



September 2017 • VOLUME 14 • ISSUE 9

The Cedars Post

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To learn more about this remarkable community and its history, join President Bob

Woodruff for a Q&A session on Monday, September 25 at 3pm in the Ballroom.

Also, mark your calendars for Sunday, October 1 as The Cedars will celebrate its 13th anniversary with a Family Day and Southern BBQ event. The Cedars Family Day will be the first of its kind welcoming all Members, staff and family members to the great lawn for an afternoon of great food, music by The Bluegrass Experience, games for the children and much more!

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

The Cedars: A Little History

by Stanley Peele



Do you ever think about how it was for the first group of people who moved into The Cedars in 2004? In your mind, do you think of them as pioneers, having to live without the niceties of modern living? If so, disabuse yourself of that thought. The Cedars opened as a viable retirement village, with full steam ahead. They did not have a liquor license at first. That problem was meliorated by serving free wine. We had a wonderful, caring staff from the get-go. They paid attention to the new arrivals and were right on the spot, offering tips and even volunteering to get lunches and sundries for the new arrivals. The residents enjoyed the same benefits as we have now. The food was good from the start. The words “fine dining” fit. In fact, the reputation of the Cedars for having excellent food was high at the very beginning. Bill and Anne McLendon were in the first wave of residents at The Cedars. Shortly after their arrival, Bill was in the living room unpacking, and Anne was in the kitchen. Suddenly, Anne exclaimed, “Bill! Come here and listen to this music!!” When Bill came into the kitchen, he said, “That sounds like the ‘Hallelujah Chorus’ from the *Messiah!*” “Yes,” replied Anne, “and that’s exactly how I feel after cooking every day for you for 50 years!”

The Cedars never had a dress code except for the formal dining room. The residents tended to wear more “dress up” clothes than they do now. The ponds were very muddy at first. However, through excellent care they have been transmuted into the beautiful ponds of today.

The Cedars is a friendly and convivial group today. It was that way from the beginning. There was a great sense of community and socializing. Each building had an identity and the people in them were like family. The first residents lived in Burke and Bladen. Here are the names of the very first residents of the Cedars: Joyce and Ken Hoffman and Bonnie and Jim Simms. They were delighted to be here. Joyce was so happy to be here that she felt like dancing! Three days later, Rollie and Mary Windley Tillman arrived.

This article is written to honor these six pioneers, the others that arrived shortly thereafter, the excellent staff that welcomed them, and the people who had the bold idea of creating The Cedars of Chapel Hill.

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:

Stoney River Steakhouse and Grill

Wednesday, September 13, 5pm Lobby

PlayMakers Repertory Company

Sunday, September 17, 1:30pm Lobby

Carolina Ballet

Saturday, September 23, 1pm Lobby

Jordan Lake Eco Tour

Friday, September 29, 1:30pm Lobby

Great Get-Aways

Southern Leisure Tours Presents

- ❖ 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



Stoney River Steakhouse and Grill

Wednesday, September 13, 5pm Lobby

Stoney River is an upscale steakhouse, specializing in hand-cut steaks and gourmet entrees, served in a sophisticated atmosphere by professional servers. Guests can enjoy diverse menu offerings such as center-cut filets, bone-in rib-eyes or a classic NY strip. Not in the mood for a steak? Stoney River offers fresh seafood selections, signature salads and house specialties. Sign up at the Concierge Desk beginning September 1, deadline September 10. Cost: \$4 for transportation. Bring money for food and drinks. Minimum 6 people. Maximum 14 people.

Jordan Lake Eco Tour

Friday, September 29, 1:30pm Lobby

Learn the story of Jordan Lake while cruising on a 24-foot, fully shaded pontoon boat: its wildlife ecology, history, environmental impact from humans, engineering aspects, and the vital role the lake plays in the Triangle. Sign up at the Concierge Desk beginning September 1, deadline September 24. Cost: \$32 for tour and transportation. Remember to bring sunscreen, a hat and sunglasses. Minimum 8 people. Maximum 10 people.

