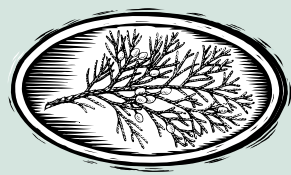


Channel 24 Replays Schedule

- ☞ 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



Our garden plots are looking especially lovely!



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*

date	day	activity	time	location
7/4	Wednesday	July 4th Celebration with The Decatur Street Beat Dixieland Band	4:30pm	Dining Lobby
7/5	Thursday	Cedars University <i>Plant Science: An Intro to Botany</i>	11am	Ballroom
7/12	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
7/12	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
7/13	Friday	Shopping Trip to Cameron Village	10am	Lobby
7/13	Friday	Ben Herboth—Pianist	5pm	Dining Lobby
7/15	Sunday	Elijah Fox Trio	2pm	Ballroom
7/19	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
7/19	Thursday	Introduction to Your iPhone Workshop with Tech Team	3pm	Classroom
7/20	Friday	<i>The Outwin: American Portraiture Today</i> at the Ackland Art Museum	10am	Lobby
7/20	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
7/21	Saturday	Summer Youth Conservatory Production of <i>Cabaret</i> at Paul Green Theater	6:45pm	Lobby
7/23	Monday	<i>Leaving Your Legacy</i> with Marion Ellis and Bill Erwin	3pm	Ballroom
7/26	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
7/26	Thursday	Members Meeting	2pm	Ballroom
7/26	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
7/27	Friday	11th Annual Casual for a Cause Alzheimer's Hot Dog Fundraiser	11am	Dining Rooms
7/30	Monday	Popcorn and a Movie— <i>Chappaquiddick</i>	3pm	Ballroom



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Workshop with Tech Team

The Cedars Post is a monthly publication of The Cedars of Chapel Hill Club, Inc. • 100 Cedar Club Circle Chapel Hill NC 27517 • 919-259-7000

The Cedars Post

Ping Pong at The Cedars

by Stan Friedland

If you played this sport in a tournament, it would be called table tennis. If you play it for recreation, it's called ping pong. But, if you play this game at our superb life-plan community, The Cedars, we unanimously call it fun! And it certainly is, four mornings a week, with our Members always down ahead of time to set up our modern tables and ball pads in our spacious and attractive Ballroom (aptly named for us, of course).

Rotational doubles is our usual game, and we love it for two reasons: we only have three tables, which can accommodate all of our expected 12 regulars, and the game itself is one of much movement, which gives us an excellent workout. Not only are we compelled to move to reach our shots, but that task sharpens our reflexes and balance as well.

We rotate sides at the end of each game, so as to maintain our camaraderie above the mundane of winning or losing. When our usual time-span of an hour is up, we'll each have had quite a lively and enjoyable session, where everyone is a winner!

The originator of ping pong at The Cedars was the much loved Stanley Peele, who passed away recently, but not before he brought the game to us and taught it masterfully as well. Stanley was a former state champion, who even wrote eloquent newspaper columns about this great sport. Other memorable players were Norman Innes and Ed Holmes, both of whom were avid and skilled players.



From left to right, say hello to: John Crabill, Michael Smith, John Neter, Bart Bielawski, Nancy Lebo, Stan Friedland, Pat Kelley, John Stamm, and Rose Michelson. Missing are Malcolm Jackson and Betty Pierce.

Paddles up, everyone!

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:

Shopping Trip to Cameron Village

Friday, July 13, 10am Lobby

The Outwin: American Portraiture Today

at the Ackland Art Museum

Friday, July 20, 10am Lobby

Summer Youth Conservatory Production of Cabaret

at Paul Green Theater

Saturday, July 21, 6:45pm Lobby

Kudos to...

- ☞ Carol Stamm for being our docent for *The Outwin: American Portraiture Today* exhibit at the Ackland Art Museum
- ☞ All of our Members for supporting the 11th Annual Casual for a Cause Alzheimer's Hot Dog Fundraiser

Beyond the Cedars

Shopping Trip to Cameron Village

Friday, July 13, 10am Lobby

Cameron Village has been a favorite neighborhood destination for shoppers and diners since 1949. It features an assortment of unique merchants: many small, independent, and local—several found there and nowhere else. All offer distinct products and experiences. Sign up at the Concierge Desk beginning July 2, deadline July 11. Cost: \$12 for transportation. Bring money for shopping and lunch on your own. Minimum 6 people. Maximum 14 people.

