



October 2017 • VOLUME 14 • ISSUE 10

# The Cedars Post

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## The Cedars Quo Vadis?

by Stanley Peele

### How do you rate The Cedars of Chapel Hill? What is the bottom line?

Three questions that we can ask are:

(1) Are we serving the needs of our Members? (2) Are we treating our staff well? (3) Are we a benefit to the outside community?



The food served here gets high marks. One of our great joys is to hear the accolades from others when they visit here. When my brother visited here for the first time, he could not believe his eyes—er—I mean tummy! I give daily thanks for our fine dining.

Several agencies rate retirement villages. Those who report on the internet give us high marks on our friendliness and consideration. Most of them give us a five-star rating and none of them are less than four-star.

Over the years, our Members have expressed deep appreciation for the work done by the staff. This sentiment is expressed over and over again. When we have snow, ice or other difficult weather, our staff does extra and long labor that is far, far above that which would be the normal reaction. As an example, the staff has slept overnight in the ballroom and clubhouse offices when needed. Their dedication is a spiritual lesson for us all.

The variety of our activities and the quality of our programs is stunning. Here are statements about The Cedars which have been posted on the internet: "Friendly staff and great Members to work with." "Management is pleasant to work with and communicate any issues with day to day operations." "I enjoyed working there. Everyone was so friendly and had many different events to engage with staff and Members." "It is very clean!" "Management cared about what you had going on in your personal life. Work was demanding but the company cared about work-life balance."

The Cedars has two programs to benefit our staff. First, the Scholarship Program benefits employees who are working to improve their education. Second, the Employee Appreciation Fund accepts contributions from Members and then distributes those funds to the employees. Every year we hear statements from the employees in which they express their appreciation. Their statements are sincere and moving.

Our true value is not only in how well we serve our Members and our employees, it is also in how we serve our community. Do we do our share in supporting PORCH and other charities? Do we reach out to those in need? Do we respond to disasters? Folks go to retirement villages to rest and enjoy life. As well they should. They can also continue to serve others, for there is no true happiness in this world without service to others.

## 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:

### Chamber Orchestra of the Triangle

Sunday, October 1, 2pm Lobby

### New Work for Goldberg Variations

Friday, October 6, 7pm Lobby

### Met Opera—*Norma*

at Silverspot Cinema  
Saturday, October 7, 12:15pm Lobby

### The Metropolitan Opera *Die Zauberflöte*

at Silverspot Cinema  
Saturday, October 14, 12:15pm Lobby

### Dining Out! Bloomsbury Bistro

Tuesday, October 17, 4:45pm Lobby

### Carolina Tiger Rescue

Thursday, October 19, 1pm Lobby

### Carolina Ballet

Saturday, October 21, 1pm Lobby

### PlayMakers Repertory Company

Sunday, October 22, 1:30pm Lobby

### NC Symphony at UNC Memorial Hall

Monday, October 23, 6:45pm Lobby

# Beyond the Cedars

## The Metropolitan Opera *Die Zauberflöte*

at Silverspot Cinema  
Saturday, October 14, 12:15pm Lobby

*Die Zauberflöte* comes back to the Metropolitan Opera starring Golda Schultze and Charles Castronovo as the star-crossed lovers Parmina and Tamino. Mozart's last work staged

before his death, *Die Zauberflöte* received its premiere in Vienna in 1791. Staged in full German, this stirring tale of supernatural trials and adventure stands as one of the composer's most popular works, and continues to mesmerize audiences to this day. This Met production boasts production by the great, Tony-winning Julie Taymor, who has also helmed some of Broadway's greatest modern shows, including *The Lion King*. She's the perfect artist to capture the opera's grandeur and sweeping fairytale narrative without losing sight of its characters. Sign up at the Concierge Desk beginning October 2, deadline October 10. Cost: \$29 for ticket and transportation. Maximum 16 people.



## Dining Out! Bloomsbury Bistro

Tuesday, October 17, 4:45pm Lobby

Located in the heart of Raleigh at Five Points, Bloomsbury Bistro has served nationally renowned cuisine in a comfortable neighborhood setting for well over a decade. Critics and food writers agree that the Bistro has a firm grasp on the entire dining experience. With a seasonal menu that changes every six weeks, chef John Toler stretches the bounds of traditional French cooking by incorporating vibrant ethnic flavors into the Bistro's globally inspired menus. A sample menu is available at the Concierge Desk. Sign up at the Concierge Desk beginning October 2, deadline October 15. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 6 people. Maximum 14 people.



