



May 2018 • VOLUME 15 • ISSUE 5

The Cedars Post

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NC Symphony Season Ticket Renewal has been rescheduled to Tuesday, May 8 from 1:00 to 2:30pm in the Cardroom.

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

“Take Me Out To the Ball Game”

April 10th was a beautiful spring day when a busload of 17 Cedars Members headed to the ballpark to see the Bulls take on the Gwinnett Braves. For those not familiar with the lovely and very clean Durham Bulls Athletic Park, it is not the same park featured in the 1988 movie Bull Durham. Originally named El Toro Park when it was built in 1926, the historic Durham Athletic Park served as the home of the Durham Bulls for almost 70 years until 1995 when the team moved a mile south to its present home. The Durham Bulls are a Triple-A minor league team affiliated with the Tampa Bay Rays. Many of their players will be in the big leagues in the future and showed the caliber of their play by winning the International League last year.

A signature of the stadium is the proud bull sign atop the left field wall. Whenever a Bulls player hits a home run, the bull's eyes light up, its tail moves up and down and it snorts steam out of its nose. The original bull, which was created for Bull Durham, was replaced by a replica when DBAP opened in 1995.



One of the many family friendly features of the ball park is the mascot Wool E. Bull. The children were not the only ones who delighted in his antics. We cheered right along with them as Wool E. sped around the track in his Go Kart and danced on top of the dugout to rousing organ music. We also joined them in consuming the usual ball park fare of hot dogs, peanuts, cotton candy and Pepsi.

By three o'clock the game was winding down, but the tension had reached its peak. It was the last of the 9th. The score was Braves 5-Bulls 4. The Bulls had the bases loaded. The count was 3-2. The last pitch, a 99 mph fast ball, ended the game with a loss for the Bulls, but it was a very exciting ending to a very enjoyable day.



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, May 6, 2pm Lobby

Trip to the NC Zoo in Asheboro

Monday, May 7, 9am Lobby (rain date: Friday, May 18)

NC Symphony

at UNC Memorial Hall
Tuesday, May 8, 6:45pm Lobby

M&M Alpaca Farm of NC

Friday, May 11, 9:45am Lobby



Carolina Ballet

Saturday, May 19, 1pm Lobby

Dining Out! Fusion Fish

Tuesday, May 22, 5:45pm Lobby

You Are Here: Light, Color, and Sound Experiences

at North Carolina Museum of Art

Friday, May 25, 9:30am Lobby

Beyond the Cedars

Trip to the NC Zoo in Asheboro

Monday, May 7, 9am Lobby (rain date: Friday, May 18)

Enjoy a day at North Carolina's wonderful zoo, located an hour and a half away in Asheboro. Among the most popular exhibits are those that display polar bears, sea lions, river otters, alligators, elephants, gorillas, baboons, rhinoceros, giraffes, and zebras. The 37-acre African Plains exhibit alone is as large as many entire zoos! *Note: this is a self-guided tour*, you will have four and a half hours to enjoy the park at your leisure. Walking through the entire zoo covers quite a distance; however there is a free tram available at each zoo entrance and again halfway through the zoo. Bring money for lunch on your own at one of the restaurants or snack bars on site. Gift shops, drink stands and benches are scattered throughout the park for your convenience. Comfortable shoes, hats and sunscreen are encouraged. Sign up at the Concierge Desk, deadline May 3. Cost: \$28 for ticket and transportation. Minimum 6 people. Maximum 26 people.

M&M Alpaca Farm of NC

Friday, May 11, 9:45am Lobby

M&M Alpaca Farm, located in Pittsboro, is family owned and operated. They have both Suri and Huacaya alpacas of all colors. The animals are bred and raised to show at the many alpaca events around the country. We will have an outside tour of the animals (note this is along a loose gravel path) and an inside tour where they will talk about fiber and processing of the wool. They have a gift shop and a wrap-around porch with relaxing chairs. Sign up at the Concierge Desk beginning May 1, deadline May 8. Cost: \$12 for tour and transportation. Minimum 6 people. Maximum 15 people.