The Outwin: American Portraiture Today

at the Ackland Art Museum

Friday, July 20, 10am Lobby

Every three years, the Smithsonian's National Portrait Gallery invites artists to participate in the most prestigious portrait contest in the country: the juried Outwin Boochever Portrait Competition. In 2016, its fourth iteration, jurors selected 43 winning works from more than 2,500 entries. The resulting exhibition has become a pivotal marker because, for the first time ever, the Portrait Gallery has sent it on tour. The Ackland Art Museum is honored to host *The Outwin: American Portraiture Today* and will be the exhibition's final venue. Sign up at the Concierge Desk beginning July 2, deadline July 15. Cost: \$4 for docent tour and transportation. Minimum 6 people. Maximum 15 people.



Summer Youth Conservatory Production of Cabaret

at Paul Green Theater

Saturday, July 21, 6:45pm Lobby

The Conservatory is a unique theatre experience for high school students: an education and performance opportunity that includes working with professional directors, choreographers, and musical directors at PlayMakers Repertory Company. This summer's production will be *Cabaret*, one of the defining musicals of all time. *Cabaret* intertwines social history with dazzling entertainment in new and dangerous ways. The decadence of a Weimar nightclub becomes a shattered mirror reflecting a society spiraling toward disaster with the rise of Hitler's Nazis. Sign up at the Concierge Desk beginning July 2, deadline July 12. Cost: \$21 for ticket and transportation. Minimum 6 people. Maximum 14 people.



CEDARS FITNESS

Milers = Motivation!

Physicians agree that exercise is vital to staying healthy and independent but sticking to a regular fitness routine can be challenging for some. Tracking your daily exercise is an excellent strategy for staying motivated to maintain a steady exercise program. It can help you to see how much and how frequently you are working out, give you pride in what you have accomplished and remind you that you are capable of meeting your goals.



At The Cedars, Members can participate in the Milers Club, which offers a fun way to track all forms of daily exercise. Different activities, such as fitness classes, swimming, walking, physical therapy, ping pong and more are converted into "miles." Participants record their miles on a chart outside the Fitness Room. At the end of

the challenge, the top two Milers will have their names engraved on a plaque displayed in the lower lobby of the Clubhouse.

A new Milers Club challenge will begin on August 1. Contact Julie Hardison at 919-259-7922 or jhardison@cedarsofchapelhill.com to register; deadline July 26.



Congratulations to our 2017 winners: Arthur Clark, Jeanne Suddarth, Stan Friedland and Charlotte Frech. Who will be next...?

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: Evil

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

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.

DPAC

919-684-6402, Durham

*L-E-V, Tues. 7/3, 8pm

Reynolds Industries Theater

919-684-4444, Durham

*Rosie Herrera Dance Theatre,

Fri. 7/6, 8pm; Sat. 7/7, 7pm

*Tere O'Connor, Tues. 7/10 &

Wed., 7/11, 8pm

*Faculty Concert, Sat. 7/14, 2pm & 5pm

*Footprints, Fri. 7/20, 8pm; Sat. 7/21, 7pm

Carolina Theater

919-560-3030, Durham

Wondrous Women, solos created

by the artists for themselves, Fri.

7/13, 8pm; Sat. 7/14, 7pm

Tommy Emmanuel, top-notch

guitarist, Thurs. 7/19, 8pm

Baldwin Auditorium

919-968-4444, Durham

*Musicians Concert, Sun. 7/1,

7pm

Raleigh Little Theatre

919-821-3111, Raleigh

Into the Woods, Fri. 7/20 – Sun.

8/5, varying times

Duke Energy Center for the

Performing Arts

919-831-6060, Raleigh

Pippin, Fri. 7/6 – Sun. 7/8,

varying times

Newsies, Tues. 7/24-Sun. 7/29,

varying times

Sara P. Duke Gardens

919-684-4444, Durham

Diali Cissokho & Kaira BA,

bright tones and polyrhythm, Wed.