The Metropolitan Opera

Norma

at Silverspot Cinema

Saturday, October 7, 12:15pm Lobby

“Ponselle, Milanov, Sutherland, Callas...after last night, Radvanovsky can add her name to the list,” declared the *Huffington Post* when Sondra Radvanovsky made her Met role debut as Norma in 2013. The 2017–18 season opens with a new production of Bellini’s masterpiece, starring Radvanovsky as the Druid priestess and Joyce DiDonato as her archrival, Adalgisa—a casting coup for bel canto fans. Tenor Joseph Calleja is Pollione, Norma’s unfaithful lover, and Carlo Rizzi conducts. Sir David McVicar’s evocative production sets the action deep in a Druid forest where nature and ancient ritual rule. Sign up at the Concierge Desk beginning September 1, deadline October 1. Cost: \$29 for ticket and transportation. Maximum 16 people.



CEDARS FITNESS

Let's Dance to Good Health

For centuries, dance manuals and other writings have lauded the health benefits of dancing, usually as physical exercise. More recently we've seen research on further health benefits of dancing, such as stress reduction and increased serotonin level, with its sense of well-being.

Most recently we've heard of another benefit: **dancing also increases cognitive acuity at all ages.**

The New England Journal of Medicine reported on a 21-year study of senior citizens, 75 and older, that measured mental acuity in aging by monitoring rates of dementia. The study wanted to see what physical or cognitive recreational activities influenced mental acuity. The findings showed that **dancing frequently produced a 76% reduced risk of dementia**, the greatest risk reduction of any activity studied, cognitive or physical.

What could cause these significant cognitive benefits? Participation in mentally engaging activities cause the brain's cerebral cortex and hippocampus, which are remarkably plastic, to rewire themselves and create new neural paths for retaining information. **Dancing integrates several brain functions at once—kinesthetic, rational, musical and emotional—further increasing neural connectivity.**

—by Richard Powers, Stanford Dance



Dancing at The Cedars

Dancing is also a great way to socialize, and there are several options to enjoy here at The Cedars. Line dancing, ballroom dancing and retro dance workshops are offered in the Ballroom, with no sign-ups or fees required. Everyone is welcome! Contact Julie Hardison at 919-259-7922 with questions.

Sudoku Puzzle

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

Puzzle rating: Medium

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

Puzzle by websudoku.com



from Carolyn Taff

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

Baldwin Auditorium

919-968-4444 • Durham
American Brass Quintet, pieces from Renaissance to 2016, Sat. 9/30, 8pm

Reynolds Industries Theater

919-684-4444 • Durham
Film: *Beasts of the Southern Wild* with *Wordless Music*. Live music by NC Symphony members & Lost Bayou Ramblers
Fri. 9/8, Sat. 9/9, 8pm

St. Stephen's Episcopal Church

919-493-5451 • Durham
Alexander Beyer, piano, Bach, Shostakovich, Rachmaninoff
Sun. 9/24, 4pm, pre-concert discussion 3pm

Carolina Theater

919-560-3030 • Durham
Rufus Wainwright, Thurs. 9/28, 8pm

Duke Energy Center

Memorial Auditorium
919-996-8700 • Raleigh
Carolina Ballet, *Ugly Duckling*
Sun. 9/17, 2pm

UNC Memorial Hall

919-843-3333 • Chapel Hill
Cold Mountain, NC Opera,
Thurs. 9/28, 7:30pm, Sun. 10/1, 2pm

The ArtsCenter

919-929-2787 • Carrboro
HARMONY, re-arranged traditional & popular favorites
Thurs. 9/14, 8pm

September Birthdays

John Cates	2
Carol Price	2
Victoria Neunert	4
Allen Kelley	5
Betty White	5
Fae Ensslin	7
Rosalie Cassidy	7
Carter Fox	8
Stuart Bondurant	9
Edna Cobb	9
Thomas Wolf	10
Tamara Jackson	11
Anne George	13
Lois Arcuni	14
Dwight Morris	15
Simone Rosse	15
Elise Guthridge	18
Stephen Davis	18
Herbert Rothen	19
Gale Hill	20
Herbert Lawton	21
Jane Porter	21
Robert Price	21
William Pereira Jr.	22
Helen Wilson	23
Vicky Hendel	24
Wyndham Robertson	25
Johanne Miller	26
Mark Reed	26
Roy Rodwell	26
LuAnn Engelman	27
Bernice Wheeler	28
Richard Orcutt	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 at 919-537-0126.