Dining Out! Fusion Fish

Tuesday, May 22, 5:45pm Lobby

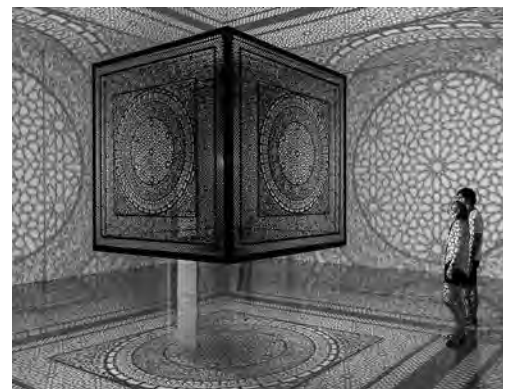
New to Meadowmont (formerly One restaurant), Fusion Fish is Asian Fusion with sushi and a cocktail bar. Sample dinner menu items include: wagyu ribeye, miso glazed cod, seafood clay pot, five spice duck, ribs and pineapple fried rice. Sign up at the Concierge Desk beginning May 1, deadline May 20. Cost: \$4 for transportation. Bring money for food and drinks. Minimum 4 people.

You Are Here: Light, Color, and Sound Experiences

at North Carolina Museum of Art

Friday, May 25, 9:30am Lobby

You Are Here features immersive art installations by 15 contemporary artists, including large-scale light works, sound installations, video works, mixed-media room-size environments, and site-specific projects. Some are delightfully low-tech, transforming ordinary materials into awe-inspiring visuals, while others



make use of experimental new media, fusing art and technology in interactive works that change in response to the viewer. The artists in this exhibition employ a diversity of media to create intriguing experiences that engage the senses, activate the imagination, and provide connections between the viewer and the work of art. This exhibition takes over an entire floor of the NCMA's temporary exhibition galleries and also transforms the landscape in the Museum Park, creating a campus-wide presentation of contemporary experiential art. Sign up at the Concierge Desk beginning May 1, deadline May 20. Cost: \$19 for ticket (this is a self-guided tour) and transportation. Museum members, please write your member number on the sign up sheet. Minimum 6 people. Maximum 15 people.

May Is National Senior Health and Fitness Month

We encourage all Members to be active! During the month of May, Cedars Members will have the opportunity to learn about ways to reduce their risk of falling, discover two new sports led by Cedars Members, take a trip to the zoo and try bonus balance classes.



Pickleball Demonstration ▪ Thursday, May 3, 1pm Lobby

Interested in learning the fun sport of pickleball? Sign up at the Concierge Desk to take our bus to the superb pickleball complex at Ephesus Park for our first instructional session. Paddles and balls will be provided; be sure to wear supportive tennis sneakers! Questions? Contact Stan Friedland at 919-259-7089.

Balance Bonus Classes ▪ Balance Challenge Friday, May 4, 11am Ballroom ▪ Balance Basics Friday, May 25, 11am Ballroom

Improve your balance with exercises that increase the strength, flexibility and mobility of your muscles and joints. Learn how regular balance practice can reduce your risk of falls and minimize injuries that may result from falling.

Trip to the NC Zoo in Asheboro ▪ Monday, May 7, 9am Lobby (rain date May 18)

Enjoy a day at our state zoo, with many animal exhibits from North America and Africa. See details of this trip on page 2 of this newsletter.

Archery Instruction ▪ Monday, May 21, 1pm near Garden Plots (rain date June 4)

Learn about traditional archery with longbows and recurves. Archery is good for balance, eye-hand coordination and upper-body strength. Bows from light to heavy, arrows and target will be provided. No prior experience is necessary. Come experience why Robin Hood's men were so "merrie." Meet Dick Fox, certified Level 1 archery instructor, at the picnic table just by the garden plots. No sign up necessary.

Strategies for Falls Prevention ▪ Friday, May 25, 3pm Ballroom

Staying physically active and practicing balance skills can help prevent falls. Learn about the many factors that affect balance, such as strength, medications, vision and environmental hazards, as well as how to get up from a fall from physical therapist Vicki Tilley, a Geriatric Clinical Specialist with the UNC Center for Aging and Health.



from Carolyn Taff

So much happening, so close by!
If you want to give or get a ride, use the bulletin board outside classroom.

UNC Hill Hall

Chapel Hill Philharmonia

Mendelssohn, Dvorak
Symphony #6, Sun. 5/6,
7:30pm

Baldwin Auditorium

Paul Lewis, piano

Beethoven, Haydn, Brahms
Fri. 5/4, 8pm

Emerson String Quartet

Barber, Webern, Bartok,
Beethoven, Sat. 5/5, 8pm

Duke Medical Orchestra

Mozart, Schubert, Dvorak &
more, Thurs. 5/3, 7:30pm

Current (Carolina Square)

Compagnia TPO

Blends, dance, music, interactive
technologies, Sat., Sun. 5/5 &
5/6, varying times during day

Carolina Theater

Herb Alpert & Lani Hall, Wed.
5/2, 8pm

NC Theater

"A Night With Janis Joplin"

Fri. 5/4–Sun. 5/20, varying times

Greensboro Coliseum Complex

James Taylor, Fri. 5/18,
7:30pm

Duke Chapel

Messiaen's L'Ascension, Sun.
5/6 3:30pm

Duke Energy Center for the Performing Arts

NC Heritage Awards

Ceremony, Wed., 5/23 7:30pm

May Birthdays

Esther Lederman	3
Katherine Bick	3
Suzanne Bullock	3
Lucia Headen	3
Gail Sandler	3
John Totoiu	5
Jane Church	5
Pressly Millen	7
Mignon DeBerry	9
Henry Saye	10
Jacob Mathai	10
Thad Beyle	11
Sarah Kittner	13
Dulcie Straughan	13
Nancy Millen	14
Byron Hollinshead	14
Marjorie Wollman	14
Marilyn Elliott	14
Anne Mathai	15
Ron Toelle	18
Pearl Schechter	18
Louis Taff	19
Laurence Cobb	20
Rhonda Innes	21
Ozzie Ayscue	21
Bart Bielawski	22
Martha Reed	23
Janet Clegg	23
Lila Berry	23
Ethel Amacher	24
Willis Whichard	24
Weezie Oldenburg	26
Roxanne Sheffield	26
Karin Fang	27
Mary Ann Van Kampen	29

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



Rhythm & Reeds with a Dash of Brass

Tuesday, May 1, 7:30pm Ballroom

A program to celebrate “New Orleans JazzFest 2018”! This local jazz combo plays in the New Orleans traditional style, with an emphasis on familiar melodies and upbeat rhythms, but featuring a sound that does not include the typical brass instrumentation usually heard in such bands.

Members of the band include Keith Longmire (clarinet), Erich Lieth (piano), Mario Millner (bass), Mike Salemi (drums), Frank Mesich (trombone) Gordon DeFriese (soprano sax), Caryl Thomason

Price (vocals), with special guest artist Jim Riley, a member of the Banjo Hall of Fame.

Derby Day “Run for the Roses”

Saturday, May 5, 5:30pm Ballroom

Wear your Derby hats and sip mint juleps while watching coverage of the 144th running of the Kentucky Derby. Place a wager on your favorite horse and cheer your pick on to victory. Wine and heavy hors d' oeuvres will be served. Prizes will be awarded for the most outrageous Derby hats! Post time for the race is 6:34pm.



Mother's Day Brunch with Danny Gotham, Guitar and Alison Weiner, Piano

Sunday, May 13, 11:30am Dining Lobby

Jazz and popular music classics with Danny Gotham and Alison Weiner. Alison is a composer, songwriter, jazz pianist/vocalist, and teacher. Danny Gotham teaches guitar and performs with many artists in the area.

Popcorn and a Movie—*The Post*

Monday, May 21, 3pm Ballroom

The Post takes place in 1971 and chronicles how *The Washington Post* defied the Nixon administration to publish stories based on the Pentagon Papers, a secret government study about the Vietnam War. Meryl Streep plays Katharine Graham, the publisher of *The Post*, whose advisors tell her not to greenlight the stories, as the resulting legal troubles could threaten the paper's existence. Tom Hanks plays Ben Bradlee, *The Post's* executive editor, who believes the information should be printed — for the sake of the public and *The Post's* reputation.

Robert Griffin—Jazz Pianist
Thursdays, May 3 & 17, 5pm Dining Lobby



Richard Tazewell—Pianist
Friday, May 11, 5pm Dining Lobby

Grand Time for Singing

Greatest Hits of the 30's, 40's and 50's

Tuesday, May 29, 4pm Ballroom

What could be better than music from the 30's, 40's, and 50's? Think Frank Sinatra, Judy Garland, Perry Como, Dinah Shore, Bing Crosby, Rosemary Clooney, Dick Haymes, Billie Holiday, Lena Horne, Nat King Cole, and Doris Day...add to this four singers (including Member Joan Ontjes), a jazz pianist, a saxophonist and a drummer. Plus a Cabaret setting with wine and hors d'oeuvres.



