



April 2018 • VOLUME 15 • ISSUE 4

# The Cedars Post

## Inside This Issue...

**55 acres of specialized gardens in the heart of Duke University ..... 2**

*Sarah P. Duke Gardens Tour*

**He has built a worldwide reputation as a dazzling performer and creative improviser ..... 2**

*Mahler's Symphony #2 with David Briggs, organist and Duke Chapel Choir at Duke Chapel*

**The story of the devastating impact of the Nazi occupation of Prague on a young family ..... 9**

*A Czechoslovak Family's Escape Odyssey at the Start of World War II with Peter Curtis*



## Season Ticket Renewal

The NC Symphony will help you with ticket renewal in the Cedars Cardroom on Tuesday, April 24, 10-11:30am.

*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 Essence of The Cedars

by Stanley Peele – *May his final article be a lasting reminder of the kindness that Stanley has shared with us all.*

What do you like about The Cedars? Some of the answers that have been given are: (1) *The excellence of the staff.* Again and again, I have been thankful for this superb service. (2) *The quality of our Fine Dining.* It is difficult to serve 400 residents day after day, 365 days a year. Couple this with their remarkable ability to serve us in bad weather. “Neither snow, nor rain, nor heat...keeps these couriers from the swift completion of their appointed rounds.” (3) *Location* (4) *Activities.* The Cedars abounds with many and varied activities. Their desire to serve is coupled with a delightful gusto and a “we can do it!” outlook.

The real essence of The Cedars is the kindness of the residents and staff. We have an abiding interest in each other. We care about and are accepting of each other. Pretentiousness and elitism do not fit in. We are brothers and sisters in one big family. The kindness and consideration of the Members is echoed by the staff. Let me count the ways.

**Transportation** Kindness is coupled with cheerfulness and an unflinching willingness to go the extra mile. It is a grand feeling when we see them coming for us.

**Security** The world is characterized by turbulence and violence. As a result, many of us get quite anxious at times. So when we see our calm security squad, it helps.

**Plant Services** Their ability is astonishing. They not only fix things, they do it right. Life is so much better when you have repairmen who really care about their work.

**Accounting** They respond efficiently, with accuracy and courtesy.

**Fine Dining** We touched on this in number #2 above. Their response to the snow storm was more than fantastic, as explained in Phil Purcel's article in February. I still do not know how they did it. We enjoyed food while snug in our homes. They struggled through the cold and ice.

**Dubose Health Center** An integral part of The Cedars. Having these services on campus is valuable beyond words. Having the quality of care that we have is a true blessing.

**Administration** We have a truly excellent team in charge. They are the wondrous spark that holds The Cedars to a consistently high standard. We should thank them often.

The common denominator here is kindness. That is good, for if we are not kind to others, we never find true happiness.



## 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:

### Great Decisions Lecture

at UNC Carroll Hall  
Tuesdays, April 3, 6:30pm Lobby

### PlayMakers Repertory Company

Sunday, April 8, 1:30pm Lobby

### Durham Bulls Baseball Game

Tuesday, April 10, 11:45am Lobby

### Duke Symphony Orchestra: American Masters

at Baldwin Auditorium  
Wednesday, April 11, 7pm Lobby

### The Metropolitan Opera *Luisa Miller*

at Silverspot Cinema  
Saturday, April 14, 11:45am Lobby

### NC Symphony

at UNC Memorial Hall  
Sunday, April 15, 6:45pm Lobby

### Sarah P. Duke Gardens Tour

Friday, April 20, 9:30am Lobby

### *Harvey*

at NC State University  
Saturday, April 21, 6:30pm Lobby

### Mahler's Symphony #2 with David Briggs, Organist and Duke Chapel Choir

at Duke Chapel  
Sunday, April 22, 4pm Lobby

### The Metropolitan Opera *Cendrillon*

at Silverspot Cinema  
Saturday, April 28, 12:15pm Lobby

### Carolina Ballet

Saturday, April 28, 1pm Lobby

# Beyond the Cedars

## Duke Symphony Orchestra: American Masters

at Baldwin Auditorium

Wednesday, April 11, 7pm Lobby

Program: Bernstein: Overture to *Candide*; George Walker: Lyric for Strings, Copland: *The Tender Land*, Suite from the Opera; and 2017-18 Student Concerto Competition winner Jerry Chia-Rui Chang performing Liszt: Piano Concerto No. 1 in E-flat. Jerry Chia-Rui Chang is a senior who studies piano at Duke with Prof. Pei-Fen Liu. This is his second time winning the Duke Symphony Orchestra Concerto Competition. A three-time National Champion in the National Piano Competition sponsored by the Ministry of Education, Taiwan, in 2009 he presented a solo piano recital in Taiwan's National Concert Hall, sponsored by Steinway & Sons, New Art Inc., and the Ministry of Education Republic of China. Harry Davidson is music director of the Duke Symphony Orchestra. Sign up at the Concierge Desk beginning April 2, deadline April 8. Cost: \$7 for transportation, concert is free. Minimum 6 people. Maximum 27 people.

