



August 2018 • VOLUME 15 • ISSUE 8

The Cedars Post

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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

That Game with the 15 Numbered Balls...

by Peter Page



The five 9am regulars all get together weekly in The Cedars Billiards Room. They are: Davis *Music Man* Bingham, Tom *Phi Slamma Jamma* Clegg, Peter *Combo Pete* Page, Russ *Soft Shot* McLaughlan, and Lou *The Closer* Taff. Quite a group! To begin each day, the five all “lagged” to see who would get closest to the rear rail, determining which four would play the first game (only four or less can play at one time). “Do they play for money?,” you ask. No, they are way too competitive (potentially vicious) for that. Do they keep any records for certain high achievement levels? Yes, they do. The principal record holder is Lou The Closer. He sank five balls on an opening break shot, and he managed to sink ten balls in a row in a game of cut throat, a game played when only three players show up. No one else has come close to these records. Everyone likes to have The Closer as a partner.

In practice, each of the players has good and bad days, often struggling to pocket a shot. Occasionally though, each will sink several difficult shots in a row, which will make his day! Two out of the group are physicists—The Closer and Tom Phi Slamma Jamma. They often ruminate on astrophysics matters, leaving the others in awe and wonder. What are they talking about? One day Music Man Davis asked, “Whose turn is it?” The Closer was heard to reply, “We who are contemplating the structure of the universe can hardly be asked to keep track of who is next.” “That’s right,” said Slamma Jamma, “we are way too busy pondering the physics of elastic collisions between pool balls as they slide, roll and ricochet on the flat green surface.”

Oh, I almost forgot. The last two years this group played tournament pool with The Cypress of Raleigh, first at Bailey’s in Chapel Hill then at Sharkey’s in Raleigh. Alas, the results were not good. Smartly decked out in Cedars’ navy blue polo shirts, our boys looked the part but could not prevail over the seasoned players from The Cypress. Our table in the Billiards Room did not



help when we had to compete on slightly larger tables, so this became the primary reason (excuse) for our shortcomings. **Well, on to the next tournament scheduled for September 6!**

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:

Reflections of Elegance: Kenneth Paul Block and The Masters of Fashion Illustration and lunch at The Verdict on the Square

at The Captain James and Emma Holt White House in Graham

Friday, August 17, 9:30am Lobby

Sutton Series Presents

Sister Act

at the Raleigh Little Theatre

Thursday, August 23, 6:45pm Lobby

Tour of James B. Hunt Jr. Library

at NC State

Friday, August 24, 9:30am Lobby

Kudos to...

- ☞ Linda Prillaman for recommending bridge classes taught by Valerie Roberts
- ☞ Stan Friedland and Michael Smith for qualifying for the State Finals of the Pickelball Doubles Division (85-89 age group) in the Orange County Senior Games

Beyond the Cedars



Reflections of Elegance: Kenneth Paul Block and The Masters of Fashion Illustration with Lunch at The Verdict on the Square

at The Captain James and Emma Holt White House in Graham

Friday, August 17, 9:30am Lobby

Alamance Arts will present *Reflections of Elegance: Kenneth Paul Block and the Masters of Fashion Illustration*, a stunning exhibition of original works by the most influential American fashion illustrator of the late 20th century. Curated by the Kenneth Paul Block Foundation, which is holder of the most extensive archive of Block's artwork. In the words of designer Isaac Mizrahi "more than any single designer, Kenneth Block gave New York fashion its sophistication." In a time when photography captured the art of fashion, Kenneth Paul Block opted instead to use pencils and paint to interpret its soul. The exhibit at Alamance Arts presents Block as a renowned creator and influencer to fashion illustrators, both old and new. Borrowing from Block's extensive personal collection of drawings by other important fashion illustrators, the viewer will see Block's illustrations mirrored in works by historic masters and reflected in the new generation. After our docent-led tour we'll have lunch at The Verdict on the Square. Sign up at the Concierge Desk beginning August 1, deadline August 12. Cost: \$25 for lunch, docent tour and transportation. Minimum 6 people, maximum 15 people.