Sudoku Puzzle

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

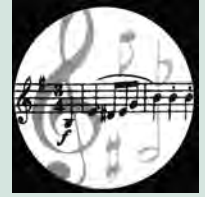
Puzzle rating: Hard

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

Puzzle by websudoku.com

ANNOUNCEMENTS

2018/19 Classical Concert Series



Subscription forms for the 2018/19

Cedars Classical Concert Series will soon be distributed to all Cedars Members. An outstanding season is planned, including favorites Fred Moyer and The Vega Quartet. Please complete and return your form to the "ballot box" located in the fireplace area of the Clubhouse lobby. Your subscription will be billed to your Cedars account. Please call Connie Eby at 919-259-7808 or Babette Blaug at 919-967-5013 if you have questions.

Kudos to...

- 🎷 Gus Montana for his lecture *Vincent's Flowers*
- 🎷 Joan Ontjes and her group for their Grand Time for Singing concert
- 🎷 Stan Friedland for his pickleball demonstration
- 🎷 Dick Fox for archery instruction

May 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

5/1 Tuesday

8:45am Cardio and Core **B**
9am Golf Croquet **GL**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
7:30pm *Rhythm & Reeds with a Dash of Brass* **B**
7:45pm Cedars Cinema CHANNEL 24

5/2 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**
3pm *Conversations In Jazz with Jim Ketch and Ed Paolantonio*
7:30pm *Conversational Spanish Class* **CL**
7:45pm Cedars Cinema CHANNEL 24

5/3 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 *Pickleball Demonstration* **LB**
3pm *Vincent's Flowers with Gus Montana* **B**
4pm Scrabble **CR**
5pm *Robert Griffin—Jazz Pianist* **LB**

5/4 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Balance Challenge Bonus **B**
11:30am Aquatic Therapy **P**
1pm Party Bridge **CR**
2pm *Let's Talk Cinema—Shape of Water* **B**

4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

5/5 Saturday

9am Ping Pong **B**
9am Cribbage **CL**
11am Accessing UNC Libraries
3pm & 7:45pm Cedars Cinema CHANNEL 24
5:30pm *Derby Day "Run for the Roses"* **B**

5/6 Sunday

2pm *Chamber Orchestra* **LB**
3pm & 7:45pm Cedars Cinema CHANNEL 24

5/7 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am *NC Zoo Trip* **LB**
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**

5/8 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**
1pm NC Symphony Renewal **CR**
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
6:45pm *NC Symphony at UNC* **LB**
7:45pm Cedars Cinema CHANNEL 24

5/9 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**
4pm *The Cloudbuster Nine with Anne R. Keene* **B**
7:30pm *Conversational Spanish Class* **CL**
7:45pm Cedars Cinema CHANNEL 24

5/10 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9am Bocce **GL**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**
2pm Rehab Lecture with Sandy Friday **B**
4pm Scrabble **CR**

5/11 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
9:45am *M&M Alpaca Farm of NC* **LB**
11am TGIF **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

5/12 Saturday

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

5/13 Sunday

Happy Mother's Day!
11:30am *Mother's Day Brunch Duo* **DL**
3pm & 7:45pm Cedars Cinema CHANNEL 24

5/14 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**
3pm *Scambusters® Presented by BBB* **B**

5/15 Tuesday

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

9am Golf Croquet **GL**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P** 📄 ♣️
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema **CHANNEL 24**

5/16 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**
7:30pm *Conversational Spanish Class* **CL** 📄
7:45pm Cedars Cinema **CHANNEL 24**

5/17 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* **LB**

5/18 Friday

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

5/19 Saturday

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

5/20 Sunday

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

5/21 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**
1pm *Archery Instruction with Dick Fox*
1:30pm Play Group **CL**
3pm *Popcorn and a Movie—The Post* **B**

5/22 Tuesday

8:45am Cardio and Core **B**
9am Golf Croquet **GL**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P** 📄 ♣️
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
5:45pm *Dining Out! Fusion Fish* **LB** 📄
7:45pm Cedars Cinema **CHANNEL 24**