## The Metropolitan Opera—*Luisa Miller*

at Silverspot Cinema

Saturday, April 14, 11:45am Lobby (note earlier departure time)

Plácido Domingo adds yet another role to his legendary Met career in this rarely performed Verdi gem, a heart-wrenching tragedy of fatherly love. Sonya Yoncheva sings the title role opposite Piotr Beczala in the first Met performances of the opera in more than ten years. Bertrand de Billy conducts. Sign up at the Concierge Desk beginning April 2, deadline April 11. Cost: \$29 for ticket and transportation. Maximum 16 people.



## Sarah P. Duke Gardens Tour

Friday, April 20, 9:30am Lobby

More than 300,000 visitors from all over the world visit Sarah P. Duke Gardens annually, enjoying its 55 acres of specialized gardens in the heart of Duke University. A trolley tour will take us along the central path in the Gardens, so we can see the blooms of the day and learn more about the Gardens' history. We will also have time to explore other parts of the gardens by foot and wander through The Terrace Gift Shop. Sign up at the Concierge Desk beginning April 2, deadline April 15. Cost: \$17 for tour and transportation. Reminder to bring a hat and sunscreen. Maximum 10 people.

## Mahler's Symphony #2 with David Briggs, Organist and Duke Chapel Choir

at Duke Chapel

Sunday, April 22, 4pm Lobby

David Briggs, FRCO, recently appointed Artist in Residence at the Cathedral of Saint John the Divine in New York City, has built a worldwide reputation

as a dazzling performer and creative improviser. In recent years he has become increasingly sought after for his organ arrangements of massive orchestral scores. This concert will feature Briggs performing his transcription of Gustav Mahler's Symphony No. 2 (Resurrection). He will be joined by a choir and soloists under the direction of Dr. Rodney Wynkoop. Sign up at the Concierge Desk beginning April 2, deadline April 15. Cost: \$7 for transportation, concert is free. Minimum 6 people. Maximum 27 people.

## The Metropolitan Opera—*Cendrillon*

at Silverspot Cinema

Saturday, April 28, 12:15pm Lobby



“Glorious,” raved the New York Times when Joyce DiDonato sang the title role of *Cendrillon* at the Royal Opera in 2011. “Her performance was thoroughly enchanting.” Now, for the first time ever, Massenet’s sumptuous take on the Cinderella story comes to the Met, with DiDonato starring in the title role. She is paired with mezzo-soprano Alice Coote in the trouser role of Prince Charming,

Kathleen Kim as the Fairy Godmother, and Stephanie Blythe as the imperious Madame de la Haltière. Bertrand de Billy conducts Laurent Pelly’s imaginative storybook production. Sign up at the Concierge Desk beginning April 2, deadline April 24. Cost: \$29 for ticket and transportation. Maximum 16 people.

## SAVE THE DATE!

### Trip to the NC Zoo in Asheboro

Monday, May 7, 10am Lobby

(rain date: Friday, May 18)

Watch for more information in the April *Chit Chat*.



## 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.

### Carolina Theater

**G&S's Ruddigore**, Thurs. 4/12-Sun. 4/15, varying times

### St. Stephen's Episcopal Church

**Liu-Kitchen-Kim Trio**, Sun. 4/8, discussion 3pm, concert 4pm

**Andrew Tyson, Piano**, Sun.

4/29, discussion 3pm, concert 4pm

### Duke Energy Center for the Performing Arts

**Rosanne Cash with John Leventhal**, Tues. 4/3, 8-10pm  
**Art Garfunkel**, Fri. 4/6, 8pm

### Baldwin Auditorium

**Maria Schneider Orchestra**, Sat. 4/7, 8pm

**Duke Wind Symphony: Sounds of Cinema**, Thurs. 4/12, 8pm

**Ciampi Quartet**, Sat. 4/28, 8pm

### UNC Hill Hall

**Faculty Trio Recital**, Sun. 4/8, 4pm

**Gamelan Concert**, Wed. 4/11, 7pm

**Carolina Choir & Chamber Singers**, Sat. 4/21, 8pm

**UNC Men's & Women's Glee Club**, Sun. 4/22, 3pm

### UNC Memorial Hall

**UNC Symphony Orchestra**, Wed. 4/18, 7:30pm

### UNC Kenan Music Building

**UNC Percussion Ensemble**, Tues. 4/17, 7:30pm

## April Birthdays

Jeane Suddarth	1
John Toscano	2
Sheppard Zinovoy	2
Dorothy Neter	3
Joan Ontjes	3
Thelma Baker	6
Patricia Kosiba	7
Martha Gentry	8
Joy Metelits	8
Marion Waters	9
Sandy Wetmore	10
Rollie Tillman	11
John Spitznagel	11
Nancy Boger	12
Stephen Metelits	12
Karen Cooper	13
Judith Wisner	13
Jean Nuzum	14
Clara Zinovoy	14
Susan Zehl	15
Barbara Loda	15
Michael Smith	16
Davis B. Bingham	18
Elizabeth Martin	19
Premila Rao	20
Willard Patton	20
James Allen	22
Gisela Cox	26
Chester Douglass	26
Margaret Trotter	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

EASTER EGG HUNT  
Sunday, April 1, 10am Great Lawn  
Members' grandchildren are welcome!



Easter Arts and Crafts Table at 11am near the fireplace Upstairs Lobby

## Popcorn and a Movie—*Lady Bird*

Tuesday, April 3, 3pm Ballroom

*Lady Bird* is a American comedy-drama film written and directed by Greta Gerwig and starring Saoirse Ronan, Laurie Metcalf and Tracy Letts. Set in Sacramento, California in 2002, it is a coming-of-age story of a high-school senior (Ronan) and her turbulent relationship with her mother (Metcalf). At the 90th Academy Awards, the film earned five nominations: Best Picture, Best Actress for Ronan, Best Supporting Actress for Metcalf, Best Original Screenplay, and Best Director.

## Triple By-Pass Hot Stuff

with Pat Beyle, Mary Crabill, Jane Hauser and Karen Cooper

Monday, April 16 and Wednesday, April 18, 4pm Ballroom (same show repeated)

First there was Hot Stuff, last year was Double Hot Stuff and now we present an all new Triple By-Pass Hot Stuff! A comical music revue performed, written and adapted by four old gals who should know better. **Refreshments will be served after the show.**



SAVE THE DATE!

## Rhythm & Reeds with a Dash of Brass

Tuesday, May 1, 7:30pm Ballroom

## Conversations In Jazz: America's Music Across the Decades

with Jim Ketch and Ed Paolantonio

Wednesday, May 2, 3pm Ballroom

Join trumpeter Jim Ketch and pianist Ed Paolantonio as they share jazz conversations and interesting musical and historical information on America's musical gift to the world—jazz. Watch for more information in the May *Cedars Post*.

**Robert Griffin—Jazz Pianist**  
Thursdays, April 5 & 19, 5pm Dining Lobby



**Richard Tazewell—Pianist**  
Friday, April 13, 5pm Dining Lobby

## **Strength Training is Essential for Arthritis**

Yes, you'll get stronger and more toned—but those aren't the only reasons to strength train. Scientists continue to discover benefits of strength (or resistance) training. It can be done using light hand weights, elastic bands or even your own body weight. Here are four more good reasons to start.



① **It reduces pain.** A small study, published in the July 2012 International Journal of Preventive Medicine, found that men with rheumatoid arthritis affecting their knees had a 23 percent reduction in pain intensity after following a three-day-a-week strength training program for eight weeks. Other studies show strength training relieves the pain of osteoarthritis and fibromyalgia, too.

② **It increases range of motion.** Another study, published in the December 2011 Journal of Strength and Conditioning Research, found that participants who practiced resistance training three days a week for five weeks had the same flexibility improvements as those who did a regular stretching routine.

③ **It blasts calories—even when you're not working out.** Muscle burns calories, so adding muscle mass naturally amps up your calorie burn. In fact, an analysis of several studies, reported in the July-August 2012 Current Sports Medicine Reports, shows the number of calories you burn at rest rises about 7 percent after several weeks of resistance training.

④ **It boosts bone density.** Women lose up to 50 percent of their bone tissue in their lifetime, about half of it within 10 years after menopause. By age 65 or 70, men begin to lose bone mass at the same rate as women, according to the National Institute of Health. Lifting weights can help slow that loss and increase bone density, according to a 2015 review in the scientific journal of the American Physical Therapy Association.

Opportunities for strength training at The Cedars include group exercise classes (Cardio and Core, Sit and Be Fit, Balance Challenge, Balance Basics, water aerobics and TGIF) as well as using weight machines and free weights in the fitness room. Contact Julie Hardison at 919-259-7922 with questions.