**CAROLINA TIGER  
RESCUE**

## Carolina Tiger Rescue

Thursday, October 19, 1pm Lobby

Carolina Tiger Rescue, located in Pittsboro, is home to ten species of animals, including tigers, lions, cougars, and kinkajous. Many of the animals have been rescued from dire situations where they were kept as pets, props in roadside zoos, or as residents of failing sanctuaries. These animals live in large, naturalistic habitat enclosures, and are given excellent care by the keepers and volunteers. We will learn Carolina Tiger Rescue's history, species information, and the personal story of each animal you meet. **Note: this guided walking tour is along a gravel path, lasting approximately 1½ hours.** Sign up at the Concierge Desk beginning October 2, deadline October 15. Cost: \$27 for tour and transportation. Minimum 6 people. Maximum 18 people.



## Handel's *Messiah* with the Duke Chapel Choir, Dr. Rodney Wynkoop, Director

at Duke Chapel

Sunday, December 3, 2pm Lobby

Duke Chapel's presentations of Handel's *Messiah* have long marked the beginning of the Christmas season in the area. Eighty-four years and several hundred performances later, *Messiah* continues to be beloved by audiences and performers alike. Internationally renowned soloists join with an orchestra of North Carolina professionals and the Chapel Choir to sing the story of Christ's life, from a world in darkness to one redeemed by the risen Jesus. This performance will last for approximately three hours with an intermission. Sign up at the Concierge Desk beginning October 2, deadline October 20. Cost: \$30 for ticket and transportation. Maximum 15 people.

### CEDARS FITNESS

#### Simple Steps to Better Health

Can someone be TOO healthy? In some cases, yes! A Cedars Member volunteered for an aging and longevity study at Duke University. After being screened with questions about her health and eating and exercise habits, she learned that she did not qualify. "I'm sorry, but you're TOO HEALTHY to be in this study," she was told. "We're looking for people with at least one health issue, preferably two." While our Member had hoped to learn some interesting information from the study, she was not disappointed with this news!

Seniors can make their later years truly "golden" through good nutrition, fitness and health care that sustain the body, heart, mind and soul. With the wealth of information available, it can be hard to determine the most straightforward ways to improve health. The Mayo Clinic Health Letter does just that, offering simple tips to improve health and well-being.

Eat **fruit** daily: Fruit offers a great source of antioxidants, which may help prevent cancer, cardiovascular disease, Alzheimer's disease and macular degeneration.

Make **high-fiber foods** a staple: Whole grains, beans, fruits and vegetables may help reduce low-density lipoprotein (LDL), also known as "bad" cholesterol.

Take a **walk**: Walking improves cardiovascular and bone health.

Make **stretching and strength building** a habit: Regular stretching and strengthening can enhance mobility and help prevent falls.

Pursue **tai chi and yoga**: These gentle mind-body practices combine four important types of exercise—strength training, core stability, flexibility and balance. Research suggests they help reduce blood pressure, reduce stress and improve mood and sleep.

Try **volunteering**: Research shows meaningful volunteer activities promote emotional and mental well-being.

Be **optimistic**: Research indicates that positive thinkers are more likely to feel better and live longer.

Sources: *MayoClinic.com* and *todaysseniors.com*



from Carolyn Taff

If you want to give or get a ride, use the bulletin board outside classroom.

#### Baldwin Auditorium

919-968-4444 • Durham

Duke Symphony Orchestra w/violinist. Mozart, Bartok, Beethoven, Wed. 10/11, 8pm  
Family Weekend Concert  
Duke Chorale, Duke Symphony Orchestra, Duke Wind Symphony, Sat. 10/21, 8pm

#### DPAC

919-684-6402 • Durham

Andrew Lloyd Webber's *Love Never Dies*, *The Phantom Returns*, Tues. 10/31-Sun. 11/5, varying times

#### UNC Memorial Hall

919-843-3333 • Chapel Hill

András Schiff, piano  
Mendelssohn, Brahms, Bach  
Wed., 10/25, 7:30pm

#### Hill Hall, Moeser Auditorium

919-843-3333 • Chapel Hill

UNC Symphony Orchestra w/ Clara Yang piano, Shostakovich Piano Concerto & Symphony  
Fri. 10/13, 8pm  
Faculty Recital: flute, cello, oboe, harp, piano, Sun. 10/29, 3pm

#### Duke Chapel

919-684-4444 • Durham

Fall Concert, Duke Vespers Ensemble, Fri. 11/20, 8pm

#### Raleigh Convention Center

919-606-0647 • Raleigh

International Festival: food, performances, fashion, traditions, exhibits and more  
Fri. 10/20-Sat. 10/21, 10am-10pm, Sun. 10/22, 11am-6pm



## October Birthdays

Philip Purcell	2
Virginia Banks	3
Peter Wise	4
Camilla Rushbrooke	5
Robert Bullock	5
Linda Luftig	5
Connie Eby	8
Roberta Auwarter	8
Joyce Sprouse	11
Charlotte Frech	11
Catherine Williams	13
Jeanne W. McCullough	15
Shirley Little	16
Jean Wolff	19
Vijaya Bapat	19
Donna Byrd	20
Prue Mulrine	22
Phyllis Hunter	23
Katherine Burk	23
James Trotter	23
Ruth Witte	26
William McCoy	26
Ellyn Easterling	27
Arthur Lebo	27
James Patton	27
Hugh Boyer	27
Don Fang	28
William Elmore	28
William McLendon	29
Herbert Salmon	31
Emily Ayscue	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



## 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 at many major festivals. **Please note that Cedar Club Circle will be blocked off to all traffic for this event.**

## Lenore Raphael, Jazz Pianist and JD Mills, Vocalist

Friday, October 27, 3pm Ballroom

Internationally renowned Steinway artist jazz pianist Lenore Raphael joins musical forces with vocalist JD Mills for an exciting performance featuring the music of the great American composers Gershwin, Porter, Rogers and Hart, etc. Lenore has recorded seven critically acclaimed CDs. Some of her recordings have reached Top 10 airplay and her 2006 recording "Invitation" and 2012 recording "Lovely" were up for Grammy nominations. JD Mills' singing role models came from the legendary vocalists of the "Greatest Generation." While his singing honors their tradition, his unique sound and style are all his own. **Enjoy a jazz club environment with wine and hors d'oeuvres.**



## Popcorn and a Movie—*Baby Driver*

Monday, October 30, 3pm Ballroom

A talented, young getaway driver (Ansel Elgort) relies on the beat of his personal soundtrack to be the best in the game. When he meets the girl of his dreams (Lily James), Baby sees a chance to ditch his criminal life and make a clean getaway. But after being coerced into working for a crime boss (Kevin Spacey), he must face the music when a doomed heist threatens his life, love and freedom.

## Robert Griffin—Jazz Pianist

Thursdays, October 12 & 26, 5pm Dining Lobby



## Richard Tazewell—Pianist

Friday, October 20, 5pm Dining Lobby

# HOLLYWOOD HALLOWEEN

Tuesday, October 31, 4pm Lobby/Cardroom

## LIGHTS, CAMERA, ACTION!

Dress as your favorite Hollywood celebrity and walk the red carpet at this year's Hollywood Halloween party. Cocktails, hors d'oeuvres, live music and a "reel" good time.

Academy Awards for best celebrity costumes will be given at 5pm.



### Sudoku Puzzle

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

Puzzle rating: Easy

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

Puzzle by websudoku.com

### Kudos to...

- ☞ John and Mary Crabill for their Armchair Travel presentation *The Great Loop*
- ☞ Dr. Tom Clegg for his lecture on *Why Is the Globe Warming? How Physics Explains the Earth's Temperature Rise*
- ☞ Tom and Ann Christy for recommending the Robotics Club from East Chapel Hill High School
- ☞ George Kahdy for recommending Phillip J. Kirk for his lecture *The Ten North Carolina Governors I Have Known*

### Great Get-Aways

#### Southern Leisure Tours Presents

- ✦ 45th Annual National Storytelling Festival  
Jonesborough, TN, October 6-8
- ✦ West Virginia Highlands  
Greenbrier Hotel, October 11-14
- ✦ Autumn Splendor in the Shenandoah Valley  
October 17-20
- ✦ Sunday Brunch Tour—Shelton Vineyards  
November 5
- ✦ The Barter Theater and Burkes Garden, VA  
November 7-9

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.

# October 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



### 10/1 Sunday

11am Cedars Family Day & Southern BBQ **GL**  
2pm Chamber Orchestra 2pm **LB**   
3pm & 7:45pm Cedars Cinema **CHANNEL 24**



### 10/2 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 Highlights of the 2017-2018 Met Opera Season with Chad Pisaneschi **B**

### 10/3 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**  
7:45pm Cedars Cinema **CHANNEL 24**

### 10/4 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**

### 10/5 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 2018 Member Budget Presentation **B**  
4pm Scrabble **CR**

### 10/6 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**  
7pm Goldberg Variations **LB**   
7:45pm Cedars Cinema **CHANNEL 24**

### 10/7 Saturday

9am Ping Pong **B**  
10:30am Cribbage **CL**  
11am Accessing UNC Libraries  
12:15pm The Met Opera—Norma **LB**   
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

### 10/8 Sunday

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

### 10/9 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**

### 10/10 Tuesday

9am 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**


### 10/11 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**


### 10/12 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**

### 10/13 Friday

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

### 10/14 Saturday

9am Ping Pong **B**  
10:30am Cribbage **CL**  
12:15pm Met Opera—Die Zauberflöte **LB**   
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

### 10/15 Sunday

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

### 10/16 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 *Friendship of Paul Green and Betty Smith* with Dr. Valerie Yow **B**

### 10/17 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**  
4:45pm *Dining Out! Bloomsbury Bistro* **LB** 📖  
7:45pm Cedars Cinema **CHANNEL 24**

### 10/18 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**  
2pm Rehab Lecture with Sandy Friday **B**  
7:45pm Cedars Cinema **CHANNEL 24**

### 10/19 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** 📖 ♣️  
1pm *Carolina Tiger Rescue* **LB** 📖  
4pm Scrabble **CR**

### 10/20 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**  
2pm *Health and Safety Expo* **B**  
4:30pm Happy Hour **Bar**  
5pm *Richard Tazewell—Pianist* **DL**  
7:45pm Cedars Cinema **CHANNEL 24**



### 10/21 Saturday

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

### 10/22 Sunday

1:30pm *PlayMakers* **LB** 📖  
3pm & 7:45pm Cedars Cinema **CHANNEL 24**  
3pm *Classical Concert Series* **B** 📖

### 10/23 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 Ten NC Governors I Have Known* with Phillip J. Kirk **B**  
6:45pm *NC Symphony at UNC* **LB** 📖

### 10/24 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**  
7:45pm Cedars Cinema **CHANNEL 24**

### 10/25 Wednesday

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

### 10/26 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**

### 10/27 Friday

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** 📖 ♣️  
3pm *Lenore Raphael and JD Mills* **B**  
4:30pm Happy Hour **Bar**  
7:45pm Cedars Cinema **CHANNEL 24**

### 10/28 Saturday

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

### 10/29 Sunday

3pm & 7:45pm Cedars Cinema **CHANNEL 24**  
3pm *East CH High Robotics Team* **B**

### 10/30 Monday

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

### 10/31 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**  
4pm *Hollywood Halloween* **LB/CR**  
4:30pm Line Dancing **B**  
7:45pm Cedars Cinema **CHANNEL 24**



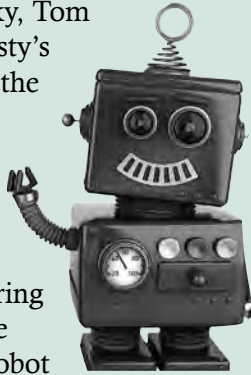
♣️ Pool closed weekdays  
11:30—2:00 for  
Aquatic Therapy

## East Robotics Team

*from East Chapel Hill High School*

Sunday, October 29, 3pm Ballroom

Matt Kaminsky, Tom and Ann Christy's grandson and the secretary of the robotics club from East Chapel Hill High School, will bring his team to the Cedars for a robot demonstration.



They compete annually in the First Robotics Competition, where they build a robot in six weeks and compete with other high schools. Their goal as a student-led team is to teach students both on their team and around the community about the possibilities of engineering, teamwork, and entrepreneurship.

## Cedars University

LECTURES ON DVD

**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 through November 2, 11am Ballroom



## LEARNING OPPORTUNITIES

### Highlights of the 2017-2018 Met Opera Season

*with Chad Pisaneschi*

Monday, October 2, 3pm Ballroom

Join us for an exciting look at operas that will be performed by the Metropolitan Opera Live in HD for the 2017-2018 season with opera devotee Chad Pisaneschi. Chad has had a lifelong passion for opera, probably through his Italian heritage. While attending Fairleigh Dickinson University he accepted a dare to take a voice lesson from NYC Opera Tenor James Clark who was on staff in the Music Department. Though encouraged to develop his Bass-Baritone voice and study more intensely, Chad opted for a business career but still performs in concerts and recitals. Chad enjoys sharing his love of this art form through multimedia seminars highlighting all styles of opera.

### Friendship of Paul Green and Betty Smith: Chapel Hill Becomes a Special Place

*with Dr. Valerie Yow*

Monday, October 16, 3pm Ballroom

Betty Smith came from Brooklyn slums. Much of her writing was about the urban poor in our country. Paul Green was a North Carolina farm boy. Much of his writing was



about treatment in our state of Negroes, Indians and poor farmers. The two became close friends and continued through their lives to help each other. This presentation is based on Smith's writings, especially the autobiographical *A Tree Grows in Brooklyn* and on Paul Green's writings about growing up in rural North Carolina. Dr. Valerie Yow is a historian and biographer of Betty Smith and author of *Betty Smith: Life of the Author of a Tree Grows in Brooklyn*.



### The Ten North Carolina Governors I Have Known

*with Phillip J. Kirk*

Monday, October 23, 3pm Ballroom

A native of Salisbury, NC, Phillip J. Kirk has held a variety of jobs in education, government and business. He is Chairman Emeritus of the State Board of Education where he served for more than six years and visited 750 schools in all 115 school districts. In 1970 he became the youngest State Senator in North Carolina history at that time. He served as Chief of Staff for Governors Jim Holshouser and Jim Martin and U. S. Senator Jim Broyhill. In his lecture, Kirk will provide humorous insights, as well as observations from inside, about Governors Terry Sanford through Roy Cooper as he tells us about the ten NC governors he has known.





## Bzzz... Annual Health and Safety Expo!

Friday, October 20, 2-4pm Ballroom

*Bee* Healthy, *Bee* Safe and *Bee* Well, will be all the "buzz" at this year's Health and Safety Expo. Vendors will include Neil Medical, UNC Urgent Care, UNC School of Dentistry, Cedars Wellness, Cedars Home Care Clinic, Bayada Home Health Care, Community Low Vision Center, Hospice of Alamance-Caswell, Clear Captions, and the Chapel Hill Police Department

### **Bee Healthy...get your flu shot!**

You are encouraged to get your annual flu shot during the Expo OR on Thursday, October 26. Flu shots will be given in the Art Studio from 8am to 7pm, no appointment necessary. If you are NOT a member of The Cedars Wellness Clinic, please bring your Medicare card.



### **Bee Safe...dispose your old medications and used needles safely!**

This year the Chapel Hill Police Department will host a medication drop. Simply put your old, or unwanted medicine in a clear Ziploc bag and give it to the police department to be safely disposed. No prescription bottles will be accepted.

What about needle safety? Do you have a 'sharps container' to safely dispose of used needles? Your Cedars Health & Safety committee will have these available to purchase at the health fair.

### **Bee Well...come to the Annual Health & Safety Expo!**

For more information call Tara Pierce at 919-537-0128.



## ANNOUNCEMENTS

### **Moving Day® NC Triangle**

Sunday, October 1, 12-3pm, Cary

The 5th annual walk for Parkinson's at the Koka Booth Amphitheatre is a special fundraiser for this disease. The event is a festive day of exercise demonstrations, music therapy demonstrations, kid's activities, and food trucks. Cedars Members Carol Stamm and Carol Fox will be co-captains of the Chapel Hill-Carrboro team, "BACH: Being Active in Chapel Hill." If you'd like to join us, or to sponsor us online, go to [www.movingdaynctriangle.org](http://www.movingdaynctriangle.org). For more information contact Carol Stamm at 919-942-3322.