5/23 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**
7:30pm *Conversational Spanish Class* **CL** 📄
7:45pm Cedars Cinema **CHANNEL 24**

5/24 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**

5/25 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:30am *You Are Here at NCMA* **LB** 📄
9:45am Water Exercise **P**
11am Balance Basics Bonus **B**
11:30am Aquatic Therapy **P** 📄 ♣️
3pm *Falls Prevention Lecture* **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

5/26 Saturday

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

5/27 Sunday

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

5/28 Monday

Memorial Day

All fitness classes cancelled



8am Art Open Studio **S**
9am Ping Pong **B**
9am Library Workday **L**
10:30am Knit & Stitch **CR**
11:30am Aquatic Therapy **P** 📄 ♣️
1pm Poker **CR**

5/29 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**
4pm *Grand Time for Singing* **B**
7:45pm Cedars Cinema **CHANNEL 24**

5/30 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**
7:30pm *Conversational Spanish Class* **CL** 📄
7:45pm Cedars Cinema **CHANNEL 24**

5/31 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**

♣️ 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 thru July 5, 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



**Conversations
in Jazz:
America’s
Music Across
the Decades**

*with
Jim Ketch and
Ed Paolantonio*

Wednesday, May 2, 3pm Ballroom

Jazz musicians share repertory such as the blues, the American popular song book, and original compositions written across the decades by innovators like Armstrong, Ellington, Parker, Davis, Coltrane and others. These compositions feature memorable melodies, unique harmonic progressions with colorful chords that bring the melodies to life, and a freedom to wrestle with syncopation measure by measure. 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. Jim Ketch is Professor of Music and Director of Jazz Studies at UNC. Ed Paolantonio is a jazz pianist who has been composing, arranging and performing jazz professionally since 1971 and has accompanied many jazz giants. **Don’t miss Rhythm & Reeds with a Dash of Brass concert on May 1 at 7:30pm in the Ballroom.**

Vincent’s Flowers

with Gus Montana
Thursday, May 3, 3pm Ballroom

Van Gogh loved nature. During his short life as an artist he painted large wheat fields, flowering trees and flowers. However, it was not until 1886 when he moved to Paris that he devoted more attention to flowers. He recognized the value of

using flowers to explore the effects of different colors when placed next to one another. His interest in flowers blossomed when he lived in Arles and the asylum in St. Remy for two years. Vincent immortalized the sunflowers and irises when he rendered their beauty on canvasses and for this we are forever grateful. Vincent lived a life beset with failures and disappointments that he did not deserve. In spite of this, he left to the world an extraordinary art legacy.



**Let’s Talk Cinema—*The
Shape of Water***

Friday, May 4, 2pm Ballroom • Rated R

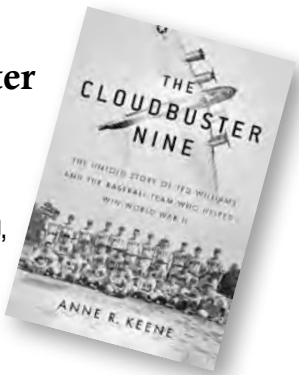
Please join us for Let’s Talk Cinema, featuring outstanding, provocative, award-winning films from a variety of genres, led by Linda Luftig. During the Cold War era, lonely Elisa works as a cleaning lady in a top-secret U.S. government laboratory. But her life is altered forever after she and a co-worker stumble upon a hush-hush experiment. *The Shape of Water* is a wonder to behold: magical, thrilling, and romantic to the core. It won the Academy Awards 2018 for Best Picture and Best Director. Guillermo del Toro elegantly blends a whimsical fairy tale with a fresh spin on classic monster movies.

