



January 2018 • VOLUME 15 • ISSUE 1

# The Cedars Post

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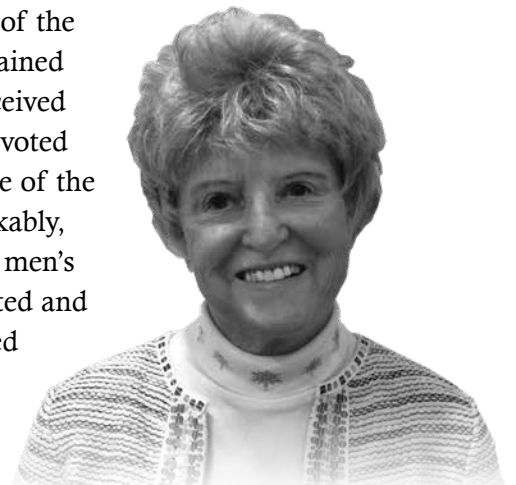
## Lila Berry's Quest for Fairness

by Stanley Peele

Lila Berry has had an interesting and vital life. She loves to sing, plays duplicate bridge and was an avid golfer. She was proprietor of M'Lord's Hair Styling Salon and the Tudor House building in North Hampton, New Hampshire. She once was a member of Portsmouth Country Club, a semi private club in Greenland, NH. Their golf regulations were such that women could not tee off on weekends until noon, while men could start as early as 7am. She remembers waiting by the first tee until allowed to tee off. Worse, male non-members were allowed to start before women members. Other women were not happy and said nothing, but not Lila. "There's something in me, when things are not fair, that gets my dander up, and this was definitely not fair," she said. In 1981 she reported the country club to the NH Human Rights Commission. "Each time I showed up to play I felt like I was walking into a lion's den," she said. She encountered hostility from some of the male members. Several members spoke to her and tried to get her to drop the charge. One woman called her and in an angry voice said that she was ruining the club by suing them and, in addition, she was costing them money. (The club had hired an attorney to fight the case.) Lila explained she did not sue the club, was not seeking any monetary compensation and had not hired an attorney. All she had done was report the club's golf rules to the Commission.

After five years the Commission finally ruled in her favor, saying the club was discriminating against the female members. The Executive Board called Lila and asked her to come to the club meeting room to resolve the issues. Lila declined and instead invited the board to have the meeting at her home; they agreed. Lila also invited several women members to attend.

She called surrounding clubs to review their membership rules. After the long five-year wait to get a ruling, the members realized changes had to be made. At a meeting of the entire membership, Lila stood up, explained how the new rules would work and received applause from all. The new rules were voted on and accepted. As it turned out, none of the women wanted to play at 7am. Remarkably, the new plan did not interfere with the men's tee time. The bad feelings were dissipated and the esprit de corps of the club continued unabated. Just like in a fairy tale!



