divine, and with entire movements of people who wait in fervent anticipation of the apocalypse.

This series invites you to consider what might be called the “underbelly” of Western society, a complex mixture of deeply embedded beliefs and unsettling social forces that has given rise to our greatest saints and our most shameful acts. The “terror of history,” according to Professor Ruiz, is a deeply held belief—dating from the ancient Greeks to Nietzsche and beyond—that the world is essentially about disorder and emptiness, and that human beings live constantly on the edge of doom.

**LEARNING  
OPPORTUNITIES**

**Summer Armchair Travel**

**Cruising Two Coasts:  
Norwegian Fjords and  
Alaskan Glaciers**

*with John Neter*  
Friday, August 25, 3pm Ballroom

The Neters’ Norwegian cruise took the beautiful Inland Passage to the North Cape, on the way visiting several impressive fjords. The Aurland Fjord ends after a long cruise in two fjords, 120 miles from the coast. The famous Geiranger Fjord is spectacular, ringed by snow-capped mountains which are graced by numerous long waterfalls. The North Cape is well above the Arctic Circle, about 1,300 miles south of the North Pole. Its features are stark, yet some tiny flowers grow in the summer.



The Alaskan cruise also sailed an inland passage on the way to Juneau and Glacier Bay. Glacier Bay is spectacular, containing 15 large glaciers. The bay is an UNESCO World Heritage Site. The cruise stopped at Ketchikan, home of a large collection of Native American totem poles, and at Sitka,

an old Russian community. The cruise concluded with a visit to the outstanding Butchart Gardens in Victoria.



**Peru and Ecuador**

*with Ellen Herron*  
Monday, August 28, 3pm Ballroom

In June, Ellen joined a group of eight to spend a week each in Peru and Ecuador. Of course the emphasis was on Machu Picchu and the exotic wildlife of the Galapagos. In Peru they were exposed to Andean culture and celebrations that incorporate pre-Columbian, including Inca, history and tradition with more recent Spanish Catholicism. They just happened to be in Cuzco during their winter (June) solstice celebration which alone could have been justification for the trip.

What is the fascination with Machu Picchu and the Incas? Is it just for Indiana Jones fans and sun worshippers? Why, how and by whom was it built? After making the tourist trek (train and bus) there in June, Ellen succumbed to its fascination.

And what about our curiosity with the Galapagos, a collection of inhospitable volcanic islands in the Pacific that Ecuador finally claimed in 1832 and now realizes is a scientific world treasure for understanding the history (evolution) of life as well as an extremely popular tourist destination.



## The Great American Eclipse

with Dr. Tom Clegg

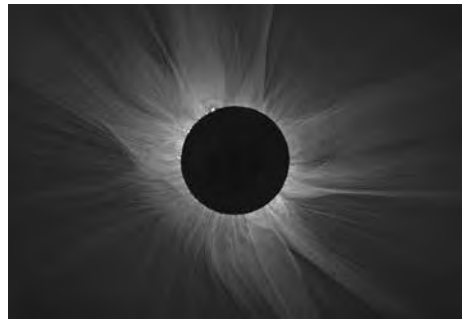
Friday, August 18, 3pm Ballroom

On August 21 we will see the first solar eclipse in the U.S. since 1979. In preparation for the Cedars viewing of the Great American Eclipse (see below), Cedars Member and retired UNC physics professor Tom Clegg will speak briefly to introduce what will cause this relatively rare solar eclipse event, where it can be viewed, what we can expect to see, and what will be needed to view it safely.

## Solar Eclipse Watch Party

Monday, August 21, 2:30pm, Great Lawn (weather permitting)

So why is this particular eclipse being called the "Great American Eclipse?" This is the first total solar



eclipse that's only visible in the U.S. and no other country. It will be the first of its kind since our country was founded in 1776. Although Chapel Hill will NOT be in the path of totality (a complete solar eclipse), the partial eclipse will begin at approximately 1:15pm and end at 4:06pm, with maximum coverage happening around 2:40pm. **Special eclipse viewing glasses will be handed out at the Concierge Desk. The eclipse viewing event will be followed by refreshments in the Clubhouse upper lobby.**



Bart Bielawski and Bill McLendon talk with Bill Melega after his WWI lecture series

Betsy Terrell, Pat Beyle and Rich Hendel with Art Chansky, author of *Game Changers: Dean Smith, Charlie Scott, and the Era That Transformed a Southern College Town*



## ANNOUNCEMENTS

### Ice Cream Social

with Sandy Friday and the Rehab Staff

Thursday, August 10, 2pm Ballroom

Interactive games and quizzes to win gift certificates to Carolina Café.