The Clodbuster Nine

with Anne R. Keene
Wednesday, May 9,
4pm Ballroom

North Carolina-born writer

Anne Keene is a graduate of the School of Journalism at the University of North Carolina at Chapel Hill. *The Clodbuster Nine* is Anne Keene's debut book, a little known story about a team of major-league baseball players training to become fighter pilots during World War II, becoming heroes in the sky and on the baseball diamond. The Navy's World War II Pre-Flight Training program molded an entire generation of American leaders, including future president Gerald Ford, legendary coaches "Bear" Bryant and Jim Crowley, one of Notre Dame's "Four Horsemen," pioneering astronauts Scott Carpenter and John Glenn, and numerous major league ball players including the greatest slugger of all time, Ted Williams. **Books will be available for purchase, please bring cash or check.**



Scambusters®

Presented by Better Business Bureau of Eastern North Carolina
Monday, May 14, 3pm Ballroom

Scambusters® is a unique presentation developed by BBB of Eastern NC to teach groups how to recognize and avoid scams. According to CNBC, over 15 million people were scammed in 2016, losing more than \$16 billion. Other estimates have the losses as high as \$50 billion. There is no doubt that scams are a major problem. Scambusters® is both educational and entertaining, using a game format to convey its important messages. Groups are divided into teams which take turns receiving both visual and oral offers, some of which are scams and others of which are legitimate. **Sign up at the Concierge Desk beginning May 1, deadline May 10. Maximum 32 people.**



Docent tour of *Becoming a Woman in the Age of Enlightenment* at the Ackland Art Museum

Great Get-Aways

Southern Leisure Tours Presents

- ❖ Staunton, Virginia and the Blackriars' Playhouse
May 30-June 1
- ❖ The Lost Colony, Manteo and Nags Head, NC
June 5-7
- ❖ The Beauty and Culture of the NC Mountains Featuring the Roan Mountain Rhododendron Gardens
June 12-14
- ❖ The Barter Theater, Abingdon, VA and Storytelling, Jonesborough, TN
June 21-23
- ❖ Brunch at Berryhill Plantation and "Red, White and Broadway" at the Prizery, South Boston, VA
July 8

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.

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

CEDARS *Cinema*

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



Phantom Thread

Tuesday, May 1 & Saturday, May 5, 7:45pm

Sunday, May 6, 3pm • R

Dressmaker Reynolds Woodcock (Daniel Day-Lewis) and his sister are at the center of British fashion. Women come and go through Woodcock's life until he comes across a young woman, who soon becomes a fixture in his life. (2017)



Star Wars: Episode VIII: The Last Jedi

Wednesday, May 2 & Friday, May 4, 7:45pm

Saturday, May 5, 3pm • PG-13

Space wanderer Rey carries on her quest to discover her origins. When she learns the possible location of Luke Skywalker, Rey and her allies begin a journey rife with perils. (2017) SUBTITLES NOT INCLUDED



Charade

Tuesday, May 8 & Saturday, May 12, 7:45pm

Sunday, May 13, 3pm • NR

Cary Grant stars as Peter, who may or may not be a flimflam man who aids Regina (Audrey Hepburn) in her mission to recover a fortune. (1963)

All the Money in the World

Wednesday, May 9 & Friday, May 11, 7:45pm

Saturday, May 12, 3pm • R

The story of the kidnapping of John Paul Getty III (Charlie Plummer) and the attempt by his mother, Gail (Michelle Williams), to convince his grandfather (Christopher Plummer) to pay the ransom. The race against time reveals the true and lasting value of love over money. (2017)



Dolores

Tuesday, May 15 & Saturday, May 19, 7:45pm

Sunday, May 20, 3pm • TV-PG

Dolores Huerta cofounded the first farm workers' union in America, yet she was forced out of the union's all-male leadership. This documentary charts her fight. (2017)

Film Stars Don't Die in Liverpool

Wednesday, May 16 & Friday, May 18, 7:45pm

Saturday, May 19, 3pm • R

Movie star Gloria Grahame's affair with actor Peter Turner springs back to life via flashbacks when he comes to the aid of the ailing Grahame. (2017) SUBTITLES NOT INCLUDED

Winchester

Tuesday, May 22 & Saturday, May 26, 7:45pm

Sunday, May 27, 3pm • PG-13

Heiress Sarah Winchester believes she's haunted by the spirits of people killed by the rifle her husband's family invented. To ward off the evil spirits, she begins constructing an enormous labyrinthian mansion. (2018) SUBTITLES NOT INCLUDED

The Last Word

Wednesday, May 23 & Friday, May 25, 7:45pm

Saturday, May 26, 3pm • R

Not about to cede control of any facet of her life, or death, Harriet Lawler hires a young writer to pen an obituary worthy of her. Starring Shirley Maclaine, Amanda Seyfried and Anne Heche. (2017)