*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

## 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:

### Dining Out! Angus Barn

Tuesday, January 9, 4:45pm Lobby

### Chamber Orchestra

Sunday, January 14, 2pm Lobby

### What We're Up Against

at Raleigh Little Theatre

Thursday, January 18, 6:45pm Lobby

### Deep Sea 3D at IMAX Theatre in Raleigh and Lunch at Gravy

Monday, January 22, 10am Lobby

### NC Symphony

at UNC Memorial Hall

Thursday, January 25, 6:45pm Lobby

### The Metropolitan Opera—Tosca

at Silverspot Cinema

Saturday, January 27, 12:15pm Lobby

### Great Decisions Lecture

at UNC Carrol Hall

Tuesday, January 30, 6:30pm Lobby

### Alvin Ailey

at UNC Memorial Hall

Tuesday, January 30, 6:45pm Lobby

# Beyond the Cedars

## Dining Out! Angus Barn

Tuesday, January 9, 4:45pm Lobby

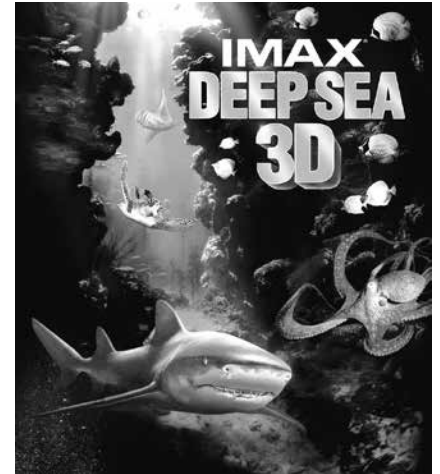
The Angus Barn is an American style steakhouse serving fine dining cuisine including in-house aged steaks, fresh seafood, local grown vegetables and homemade desserts prepared by Iron Chef America winner Walter J. Royal and his staff. Sign up at the Concierge Desk beginning January 2, deadline January 7. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 6 people, maximum 16 people.

## Deep Sea 3D at IMAX Theatre in Raleigh and Lunch at Gravy

Monday, January 22, 10am Lobby

Sea life in a whole new way. *Deep Sea 3D*, an underwater adventure from the filmmakers behind the successful IMAX® 3D film *Into the Deep*, transports audiences deep below the ocean surface. Through the magic of IMAX® and IMAX 3D, moviegoers will swim with some of the planet's most unique, dangerous and colorful creatures, and understand this inspiring underworld.

*Deep Sea 3D* has been awarded the Entertainment Seal of Approval by the Parent's Television Council, which salutes the best in Hollywood entertainment. After the movie we will have lunch at Gravy which celebrates the diverse and much-loved tradition of Italian-American cooking. Sign up at the Concierge Desk beginning January 2, deadline January 17. Cost: \$30 for lunch, movie and transportation. Minimum 6 people, maximum 15 people.



## The Metropolitan Opera—Tosca

at Silverspot Cinema

Saturday, January 27, 12:15pm Lobby

Sir David McVicar's ravishing new production offers a splendid backdrop for two extraordinary sopranos sharing the title role of the jealous prima donna, Sonya Yoncheva and Anna Netrebko. Vittorio Grigolo and Marcelo Álvarez alternate in the role of Tosca's revolutionary artist lover Cavaradossi, with Sir Bryn Terfel, Michael Volle, and Željko Lučić as the depraved police chief Scarpia. Sign up at the Concierge Desk beginning January 2, deadline January 21. Cost: \$29 for ticket and transportation. Maximum 16 people.

## Great Decisions Program



Great Decisions is America's largest discussion program on world affairs. The name is shared by a national civic education program, briefing book and television series administered and produced by the Foreign Policy Association. The Great Decisions program highlights eight of the most thought provoking foreign policy challenges facing Americans each year. Great Decisions provides background information, current data and policy options for each issue and serves as the focal text for discussion groups. **The lectures will be held at**

**Carroll Hall on the UNC campus, departing the Cedars at 6:30pm. Sign up at the Concierge Desk for each lecture you'd like to attend, deadline 48 hours before each lecture. Cost: \$4 for transportation.**

January 30..... *The Waning of Pax Americana*

February 6..... *Russia's Foreign Policy*

February 13..... *China and US Geopolitics*

February 20..... *Media and Foreign Policy*

March 6 ..... *Turkey*

March 20..... *US Global Military*

March 27..... *South America*

April 3..... *Global Health*

## 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

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

Puzzle by websudoku.com



*from Carolyn Taff*

**So much happening, so close by!**

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

### The ArtsCenter

919-929-2787 • Carrboro

Jason Marsalis, Fri. 1/12, 8pm

### Duke Energy Center for the Performing Arts

919-831-6060 • Raleigh

Air Supply, Fri. 2/2, 8pm

### Baldwin Auditorium

919-968-4444 • Durham

The King's Singers, 50th anniversary, Fri. 1/28, 8pm

### Carolina Theater

919-560-3030 • Durham

The Second City, "Look Both Ways Before Talking," edgy and funny, Sat. 1/27  
"Take Me To The River" Elder Statesmen of Memphis Soul & R&B, Thur. 1/25, 8pm

### St. Stephen's Episcopal Church

919-493-5451 • Durham

Borromeo String Quartet, Bach, Mendelssohn, Schumann, Currier, Sun. 1/21, 4pm

### UNC Memorial Hall

919-843-3333 • Chapel Hill

Steep Canyon Rangers, Fri. 1/12 & Sat. 1/13, 8pm  
Isabel Leonard, Mezzo-Soprano  
Bernstein's music in honor of 100th birthday, Mon. 1/22, 7:30pm

### Chapel of the Cross

919-942-7818 • Chapel Hill

Baritone, Soprano, baroque ensemble with period instruments, arias from Bach's Wacht Auf, Sun. 1/14, 3pm

## January Birthdays

Jean Glover	1
Bonnie Simms	2
Frank Buell	3
Charles Baker	5
Thomas Clegg	6
Natalie Campbell	6
Betsy Terrell	8
Harry McPherson	9
Peter Jeffs	9
Patricia Riker	9
Mark Luftig	9
Hope Council	11
Catherine Holland	11
Sabah George	11
Ken Sewall	11
Paul Green	14
Robert Broad	14
Kathleen Leutze	16
Beverly Rutstein	17
Arthur DeBerry	18
Mary Jo Pringle	22
Edith Hamilton	22
Jane Saye	23
Perry Colwell	23
Patsy Pence	27
Kayla Silberberg	28
Marvin Block	29
Joyce Hoffman	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

**Robert Griffin—Jazz Pianist**  
Thursdays, January 4 & 18, 5pm Dining Lobby



**Richard Tazewell—Pianist**  
Friday, January 12, 5pm Dining Lobby

## Greg Taff— Singer/Songwriter/Pianist

Wednesday, January 10, 5pm Dining Lobby

As a singer/songwriter/pianist Gregg will be playing old jazz standards as well as newer folk rock songs. You'll hear his smooth melodic vocals and rich piano harmonies. Some of the songs will be new to your ears, while with others should be recognizable by all.

## Jazzbeau

Monday, January 15, 3pm Ballroom



Jazzbeau has been playing locally for over a decade and specializes in classic jazz music from the Great American Songbook written in the forties, fifties and sixties. JazzBeau is Greg Cagle (cornet and sax), Jeff Elliot (bass), Danny Gotham (guitar), and Lindsay Rosebrock (piano). **Enjoy a jazz club environment with wine and hors d'oeuvres.**

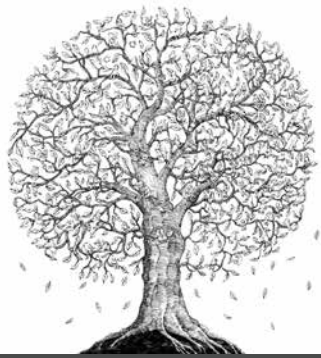
## Popcorn and a Movie—*Dunkirk*

Friday, January 19, 3pm Ballroom

Acclaimed auteur Christopher Nolan (*Memento, The Prestige, The Dark Knight*) wrote and directed this historical thriller about the Dunkirk evacuation



during the early days of World War II. When 400,000 British and Allied troops end up trapped on the beaches of Dunkirk, France, following a catastrophic defeat, a number of civilian boats set out to rescue them before they are decimated by the approaching Nazi forces. Tom Hardy, Kenneth Branagh and Mark Rylance co-star, with longtime Nolan collaborator Hans Zimmer providing the score.



SAVE THE DATE

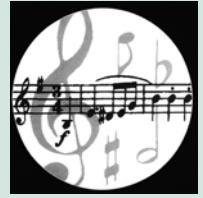
## 2017 Celebration of Life Service

Thursday, February 8, 3pm Ballroom

Please join us as we remember and celebrate Cedars Members that we lost in 2017.

## 2017/18 Classical Concert Series

Monday, January 22,  
3pm Ballroom



Subscribers, please note that our January concert date has been changed so that it does not conflict with the Borromeo Quartet performance at St. Stephens. The Chanterelle Piano Trio will perform for us at 3pm on Monday, January 22. Nicholas DiEugenio is the violinist, Hannah Collins the cellist, and Mimi Solomon the pianist. Please remember to bring your green pass. Ballroom doors open at 2:30pm. Questions? Contact Connie Eby at 919-259-7808 or [cteby@mindspring.com](mailto:cteby@mindspring.com).



Bart Bielawski, Joe Middleton, Norman Innes, Mike Bielawski, Malcolm Jackson, Rhonda Innes playing Golf Croquet  
—photo by Sue Bielawski



The Employee Appreciation Fund Committee in action

## Kudos to...

- 🎶 Peggy Cooper for all her help each week at the Welcome Desk
- 🎶 Jane Hauser for her fairy tale series

# January 2018

## 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



### 1/1 Monday

#### Happy New Year!

*All fitness classes cancelled*

7:45pm Cedars Cinema

CHANNEL 24

### 1/2 Tuesday

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

9:45am Sit & Be Fit **B**

11:30am Bible Study **MR**

11:30am Aquatic Therapy **P**

1pm Golf Croquet **GL**

2pm Mah Jongg **CR**

2pm Meditation **CL**

4:30pm Line Dancing **B**

7:45pm Cedars Cinema CHANNEL 24

### 1/3 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

### 1/4 Thursday

8am Art Open Studio **S**

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

9:45am Sit and Be Fit **B**

11am Cedars University **B**

11:30am Aquatic Therapy **P**

1pm Bocce **GL**

2pm *Let's Talk Cinema—Get Out* **B**

4pm Scrabble **CR**

5pm *Robert Griffin—Jazz Pianist* **DL**

### 1/5 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

### 1/6 Saturday

9am Ping Pong **B**

10am Cribbage **CL**

3pm & 7:45pm Cedars Cinema CHANNEL 24

### 1/7 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

### 1/8 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**

1pm Poker **CR**

2pm Great Books **CL**

### 1/9 Tuesday

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

9:45am Sit and Be Fit **B**

11:30am Bible Study **MR**

11:30am Aquatic Therapy **P**

1pm Golf Croquet **GL**

2pm Mah Jongg **CR**

2pm Meditation **CL**

4:30pm Line Dancing **B**

4:45pm *Dining Out! Angus Barn* **LB**

7:45pm Cedars Cinema CHANNEL 24

### 1/10 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**

5pm *Greg Taff—Singer/Songwriter/Pianist* **DL**

7:45pm Cedars Cinema CHANNEL 24

### 1/11 Thursday

8am Art Open Studio **S**

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

9:45am Sit and Be Fit **B**

11am Cedars University **B**

11:30am Aquatic Therapy **P**

1pm Bocce **GL**

2pm Rehab Lecture **B**

4pm Scrabble **CR**

### 1/12 Friday

8:45am Water Exercise **P**

9am Ping Pong **B**

9:45am Water Exercise **P**

11am TGIF **B**

11:30am Aquatic Therapy **P**

1pm Jewelry Repair **S**

4:30pm Happy Hour **Bar**

5pm *Richard Tazewell—Pianist* **DL**

7:45pm Cedars Cinema CHANNEL 24

### 1/13 Saturday

9am Ping Pong **B**

10am Cribbage **CL**

11am Accessing UNC Libraries **L**

3pm & 7:45pm Cedars Cinema CHANNEL 24

### 1/14 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

2pm *Chamber Orchestra* **LB**

### 1/15 Monday

#### Martin Luther King, Jr. Day

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**

3pm *Jazzbeau* **B**

### 1/16 Tuesday

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

9:45am Sit and Be Fit **B**  
11am Fairy Tale Series with Jane Hauser **B**  
11:30am Bible Study **MR**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Golf Croquet **GL**  
2pm Mah Jongg **CR**  
2pm Meditation **CL**  
4:30pm Line Dancing **B**  
7:45pm Cedars Cinema **CHANNEL 24**

### 1/17 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**

### 1/18 Thursday

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8am Art Open Studio **S**  
8:45am Cardio and Core **B**  
9:45am Sit and Be Fit **B**  
11am Cedars University **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Bocce **GL**  
4pm Scrabble **CR**  
5pm Robert Griffin—Jazz Pianist **DL**  
6:45pm What We're Up Against **LB** 📖

### 1/19 Friday

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8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
11am Retro Dance Class **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Party Bridge **CR**  
3pm Popcorn and a Movie—Dunkirk **B**  
4:30pm Happy Hour **Bar**  
7:45pm Cedars Cinema **CHANNEL 24**

### 1/20 Saturday

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

### 1/21 Sunday

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

### 1/22 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**  
10am IMAX Trip **LB** 📖  
10:30am Knit & Stitch **CR**  
11am Cardio and Core **B**  
11:30am Tai Chi **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Poker **CR**  
3pm 2017/18 Classical Concert Series **B** 📖

### 1/23 Tuesday

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8:45am Cardio and Core **B**  
9:45am Sit and Be Fit **B**  
11am Fairy Tale Series with Jane Hauser **B**  
11:30am Bible Study **MR**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Golf Croquet **GL**  
2pm Mah Jongg **CR**  
2pm Meditation **CL**  
4:30pm Line Dancing **B**  
7:45pm Cedars Cinema **CHANNEL 24**

### 1/24 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**

### 1/25 Thursday

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8am Art Open Studio **S**  
8:45am Cardio and Core **B**  
9:45am Sit and Be Fit **B**  
11am Cedars University **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Bocce **GL**  
2pm Members Meeting **B**  
4pm Scrabble **CR**  
6:45pm NC Symphony at UNC **LB** 📖

### 1/26 Friday

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8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
11am TGIF **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
4:30pm Happy Hour **Bar**

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

### 1/27 Saturday

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

### 1/28 Sunday

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

### 1/29 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**

### 1/30 Tuesday

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8:45am Cardio and Core **B**  
9:45am Sit and Be Fit **B**  
11am Fairy Tale Series with Jane Hauser **B**  
11:30am Bible Study **MR**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Golf Croquet **GL**  
2pm Mah Jongg **CR**  
2pm Meditation **CL**  
6:30pm Great Decisions Lecture **LB** 📖  
6:45pm Alvin Ailey at UNC **LB** 📖  
7:45pm Cedars Cinema **CHANNEL 24**

### 1/31 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**

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



**From Monet  
to Van Gogh:  
A History of Impressionism**

*Taught by Professor Richard  
Brettell, Ph.D., The University  
of Texas, Dallas*

Thursdays thru March 22, 11am Ballroom

They appeared in a period of upheaval. They saw the rebuilding of Paris, the rise of industrialism, the ruin of the Franco-Prussian war. They displayed their startling and shocking works in a series of exhibitions from 1874 to 1886. And by the 1890s, this “loose coalition” of artists who rebelled against the formality of the French Academy had created the most famous artistic movement in history. “They” were the Impressionists, and Professor Brettell is your expert curator and guide to a movement that created a new, intensely personal vision of the world.