### Jewelry Repair with Eva Mogenson

Friday, August 11, 1-2pm Art Studio

### Walk with a Doc

Saturday, August 19, 10am, UNC Wellness Center at Meadowmont

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. For more information contact Kirsten Ambrose at 919-966-7209.



## CAREGIVERS SUMMIT

*Navigating the Transitions in Life*

Tuesday, August 22, 8am-3:30pm, Friday Center, 100 Friday Center Dr., Chapel Hill  
The Caregivers Summit provides respite, resolution, and resources as you navigate life's transitions. Register and learn more at [caregiverssummit.org/chapel-hill](http://caregiverssummit.org/chapel-hill) or call 919-719-6765. Cost: \$15/caregivers per person. Registration includes lunch and choice of sessions. **Transportation will be provided, sign up at the Concierge Desk.**

### Cynthia's Tailor Shop Services

Wednesdays, 9-9:30am Art Studio

Cynthia Lennon provides quality and affordable alterations.



# • • • • • CEDARS *Cinema* • • • • •

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

## ***Rear Window***

Tuesday, August 1 & Saturday, August 5, 7:45pm  
Sunday, August 6, 3pm • PG

Wheelchair-bound James Stewart becomes absorbed with life outside his window and is convinced a murder has taken place. With Grace Kelly, Thelma Ritter and Wendell Corey. (1954) SUBTITLES NOT INCLUDED

## ***Norman: The Moderate Rise and Tragic Fall of a New York Fixer***

Wednesday, August 2 & Friday, August 4, 7:45pm  
Saturday, August 5, 3pm • R

As a small-time “fixer,” opportunistic Norman Oppenheimer makes a golden connection when a politician he once befriended becomes Israel’s prime minister. Starring Richard Gere and Lior Ashkenzi. (2017)

## ***Tommy’s Honour***

Tuesday, August 8 & Saturday, August 12, 7:45pm  
Sunday, August 13, 3pm • PG

Tom Morris is greenkeeper at the Royal and Ancient Golf Club in St. Andrews, a position he expects his son to fill. But young Tommy has other plans as golf’s first touring pro. Starring Peter Mullan and Jack Lowden. (2017) SUBTITLES NOT INCLUDED

## ***Breakfast at Tiffany’s***

Wednesday, August 9 & Friday, August 11, 7:45pm  
Saturday, August 12, 3pm • NR

Fortune hunter Holly Golightly finds herself captivated by an aspiring writer. As romance blooms, Doc Golightly shows up on the scene, revealing Holly’s past. With Audrey Hepburn and George Peppard. (1961)

## ***The Zookeeper’s Wife***

Tuesday, August 15 & Saturday, August 19, 7:45pm  
Sunday, August 20, 3pm • PG-13

After the Nazis invade Poland, zoo caretakers place themselves in danger when they try to save Jews from the Warsaw Ghetto. Starring Jessica Chastain and Daniel Bruhl. (2017)

## ***This Beautiful Fantastic***

Wednesday, August 16 & Friday, August 18, 7:45pm  
Saturday, August 19, 3pm • PG

When her landlord forces Bella Brown to clean up her garden, she meets a grumpy neighbor, who’s a horticulturalist. (2017) SUBTITLES NOT INCLUDED

## ***Their Finest***

Tuesday, August 22 & Saturday, August 26, 7:45pm  
Sunday, August 27, 3pm • R

Hired to pen film scripts to boost spirits during WW II’s London Blitz, Catrin Cole finds drama and comedy offscreen as she contends with a chauvinistic screenwriter and a self-important actor. Starring Gemma Arterton and Sam Claflin. (2017)

## ***Live by Night***

Wednesday, August 23 & Friday, August 25, 7:45pm  
Saturday, August 26, 3pm • R

With bootlegging profits skyrocketing during Prohibition, the son of a cop makes a name for himself by becoming a smuggler and then a gangster. Starring Ben Affleck and Elle Fanning. (2016)