Mark Felt: The Man Who Brought Down the White House

Tuesday, May 29 & Saturday, June 2, 7:45pm

Sunday, June 3, 3pm • PG-13

This movie centers on "Deep Throat," the whistleblower for one of the greatest scandals of all time, Watergate. This true story chronicles the life of Felt who sacrificed everything in the name of justice. (2017) SUBTITLES NOT INCLUDED

Lady Bird

Wednesday, May 30 & Friday, June 1, 7:45pm

Saturday, June 2, 3pm • R

In her senior year of high school, teenage Lady Bird is set on making her way east to attend college in New York City. (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 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**

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 9:00 **GL**

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

Mexican Train Dominos

Fri 1:00 **FV-DR, 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**

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, May 5 & 19, 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 2 & 3

by Great Books Foundation

ANNOUNCEMENTS

Topic to be announced

with Sandy Friday

Thursday, May 10, 2pm Ballroom

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

Jewelry Repair with

Eva Mogenson

Friday, May 11, 1-2pm Art Studio

Walk with a Doc

Saturday, May 19, 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.



Easter Egg Hunt on the Great Lawn

New Move Ins

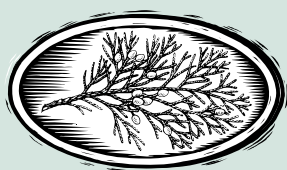
Norman and Marilyn Elliott
519 Cedar Club Circle

Charles and Bernice Daw
425 Cedar Club Circle

Gene and Gail Sandler
423 Cedar Club Circle

Frank and Roxanne Sheffield
227 Cedar Berry Lane

Bill and Peggy Thompson
133 Cedar Breeze Lane



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>
5/1	Tuesday	Rhythm & Reeds with a Dash of Brass	7:30pm	Ballroom
5/2	Wednesday	<i>Conversations In Jazz: America's Music Across the Decades</i> with Jim Ketch and Ed Paolantonio	3pm	Ballroom
5/3	Thursday	Cedars University <i>Plant Science: An Intro to Botany</i>	11am	Ballroom
5/3	Thursday	Pickleball Demonstration with Stan Friedland	1pm	Lobby
5/3	Thursday	Vincent's Flowers with Gus Montana	3pm	Ballroom
5/3	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
5/4	Friday	Let's Talk Cinema— <i>The Shape of Water</i>	2pm	Ballroom
5/5	Saturday	Derby Day "Run for the Roses"	5:30pm	Ballroom
5/6	Sunday	Chamber Orchestra	2pm	Lobby
5/7	Monday	Trip to the NC Zoo in Asheboro	9am	Lobby
5/8	Tuesday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
5/9	Wednesday	<i>The Cloudbuster Nine</i> with Anne R. Keene	4pm	Ballroom
5/10	Thursday	Cedars University <i>Plant Science: An Intro to Botany</i>	11am	Ballroom
5/11	Friday	M&M Alpaca Farm of NC	9:45am	Lobby
5/11	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
5/13	Sunday	Mother's Day Brunch with Danny Gotham, Guitar and Alison Weiner, Piano	11:30am	Dining Lobby
5/14	Monday	Scambusters® Presented by Better Business Bureau of Eastern NC	3pm	Ballroom
5/17	Thursday	Cedars University <i>Plant Science: An Intro to Botany</i>	11am	Ballroom
5/17	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
5/19	Saturday	Carolina Ballet	1pm	Lobby
5/21	Monday	Archery Instruction with Dick Fox	1pm near Garden Plots	
5/21	Monday	Popcorn and a Movie— <i>The Post</i>	3pm	Ballroom
5/22	Tuesday	Dining Out! Fusion Fish	5:45pm	Lobby
5/24	Thursday	Cedars University <i>Plant Science: An Intro to Botany</i>	11am	Ballroom
5/25	Friday	<i>You Are Here: Light, Color, and Sound Experiences</i> at North Carolina Museum of Art	9:30am	Lobby
5/25	Friday	<i>Strategies for Falls Prevention</i> with Vicki Tilley	3pm	Ballroom
5/28	Monday	Memorial Day		
5/29	Tuesday	Grand Time for Singing—Greatest Hits of the 30's, 40's and 50's	4pm	Ballroom
5/31	Thursday	Cedars University <i>Plant Science: An Intro to Botany</i>	11am	Ballroom