### **Jewelry Repair with Eva Mogenson**

Friday, October 13, 1-2pm Art Studio

### **Parkinson's with Sandy Friday**

Wednesday, October 18, 2pm Ballroom  
For more information contact Sandy Friday, Rehab Manager, at 919-259-7907.

### **Walk with a Doc**

Saturday, October 21, 10am, UNC Wellness Center at Meadowmont

Gather at the UNC Wellness Center to take a 1-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 before joining walkers. For more information contact Kirsten Ambrose at 919-966-7209.

### **Cynthia's Tailor Shop Services**

Wednesdays, 9-9:30am Art Studio



(above) Docent tour of the *Medici's Painter: Carlo Dolci and 17th Century Florence* at the Nasher Museum of Art



(right) Betty Kenan viewing the Great American Eclipse



# • • • • • CEDARS *Cinema* • • • • •

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

## ***Paris Can Wait***

Tuesday, October 3 & Saturday, October 7, 7:45pm  
Sunday, October 8, 3pm • PG

With her daughter at college and her husband perpetually absent, Anne Lockwood is ripe for the wooing when a seven-hour journey turns into two days. Starring Diane Lane, Arnaud Viard and Alec Baldwin. (2017)

## ***West Side Story***

Wednesday, October 4 & Friday, October 6, 7:45pm  
Saturday, October 7, 3pm • NR

This musical set among New York City tenements finds star-crossed lovers Maria and Tony caught in the midst of a turf war between rival street gangs. Starring Natalie Wood and Richard Beymer. (1961)

## ***The Big Sick***

Tuesday, October 10 & Saturday, October 14,  
7:45pm • Sunday, October 15, 3pm • R

After meeting at a comedy show, Kumail and Emily embark on a romance. But the expectations of his Muslim family create conflict and their relationship begins to crumble. Starring Kumail Nanjiani, Joe Kazan and Holly Hunter. (2017)

## ***Apollo 13***

Wednesday, October 11 & Friday, October 13,  
7:45pm • Saturday, October 14, 3pm • PG

Technical troubles scuttle the Apollo 13 lunar mission. This true-life story turns a failed journey into a thrilling saga of heroism. Starring Tom Hanks, Bill Paxton and Kevin Bacon. (1995) SUBTITLES NOT INCLUDED

## ***Born in China***

Tuesday, October 17 & Saturday, October 21,  
7:45pm • Sunday, October 22, 3pm • G

This is a remarkable journey into the never-before-seen wonders of China. Follow three animal families—panda, golden monkey and snow leopard—as their stories unfold over the vast terrain. (2017)

## ***Sense and Sensibility***

Wednesday, October 18 & Friday, October 20,  
7:45pm • Saturday, October 21, 3pm • PG

This drama follows the lives of the three Dashwood sisters. Facing poverty after their father's death, the sisters must rely on the generosity of others. Starring Emma Thompson, Kate Winslet and Alan Rickman. (1995) SUBTITLES NOT INCLUDED

## ***Dial M for Murder***

Tuesday, October 24 & Saturday, October 28,  
7:45pm • Sunday, October 29, 3pm • PG

Ray Milland stars as Tony Wendice, who concocts a plan to kill his wife (Grace Kelly), who's embroiled in a liaison with a writer (Robert Cummings). When Tony's plans go awry, and the bloody affair turns out to be messier than expected. (1954)

## ***Gifted***

Wednesday, October 25 & Friday, October 27,  
7:45pm • Saturday, October 28, 3pm • PG-13

Frank Adler assumes the care of his 7-year-old niece. But his plans to raise her are threatened when the child reveals herself to be a math prodigy. Starring Chris Evans and McKenna Grace. (2017)

## ***Dracula***

Tuesday, October 31 & Saturday, November 4,  
7:45pm • Sunday, November 5, 3pm • NR

Bela Lugosi turns in a landmark horror performance. Revisit Transylvania for the eerie mood created by spectacular cinematography. (1931)

## ***When Harry Met Sally***

Wednesday, November 1 & Friday, November 3,  
7:45pm • Saturday, November 4, 3pm • R