## ***Some Like It Hot***

Tuesday, August 29 & Saturday, September 2, 7:45pm • Sunday, September 3, 3pm • NR

When musicians witness the St. Valentine’s Day Massacre, they get out of town the only way they know how, dressed as women. Starring Marilyn Monroe, Tony Curtis and Jack Lemmon. (1959) SUBTITLES NOT INCLUDED

## ***A Quiet Passion***

Wednesday, August 30 & Friday, September 1, 7:45pm • Saturday, September 2, 3pm • PG-13

Famously reclusive Emily Dickinson comes to life in this biopic from her days as a gifted student through years as an introverted adult. Starring Cynthia Nixon and Jennifer Ehle. (2017) SUBTITLES NOT INCLUDED



## 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 9:00 **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

### Mexican Train Dominos

Sally Sullivan 919-489-6446

### 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 1:00 **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

### Water Exercise

Mon Wed Fri 8:45 & 9:45 **P**

Julie Hardison 919-259-7922

## Get Involved

### Accessing UNC Libraries

Saturdays, August 12 & 26, 11am Library

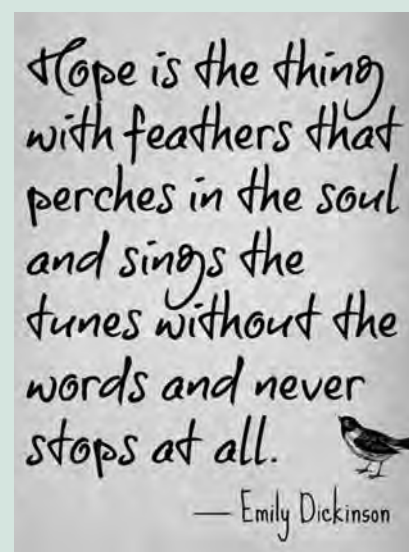
Want to borrow books from  
UNC Libraries? Contact Lynne  
Morris with questions at  
919-967-4885.

### Great Books

2nd Mondays, 2pm Classroom

The first selection is *Her Own  
Accord*.

## Member "Hope Quotes"



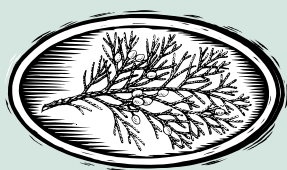


### Channel 24 Replays Schedule

- ☞ 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

### 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>
8/3	Thursday	<i>A Beautiful Planet 3D</i> at IMAX Theatre and Lunch at the Irregardless Café	10am	Lobby
8/3	Thursday	Cedars University <i>Practicing Mindfulness: An Introduction to Meditation</i>	11am	Ballroom
8/8	Tuesday	Ethan Usulan—Pianist	3pm	Ballroom
8/10	Thursday	Cedars University <i>Practicing Mindfulness: An Introduction to Meditation</i>	11am	Ballroom
8/11	Friday	Summer Social with The Cedars Leadership Team	4pm	Ballroom
8/11	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
8/14	Monday	Popcorn and a Movie— <i>The Promise</i>	3pm	Ballroom
8/15	Tuesday	Dining Out! Nana's	4:45pm	Lobby
8/17	Thursday	Cedars University <i>Terror of History: Mystics, Heretics, and Witches in the Western Tradition</i>	11am	Ballroom
8/17	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
8/18	Friday	The Great American Eclipse with Dr. Tom Clegg	3pm	Ballroom
8/21	Monday	Solar Eclipse Watch Party	2:30pm	Great Lawn
8/24	Thursday	Cedars University <i>Terror of History: Mystics, Heretics, and Witches in the Western Tradition</i>	11am	Ballroom
8/25	Friday	<i>Cruising Two Coasts: Norwegian Fjords and Alaskan Glaciers</i> with John Neter	3pm	Ballroom
8/28	Monday	<i>Peru and Ecuador</i> with Ellen Herron	3pm	Ballroom
8/29	Tuesday	<i>The Medici's Painter: Carlo Dolci and 17th-Century Florence</i> at the Nasher Museum of Art	1:30pm	Lobby
8/31	Thursday	Cedars University <i>Terror of History: Mystics, Heretics, and Witches in the Western Tradition</i>	11am	Ballroom
8/31	Thursday	Members Meeting	2pm	Ballroom
8/31	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby