



October 2018 • VOLUME 15 • ISSUE 10

# The Cedars Post

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Charlotte Frech (l) and Suzanne Bullock (r)

*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

## Connected at the Heart and at The Cedars

by Suzanne Bullock

My cousin Charlotte Frech, two years older, and I were born in Roxboro, NC. Charlotte lived up the hill from me in a big white house. I lived down the hill in a log cabin. Between our houses was our grandparents' home and their tennis court. Their place was the gathering spot for their eight offspring and grandchildren. Charlotte and I played in the creek, rode our stick horses and ate lunch at our grandparents' house. I followed Charlotte everywhere. She teased and bossed me and saved my life when we went to Camp Chinquapin and my pony fell down a hill into a beehive.

We had no idea when we were born together that we were going to end together. My life and Charlotte's have always intersected and interwoven. Charlotte went to Carolina and was a cheerleader. Two years later, I transferred in. We pledged Pi Beta Phi. Her degree was in English, mine Education. We both married, had children, moved around, and taught school. We stayed close. We got divorced from our husbands at around the same time. I had a doctorate in rehabilitation psychology, worked at the UNC Burn Center, and started my own rehab company in Kansas City. Charlotte was a hospice volunteer, a museum docent in Raleigh and worked for the American Institute for Foreign Studies.

After our grandparents died, our parents and their siblings built a Habitat for Humanity house in honor of their parents. Decades later Charlotte and I, along with our siblings and families, are building another Roxboro Habitat house to honor our parents.

Houses have always bound Charlotte and me. At one point she moved to Bald Head Island when there were only 90 permanent residents. I eventually followed. She met her second husband Bryant there, and I met Bob. Charlotte and I owned a john boat. We loved sunset cruises and putting out our crab pots. We were both island firefighters and I was a first responder.

Later we bought a cabin together in the NC mountains. When we visited the place, which was supposedly fully appointed, we found filthy mattresses on the floor, no towels, dead bugs, and beaten up furniture. But we slept out on the deck and fell in love with the view. She made the place into a gorgeous house. We could write a book about our escapades, me trailing her into one wild endeavor after another.

For once, about five years ago, I took the lead and showed Charlotte and Bryant The Cedars. They loved the place and moved in. Bob and I followed soon after. I look up the hill and know that today we're going to have more adventures.

## 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:

### Duke Symphony Orchestra with Cilia Yudha, Pianist

Wednesday, October 3, 7pm Lobby

### The Met Opera—*Aida*

at Silverspot Cinema  
Saturday, October 6, 12:15pm Lobby

### Chamber Orchestra

Sunday, October 7, 2pm Lobby

### Tour of Chapel Hill Fire Department Station #2

Monday, October 8, 12:45pm Lobby

### Orchestre Révolutionnaire et Romantique

at UNC Memorial Hall  
Wednesday, October 10, 6:45pm Lobby

### Academy of St Martin in the Fields

at Baldwin Auditorium  
Saturday, October 13, 7pm Lobby

### PlayMakers Repertory Company

Sunday, October 14, 1:30pm Lobby

### Duke Lemur Center Tour

Friday, October 19, 1:45pm Lobby

### The Met Opera—*Samson et Dalila*

at Silverspot Cinema  
Saturday, October 20, 12:15pm Lobby

### Carolina Ballet

Saturday, October 20, 1pm Lobby

### The Met Opera—*La Fanciulla del West*

at Silverspot Cinema  
Saturday, October 27, 12:15pm Lobby

### Capitol Steps

at NC State  
Saturday, October 27, 7pm Lobby

# Beyond the Cedars

## Tour of the New Chapel Hill Fire Department Station #2

Monday, October 8, 12:45pm Lobby

The Cedars Members' Health and Safety Committee invites you to tour the new Chapel Hill Fire Department Station #2.