Let's Celebrate



Labor Day Cookout with Wilton Dubois, Steel Drums and Randy Evans, Guitar

Monday, September 4, 4:30pm Dining Lobby

Celebrate Labor Day listening to the sounds of Wilton Dubois on steel drums and Randy Evans on guitar. Wilton was introduced to steel drums in a small village on the Island of Trinidad. Today, he continues his journey as a musician and educator of the unique sounds of steel drums.

Replay of Cedars Singers' A Sentimental Journey

Sunday, September 10, 3pm Ballroom

By popular request, *A Sentimental Journey*, the program presented last April by The Cedars Singers, will be shown on the big screen in the Ballroom. The ensemble is directed by Davis Bingham, with Joy Douglass at the piano and Louis Taff on the drums. The Singers present several favorites from the '40s and '50s, including "Chattanooga Choo Choo," "Sentimental Journey," "Swinging on a Star," "I Could Have Danced All Night" and "Sixteen Candles." The audience will enjoy singing along on other oldies such as "Getting to Know You," "Accentuate the Positive," "Love Me Tender," and "Moon River." Song sheets will be provided and Davis will be present to lead.

Popcorn and a Movie—*Gifted*

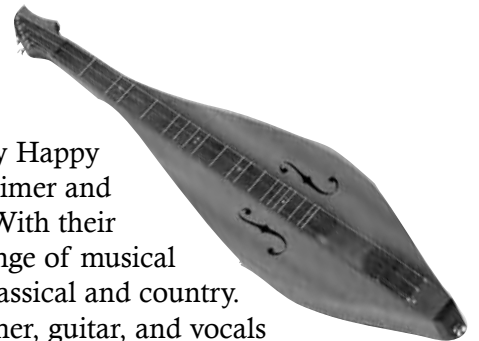
Friday, September 15, 3pm Ballroom

Frank Adler (Chris Evans) is a single man raising a child prodigy, his spirited young niece Mary (Mckenna Grace), in a coastal town in Florida. Frank's plans for a normal school life for Mary are foiled when the seven-year-old's mathematical abilities come to the attention of Frank's formidable mother Evelyn (Lindsay Duncan) whose plans for her granddaughter threaten to separate Frank and Mary.

Constellation

Friday, September 29, 5pm Cardroom

Join this exciting musical duo of Eric Thomas and Helen Wolfson for Friday Happy Hour. Helen plays the hammered dulcimer and Eric is a singer/songwriter/guitarist. With their distinctive style, they cover a broad range of musical genres, including folk, Celtic, blues, classical and country. The combination of hammered dulcimer, guitar, and vocals is unique and energizing.



Robert Griffin—Jazz Pianist

Thursdays, September 14 & 21, 5pm Dining Lobby



Richard Tazewell—Pianist

Friday, September 15, 5pm Dining Lobby



10th Annual Casual for a Cause Alzheimer's Hot Dog Fundraiser

Thank you to all of our Members, staff, and community neighbors who came out to support this event!



Kudos to...

- ☞ John and Mary Crabill for their *Great Loop* presentation
- ☞ Dr. Tom Clegg for his lecture *Why Is the Globe Warming?*



NEW MOVE INS

Edwin "Ozzie" and
Emily Ayscue
533 Cedar Berry Lane

Lila Berry
626 Cedar Club Circle


Donna Byrd
636 Cedar Club Circle

Summer social events in the Clubhouse



September 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

9/1 Friday

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

9/2 Saturday

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

9/3 Sunday

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

9/4 Monday



Labor Day

All Fitness Classes Cancelled

8am Art Open Studio **S**
9am Ping Pong **B**
9am Library Workday **L**
10:30am Knit & Stitch **CR**
1:30pm Play Group **CL**
2pm Poker **CR**
4:30pm Wilton Dubois on Steel Drums **DL**





9/5 Tuesday



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

9/6 Wednesday



8:45am Water Exercise **P**

9:00 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**

9/7 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**

9/8 Friday

8:45am Water Exercise **P**
9:00 Ping Pong **B**
9:45am Water Exercise **P**
11am TGIF **B**
11:30am Aquatic Therapy **P**  
3pm *The Great Loop with John and Mary Crabill* **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