7/11, 7pm

Anna & Elizabeth, storytelling

ballads, Wed. 7/18, 7pm

The ArtsCenter

919-929-2787, Carrboro

NC 10by10, ten 10-minute plays by

ten NC playwrights, Thurs. 7/19 –

Sun. 7/22, varying times

* American Dance Festival

July Birthdays

Sue Bielawski	2
Charles Green	2
Don Prillaman	3
John Crabill	4
Betty Pierce	4
Stan Friedland	5
Victor Chew	9
John Hammond	10
Judith Kramer	10
Frances Alguire	11
Clarke Church	13
Dorothy Lebeau	15
Rose Michelson	16
Joe Middleton	16
Robert Eby	17
Ruth Barber	17
Charles Daw	18
William Bondurant	22
Ruth Strong	22
David Waters	26
Joan Bingham	27
Traute Cameron	28
Robert Headen	28
Anne McLendon	29
Peter Sylvester	30
Nancy Buell	30
George Dutrow	31
Eunice Shatzman	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



July 4th Celebration with The Decatur Street Beat Dixieland Band

Wednesday, July 4, 4:30pm Dining Lobby

Decatur Street Beat has played foot stomping, toe tapping, New Orleans style Dixieland music since 2004. They are: Dick Sloane (trombone), Keith Longmire (clarinet and saxophone), Irv Eisen (tuba) and Dan Cunningham (banjo, guitar and washboard). They bring to central North Carolina what they feel is the happiest, liveliest and easiest music to listen to.

Ben Herboth—Pianist

Friday, July 13, 5pm Dining Lobby

You may have seen Ben around the Clubhouse—he delivers flowers for University Florist, which is owned by his brother-in-law. He has been playing piano for 15 years and is a graduate of UNC. Tonight he will be playing a mix of classic favorites.

The Elijah Fox Trio

Sunday, July 15, 2pm Ballroom

Elijah Fox (grandson of Carter and Carol Fox) is a 23-year-old pianist, composer and producer who grew up in Durham and is currently based in Brooklyn. He began playing piano at age nine and by 12 was playing at local jam sessions, and became mentored by jazz legend Yusuf Salim. At 13, he was the chosen as a guest soloist to tour with the NCCU jazz band in the British Virgin Islands and the same year received a full scholarship to Berklee School of Music summer program. In 2017, Elijah graduated with a piano performance degree from Oberlin Conservatory, and shortly after moved to Brooklyn where he currently runs a recording studio, performs, produces/writes for artists, and teaches piano. He has performed with Moses Sumney, Roy Hargrove, Branford Marsalis, and Christian McBride. He toured the east coast and performed in Denmark, Spain, Portugal, and London. Elijah will be joined by drummer Michael Ode (who recently recorded with Joey DeFrancesco and Van Morrison) and Butler Knowles on bass.

Robert Griffin—Jazz Pianist
Thursdays, July 12 & 26, 5pm Dining Lobby



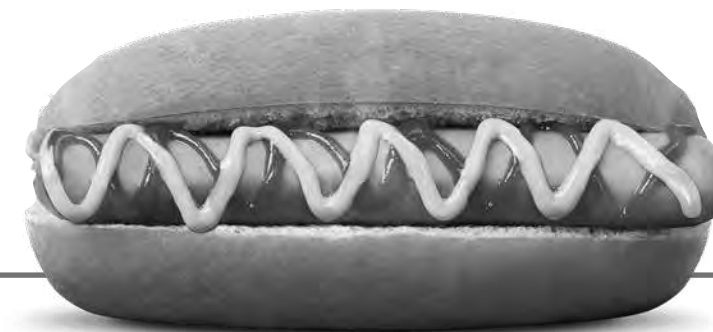
Richard Tazewell—Pianist
Friday, July 20, 5pm Dining Lobby

11th Annual Casual for a Cause

Alzheimer's Hot Dog Fundraiser

Friday, July 27, 11am-1:30pm Clubhouse Dining Rooms

With the arrival of summer brings our 11th Annual Casual for a Cause Alzheimer's Hot Dog Fundraiser. For the last ten years we have enjoyed gathering for this wonderful cause and we hope you will join us again this year. Please invite your friends and family; we will be inviting the entire Chapel Hill community. As always, 100% of the proceeds will be donated to Alzheimer's NC Inc. If you cannot attend, but would like to make a donation, please contact Tara Pierce, Director of Programs, at 919-537-0128 or by email at tpierce@cedarsofchapelhill.com.