The 11,246 square foot two-story, back-in, fire station connected to a new 47,250 square foot parking deck and 58,000 square foot office building all on a 1.23 acre site. The station will accommodate the existing two-engine company, a new EMS company, and the future need for a ladder company. The Orange County EMS company program includes two EMS dorms, an apparatus bay space for their ambulance and shared use of station facilities. Sign up at the Concierge Desk, deadline October 5. Maximum 28 people. **Donations to the EMS would be greatly appreciated.**



## Duke Lemur Center Tour

Friday, October 19, 1:45pm Lobby

The Duke Lemur Center is the world's largest and most diverse collection of lemurs—Earth's most threatened group of mammals—outside of Madagascar. The Duke Lemur Center advances science, scholarship, and biological conservation through interdisciplinary research, community-based conservation, and public outreach. By engaging scientists, students, and the public in new discoveries and global awareness, the Center promotes a deeper appreciation of biodiversity and an understanding of the power of scientific discovery. On our tour we'll learn about the similarities and differences between lemur species

and what makes lemurs some of the most fascinating animals in the world. Visitors will typically observe about nine different species of lemurs. Bring your camera, as you will be amazed by these wonderful creatures! Sign up at the Concierge Desk beginning October 1, deadline October 14. Cost: \$15 for tour and transportation. Minimum 6 people, maximum 17 people. **Note: this tour involves 1.5 hours of walking, part on gravel path.**

## The Metropolitan Opera—*Samson et Dalila*

at Silverspot Cinema  
Saturday, October 20, 12:15pm Lobby

When mezzo-soprano Elina Garanča and tenor Roberto Alagna joined forces for a new production of *Carmen* at the Met, the results were electrifying. Now this star duo reunites for another sensual French opera when they open the season in the title roles of Saint-Saëns's biblical epic *Samson et Dalila*. Darko Tresnjak, who won a Tony Award for Best Direction of a Musical in 2014 for *A Gentleman's Guide to Love & Murder*, makes his Met debut directing a vivid,

seductive staging, featuring a monumental setting for the last-act Temple of Dagon, where the hero crushes his Philistine enemies. Sir Mark Elder conducts the first new Met production of the work in 20 years. Sign up at the Concierge Desk beginning October 1, deadline October 14. Cost: \$29 for ticket and transportation. Maximum 16 people.

## The Metropolitan Opera—*La Fanciulla del West*

at *Silverspot Cinema*

Saturday, October 27, 12:15pm Lobby

Soprano Eva-Maria Westbroek sings Puccini’s gun-slinging heroine in this romantic epic of the Wild West, with the heralded return of tenor Jonas Kaufmann in the role of the outlaw she loves. Tenor Yusif Eyvazov also sings some performances. Baritone Željko Lučić is the vigilante sheriff Jack Rance, and Marco Armiliato conducts. Sign up at the Concierge Desk beginning October 1, deadline October 14. Cost: \$29 for ticket and transportation. Maximum 16 people.



Tour of James B. Hunt Jr. Library

## 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: Easy

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

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.

Baldwin Auditorium, Duke  
919-968-4444, Durham

**Branford Marsalis Quartet**, Fri.  
10/5 & Sat. 10/6, 8pm  
**Emanuel Ax**, piano, Sat. 10/20, 8pm  
**Duke Djembe & Jazz Ensembles**  
Fri. 10/19, 8pm

Duke Chapel, Duke  
919-684-4444, Durham

**Jean-Baptiste Robin**, organ  
Organist, Royal Chapel @ Palace  
of Versailles, Sun. 10/14, 5:15pm  
**Prague Philharmonic Children’s  
Choir**, Tues. 10/16, 8pm  
**Duke Chorale, Symphony Orch.,  
Wind Symphony**, Sat., 10/20, 8pm

Rubenstein Arts Center, Duke  
Studio Theater

919-968-4444, Durham  
“**The Addams Family**” w/  
Christopher Lloyd, Thurs. 10/11-  
Sun. 10/21, varying times

DPAC

919-684-6402, Durham  
**The Choir Of Man** “Ultimate feel-  
good show” “Feast for the senses”  
High-energy dance/tap dance,  
harmonies, percussion, Sat. 10/27, 8pm

Current Artspace, UNC  
919-843-3333, Chapel Hill

**Pedja Muzijevic & UNC Chamber  
Singers**, Susan Klebanow, Director  
Tues. 10/16, 7:30pm

St. Stephen’s Episcopal Church  
919-493-5451, Durham

Close to The Cedars  
**Annual Frank H. Kenan  
Memorial Organ Recital**, Timothy  
Olsen, Kenan Professor of Organ,  
UNCSCA, Sun. 10/7, 4pm

Maymandi Concert Hall  
919-733-2750, Raleigh

**NC Symphony: Rhapsody in Blue,  
Copeland’s Fanfare for the  
Common Man &  
Appalachian Spring**, Fri. 10/12 &  
Sat. 10/13, 8pm

## October Birthdays

Philip Purcell	2
Virginia Banks	3
Peter Wise	4
Camilla Rushbrooke	5
Linda Luftig	5
Connie Eby	8
Roberta Auwarter	8
Joyce Sprouse	11
Charlotte Frech	11
Catherine Williams	13
Jeanne W. McCullough	15
Shirley Little	16
Jean Wolff	19
Vijaya Bapat	19
Donna Byrd	20
Phyllis Hunter	23
Katherine Burk	23
Ruth Witte	26
William McCoy	26
Ellyn Easterling	27
Arthur Lebo	27
James Patton	27
Hugh Boyer	27
Don Fang	28
William Elmore	28
William McLendon	29
Nancy Sewall	29
Herbert Salmon	31
Emily Ayscue	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



## Popcorn and a Movie— *Won't You Be My Neighbor?*

Thursday, October 18, 3pm Ballroom

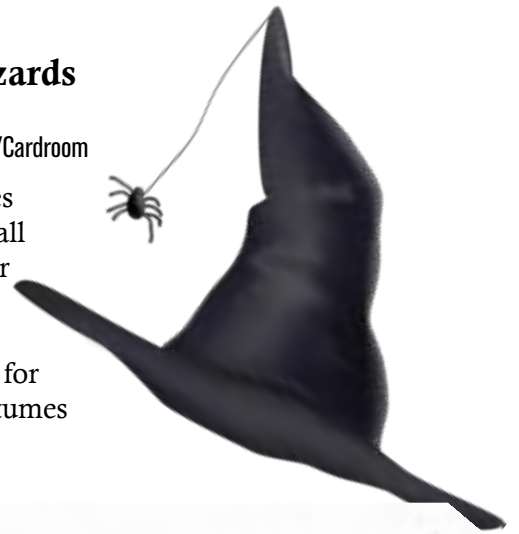
Charmingly soft-spoken and yet powerfully incisive expressing his profound ideals, Fred Rogers was a unique presence on television for generations.

Through interviews of his family and colleagues, the life of this would-be pastor is explored as a man who found a more important calling to provide an oasis for children in a video sea of violent bombardment. That proved to be his landmark series, *Mister Rogers' Neighborhood* (1968), a show that could gently delve into important subjects no other children's show would have dared for that time. In doing so, Rogers experienced a career where his sweet-tempered idealism charmed and influenced the world whether it be scores of children on TV or recalcitrant authorities in government. However, that beloved personality also hid Rogers' deep self-doubts about himself and occasional misjudgments even as he proved a rock of understanding in times of tragedy for a world that did not always comprehend a man of such noble character.

## Witches, Warlocks and Wizards Halloween Costume Party

Wednesday, October 31, 4-5:30pm Upstairs Lobby/Cardroom

Double, double, toil and trouble, fires burn and cauldrons bubble...calling all witches, warlocks and wizards to our annual Halloween party. Join us for cocktails, hors d'oeuvres, live music and a be-witching good time! Prizes for best witch, warlock, and wizard costumes will be awarded at 5pm.



**Robert Griffin—Jazz Pianist**  
Thursdays, October 11 & 25, 5pm Dining Lobby



**Richard Tazewell—Pianist**  
Friday, October 19, 5pm Dining Lobby

## Fall Fitness Opportunities



In 1785, William Cowper wrote that “Variety is the very spice of life that gives it all its flavor.”

This phrase applies to many aspects of living, one of which is physical fitness. Although many of us are creatures of habit, it is important to vary our fitness routines. When we try new activities, our bodies and brains will reap benefits such as building muscles, keeping the brain’s neurons firing better, preventing overuse injuries and breaking through weight loss plateaus.