2018-19 Sutton Series Presents *Sister Act*

at the Raleigh Little Theatre

Thursday, August 23, 6:45pm Lobby

When disco diva Deloris Van Cartier witnesses a murder, she is put in protective custody in the one place that the cops are sure she won't be found: a convent! While struggling through the restrictions of her new lifestyle, she uses her unique disco moves and singing talent to inspire the choir, but in doing so, she jeopardizes her cover. Sign up at the Concierge Desk, deadline August 20. Cost: \$7 for transportation. **Order your tickets by calling the box office at 919-821-3111.**



Tour of James B. Hunt Jr. Library

at NC State

Friday, August 24, 9:30am Lobby



Hunt Library on NC State's Centennial Campus features resources for students, staff and faculty that have never before been so accessible on a college campus, including immersive visualization labs, virtual simulation studios, a five-story robotic bookBot retrieval system that

accesses the library's collection of up to 2 million books, 3-D printing, a game lab, a large immersive Google Earth experience and more—all powered by a super computer located in the library's basement. Sign up at the Concierge Desk beginning August 1, deadline August 19. Cost: \$7 for transportation. Minimum 6 people. Maximum 20 people. **Note: This 1.5 hour tour requires a good amount of walking.**

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



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

The Book of Mormon Tues. 8/7-Sun. 8/12, varying times

Doris Duke Center

919-684-9333, Durham

Ciampi Quartet Wed. 8/15, 7:30pm

PNC Arena

919-467-7825, Raleigh

Cirque Du Soleil Crystal Sun. 8/19, 1:30pm

The ArtsCenter

919-929-2787, Carrboro

Godspell by Chapel Hill School of Musical Arts, Fri. 8/17-Sun. 8/19, varying times

Carolina Theater

919-560-3030, Durham

Mary Chapin Carpenter Fri. 8/3, 8pm; **Gordon Lightfoot** Wed. 8/8, 8pm

OUTDOOR EVENTS

Forest Theater

919-923-1857, UNC Campus

Paperhand Puppet Intervention

"In The Heart of The Fire" Fri.

Sat. Sun. 8/3-9/23, 7pm, Sundays in Sept. also @ 3pm

Walnut Creek

919-831-6400, Raleigh

Pentatonix Sat. 8/11, 8pm

Weaver St. Market

919-929-0010, Carrboro

Jazz Brunches

Sundays, 11am-1pm

8/5 Tim Stambaugh

8/12 Charles Pettee, Robbie Link,

Al McCannless

8/19 Squandered Bongos

8/26 Different Drum

Weaver St. Market

919-929-2009, Southern Village

Live Music on the Green

Sundays,

6pm

8/12 Beer & Hymns

8/19 Graymatter Acoustic/Rock

Blend

8/26 Mahalo Jazz

August Birthdays

Joan Langenderfer	1
Lynne Morris	2
Suzanne Head	3
Anna Cabral	3
Priscilla Winn	4
Flora Shedd	5
Richard Hendl	5
Anne Cates	6
Jeanette Kimmel	7
Sally Hammond	7
Gene Sandler	7
Carolyn Dow	7
Harriet Stubbs	8
Chris Straughan	8
Carmen Woodruff	10
Beatrice de Castro	12
Esta Thomas	13
Gustavo Montana	13
Al Briggaman	14
Pauline Wilkes	16
Tom Nuzum	17
Marian Hicks	18
Joan Montana	18
Carolyn Taff	19
Elizabeth Morgan	20
Morris Martin	21
Jane McPherson	25
Faye Rapp	25
Robert Gersten	26
Milton Barber	26
Merle Hofmann	27
Milton Wollman	28
Dan Clare	28
Linn Royster	30
Mary Louise Earey	30
Patricia Nenninger	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

Jazz Pianist Robert Griffin with Singer Carter Minor

Thursday, August 9, 5pm Dining Lobby

Robert will be joined by the talented Carter Minor who has been singing professionally since 1965. Carter lives in Carrboro and is recognized as one of the best vocalists in North Carolina. He is a jazz, blues, gospel, and pop singer who also plays harmonica, bass and saxophone.