Popcorn and a Movie Chappaquiddick

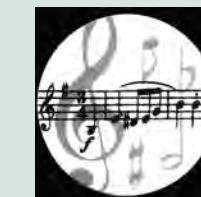
Monday, July 30, 3pm Ballroom

On July 18, 1969, Sen. Ted Kennedy drives his car off of a bridge on Massachusetts' Chappaquiddick Island. The accident results in the death of passenger Mary Jo Kopechne, a 28-year-old campaign strategist who worked for Kennedy. The ongoing investigation into the mysterious and scandalous events forever alters his political legacy and ultimately changes the course of presidential history. Starring Jason Clarke, Kate Mara and Ed Helms.



ANNOUNCEMENTS

2018/19 Classical Concert Series



Don't miss a great opportunity! Current and new subscribers are welcome to join in another outstanding season of chamber music at the Cedars. If you have not yet turned in your subscription form, do so today. For forms or questions, please call Babette Blaug at 919-967-5013.

July 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

7/1 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

7/2 Monday

8am Art Open Studio **S**
 8:45am Water Exercise **P**
 9am Ping Pong **B**
 9am Library Workday **L**
 9:45am Water Exercise **P**
10am Stained Glass with Jennifer Austin
S
 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**

7/3 Tuesday

8:45am Cardio and Core **B**
 9am Golf Croquet **GL**
 9:45am Sit and Be Fit **B**
 11:30am Bible Study **MR**
 11:30am Aquatic Therapy **P**
 2pm Mah Jongg **CR**
 4:30pm Tap Lessons **B**
 7:45pm Cedars Cinema CHANNEL 24

7/4 Wednesday

Independence Day
All Fitness Classes Cancelled
 11:30am Aquatic Therapy **P**
 12:45pm Duplicate Bridge **CR**
4:30pm July 4th Celebration with The Decatur Street Beat Dixieland Band **DL**
 7:45pm Cedars Cinema CHANNEL 24

7/5 Thursday

8am Art Open Studio **S**
 8:45am Cardio and Core **B**
 9am Bocce **GL**
 9:45am Sit and Be Fit **B**
 11am Cedars University **B**

11:30am Aquatic Therapy **P**
 4pm Scrabble **CR**

7/6 Friday

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

7/7 Saturday

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

7/8 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

7/9 Monday

8am Art Open Studio **S**
 8:45am Water Exercise **P**
 9am Ping Pong **B**
 9am Library Workday **L**
 9:45am Water Exercise **P**
10am Stained Glass with Jennifer Austin
S
 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**

7/10 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**

4:30pm Line Dancing **B**
 7:45pm Cedars Cinema CHANNEL 24

7/11 Wednesday

8:45am Water Exercise **P**
 9am Ping Pong **B**
 9:45am Water Exercise **P**
 11am Balance Challenge **B**
 11:30am Balance Basics **B**
 11:30am Aquatic Therapy **P**
 12:45pm Duplicate Bridge **CR**
 7:45pm Cedars Cinema CHANNEL 24

7/12 Thursday

8am Art Open Studio **S**
 8:45am Cardio and Core **B**
 9am Bocce **GL**
 9:45am Sit and Be Fit **B**
 11am Cedars University **B**
 11:30am Aquatic Therapy **P**
2pm Rehab Lecture with Sandy Friday **B**
 4pm Scrabble **CR**
5pm Robert Griffin—Pianist **DL**

7/13 Friday

8:45am Water Exercise **P**
 9am Ping Pong **B**
 9:45am Water Exercise **P**
10am Shopping Trip to Cameron Village
LB
 11am TGIF Fitness Class **B**
 11:30am Aquatic Therapy **P**
 1pm Jewelry Repair **S**
 4:30pm Happy Hour **Bar**
5pm Ben Herboth—Pianist **DL**
 7:45pm Cedars Cinema CHANNEL 24

7/14 Saturday

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

7/15 Sunday

2pm Elijah Fox Trio **B**
 3pm & 7:45pm Cedars Cinema CHANNEL 24

7/16 Monday

8am Art Open Studio **S**
 8:45am Water Exercise **P**
 9am Ping Pong **B**
 9am Library Workday **L**

9:45am Water Exercise **P**
10am Stained Glass with Jennifer Austin
S
 10:30am Knit & Stitch **CR**
 11am Cardio and Core **B**
 11:30am Aquatic Therapy **P**
 1pm Poker **CR**
 1:30pm Play Group **CL**

7/17 Tuesday

8:45am Cardio and Core **B**
 9am Golf Croquet **GL**
 9:45am Sit and Be Fit **B**
 11:30am Bible Study **MR**
 11:30am Aquatic Therapy **P**
 2pm Mah Jongg **CR**
 4:30pm Tap Lessons **B**
 7:45pm Cedars Cinema CHANNEL 24

7/18 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**
 7:45pm Cedars Cinema CHANNEL 24

7/19 Thursday

8am Art Open Studio **S**
 8:45am Cardio and Core **B**
 9am Bocce **GL**
 9:45am Sit and Be Fit **B**
 11am Cedars University **B**
 11:30am Aquatic Therapy **P**
3pm Introduction to Your iPhone
Workshop with Tech Team **CL**
 4pm Scrabble **CR**

7/20 Friday

8:45am Water Exercise **P**
 9am Ping Pong **B**
 9:45am Water Exercise **P**
10am The Outwin: American Portraiture
Today at the Ackland **LB**
 11:30am Aquatic Therapy **P**
 1pm Party Bridge **CR**
 4:30pm Happy Hour **Bar**
5pm Richard Tazewell—Pianist **DL**
 7:45pm Cedars Cinema CHANNEL 24

7/21 Saturday

9am Ping Pong **B**
 9am Cribbage **CL**
 3pm & 7:45pm Cedars Cinema CHANNEL 24
6:45pm Summer Youth Program—Cabaret
at Paul Green Theater **LB**

7/22 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

7/23 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 Leaving Your Legacy with Marion Ellis and Bill Erwin **B**

7/24 Tuesday

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

7/25 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**
 7:45pm Cedars Cinema CHANNEL 24

7/26 Thursday

8am Art Open Studio **S**
 8:45am Cardio and Core **B**
 9am Bocce **GL**
 9:45am Sit and Be Fit **B**
 11am Cedars University **B**
 11:30am Aquatic Therapy **P**
 2pm Members Meeting **B**

4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**

7/27 Friday

8:45am Water Exercise **P**
 9am Ping Pong **B**
 9:45am Water Exercise **P**
 11am Retro Dance Class **B**
11am 11th Annual Casual for a Cause
Alzheimer's Hot Dog Fundraiser **DR**
 11:30am Aquatic Therapy **P**
 4:30pm Happy Hour **Bar**
 7:45pm Cedars Cinema CHANNEL 24

7/28 Saturday

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

7/29 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

7/30 Monday

8am Art Open Studio **S**
 8:45am Water Exercise **P**
 9am Ping Pong **B**
 9am Library Workday **L**
 9:45am Water Exercise **P**
 10:30am Knit & Stitch **CR**
 11am Cardio and Core **B**
 11:30am Tai Chi **B**
 11:30am Aquatic Therapy **P**
 1pm Poker **CR**
3pm Popcorn and a Movie—
Chappaquiddick **B**

7/31 Tuesday

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

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



Wonders of the National Parks: A Geology of North America

Taught by Ford Cochran, Geologist and Program Director, National Geographic

Thursdays, July 12 thru November 8, 11am Ballroom

In 1872, a wondrous region called Yellowstone was set aside as the world's first national park, giving adventurous travelers access to a geologist's paradise that seethes with pent-up volcanic forces. As more and more national parks were created—not just in the United States but also in Canada and Mexico—geologists were revolutionizing their field, piecing together a detailed understanding of how the world works. National parks have made these magnificent reminders of the awe-inspiring power of our planet accessible to everyone. Today, there is no better education in the remarkable forces that formed our world than a tour of the national parks of North America. These parks capture a special place in our hearts and draw millions of tourists each year.