## LEARNING OPPORTUNITIES

### Let's Talk Cinema— *Get Out*

Thursday, January 4,  
2pm Ballroom

Please join us for our new, regular program of films with moderated discussion. We will be meeting to see and discuss outstanding, provocative, award-winning films from a variety of genres. Led by Member Linda Luftig, we welcome you if you enjoy talking about movies or if you prefer just to listen. The Jordan Peele-directed, award-winning *Get Out* has been rightly hailed as both a seminal discussion of race in America and as a groundbreaking horror-satire. “Funny, scary and thought-provoking, *Get Out* seamlessly weaves its trenchant social critiques into a brilliantly effective and entertaining horror/comedy thrill ride,” Rotten Tomato Critics’ Consensus.



### Fairy Tale Series

*with Jane Hauser*

Tuesdays, January 16–February 13, 11am Ballroom

“Each fairy tale is a magic mirror which reflects some aspects of our inner world and the steps required by our evolution from immaturity to maturity”—Bruno Bettelheim.

Beginning on January 16, our award winning storyteller, Jane Hauser, will tell a series of fairy tales followed by interpretation and discussion. The first story will be “The Frog King,” not exactly the way we’ve always heard it. Every story stands alone so come to one or all five weeks. Other

stories will be “Firebird,” “Prince Lindorm,” “Briar Rose,” “The Silent Prince,” and “The White Snake.”

### Ceramics

*with Suzanne Brown*

Tuesdays, February 6, 13, 20 & 27, 2-4pm  
Art Studio

Ready to try something fun and creative in the New Year? Ceramic artist Suzanne Brown will teach a ceramic studio every Tuesday afternoon in February. Suzanne taught Elementary Art in Wake and Durham public schools for 24 years and has now started a new business teaching ceramics. Throughout the four weeks, you will have the opportunity to glaze all kinds of bisque ware items such as mugs, plates, vases, decorative boxes, and salt and pepper shakers. You’ll also work with clay to make wind chimes and whistles. This class is for those who have always wanted to work with clay and loved making mud pies as a kid. You don’t need to have any experience with ceramics to attend. Everyone from novices to experts is invited. Suzanne promises that the things you’ll produce will be unique and the studio time very satisfying.



Sign up at the Concierge Desk beginning January 2, deadline January 22. Maximum 10 people, minimum 4 people. There will be a \$40 materials fee payable to Suzanne.



## CEDARS FITNESS

### The Importance of Proper Fitness Footwear

Whether your workout involves walking, sports or gym equipment, a quality sport shoe is a must. Injury caused by inappropriate shoes (or wearing no shoes while exercising) can needlessly derail your fitness or weight loss attempt. Investing in the right shoe can help you prevent foot, ankle and knee damage, and make your workout a more pleasant and comfortable experience.



A variety of sport shoes are on the market for every type of exercise, including water activities. Shop at a sporting goods store with salespeople who are trained to fit customers with shoes that are appropriate for their feet and activities. Look for shoes that are designed to protect your feet and ankles

during the activity of your choice. Shock absorption, stability, cushioning and support are essential for safe and effective workouts.

It is recommended that you try on shoes in the afternoon or evening, or after your workout, as your feet are largest at these times. Try the shoes on with sport socks to ensure a good fit and move around as you would during your workout. Leave a half inch between your big toe and the tip of the shoe and make sure you can easily wiggle your toes. Bend the shoe to make sure it is not overly flexible as this can indicate a lack of support.



Worn out sport shoes do not provide your feet with adequate protection during your workout. Do not judge the wear of your shoes from the treads on the bottom. Instead, check the mid-sole of the shoe that will show damage sooner. Replacing shoes that no longer provide cushioning and support is imperative for preventing exercise-related injuries.



Source: LIVESTRONG.COM

**Cedars Fitness highly recommends that Members wear water shoes for exercising in the pool and discourages bare feet for group exercise classes in the Ballroom (yoga excluded).**



## ANNOUNCEMENTS

### **Open House**

*with Sandy Friday*

Thursday, January 11, 2pm Ballroom

Meet and greet with staff, and Medicare updates for 2018. For more information contact Sandy Friday, Rehab Manager, at 919-259-7907.