Special Musical Matinee

The King and I

Monday, August 13, 3pm Ballroom

Celebrating a week of Rodgers and Hammerstein! This 1952 Tony Award-winner for Best Musical is based on *Anna and the King of Siam*, a 1944 novel by Margaret Landon. Anna is a widowed British schoolteacher brought to Siam to tutor the King's many children. When she arrives, though she enjoys an instant connection to the students, she struggles with cultural differences and with the headstrong King. Through her kindness and persistence, Anna eventually connects with the King, helping to fuel mutual feelings of social understanding and cultural acceptance and openness. Starring Yul Brynner and Deborah Kerr. Don't miss the documentary *Rodgers & Hammerstein: The Sound of Movies* and *Cinderella* later in the week on Channel 24. **We'll be serving your favorite movie theater candy and of course popcorn.**



Popcorn and a Movie—*Tully*

Monday, August 27, 3pm Ballroom

Marlo (Charlize Theron) is a New York suburbanite who's about to give birth to her third child. Her husband, Ron, is loving and works hard, but remains clueless about the demands that motherhood puts on his wife. When the baby is born, Marlo's wealthy brother hires a nighttime nanny named Tully to help his sister handle the workload. Hesitant at first, Marlo soon learns to appreciate all that Tully does—forming a special bond with her new, lifesaving friend. (2018)

Richard Tazewell—Pianist
Friday, August 17, 5pm Dining Lobby



Robert Griffin—Jazz Pianist
Thursday, August 23, 5pm Dining Lobby

Jennifer Evans, Singer, Rick Keena, Guitar and Robert Griffin, Piano

Thursday, August 30, 3pm Ballroom

Jennifer Evans, a native of Mississippi, has a soulful sound that speaks of her southern heritage. Jennifer will be accompanied by Rick Keena on guitar and Robert Griffin on piano. Enjoy an afternoon of jazz including musical hits and love songs. **Wine and appetizers will be served.**



Docent tour of the Bob Trotman: Business as Usual exhibit at the Gregg Art Museum
July 4th celebration with The Decatur Street Beat Dixieland band



ANNOUNCEMENTS

Scholarship Program for the Benefit of Cedars Employees

Help create a scholarship by Christmas...start now! The 14th Annual Bake Sale, Raffle, Silent Auction, and Boutique is coming Sunday, December 9 to The Cedars Clubhouse. It will be here before you know it! Paint, knit, bead, sew, bake, take a photograph, woodwork, make something special, donate an "ex-cessory" or volunteer. Your support is greatly appreciated. For questions or inspiration call Anne Boyer at 919-259-7800.



August 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

8/1 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

8/2 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**

8/3 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

8/4 Saturday

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

8/5 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

8/6 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**

8/7 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 *Ceramics with Suzanne* **S**
4:30pm Tap Lessons **B**
7:45pm Cedars Cinema CHANNEL 24

8/8 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

8/9 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**
2pm *Rehab Lecture with Sandy* **Friday B**
11:30am Aquatic Therapy **P**
4pm Scrabble **CR**
5pm *Robert Griffin, Jazz Pianist with Carter Minor, Singer* **B**

8/10 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am TGIF Fitness Class **B**

11:30am Aquatic Therapy **P**
1pm Jewelry Repair **S**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

8/11 Saturday

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

8/12 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

8/13 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 *Special Musical Matinee—The King and I* **B**

8/14 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

8/15 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

8/16 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 *Ceramics with Suzanne* **S** 📄
4pm Scrabble **CR**

8/17 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:30am *Kenneth Paul Block Exhibit* **LB** 📄
9:45am Water Exercise **P**
11am TGIF Fitness Class **B**
1pm Party Bridge **CR**
11:30am Aquatic Therapy **P** 📄 ♣️
4:30pm Happy Hour **Bar**
5pm *Richard Tazewell—Pianist* **DL**
7:45pm Cedars Cinema **CHANNEL 24**

8/18 Saturday

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

8/19 Sunday

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

8/20 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**
3pm *Long Winded, An Oboist's Incredible Journey to the New York Philharmonic with Joseph Robinson* **B**

8/21 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 *Ceramics with Suzanne* **S** 📄
4:30pm Tap Lessons **B**

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

8/22 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**

8/23 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9am Bocce **GL**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📄 ♣️
4pm Scrabble **CR**
5pm *Robert Griffin—Jazz Pianist* **DL**
6:45pm *Sister Act* **LB** 📄