Resource: *Arthritis Today Magazine*

## **ANNOUNCEMENTS**

### **Chapel Hill Garden Tour**

*Town & Gown Gardens —*

*Synergy in Bloom*

Saturday, April 28, 10am-4pm

Sunday, April 29, 11am-4pm

The 2018 tour will feature two UNC officials' private gardens along with the public UNC President's Garden. In addition there will be four notable local gardens, UNC's Coker Arboretum, and the North Carolina Botanical Garden. Plein air artists, musicians and select vendor educators will add charm to several gardens. Rain or shine. Online: Tickets on sale now through April 29 (advance tickets: \$25; on tour days: \$35) chapelhillgardenclub.net. **Garden Club member Sue Tiedeman can be reached at 919-933-4464 for more information and to purchase tickets.**

### **2017/18 Classical Concert Series**

Monday, April 30,  
3pm Ballroom




Winner of the Young Concert Artists International auditions in 2011, Andrew Tyson has been described by BBC Radio 3 as "a real poet of the piano." We are indeed privileged to hear this Durham-born rising star perform for us. Subscribers, don't forget your green pass. Ballroom doors open at 2:30pm. Questions? Contact Connie Eby at 919-259-7808 or cteby@mindspring.com.

### **New Move Ins**

Bob and Judith Wisner  
419 Cedar Club Circle

# April 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  
**'** Library

**LB** Lobby  
**MR** Magnolia Room  
**P** Pool  
**PD** Private Dining  
**S** Studio

### 4/1 Sunday



#### Easter

10am *Easter Egg Hunt* **GL**  
 3pm & 7:45pm Cedars Cinema **CHANNEL 24**



### 4/2 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 Aquatic Therapy **P**    
 11:30am Tai Chi **B**  
 1pm Poker **CR**  
 1:30pm Play Group **CL**  
 3pm *NC Author Series with Minrose Gwin* **B**

### 4/3 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**  
 2:30pm Meditation **PD**  
 3pm *Popcorn and a Movie—Lady Bird* **B**  
 6:30pm *Great Decisions Lecture* **LB**   
 7:45pm Cedars Cinema **CHANNEL 24**

### 4/4 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**

### 4/5 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**  
 4pm Scrabble **CR**  
 5pm *Robert Griffin—Jazz Pianist* **LB**


### 4/6 Friday

8:45am Water Exercise **P**  
 9am Ping Pong **B**  
 9:45am Water Exercise **P**  
 10:30am *Great Decisions Discussion* **CR**  
 11am TGIF Class **B**  
 11:30am Aquatic Therapy **P**    
 1pm Party Bridge **CR**  
 4:30pm Happy Hour **Bar**  
 7:45pm Cedars Cinema **CHANNEL 24**



### 4/7 Saturday

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




### 4/8 Sunday

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





### 4/9 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 Aquatic Therapy **P**    
 11:30am Tai Chi **B**  
 1pm Poker **CR**  
 2pm Great Books **CL**  
 3pm *Sailing In and Out of Surgery: The (POSH) Way with Sandhya A Lagoo-Deenadayalan, M.D., Ph.D* **B**



### 4/10 Tuesday

8:45am Cardio and Core **B**  
 9:45am Sit and Be Fit **B**  
 11:30am Bible Study **MR**  
 11:30am Aquatic Therapy **P**    
 11:45am *Durham Bulls Game* **LB**   
 1pm Golf Croquet **GL**  
 2pm Mah Jongg **CR**  
 2:30pm Meditation **PD**  
 4:30pm Line Dancing **B**  
 7:45pm Cedars Cinema **CHANNEL 24**

### 4/11 Wednesday

8:45am Water Exercise **P**  
 9:45am Water Exercise **P**  
 11am Balance Challenge **B**  
 11:30am Balance Basics **B**  
 11:30am Aquatic Therapy **P**    
 12:45pm Duplicate Bridge **CR**  
 7pm *Duke Symphony Orchestra* **LB**   
 7:30pm *Conversational Spanish* **CL**   
 7:45pm Cedars Cinema **CHANNEL 24**


### 4/12 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**  
 3pm *A Czechoslovak Family's Escape Odyssey at the Start of World War II with Peter Curtis* **B**  
 4pm Scrabble **CR**

### 4/13 Friday

8:45am Water Exercise **P**  
 9am Ping Pong **B**  
 9:45am Water Exercise **P**  
 11am TGIF Class **B**  
 11:30am Aquatic Therapy **P**    
 1pm Jewelry Repair **S**  
 4:30pm Happy Hour **Bar**  
 5pm *Richard Tazewell* **DL**  
 7:45pm Cedars Cinema **CHANNEL 24**

### 4/14 Saturday

9am Ping Pong **B**  
 9am Cribbage **CL**  
 11:45am *Met Opera—Luisa Miller* **LB**   
 3pm & 7:45pm Cedars Cinema **CHANNEL 24**