9/9 Saturday



9:00 Ping Pong **B**
10:30am Cribbage **CL**
11am Accessing UNC Libraries
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

9/10 Sunday



3pm & 7:45pm Cedars Cinema **CHANNEL 24**
3pm *Replay of Cedars Singers Sentimental Journey* **B**

9/11 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 *Why Is the Globe Warming? with Dr. Tom Clegg* **B**

9/12 Tuesday

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

9/13 Wednesday

8:45am Water Exercise **P**
9:00 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**
5pm *Dining Out! Stoney River Steakhouse* **LB** 
7:45pm Cedars Cinema **CHANNEL 24**

9/14 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**
5pm *Robert Griffin—Jazz Pianist* **DL**

9/15 Friday


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

9:45am Water Exercise **P**
11am Retro Dance **B**
11:30am Aquatic Therapy **P**  
1pm Party Bridge **CR**
3pm Popcorn and a Movie—Gifted **B**
4:30pm Happy Hour **Bar**
5pm Richard Tazewell—Pianist **DL**
7:45pm Cedars Cinema **CHANNEL 24**



9/16 Saturday

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



9/17 Sunday

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

9/18 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 *The Legacy of Paul Green with Marsha Warren* **B**

9/19 Tuesday

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

9/20 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**



9/21 Thursday

Rosh Hashanah


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**




9/22 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**



9/23 Saturday

9am Ping Pong **B**
10:30am Cribbage **CL**
11am Accessing UNC Libraries
1pm Carolina Ballet **LB** 
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

9/24 Sunday

3pm & 7:45pm Cedars Cinema **CHANNEL 24**
3pm Classical Concert Series **B** 

9/25 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 *The History of the Cedars Q&A with Bob Woodruff* **B**

9/26 Tuesday



8:45am Cardio and Core **B**

9am Golf Croquet **GL**
9:45am Sit and Be Fit **B**
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**

9/27 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**

9/28 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**


9/29 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
1:30pm Jordan Lake Eco Tour **LB** 
4:30pm Happy Hour **Bar**
5pm Constellation **CR**
7:45pm Cedars Cinema **CHANNEL 24**

9/30 Saturday

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



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



**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, September 7–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

The Great Loop

with John and Mary Crabill
Friday, September 8, 3pm Ballroom



Ride along with Miss Mary and Captain Jack Crabill on a boat trip from Miami, up the east coast to the Great Lakes and Canada, then down the rivers to Mobile, Alabama, and points south back to Miami. They did this adventure on a 58-foot Hatteras which they lived on for 22 years. They spent nine months visiting almost all the Eastern waterways of the United States. Join them on September 8 for their “Great Loop” journey.

Why Is the Globe Warming? How Physics Explains the Earth’s Temperature Rise

with Dr. Tom Clegg
Monday, September 11, 3pm Ballroom

Scientific consensus today believes that the Earth’s average surface temperature is rising because of trapped greenhouse gases in the atmosphere. What are greenhouse gases, what is their origin, and how can they cause such a temperature rise? In this talk, simple hands-on demonstrations and relevant examples drawn from common, everyday experience will be used to explain the basic physical reasons for this growing scientific

understanding and concern. Tom Clegg retired in the summer of 2016 after 48 years of teaching physics to UNC undergraduates and conducting experimental nuclear physics research with graduate and undergraduate students at the Triangle Universities Nuclear Laboratory located on the Duke campus.

The Legacy of Paul Green: Poet, Playwright, Teacher and Human Rights Activist

with Marsha Warren
Monday, September 18, 3pm Ballroom

This is the story of a young man born in 1894 in rural Harnett County who came to Chapel Hill to go to the University in 1916, enlist in WWI in 1917, and return to finish school and become a professor of philosophy and drama. A prolific writer, Paul Green won the Pulitzer Prize in Drama in 1927 and in 1937 he wrote *The Lost Colony*, the first of 17 symphonic outdoor dramas. A staunch human rights activist, Paul Green worked tirelessly to better the lives of North Carolina’s disenfranchised citizens. Marsha White Warren has been the Executive Director/Literary Executor of the Paul Green Foundation since 1991.

The History of the Cedars Q&A with Bob Woodruff

Monday, September 25, 3pm Ballroom

Ever wonder how The Cedars has become the remarkable community it is today? Join President and Developer Bob Woodruff for a Q&A session about the history of the community. From the days before the concrete was poured, to the expansions of tomorrow, come learn how The Cedars story has unfolded over the last 27 years.



Cedars Family Day and Southern BBQ

Sunday, October 1, 11am-2pm Great Lawn (rain date October 8)

This year The Cedars will celebrate its 13th anniversary family style. We invite all Members, staff and family members to a Southern BBQ on the Great Lawn. The event promises to have good food, live music by The Bluegrass Experience and fun for the whole family!

The Bluegrass Experience has been a vital force for over 30 years. Since being named the World's Champion Bluegrass Band in 1972, the group has performed professionally throughout the eastern half of the United States and has appeared on many major festivals. Members have worked or recorded with some of the greats of the genre including: Bill Monroe, Chubby Wise, Bobby Hicks, Jimmy Mills, Roland White, Wilma Lee Cooper, Gene Wooten and many others.

Please note that Cedar Club Circle will be blocked off to all traffic for this event.

The Dubose Art Gallery is proud to announce the opening of its new exhibit, the works of Herb Lawton. Visitors will see some of his remarkable activity as an artist since retiring from his architectural firm and moving to The Cedars. In his words, "The majority of my paintings are landscapes. Some of my paintings might be called impressionistic. I



find it very exciting to try different techniques. I sometimes use photographs I have taken or found, some are plein-aire (done outside) and quite a few are the result of letting my imagination have free rein and creating. I do like the type of painting that leaves something, sometimes a lot, to the imagination."

This exciting show opens on September 17. Complimentary transportation to the DuBose Art Gallery will be available on September 22 at 3pm for an artist-led tour. Sign up at Concierge Desk. More information to come regarding an artist reception.



ANNOUNCEMENTS

Jewelry Repair with Eva Mogenson

Friday, September 8, 1-2pm Art Studio

Fit, Flexible and Fabulous with Sandy Friday

Thursday, September 14, 2pm Ballroom

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

Walk with a Doc

Saturday, September 16, 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 before the walk. For more information contact Kirsten Ambrose at 919-966-7209.

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

Nine to Five

Tuesday, September 5 & Saturday, September 9,
7:45pm • Sunday, September 10, 3pm • PG

Three women fed up with their boss entertain fantasies about revenge. But fantasy turns into reality when they think they've inadvertently poisoned Mr. Hart's coffee and try to cover their tracks. Starring Jane Fonda, Lily Tomlin, Dolly Parton and Dabney Coleman. (1980)

The Circle

Wednesday, September 6 & Friday, September 8,
7:45pm • Saturday, September 9, 3pm • PG-13

Ambitious Mae Holland can't believe her good luck when the mightiest tech company on Earth hires her. But Mae's enthusiasm wavers after meeting a colleague who's skeptical of the company's objectives. Starring Emma Watson and Tom Hanks. (2017) SUBTITLES NOT INCLUDED

The Beatles: Eight Days a Week—The Touring Years

Tuesday, September 12 & Saturday, September 16,
7:45pm • Sunday, September 17, 3pm • NR

From gigs at Liverpool's Cavern Club to their final concert in 1966 in San Francisco, this documentary centers on the Beatles' touring years, using found footage and interviews to paint a picture of the band in the context of their time. A Ron Howard film. (2016)

United Kingdom

Wednesday, September 13 & Friday, September 15,
7:45pm • Saturday, September 16, 3pm • PG-13

Meeting at a dance in 1947, African prince Seretse Khama and London office worker Ruth Williams share a love of jazz and an instant attraction. When they wed after a brief courtship, their interracial union sparks an international political crisis. Starring David Oyelowo and Rosamund Pike. (2017)

Going in Style

Tuesday, September 19 & Saturday, September 23,
7:45pm • Sunday, September 24, 3pm • PG-13

Cheated out of their pensions, three elderly friends decide to extract justice by robbing a bank. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail. Starring Morgan Freeman, Michael Caine and Alan Arkin. (2017)

SUBTITLES NOT INCLUDED

The Verdict

Wednesday, September 20 & Friday, September 22,
7:45pm • Saturday, September 23, 3pm • R