8/24 Friday

9:30am *Tour of James B. Hunt Jr. Library at NC State* **LB** 📄
8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am TGIF Fitness Class **B**
11:30am Aquatic Therapy **P** 📄 ♣️
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

8/25 Saturday

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

8/26 Sunday

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

8/27 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—Tully* **B**

8/28 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**

8/29 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**

8/30 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 *Jennifer Evans, Singer, Rick Keena, Guitar and Robert Griffin, Piano* **B**
4pm Scrabble **CR**

8/31 Friday

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



Ceramics

with Suzanne Brown

Tuesdays, August 7, 21 & 28 and Thursday,
August 16, 2-4pm Art Studio

Suzanne is back to teach ceramics! Ceramic artist Suzanne Brown taught Elementary Art in Wake and Durham public schools for 24 years and has now started a new business teaching ceramics. She says that ceramics is wonderfully fun and the best part is that there is no right or wrong way. Throughout the four weeks, class participants will have the opportunity to glaze all kinds of bisque ware items such as mugs, plates, vases, decorative boxes and salt & pepper shakers. You'll also work with clay to make wind chimes and whistles and throw a pot on the wheel. This class is for those who have always wanted to work with clay and loved making mud pies as a kid. You don't need to have any experience with ceramics to attend. Everyone from novices to experts is invited. Cost: \$40 which includes materials. Minimum 4 people, maximum 10. Sign up at the Concierge Desk, deadline August 3.

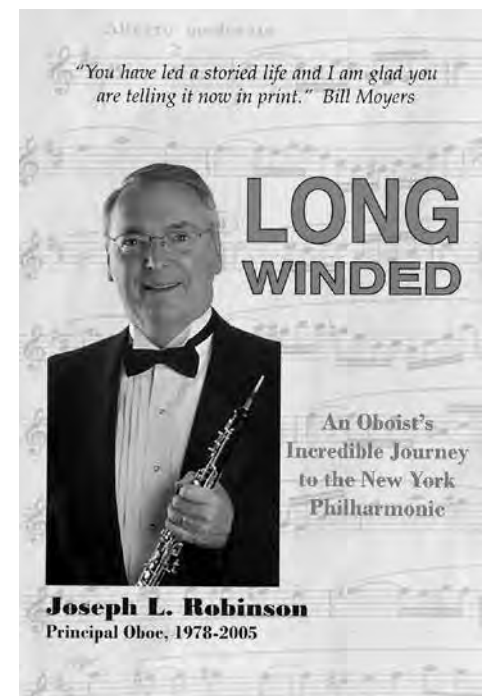
Long Winded, An Oboist's Incredible Journey to the New York Philharmonic

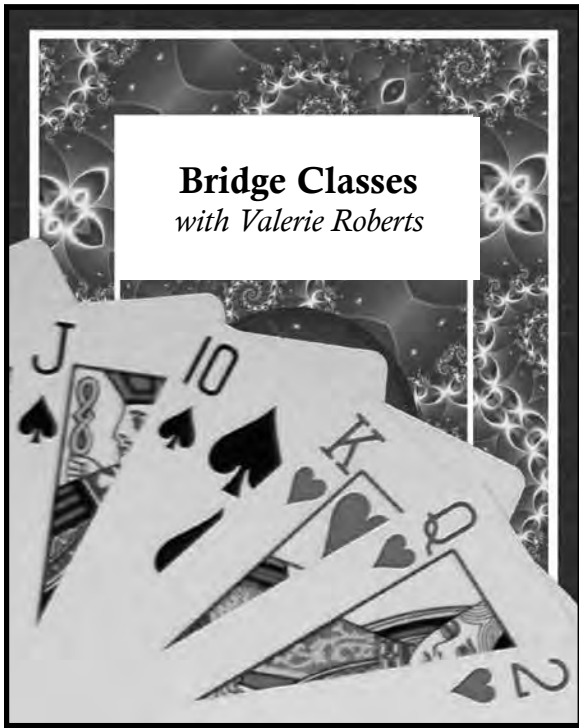
with Joseph Robinson

Monday, August 20, 3pm Ballroom

One of the last oboists in America to study with the legendary Marcel Tabuteau, Joseph Robinson has been