## 4/15 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

6:45pm *NC Symphony at UNC* LB 📖

## 4/16 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 📖 ♣️

1pm Poker CR

1:30pm Play Group CL

4pm *Triple By-Pass Hot Stuff* B

## 4/17 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

2:30pm Meditation PD

4:30pm Line Dancing B

7:45pm Cedars Cinema CHANNEL 24

## 4/18 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

4pm *Triple By-Pass Hot Stuff* B

7:30pm *Conversational Spanish* CL 📖

7:45pm Cedars Cinema CHANNEL 24

## 4/19 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

4pm Scrabble CR

5pm *Robert Griffin—Jazz Pianist* LB

## 4/20 Friday

8:45am Water Exercise P

9am Ping Pong B

9:30am *Duke Gardens Tour* LB 📖

9:45am Water Exercise P

11am TGIF Class B

11:30am Aquatic Therapy P 📖 ♣️

1pm Party Bridge CR

4:30pm Happy Hour Bar

7:45pm Cedars Cinema CHANNEL 24

## 4/21 Saturday

9am Ping Pong B

9am Cribbage CL

11am Accessing UNC Libraries

3pm & 7:45pm Cedars Cinema CHANNEL 24

6:30pm *Harvey at NC State* LB 📖

## 4/22 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

4pm *Duke Chapel Concert* LB 📖

## 4/23 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 📖 ♣️

1pm Poker CR

3pm *NC Author Series with Scott Ellsworth* B

## 4/24 Tuesday

8:45am Cardio and Core B

9:45am Sit and Be Fit B

10am *NC Symphony Ticket Renewal* CR

11:30am Bible Study MR

11:30am Aquatic Therapy P 📖 ♣️

1pm Golf Croquet GL

2pm Mah Jongg CR

2:30pm Meditation PD

4:30pm Line Dancing B

7:45pm Cedars Cinema CHANNEL 24

## 4/25 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 *Let's Talk Cinema—Three Billboards*

*Outside Ebbing, Missouri* B

7:30pm *Conversational Spanish* CL 📖

7:45pm Cedars Cinema CHANNEL 24

## 4/26 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

4pm Scrabble CR

## 4/27 Friday

8:45am Water Exercise P

9am Ping Pong B

9:45am Water Exercise P

11am Retro Dance Class B

11:30am Aquatic Therapy P 📖 ♣️

3pm *Formation of the Southern Appalachian Mountains with Herb Cooper* B

4:30pm Happy Hour Bar

7:45pm Cedars Cinema CHANNEL 24

## 4/28 Saturday

9am Ping Pong B

9am Cribbage CL

12:15pm *The Met Opera—Cendrillon* LB 📖

1pm *Carolina Ballet* LB 📖

3pm & 7:45pm Cedars Cinema CHANNEL 24

## 4/29 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

## 4/30 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 Aquatic Therapy P 📖 ♣️

1pm Poker CR

3pm *2017/18 Classical Concert Series* B 📖

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



**Plant**

**Science: An  
Introduction to Botany**

*Taught by Professor Catherine  
Kleier, Ph.D., Regis University*

Thursdays, April 12 thru June 28, 11am  
Ballroom

These lectures invite us into the uniquely satisfying world of plants, and the joy of celebrating and learning from the secrets of living nature. As Dr. Kleier shares her depth of knowledge with contagious excitement for her subject—supported by fascinating graphics and in-studio demonstrations—she emphasizes the “stories” of plants themselves: Without neglecting genetics or cell microbiology, or larger ecosystems and habitats, her primary emphasis is always on how plants we see all around us live and adapt. Dr. Kleier shares with you the pleasures of being able to identify and understand the workings of that tree just outside your window – and of any other plant you may encounter.

With almost 400,000 known species and thousands more identified every year, the variety of plant life is almost overwhelming—from the microscopic to the largest organism on Earth. You will explore the astonishing adaptations that allow plants to live in an enormous variety of ecosystems, from deserts and the ocean floor to thousands of feet above sea level and on every continent.

## LEARNING OPPORTUNITIES

### NC Author Series

#### Promise

*with Minrose Gwin*  
Monday, April 2, 3pm Ballroom

Minrose Gwin has been a writer all of her working life, starting out as a newspaper and wire service reporter and working in Mobile, Atlanta, Nashville, and Knoxville. She has taught as a professor at universities around the country, most recently at the University of North Carolina at Chapel Hill. She has spent many summers teaching at the University of New Mexico Writers' Conference in Taos and Santa Fe. Minrose's 2018 novel, *Promise*, imagines the aftermath of the devastating Tupelo, Mississippi tornado of 1936, the fourth most deadly tornado in the country's history.

The official death toll was 233 residents, with around 1,000 injured, many of them seriously.