LEARNING OPPORTUNITIES

Introduction to Your iPhone Workshop

with Tech Team
Thursday, July 19, 3-4:30pm Classroom

This workshop will go through the basics of using your iPhone. You will learn how to use the most helpful apps that come with your phone including: Messages, Camera, Safari, Settings, App Store, and more. You also will get some tricks and tips to make your iPhone easier to use. Owen Ryan was the Technology Director at the Osher Lifelong Learning Institute for four years. If you would like more information on the class, feel free to email them at techtteamasheville@gmail.com or call 919-903-7060. Cost: \$15 for 1.5 hour class. Minimum 10 people. Maximum 20 people.

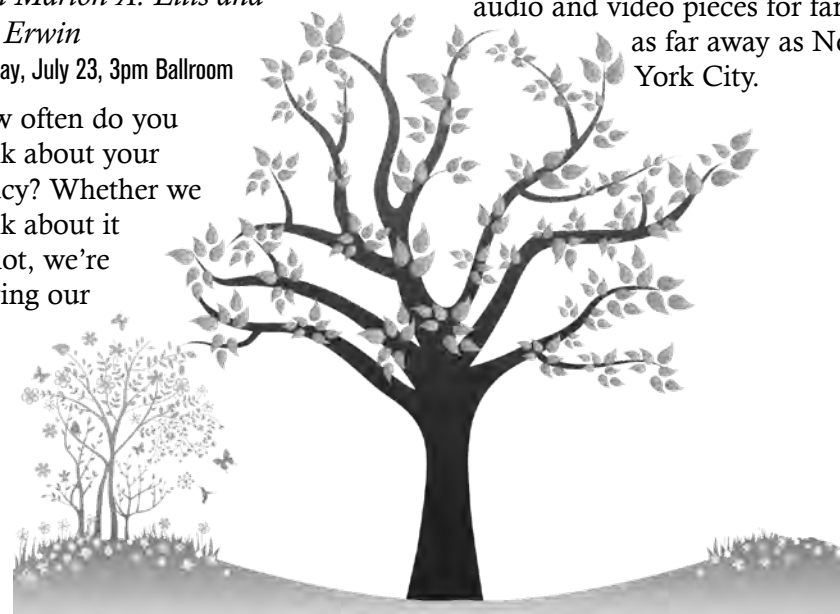


Leaving Your Legacy

with Marion A. Ellis and Bill Erwin

Monday, July 23, 3pm Ballroom

How often do you think about your legacy? Whether we think about it or not, we're leaving our



legacy casually every day. It's our grandchildren's memories of us. It's the photos of us on our children's smart phones. It's the emails, notes or even letters we write to our family and friends. But what if we left a

legacy consciously, with

forethought? Author Marion A. Ellis and videographer Bill Erwin will tell us what personal historians do. They help families save their stories for current and future generations, Marion through books and Bill through video. They will help us think about the importance of stories, to the storyteller and to younger listeners, and how to make sure our stories are not forgotten. Marion is the author of 17 books, including biographies of UNC philanthropist Frank Kenan and Terry Sanford, U.S. Senator, governor and president of Duke University. He was a business writer for the *Charlotte Observer*, where he was a member of the team that won a Pulitzer Prize for a series on brown lung disease. Bill, also a former reporter, is certified in documentary production by the Duke Center for Documentary Studies. He has produced more than a hundred audio and video pieces for families as far away as New York City.

Summer Happenings at The Cedars



NC author event with Pat Beyle, mystery writer Margaret Maron and Rich Hendel. Thanks to Pat and Rich for coordinating this successful series for a second year!



Bobby Gersten, William Thorpe and Stan Friedland signing copies of Stan's new book *Bobby G: A Life Worth Celebrating*.



Archery lessons with Richard Fox



Bette Israel takes a stained glass workshop with Jennifer Austin.



Tap lessons with instructor Bruce Gillooly

Great Get-Aways

Southern Leisure Tours Presents

- ❖ Historic Richmond and Petersburg, Va July 21-23
- ❖ Music in the Mountains Brevard Music Festival Finale and the Flat Rock Playhouse August 4-6
- ❖ The North Rim of the Grand Canyon and Zion and Bryce Canyon National Parks August 20-25

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.