one of the outstanding orchestral musicians of his generation, serving as Principal Oboe of the New York Philharmonic for 27 years from June 1978 until September 2005. Known especially for his lyricism and phrasing, he has performed concerti, orchestral, and chamber works in concert halls around the world to international critical acclaim. Mr. Robinson has had a distinguished teaching career, serving for more than 20 years as head of Oboe Studies at the Manhattan School of Music, where he helped establish the first Master of Orchestral Studies degree in America and from which he received the Presidential Medal for Meritorious Faculty Service in 2005. Joseph Robinson's new memoir details his life growing up in a small town in Lenoir, North Carolina and his unlikely path to the Principal Oboe position at the New York Philharmonic. Full of rich details about his lessons with the famous oboist Marcel Tabuteau and his own reflections on the importance of music education in America. **Books will be available for purchase. Cost: \$40, please bring cash or checks.**





Wednesdays, September 5-October 31,
9:30am Classroom

ACBL (American Contract Bridge League) Certified Bridge Instructor Valerie Roberts will provide a nine-week bridge course. These classes are a wonderful introduction to the game, providing sound advice to the beginning player. Valerie teaches bridge classes at the Seymour Senior Center in Chapel Hill and at the Triangle Bridge Club in Durham. Cost: \$125 cash or check payable to Valerie Roberts and \$15 for ACBL book billed to your monthly account. Minimum 8 people, maximum 16. **Sign up at the Concierge Desk, deadline September 1.**



New Creative Memoirs Writing Workshop with Dr. Dana Lebo beginning September 17. Watch for more information in the September *Cedars Post*.

Great Get-Aways

- ❖ 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.

CEDARS FITNESS

Drink to Your Health!

Summer's heat and humidity are a dangerous duo that can lead to dehydration, a serious and sometimes life-threatening condition. As we age, our total body water decreases as does our thirst sensation. Dehydration can therefore happen much more quickly and more frequently in seniors. Fluid loss can make us weak and dizzy, which increases our chances of falling. Even mild dehydration can cause confusion.

Problems with the heart, kidneys and brain are also associated with dehydration.



Here are some tips for maintaining proper hydration:

Set a daily fluid goal. Individual needs vary but a minimum of six to eight 8 oz. glasses can be a starting point.

Do not judge your need for fluids by thirst; try to drink even if you aren't thirsty.



Hydrate yourself properly BEFORE exercising and continue to drink water during and after your workout.



Increase your water intake by consuming fruits and leafy green vegetables.

Avoid alcohol, which is a diuretic.

Carry a bottle of water when you are on the go, especially during the hot summer months.

—Article adapted from *News Canada*



• • • • • CEDARS *Cinema* • • • • •

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

Mission Control: The Unsung Heroes of Apollo

Tuesday, August 7 & Saturday, August 11, 7:45pm
Sunday, August 12, 3pm • NR

Some of the most lasting images from the "Apollo" era are of NASA guiding the astronauts to the moon and back. This documentary charts the stories and profiles of the people behind the images. (2017) SUBTITLES NOT PROVIDED

The Debt

Wednesday, August 8 & Friday, August 10, 7:45pm
Saturday, August 11, 3pm • R

Rachel Singer (Helen Mirren) is a former Mossad intelligence agent who is forced to relive her 1965 pursuit of a Nazi war criminal after the bold and dangerous fugitive is suspected to have reemerged 30 years later in the Ukraine. (2010)

Rodgers & Hammerstein: The Sound of Movies

Tuesday, August 14 & Saturday, August 18, 7:45pm
Sunday, August 19, 3pm • NR

This documentary surveys the film career of the songwriting team and how their screen work was interwoven with their stage work. Segments on *The King and I*, *Flower Drum Song* and *The Sound of Music* are presented by those who appeared in them: Rita Moreno, Nancy Kwan and Charmian Carr, respectively. (1996)

Rodgers & Hammerstein's Cinderella

Wednesday, August 15 & Friday, August 17, 7:45pm
Saturday, August 18, 3pm • G

With the help of her fairy godmother's magic, Cinderella (Lesley Ann Warren) defies her stepmother (Jo Van Fleet) and attends the royal ball. Once there, she meets Prince Charming (Stuart Damon). This adaptation features Celeste Holm and Ginger Rogers. (1965) SUBTITLES NOT PROVIDED