There are many opportunities to change up your exercise routine at The Cedars. Be sure to check the inside calendar of your *Cedars Post* each month for a complete list of all fitness activities.

On Fridays at 11am, a rotation of Pilates Strength and Stretch, TGIF and Retro Dance Aerobics are offered.

**Pilates Strength and Stretch** is designed to strengthen the core, increase flexibility and improve posture. Body weight exercises performed on a mat are followed by an extended stretch segment.

**TGIF (The Goal Is Fitness)** combines aerobics, strength training, balance and stretching in a circuit format. Designed for intermediate exercisers, these classes include challenging movements performed with stability balls and mats.

**Retro Dance Aerobics** has fun, easy-to-follow choreography set to great music. Instructor Kim McLean brings lots of energy and teaching experience to make this class one to remember!

**Cardio and Core** classes consist of low impact aerobics, strength training and stretching. Held on Mondays at 11am and Tuesdays and Thursdays at 8:45am, these are great cross-training workouts for runners, walkers and swimmers.

**Tai Chi** is a self-paced series of postures coordinated with focused breathing. Proven to reduce fall risk, tai chi improves balance, flexibility, muscle strength and reduces stress. Offered on Mondays at 11:30am, these classes are led by Nina Maier, who has been teaching at area wellness centers and retirement communities for over 20 years.

Contact Julie Hardison, Fitness Coordinator, at 919-259-7922 with questions about any of these programs.

## ANNOUNCEMENTS

### 2018-19 Classical Concert Series

Sunday, October 14, 3pm  
Ballroom



International superstar and Cedars favorite Fred Moyer will be at the piano with his MoyerCam; you will be able to see his fingers fly from anywhere in the room! Nephew of our own Paul Green, who co-founded this series, Fred is praised for his virtuosity, sensitivity and musicality. Don’t miss this special treat. Subscribers, please bring your new pass. Ballroom doors open at 2:30pm. Questions? Contact Connie Eby at 919-259-7808 or [cteby@mindspring.com](mailto:cteby@mindspring.com).


### Great Get-Aways

- ❖ The North Rim of the Grand Canyon and Zion and Bryce Canyon National Parks  
October 12-17
- ❖ Temple Theater’s *Ghost, the Musical*  
Sanford, NC  
October 19
- ❖ Autumn at the Barter Theater  
Abingdon, VA  
October 26-28

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.

# October 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



### 10/1 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 Polymer Clay Class* **S**   
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 Reading Group **CL**



### 10/2 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

### 10/3 Wednesday



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

### 10/4 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 Preserving Vision with Macular Degeneration/Dr. Zhang and Dr. Budenz* **B**

4pm Scrabble **CR**

### 10/5 Friday

8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
11am Pilates, Strength and Stretch Class **B**  
11:30am Aquatic Therapy **P**    
1pm Party Bridge **CR**  
1pm Jewelry Repair **S**  
*3pm I Told My Soul to Sing: Poems & Musical Settings of Emily Dickinson* **B**  
4:30pm Happy Hour **Bar**  
7:45pm Cedars Cinema CHANNEL 24





### 10/6 Saturday

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

### 10/7 Sunday

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

### 10/8 Monday




8am Art Open Studio **S**  
8:45am Water Exercise **P**  
9am Ping Pong **B**  
9am Library Workday **L**  
9:45am Water Exercise **P**  
*10am Polymer Clay Class* **S**   
10:30am Knit & Stitch **CR**  
11am Cardio and Core **B**  
11:30am Tai Chi **B**  
11:30am Aquatic Therapy **P**    
*12:45pm Tour of the New Chapel Hill Fire Department Station #2* **LB** 

1pm Poker **CR**

2pm Great Books **CL**

### 10/9 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 2019 Member Budget Presentation* **B**  
*3pm Introduction to Android Workshop with Tech Team* **CL**   
4:30pm Line Dancing **B**  
7:45pm Cedars Cinema CHANNEL 24