**Books will be available for purchase.**



#### Sailing In and Out of Surgery: The (POSH) Way

*with Sandhya A. Lagoodeenadayalan, M.D., Ph.D*  
Monday, April 9, 3pm Ballroom

Perioperative Optimization of Senior Health (POSH) is an initiative that provides an opportunity for enhanced pre-operative evaluation for older adults undergoing elective surgery. The overarching aim is to improve surgical outcomes in this population by using a multidisciplinary approach and by designing interventions that can improve baseline health status prior to surgery.

Sandhya A. Lagoodeenadayalan is a Senior Fellow in the Center of Aging and Human Development and an Affiliate of the Duke Global Health Institute. She is a member of the Task Force in Geriatric Surgery and has worked closely with her colleagues in Surgery and Geriatric Medicine at Duke to establish the Peri-Operative Optimization of Senior Health Clinic at Duke and the Durham VA Hospital.



#### Conversational Spanish Classes at The Cedars

*with Alan Archibald*  
Wednesdays, April 11-May 30, 7:30-9pm Classroom

Alan Archibald has taught Spanish for over 30 years. This course is primarily aimed at the development of basic conversational skills, but will also include short readings from Latin American and peninsular Spanish literature, in addition to readings from North Carolina's Spanish language press, chiefly *¿Qué Pasa?* and *La Conexión*. He refers to his teaching method as a “mobius spiral” in which there is no rigid, step-wise methodology moving from one unit to the next, but rather group conversation (supplemented by white dry erase board) that will continuously cycle back on previous lexical and grammatical constructs in order to provide enough repetition for conversational ability to develop. Sign up at the Concierge Desk, deadline April 8. Cost: \$100 for 8 classes payable to Alan Archibald. Minimum 4 people. Maximum 8 people.



## Two Novels: A Czechoslovak Family's Escape Odyssey at the Start of World War II

with Peter Curtis

Thursday, April 12, 3pm Ballroom

Peter Curtis is author of *The Dragontail Buttonhole* and *Cafe Budapest*, the first two novels of a WW2 trilogy based on true events. A Czechoslovak refugee family endures war and exile, surviving with love and resilience as they make their way across Europe to England. Peter is a retired family doctor, transformed into a writer of semi-autobiographical fiction. Born in Slovakia in 1937 his family escaped the 1939 Nazi occupation of Prague and, after a tortuous and arduous journey, they arrived in London at the start of the Blitz. **Books will be available for purchase.**

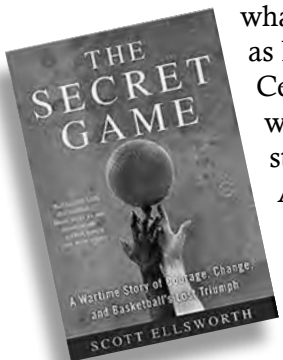
### NC Author Series

## The Secret Game

with Scott Ellsworth

Monday, April 23, 3pm Ballroom

On a Sunday morning in the spring of 1944, two college basketball teams laced up and squared off against each other in Durham, NC. The game wasn't advertised; almost no one but the players and coaches themselves knew what was happening. The doors to the gymnasium, at what's now known as North Carolina Central University, were locked. The stands were empty. And for decades afterward, the game played in secret that morning never came to the attention of the public. But the mystery is over. *The Secret Game: A Wartime Story of Courage, Change, and Basketball's Lost Triumph*



and *Basketball's Lost Triumph*, the riveting book by Scott Ellsworth, uncovers the events of that day—and of the months and years leading up to it — as an early blow against the ironclad segregation of the Jim Crow South. The all-black Eagles, of what was then known as the North Carolina College for Negroes, and an all-white team of former college basketball stars from Duke University's medical school, faced off in a test of wills and skills, putting a serious dent in the wall of separation between black and whites a full decade before the beginning of the civil rights movement. Books will be available for purchase and refreshments will be served.

## Let's Talk Cinema—Three Billboards Outside Ebbing, Missouri

Wednesday, April 25, 2pm Ballroom

Please join us for Let's Talk Cinema, featuring 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. *Three Billboards Outside Ebbing, Missouri* is described as “a darkly comic drama.” After months have passed without a suspect in her daughter's murder case, a mother (Frances McDormand) makes a bold move using three billboards with a controversial message to the town's police chief. Best Picture, Best Actress and Best Supporting Actor: Golden Globes & BAFTA. Academy Awards for Best Actress and Best Supporting Actor. “A kaleidoscope of a movie where emotions and alliances keep shifting.” – *Variety*. Rated R for violence, language throughout and some sexual reference.