New Move Ins

Al and Irene Briggaman
312 Cedar Berry Lane

Charles and Kathryn "Kate" Green
219 Cedar Berry Lane

CEDARS Cinema

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



A Birder's Guide to Everything

Tuesday, July 3 & Saturday, July 7, 7:45pm
Sunday, July 8, 3pm • PG-13

The day before his father's wedding, a 15-year-old bird-watching fanatic sets off on a road trip with three friends to locate the extinct duck he may have spotted. Starring Ben Kingsley and Kodi Smit-McPhee. (2013) SUBTITLES NOT PROVIDED



Jaws

Wednesday, July 4 & Friday, July 6, 7:45pm
Saturday, July 7, 3pm • PG

A great white shark terrorizes the townspeople of fictional Amity Island. A police chief (Roy Scheider), an oceanographer (Richard Dreyfuss) and a grizzled shark hunter (Robert Shaw) seek to destroy it. (1975) SUBTITLES NOT PROVIDED



California Typewriter

Tuesday, July 10 & Saturday, July 14, 7:45pm
Sunday, July 15, 3pm • NR

Manual typewriters are viewed as quaint 20th-century artifacts. But hard-core typewriter fans are ensuring that these predigital marvels live on. With Tom Hanks, John Mayer and Sam Shepard. (2017) SUBTITLES NOT PROVIDED



Grease

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

Grease turns 40! John Travolta and Olivia Newton-John star in this musical that chronicles the romantic entanglements of a group of high school seniors. (1978)



The Florida Project

Tuesday, July 17 & Saturday, July 21, 7:45pm
Sunday, July 22, 3pm • R

Living within sight of Disney World, the children of families residing in motels create their own magical world together, led by the spirited

6-year-old Moonee. Starring William Dafoe and Brooklynn Prince. (2017) SUBTITLES NOT PROVIDED

Manhattan Murder Mystery

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

When a neighbor unexpectedly dies, Carol Lipton is convinced that the death was no accident and ropes a few of her friends into investigating. Starring Woody Allen, Diane Keaton and Alan Alda. (1993) SUBTITLES NOT PROVIDED

Aida's Secrets

Tuesday, July 24 & Saturday, July 28, 7:45pm
Sunday, July 29, 3pm • NR

This documentary chronicles the reunion of brothers born in the same refugee camp in postwar Germany yet unaware of each other's existence for 65 years. They soon learn there's a family secret. (2017)

The Pride of the Yankees

Wednesday, July 25 & Friday, July 27, 7:45pm
Saturday, July 28, 3pm • NR

This is one of the greatest stories about one of the greatest American heroes: baseball phenomenon Lou Gehrig. Starring Cary Cooper and Teresa Wright. (1942)

Paddington 2

Tuesday, July 31 & Saturday, August 4, 7:45pm
Sunday, August 5, 3pm • PG

While searching for the perfect present for his beloved Aunt Lucy's 100th birthday, Paddington spots a unique pop-up book, and embarks on a series of odd jobs to buy it. (2018)

The Greatest Showman

Wednesday, August 1 & Friday, August 3, 7:45pm
Saturday, August 4, 3pm • PG

This musical centers on P.T. Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind. Starring Hugh Jackman and Michelle Williams. (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

Archery

Wed 10:00 **GL**
Dick Fox 919-933-3789

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

2nd & 4th 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

Tap Lessons

1st & 3rd Tue 4:30 **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

Great Books

Monday, July 9, 2pm Classroom

Seven Deadly Sins Sampler by Great Books Foundation
The House of the Mezzanine by Anton Chekhov
Shiloh by Bobbie Ann Mason

Accessing UNC Libraries

Saturdays, July 14 & 28, 11am Library

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

ANNOUNCEMENTS

Jewelry Repair with Eva Mogenson

Friday, July 13, 1-2pm Art Studio

Defying Gravity

with Sandy Friday
Thursday, July 12, 2pm Ballroom

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

Walk with a Doc

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

Gather at the UNC Wellness Center to take a 1-mile walk around the trails or, if raining, around the indoor track. A doctor from the Thurston Arthritis Research Center will give a brief talk before joining walkers 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.