### 10/10 Wednesday

8:45am Water Exercise **P**  
9am Ping Pong **B**  
*9:30am Bridge Classes* **CL**   
9:45am Water Exercise **P**  
11am Balance Challenge **B**  
11:30am Balance Basics **B**  
11:30am Aquatic Therapy **P**    
12:45pm Duplicate Bridge **CR**  
*6:45pm Orchestre Révolutionnaire et Romantique at UNC* **LB**   
7:45pm Cedars Cinema CHANNEL 24


### 10/11 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—Jazz Pianist* **DL**



### 10/12 Friday

8:45am Water Exercise **P**  
9:45am Water Exercise **P**  
11:30am Aquatic Therapy **P**    
*12pm The Cedars Community Health Fair* **B**  
4:30pm Happy Hour **Bar**  
7:45pm Cedars Cinema CHANNEL 24

### 10/13 Saturday

9am Ping Pong **B**  
9am Cribbage **CL**  
3pm & 7:45pm Cedars Cinema CHANNEL 24  
*7pm Academy of St Martin in the Fields* **LB** 

### 10/14 Sunday



*1:30pm PlayMakers* **LB**   
3pm & 7:45pm Cedars Cinema CHANNEL 24  
*3pm Classical Concert Series* **B** 

### 10/15 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 Polymer Clay Class **S**   
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 Reading Group **CL**



### 10/16 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**

### 10/17 Wednesday

8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:30am Bridge Classes **CL**   
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**



### 10/18 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 *Won't You Be My Neighbor?* **B**  
4pm Scrabble **CR**

### 10/19 Friday

8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
11am Retro Dance Class **B**  
11:30am Aquatic Therapy **P**    
1pm Party Bridge **CR**  
1:45pm *Duke Lemur Center Tour* **LB**   
4:30pm Happy Hour **Bar**  
5pm *Richard Tazewell—Pianist* **DL**  
7:45pm Cedars Cinema **CHANNEL 24**

### 10/20 Saturday

9am Ping Pong **B**  
9am Cribbage **CL**  
11am Accessing UNC Libraries  
12:15pm *Met Opera* **LB**   
1pm *Carolina Ballet* **LB**   
3pm & 7:45pm Cedars Cinema **CHANNEL 24**



### 10/21 Sunday

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




### 10/22 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 Polymer Clay Class **S**   
10:30am Knit & Stitch **CR**  
11am Cardio and Core **B**  
11:30am Tai Chi **B**  
11:30am Aquatic Therapy **P**    
1pm Poker **CR**



### 10/23 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**

### 10/24 Wednesday



8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:30am Bridge Classes **CL**   
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**

### 10/25 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**

### 10/26 Friday

8:45am Water Exercise **P**  
9:45am Water Exercise **P**  
11:30am Aquatic Therapy **P**    
4:30pm Happy Hour **Bar**  
7:45pm Cedars Cinema **CHANNEL 24**

### 10/27 Saturday

9am Ping Pong **B**  
9am Cribbage **CL**  
12:15pm *Met Opera* **LB**   
3pm & 7:45pm Cedars Cinema **CHANNEL 24**  
7pm *Capitol Steps at NC State* **LB** 

### 10/28 Sunday

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

### 10/29 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 Polymer Clay Class **S**   
10:30am Knit & Stitch **CR**  
11am Cardio and Core **B**  
11:30am Tai Chi **B**  
11:30am Aquatic Therapy **P**    
1pm Poker **CR**

### 10/30 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**  
7:45pm Cedars Cinema **CHANNEL 24**

### 10/31 Wednesday

*Halloween*

8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:30am Bridge Classes **CL**   
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 *Halloween Costume Party* **LB**  
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**



**Polymer Clay  
Classes**

Mondays, October 1-29,  
10am-Noon Art Studio

Open to newcomers and more experienced clayers. No experience necessary. Beginners will be given individual attention (instructors: Aud Ackerman, Mary Crabill, Marjorie White and Peggy Cooper) whenever possible and others are welcome to work at their own pace.

The fundamentals of polymer clay techniques will be taught as well as more advanced procedures. Polymer clay is a really fun and easy material to work with. It lends itself to beautiful beads, pendants and other jewelry as well as covering frames, etc. **Sign up at the Concierge Desk, a materials list will be handed out at sign up** (materials can be bought at Michaels and A.C. Moore as well as online.) Mary Crabill will be happy to take beginners on a shopping trip to get supplies. Class limited to 7 people. Call Aud Ackerman with questions at 919-259-7062. Don't miss the September Member Display cabinet for ideas and inspiration!