A washed-up attorney gets a chance at redemption when his friend tosses him an open-and-shut medical malpractice case. But instead of accepting an easy cash settlement, he takes the powerful defendant to court. Starring Paul Newman and Charlotte Rampling. (1982)

The Simple Life of Noah Dearborn

Tuesday, September 26 & Saturday, September 30,
7:45pm • Sunday, October 1, 3pm • PG

A small-town farmer (Sidney Poitier) lives an uncomplicated existence until a developer (George Newbern) tries to usurp his family's land. The developer even hires a shrink (Mary-Louise Parker) to have him declared insane. But the farmer forms an unbreakable bond with the doctor, stronger than anything the land baron can dish out. (1999) SUBTITLES NOT INCLUDED

The Promise

Wednesday, September 27 & Friday, September 29,
7:45pm • Saturday, September 30, 3pm • PG-13

As the Ottoman Empire is waning and the population of Constantinople stands on the brink of World War I, a love triangle develops among an American journalist, a doctor-to-be, and an Armenian artist. (2017)

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, September 9 & 23, 11am Library

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

Great Books

2nd Mondays, 2pm Classroom

Her Own Accord Identity section

2017/18

Classical

Concert

Series

A new concert
season begins

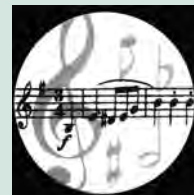
on **Sunday**,

September 24 with The Vega
String Quartet, resident at

Emory University, performing
with pianist William Ransom.

The program will include works
by Haydn, Beethoven and
Brahms. If you would like to
learn more about the quartet,
go to www.vegaquartet.com.

Subscriptions to the series are
still available. Passes for the
new season will be distributed
early in September. If you have
questions or wish to subscribe,
please contact Connie Eby
at 919-259-7808 or [cteby@
mindspring.com](mailto:cteby@mindspring.com) or Babette
Blaug at 919-967-5013 or
gagablaug1@aol.com.

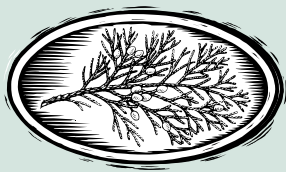


Channel 24 Replays Schedule

- ☞ 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>
9/4	Monday	Labor Day Celebration with Wilton Dubois on Steel Drums and Randy Evans on Guitar	4:30pm	Dining Lobby
9/7	Thursday	Cedars University <i>Terror of History: Mystics, Heretics, and Witches in the Western Tradition</i>	11am	Ballroom
9/8	Friday	<i>The Great Loop</i> with John and Mary Crabill	3pm	Ballroom
9/10	Sunday	Replay of Cedars Singers Sentimental Journey	3pm	Ballroom
9/11	Monday	<i>Why Is the Globe Warming? How Physics Explains the Earth's Temperature Rise</i> with Dr. Tom Clegg	3pm	Ballroom
9/13	Wednesday	Dining Out! Stoney River Steakhouse	5pm	Lobby
9/14	Thursday	Cedars University <i>Terror of History: Mystics, Heretics, and Witches in the Western Tradition</i>	11am	Ballroom
9/14	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
9/15	Friday	Popcorn and a Movie— <i>Gifted</i>	3pm	Ballroom
9/15	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
9/17	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
9/18	Monday	<i>The Legacy of Paul Green: Poet, Playwright, Teacher and Human Rights Activist</i> with Marsha Warren	3pm	Ballroom
9/21	Thursday	Cedars University <i>Terror of History: Mystics, Heretics, and Witches in the Western Tradition</i>	11am	Ballroom
9/21	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
9/23	Saturday	Carolina Ballet	1pm	Lobby
9/24	Sunday	2017/18 Classical Concert Series	3pm	Ballroom
9/25	Monday	<i>The History of the Cedars Q&A</i> with Bob Woodruff	3pm	Ballroom
9/28	Thursday	Cedars University <i>Terror of History: Mystics, Heretics, and Witches in the Western Tradition</i>	11am	Ballroom
9/28	Thursday	Members Meeting	2pm	Ballroom
9/29	Friday	Jordan Lake Eco Tour	1:30pm	Lobby
9/29	Friday	Constellation duo	5pm	Cardroom
10/1	Sunday	Cedars Family Day and Southern BBQ	11am	Great Lawn