### **Jewelry Repair with**

**Eva Mogenson**

Friday, January 12, 1-2pm Art Studio

### **Walk with a Doc**

Saturday, January 20, 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 on a health-related topic before joining walkers to answer questions about their health. For more information contact Kirsten Ambrose at 919-966-7209.

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

**Services**

Wednesdays, 9-9:30am Art Studio

Cynthia Lennon provides quality/affordable alterations.



# CEDARS Cinema

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

## ***The Journey***

Tuesday, January 2 & Saturday, January 6, 7:45pm  
Sunday, January 7, 3pm • PG-13

A fictional account of the true story of how political enemies formed an unlikely political alliance to change the course of history.. Starring Timothy Spall and Colm Meaney. (2017) SUBTITLES NOT PROVIDED

## ***Rebel in the Rye***

Wednesday, January 3 & Friday, January 5, 7:45pm  
Saturday, January 6, 3pm • PG-13

A profile of novelist J.D. Salinger, through the World War II experiences that led him to pen *The Catcher in the Rye*. Starring Nicholas Hoult, Kevin Spacey and Victor Garber. (2017) SUBTITLES NOT PROVIDED

## ***The Mountain Between Us***

Tuesday, January 9 & Saturday, January 13, 7:45pm  
Sunday, January 14, 3pm • PG-13

After bad weather halts their flight, a surgeon and a writer hop a charter plane. But it crashes, forcing them to journey for help. Starring Kate Winslet, Idris Elba and Beau Bridges. (2017) SUBTITLES NOT PROVIDED

## ***Dr. Martin Luther King, Jr.: A Historical Perspective***

Wednesday, January 10 & Friday, January 12, 7:45pm • Saturday, January 13, 3pm • NR

This documentary details Dr. King's accomplishments, such as his war on poverty and opposition to the Vietnam War. Included is his stirring "I Have a Dream" speech. (1994) SUBTITLES NOT PROVIDED

## ***Lucky***

Tuesday, January 16 & Saturday, January 20, 7:45pm • Sunday, January 21, 3pm • NR

Lucky, a lonely 90-year-old, meditates on his death. Despite his belief that God does not exist, Lucky isn't ready to jump into nothingness. Starring Harry Dean Stanton and David Lynch. (2017) SUBTITLES NOT PROVIDED

## ***My Fair Lady***

Wednesday, January 17 & Friday, January 19, 7:45pm • Saturday, January 20, 3pm • G

Audrey Hepburn is Eliza Doolittle, the flower girl transformed into a duchess by Professor Henry Higgins (Rex Harrison). The film won eight Academy Awards. (1964)

## ***Score: A Film Music Documentary***

Tuesday, January 23 & Saturday, January 27, 7:45pm • Sunday, January 28, 3pm • NR

A film's music is key to establishing mood and drama. This look features interviews with several masters, including John Williams, Hans Zimmer and Quincy Jones. (2017) SUBTITLES NOT PROVIDED

## ***Churchill***

Wednesday, January 24 & Friday, January 26, 7:45pm • Saturday, January 27, 3pm • PG

This drama chronicles the tensions between Churchill and the Allied leaders as they prepare to retake Nazi-occupied Europe. Starring Brian Cox and Miranda Richardson. (2017) SUBTITLES NOT PROVIDED

## ***Parenthood***

Tuesday, January 30 & Saturday, February 3, 7:45pm • Sunday, February 4, 3pm • PG-13

Gil (Steve Martin) and Karen Buckman (Mary Steenburgen) are facing the age-old dilemma of trying to raise their children the "right" way. But as they soon discover, being the "perfect" parent often means just letting children be themselves. (1989)

## ***Wind River***

Wednesday, January 31 & Friday, February 2, 7:45pm • Saturday, February 3, 3pm • R

When U.S. Fish and Wildlife employee Cory Lambert stumbles upon the frozen body of a teenage girl, FBI Agent Jane Banner is quickly dispatched to get to the bottom of the mystery. (2017)