**Preserving Vision with  
Macular Degeneration**

*with Dr. Alice Zhang, Assistant  
Professor, UNC Department of  
Ophthalmology and Dr. Donald L.  
Budenz, Chair, UNC Department of  
Ophthalmology*

Thursday, October 4, 3pm Ballroom

Age-related macular degeneration (AMD) is a disease that blurs the sharp, central vision you need for "straight-ahead" activities such as reading, sewing, and driving. AMD affects the macula, the part of the eye that allows you to see fine detail. AMD causes no pain. AMD is a



leading cause of vision loss in the U.S. It destroys the macula, the part of the eye that provides sharp, central vision

needed for seeing objects clearly. Prevalence estimates are on late AMD, involving neovascular AMD and geographic atrophy. Dr. Alice Zhang, a fellowship trained retina surgeon, will discuss the disease, preserving vision as we age, and the advances in treatment for macular degeneration.

**I Told My Soul to Sing:  
Poems & Musical Settings  
of Emily Dickinson**

*with Deborah Coclans, piano; Lesley  
Curtis, soprano and Ann Harrison,  
reader*

Friday, October 5, 3pm Ballroom

Emily Dickinson's musicality was recognized almost as soon as her nearly 1800 poems were discovered after her death in 1886. Pianist Deborah Coclans creates unique programs that combine music and poetry. Her productions include "Vincent," a lyric entertainment based on the life and works of Edna St. Vincent Millay, "Remembering Elizabeth Bishop," "A Winter Journey," "A Shakespeare Miscellany," and "Infant Holy, Infant Lowly." Lesley Curtis is Professor and Chair of Population Health Sciences at Duke University and a popular recitalist in the Triangle area. Ann Harrison is a voiceover artist who studied Theatre & Speech at the College of William and Mary in Virginia. She narrates audiobooks, videos, and online educational courses.



## Introduction to Android Workshop

with Tech Team

Tuesday, October 9, 3pm Classroom

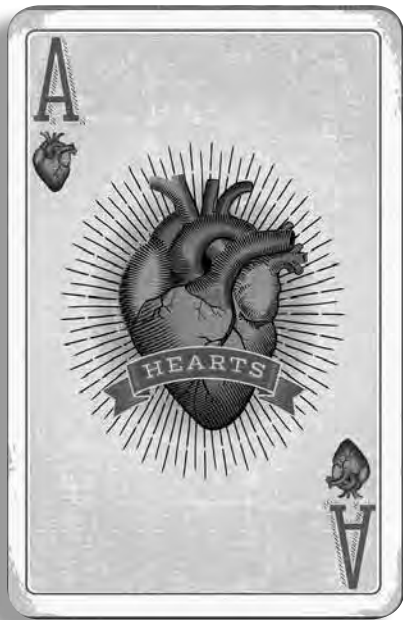
In this workshop we will go through the basics of using your Android phone. You will learn all the basic buttons and functions that your phone operates with. We will cover connecting to wifi/cell service, storage and apps. There are some tricks and tips that will make your phone a lot easier to use. If you would like to ask questions about the class, feel free to email Owen or Emmanuel at [techteamnc@gmail.com](mailto:techteamnc@gmail.com) or call at (919) 903-7060. Cost: \$15 for 1.5 hour workshop. Minimum 5 people, maximum 15 people. **Sign up at the Concierge Desk beginning October 1, deadline October 7.**



## THE CEDARS COMMUNITY HEALTH FAIR

### ***Don't Gamble with Your Health***

Friday, October 12, Noon-4:30pm Clubhouse (Art Studio, Ballroom, Cardroom, Classroom and Lobby areas)



Cedars Members and staff are invited to meet with our preferred service providers as part of the annual Cedars Community Health Fair. Services will include:

- ❖ free flu shots
- ❖ blood pressure checks
- ❖ health screenings
- ❖ hearing and vision screenings
- ❖ walker tune-ups
- ❖ assistive communications
- ❖ identity fraud resources
- ❖ medication disposal services
- ❖ wellness services
- ❖ chair massages and much more!