Borg vs. McEnroe

Tuesday, August 21 & Saturday, August 25, 7:45pm
Sunday, August 26, 3pm • R

The 1980 Wimbledon final caps off this drama that chronicles the rivalry between Björn Borg and John McEnroe, who despite their contrasting temperaments, share similar psyches beneath the surface. Starring Shia LaBeouf and Sverrir Gudnason. (2018) SUBTITLES NOT PROVIDED

Final Portrait

Wednesday, August 22 & Friday, August 24, 7:45pm
Saturday, August 25, 3pm • R

Writer James Lord is flattered when his pal Alberto Giacometti asks him to sit for a portrait. But as days stretch into weeks, Lord begins to wonder whether the painting will ever be completed. Starring Geoffrey Rush and Armie Hammer. (2018) SUBTITLES NOT PROVIDED

American Graffiti

Tuesday, August 28 & Saturday, September 1, 7:45pm • Sunday, September 2, 3pm • PG

Showcasing then-Hollywood-newcomers Harrison Ford, Richard Dreyfuss and Ron Howard, director George Lucas weaves together the stories of a disparate group of teenagers as they struggle with adolescent rites of passage in 1962. (1973) SUBTITLES NOT PROVIDED

Chappaquiddick

Wednesday, August 29 & Friday, August 31, 7:45pm
Saturday, September 1, 3pm • PG-13

In this drama, the car accident that doomed Ted Kennedy's presidential ambitions and resulted in the drowning death of 28-year-old Mary Jo Kopechne gets a fresh look, focusing on the cover-up that followed the crash. Starring Jason Clarke, Kate Mara and Ed Helms. (2018) SUBTITLES NOT PROVIDED

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

Accessing UNC Libraries

Saturdays, August 11 & 25, 11am Library

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

Great Books

Monday, August 13, 2pm Classroom

Seven Deadly Sins Sampler by Great Books Foundation, *The Rocking-Horse Winner* by D. H. Lawrence and *The Inherited Clock* by Elizabeth Bowen

ANNOUNCEMENTS

Rehab Lecture—Topic to be Announced

with Sandy Friday

Thursday, August 9, 2pm Ballroom

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

Jewelry Repair with Eva Mogenson

Friday, August 10, 1-2pm Art Studio

Walk with a Doc

Saturday, August 18, 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.

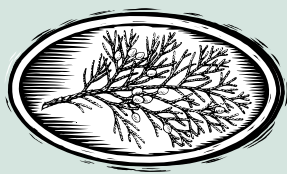
Cynthia's Tailor Shop Services

Wednesdays, 9-9:30am Art Studio

Cynthia Lennon provides quality and affordable alterations.

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>
8/2	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
8/7	Tuesday	Ceramics with Suzanne	2pm	Art Studio
8/9	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
8/9	Thursday	Jazz Pianist Robert Griffin with Singer Carter Minor	5pm	Dining Lobby
8/13	Monday	Special Musical Matinee <i>The King and I</i>	3pm	Ballroom
8/16	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
8/16	Thursday	Ceramics with Suzanne	2pm	Art Studio
8/17	Friday	<i>Reflections of Elegance: Kenneth Paul Block</i> <i>and The Masters of Fashion Illustration at The</i>	9:30am	Lobby Captain James White House
8/17	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
8/20	Monday	<i>Long Winded, An Oboist's Incredible</i> <i>Journey to the New York Philharmonic</i> with Joseph Robinson	3pm	Ballroom
8/21	Tuesday	Ceramics with Suzanne	2pm	Art Studio
8/23	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
8/23	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
8/23	Thursday	Sutton Series Presents <i>Sister Act</i> at the Raleigh Little Theatre	6:45pm	Lobby
8/24	Friday	Tour of James B. Hunt Jr. Library at NC State	9:30am	Lobby
8/27	Monday	Popcorn and a Movie— <i>Tully</i>	3pm	Ballroom
8/28	Tuesday	Ceramics with Suzanne	2pm	Art Studio
8/30	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
8/30	Thursday	Jennifer Evans, Singer, Rick Keena, Guitar and Robert Griffin, Piano	3pm	Ballroom