## Regular Group Activities

location key B=Ballroom BR=Billiards Room CR=Cardroom CL=Classroom DL=Dining Lobby ER=Exercise Room FV-DR=Fountain View Dining Room GL=Great Lawn L=Library LB=Lobby MR=Magnolia Room P=Pool PD=Private Dining Room S=Studio

### 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 1:00 **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

### 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 1:00 **GL**

Norman and Rhonda Innes  
919-259-7150

### Great Books Club

2nd Mon 2:00 **CL**

### 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

### Mexican Train Dominos

Fri 1:00 **FV-DR**

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**

Stan Friedland 919-259-7089

### 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

### The Open Door Bible Group

Wed 10:00 **CR**

Julie Allen 919-606-2581

### Water Exercise

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

Julie Hardison 919-259-7922

## Get Involved

### Accessing UNC Libraries

Saturdays, January 13 & 27, 11am Library

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

## Great Get-Aways

### Southern Leisure Tours Presents

- ❖ The Natural Wonders and Northern Lights of Iceland  
March 3-11, 2018

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.

# Welcome

### NEW MOVE INS

Mr. and Mrs. Ken and Nancy Sewall  
106 Cedar Meadows Lane

Ms. Charlotte Battle  
231 Cedar Breeze Lane

Ms. Shirley Emerson  
213 Cedar Breeze Lane

Mr. and Mrs. Willis and Leona Whichard  
344 Cedar Club Circle

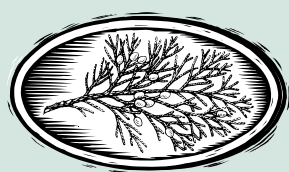
Ms. Anna Cabral  
333 Cedar Berry Lane

### 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>
1/4	Thursday	Cedars University <i>From Monet to Van Gogh: A History of Impressionism</i>	11am	Ballroom
1/4	Thursday	Let's Talk Cinema— <i>Get Out</i>	2pm	Ballroom
1/4	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
1/9	Tuesday	Dining Out! Angus Barn	4:45pm	Lobby
1/10	Wednesday	Greg Taff— Singer/Songwriter/Pianist	5pm	Dining Lobby
1/11	Thursday	Cedars University <i>From Monet to Van Gogh: A History of Impressionism</i>	11am	Ballroom
1/12	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
1/14	Sunday	Chamber Orchestra	2pm	Lobby
1/15	Monday	Jazzbeau	3pm	Ballroom
1/16	Tuesday	Fairy Tale Series with Jane Hauser	11am	Ballroom
1/18	Thursday	Cedars University <i>From Monet to Van Gogh: A History of Impressionism</i>	11am	Ballroom
1/18	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
1/18	Thursday	<i>What We're Up Against</i> at Raleigh Little Theatre	6:45pm	Lobby
1/19	Friday	Popcorn and a Movie— <i>Dunkirk</i>	3pm	Ballroom
1/22	Monday	<i>Deep Sea 3D</i> at IMAX Theatre in Raleigh and Lunch at Gravy	10am	Lobby
1/22	Monday	2017/18 Classical Concert Series	3pm	Ballroom
1/23	Tuesday	Fairy Tale Series with Jane Hauser	11am	Ballroom
1/25	Thursday	Cedars University <i>From Monet to Van Gogh: A History of Impressionism</i>	11am	Ballroom
1/25	Thursday	Members Meeting	2pm	Ballroom
1/25	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
1/27	Saturday	The Metropolitan Opera— <i>Tosca</i>	12:15pm	Lobby
1/30	Tuesday	Fairy Tale Series with Jane Hauser	11am	Ballroom
1/30	Tuesday	Great Decisions Lecture	6:30pm	Lobby
1/30	Tuesday	Alvin Ailey at UNC Memorial Hall	6:45pm	Lobby