## Formation of the Southern Appalachian Mountains

with Herb Cooper

Friday, April 27, 3pm Ballroom

You will learn about events that happened millions of years ago that formed the geological features we now recognize as the mountains, Piedmont and coast of North Carolina. Where does Chapel Hill fit into this spectacular landscape?



## New UNC Hearing Services

Wednesday, April 4, 9-11am Private Dining

Dr. Hannah Siburt, with the UNC Hearing and Communication Center, will begin offering hearing services at The Cedars. Services will be available the first Wednesday of every month by appointment only. The UNC Hearing and Communication Center is a faculty practice providing comprehensive hearing healthcare services.

The following services will be available at The Cedars:

- ❖ hearing aid selection
- ❖ hearing aid fitting
- ❖ hearing aid cleaning and repair fitting
- ❖ hearing aid reprogramming
- ❖ wax removal

Fees associated with services will be the same as those at the Hearing and Communication Center. To schedule an appointment please call 919-493-7980.



# • • • • • CEDARS *Cinema* • • • • •

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

## ***Bull Durham***

Tuesday, April 3 & Saturday, April 7, 7:45pm  
Sunday, April 8, 3pm • R

The Durham Bulls ink pitching phenom “Nuke” LaLoosh (Tim Robbins) in hopes that he’ll usher the team to victory. But it’s up to catcher “Crash” Davis (Kevin Costner) to keep him in line. Meanwhile, a groupie (Susan Sarandon) who confers sexual favors on a new player each season chooses Nuke as this year’s beneficiary. The problem is, she’s more attracted to Crash. (1988) SUBTITLES NOT PROVIDED

## ***Murder on the Orient Express***

Wednesday, April 4 & Friday, April 6, 7:45pm  
Saturday, April 7, 3pm • PG-13

In this retelling of Agatha Christie’s classic, a train ride through Europe becomes the setting for murder when an American passenger is slain—and almost everyone on board is a suspect. Starring Kenneth Branagh, Penelope Cruz, Williem Dafoe, and Judi Dench. (2017) SUBTITLES NOT PROVIDED

## ***I, Tonya***

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

This biopic looks at the life of ice skater Tonya Harding and her connection to one of the most infamous sports scandals in American history: the assault on Nancy Kerrigan before the 1994 Winter Olympics. Starring Margot Robbie, Sebastian Stan and Allison Janney. (2017)

## ***Call Me by Your Name***

Wednesday, April 11 & Friday, April 13, 7:45pm  
Saturday, April 14, 3pm • R

In the summer of 1983, romance blooms in the Italian Riviera when a 17-year-old boy becomes involved with the 24-year-old American scholar working for the youngster’s professor father. Starring Armie Hammer and Timothee Cahlamet. (2017) SUBTITLES NOT PROVIDED

## ***Darkest Hour***

Tuesday, April 17 & Saturday, April 21, 7:45pm  
Sunday, April 22, 3pm • PG-13

Winston Churchill’s defiance of the Nazi threat is the focus of this drama that depicts his refusal to surrender Britain to Adolf Hitler during World War II’s early days. Starring Gary Oldman, Kristin Scott Thomas and Ben Mendelsohn. (2017)

## ***Battle of the Sexes***

Wednesday, April 18 & Friday, April 20, 7:45pm  
Saturday, April 21, 3pm • PG-13

In 1973, Billie Jean King, the world’s No. 2 female tennis player, took on 55-year-old Bobby Riggs in a match hyped as the Battle of the Sexes. This sports dramedy delves into the battles being played out in their lives beyond the spotlight. Starring Emma Stone and Steve Carell. (2017)

## ***Roman J. Israel, Esq.***

Tuesday, April 24 & Saturday, April 28, 7:45pm  
Sunday, April 29, 3pm • PG-13

Denzel Washington stars as a defense attorney whose life is suddenly disrupted. When he joins a firm led by lawyer George Pierce (Colin Farrell) and befriends a young champion for equal rights (Carmen Ejogo), a series of events ensues, which puts the activism that has defined his career to the test. (2017)

## ***Wonder***

Wednesday, April 25 & Friday, April 27, 7:45pm  
Saturday, April 28, 3pm • PG

Entering fifth grade will be momentous for Auggie, because at last, he’ll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face. Starring Julia Roberts, Owen Wilson and Jacob Tremblay. (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

2nd & 4th Tue 5:30 **B**

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**

Tara Pierce 919-537-0128

### Cribbage

Sat 9:00 **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 910-512-5347

### 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 2:30 **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**

Sue Bielawski 919-933-4428

### 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, April 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

*Seven Deadly Sins Sampler*

Sections 1 & 2

by Great Books Foundation

## ANNOUNCEMENTS

### **Jewelry Repair with**

**Eva Mogenson**

Friday, April 13, 1-2pm Art Studio

### **Your Wellness Assessment**

*with Sandy Friday*

Friday, April 20, 2pm Ballroom

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

### **Walk with a Doc**

Saturday, April 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 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

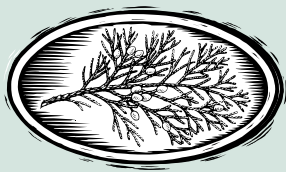
Cynthia Lennon provides quality and affordable alterations.