Neurotic Harry and equally neurotic Sally are chums who resist sexual attraction to maintain their friendship. Starring Billy Crystal, Meg Ryan and Carrie Fisher. (1989) 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 **B**

### 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**

Ellen Herron 252-646-2930

### 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 10:00 **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

Fri 1:00 **CR**

Sally Sullivan 919-489-6446

### Party Bridge

1st & 3rd Fri 1:00 **CR**

### Pickelball

Thu (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, October 7 & 21, 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*—Relationships  
section pages 98 to 134

### 2017/18

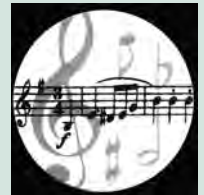
### Classical

### Concert

### Series

Sunday, October 22,

3pm Ballroom



Korean-born pianist Kyoo Hye Lim will be our featured soloist. Ms. Lim is an internationally known solo pianist, as well as a dynamic and sought-after chamber musician and accompanist. As Singapore's National Arts council scholar, she received full scholarships for her Bachelor's degree from Yong Siew Toh Conservatory of Music, National University of Singapore, and Master's degree from Peabody Conservatory. She received her Doctor of Musical Arts degree from the University of Michigan. In fall of 2016, she joined the piano faculty at the University of North Carolina at Greensboro. If you have questions or wish to subscribe, please contact Connie Eby 919-259-7808 or cteby@mindspring.com or Babette Blaug 919-967-5013 or gagablaug1@aol.com.

### NEW MOVE INS

Edith Hamilton  
521 Cedar Berry Lane

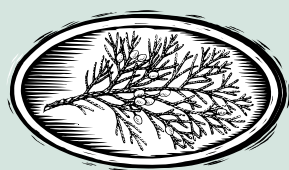


### Channel 24 Replays Schedule

- ☞ 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>
10/1	Sunday	Cedars Family Day and Southern BBQ	11am	Great Lawn
10/1	Sunday	Chamber Orchestra	2pm	Lobby
10/2	Monday	<i>Highlights of the 2017-2018 Met Opera Season</i> with Chad Pisaneschi	3pm	Ballroom
10/5	Thursday	Cedars University <i>Terror of History: Mystics, Heretics, and Witches in the Western Tradition</i>	11am	Ballroom
10/6	Friday	New Work for Goldberg Variations	7pm	Lobby
10/7	Saturday	The Met Opera— <i>Norma</i>	12:15pm	Lobby
10/12	Thursday	Cedars University <i>Terror of History: Mystics, Heretics, and Witches in the Western Tradition</i>	11am	Ballroom
10/12	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
10/14	Saturday	The Met Opera— <i>Die Zauberflöte</i>	12:15pm	Lobby
10/16	Monday	<i>Friendship of Paul Green and Betty Smith</i> with Dr. Valerie Yow	3pm	Ballroom
10/17	Tuesday	Dining Out! Bloomsbury Bistro	4:45pm	Lobby
10/19	Thursday	Cedars University <i>Terror of History: Mystics, Heretics, and Witches in the Western Tradition</i>	11am	Ballroom
10/19	Thursday	Carolina Tiger Rescue	1pm	Lobby
10/20	Friday	Annual Health and Safety Expo!	2pm	Friday
10/20	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
10/21	Saturday	Carolina Ballet	1pm	Lobby
10/22	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
10/22	Sunday	2017/18 Classical Concert Series	3pm	Ballroom
10/23	Monday	<i>The Ten NC Governors I Have Known</i> with Phillip J. Kirk	3pm	Ballroom
10/23	Monday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
10/26	Thursday	Cedars University <i>Terror of History: Mystics, Heretics, and Witches in the Western Tradition</i>	11am	Ballroom
10/26	Thursday	Members Meeting	2pm	Ballroom
10/26	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
10/27	Friday	Lenore Raphael, Jazz Pianist and JD Mills, Vocalist	3pm	Ballroom
10/29	Sunday	East Robotics Team from East Chapel Hill High School	3pm	Ballroom
10/30	Monday	Popcorn and a Movie— <i>Baby Driver</i>	3pm	Ballroom
10/31	Tuesday	Hollywood Halloween	4pm	Lobby/Cardroom