## Kudos to...

- ☞ Vijaya Bapat for recommending Sandhya Lagoo-Deenadayalan, M.D., Ph.D for her talk on *Sailing In and Out of Surgery: The (POSH) Way*
- ☞ Pat Beyle, Mary Crabill, Jane Hauser and Karen Cooper for entertaining us with the new Triple By-Pass Hot Stuff
- ☞ Herb Cooper for his lecture on *The Formation of the Appalachians*

### Channel 24 Replays Schedule

- ☞ Mondays 10am, exercise program; 12:30pm, recent lectures
- ☞ Tuesdays 10am, exercise program
- ☞ Wednesdays 10am, exercise program; 12:30pm, Members Meeting
- ☞ Thursdays 10am, exercise program
- ☞ Fridays 10am, exercise program



In-House TV..... Channel 24  
 Reception..... 919-259-7000  
 Concierge..... 919-259-7937  
 Fax..... 919-259-7001  
 Spa & Salon..... 919-259-7940  
 Dining Reservations..... 919-259-7932  
 Work Orders..... 919-259-7918  
 Security..... 919-883-7666

Editor..... Laura Booker  
 919-259-7944

Graphic Designer.....Debb Hepp  
 919-260-4495

# CALENDAR *at a Glance*

<i>date</i>	<i>day</i>	<i>activity</i>	<i>time</i>	<i>location</i>
4/1	Sunday	Easter Egg Hunt	10am	Great Lawn
4/2	Monday	NC Author Series with Minrose Gwin	3pm	Ballroom
4/3	Tuesday	Popcorn and a Movie— <i>Lady Bird</i>	3pm	Ballroom
4/3	Tuesday	Great Decisions Lecture	6:30pm	Lobby
4/5	Thursday	Cedars University <i>From Monet to Van Gogh: A History of Impressionism</i>	11am	Ballroom
4/5	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
4/8	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
4/9	Monday	<i>Sailing In and Out of Surgery: The (POSH) Way</i> with Sandhya A Lagoo-Deenadayalan, M.D., Ph.D	3pm	Ballroom
4/10	Tuesday	Durham Bulls Baseball Game	11:45am	Lobby
4/11	Wednesday	Duke Symphony Orchestra at Baldwin Auditorium	7pm	Lobby
4/12	Thursday	Cedars University <i>Plant Science: An Introduction to Botany</i>	11am	Ballroom
4/12	Thursday	<i>A Czechoslovak Family's Escape Odyssey at the Start of World War II</i> with Peter Curtis	3pm	Ballroom
4/13	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
4/14	Saturday	The Metropolitan Opera— <i>Luisa Miller</i>	11:45am	Lobby
4/15	Sunday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
4/16	Monday	Triple By-Pass Hot Stuff with Pat Beyle, Mary Crabill, Jane Hauser and Karen Cooper	4pm	Ballroom
4/18	Wednesday	Triple By-Pass Hot Stuff with Pat Beyle, Mary Crabill, Jane Hauser and Karen Cooper	4pm	Ballroom
4/19	Thursday	Cedars University <i>Plant Science: An Introduction to Botany</i>	11am	Ballroom
4/19	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
4/20	Friday	Sarah P. Duke Gardens Tour	9:30am	Lobby
4/21	Saturday	<i>Harvey</i> at NC State University	6:30pm	Lobby
4/22	Sunday	Mahler's Symphony #2 Duke Chapel Choir at Duke Chapel	4pm	Lobby
4/23	Monday	NC Author Series: Scott Ellsworth	3pm	Ballroom
4/24	Tuesday	NC Symphony Ticket Renewal	10am	Cardroom
4/25	Wednesday	Let's Talk Cinema <i>Three Billboards Outside Ebbing, Missouri</i>	2pm	Ballroom
4/26	Thursday	Cedars University <i>Plant Science: An Introduction to Botany</i>	11am	Ballroom
4/27	Friday	<i>Formation of the Southern Appalachian Mountains</i> with Herb Cooper	3pm	Ballroom
4/28	Saturday	The Metropolitan Opera— <i>Cendrillon</i>	12:15pm	Lobby
4/28	Saturday	Carolina Ballet	1pm	Lobby
4/30	Monday	2017/18 Classical Concert Series	3pm	Ballroom