Services and screenings provided by: Neil Medical, UNC Urgent Care, UNC School of Dentistry, UNC Wellness, Cedars Home Care & Clinic, Heritage Rehab, CapTel Communications, Harris Teeter, Chapel Hill Police Department, Chapel Hill Fire Department and others.

Each service provider will have interactive games and give-aways. Come take your chances on good health and WIN BIG!

Flu Shots will be provided by Harris Teeter Pharmacy in the Art Studio from 9am until 4:30pm. No appointment is necessary. Please bring your Medicare B and insurance cards.

## Kudos to...

- ☞ Fran Alguire for recommending Dr. Donald L. Budenz and Dr. Alice Zhang for their lecture *Preserving Vision with Macular Degeneration*
- ☞ Aud Ackerman, Mary Crabill, Marjorie White and Peggy Cooper for teaching the polymer clay classes

## October Is Health Service Month at The Cedars

*The following programs have been planned with this in mind.*

### **Preserving Vision with Macular Degeneration by Dr. Alice Zhang and Dr. Donald L. Budenz**

Thursday, October 4, 3pm Ballroom

### **Tour of the NEW Chapel Hill Fire Department #2**

Monday, October 8, 12:45pm Lobby

### **Flu Shots**

Friday, October 12, 9am-4:30pm Art Studio and Tuesday, October 23, 9am-4pm DuBose Conference Room

No appointment necessary. Please bring your Medicare B card and any other insurance cards.

### **The Cedars Community Health Fair *Don't Gamble with Your Health***

Friday, October 12, Noon-4:30pm Clubhouse (all areas)

### **Fireside Chats with The Cedars Health Services Team**

Monday, October 15, 11am or 1pm Cardroom

Join your Cedars Health Services Team (Social Services, Nursing and Home Care) for one of two Q&A sessions about your health benefits and services at The Cedars.



# • • • • • CEDARS *Cinema* • • • • •

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

## ***Ocean's 8***

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

Danny Ocean's ex-con sister and her all-female crew plan their own heist, targeting New York City's Met Gala. Starring Sandra Bullock, Cate Blanchett, and Anne Hathaway. (2018)

## ***Hearts Beat Loud***

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

As Frank Fisher sends his daughter off to college, he can't quite seem to let go and comes up with a ploy to keep her from leaving. Starring Nick Offerman and Ted Danson. (2018)

## ***Three Identical Strangers***

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

The true story of identical triplets separated at birth, who reconnect at age 19. What starts as a reunion sets off shocking and sinister secrets. (2018) SUBTITLES NOT PROVIDED

## ***Mountain***

Wednesday, October 10 & Friday, October 12, 7:45pm • Saturday, October 13, 3pm • PG

With narration by Willem Dafoe, spectacular cinematography and a score performed by the Australian Chamber Orchestra, this documentary captures the rush of the world's tallest peaks. (2018) SUBTITLES NOT PROVIDED

## ***My Fair Lady***

Tuesday, October 16 & Saturday, October 20, 7:45pm • Sunday, October 21, 3pm • G

Audrey Hepburn is Eliza Doolittle, the flower girl transformed by Professor Henry Higgins (Rex Harrison). (1964) SUBTITLES NOT PROVIDED

## ***Breath***

Wednesday, October 17 & Friday, October 19, 7:45pm • Saturday, October 20, 3pm • NR

A teenager and his best friend find an escape in the ocean and a mentor in

reclusive professional surfer Sando. Starring Simon Baker, Elizabeth Debicki and Richard Roxburgh. (2018) SUBTITLES NOT PROVIDED

## ***The King***

Tuesday, October 23 & Saturday, October 27, 7:45pm • Sunday, October 28, 3pm • R

Driving a Rolls-Royce once owned by Elvis Presley, director Eugene Jarecki embarks on a road trip to explore how Elvis lost his authenticity as America lost its democracy. Starring Alec Baldwin, James Carville and Rosanne Cash. (2018) SUBTITLES NOT PROVIDED

## ***RBG***

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

A look at the life of Ruth Bader Ginsburg, including her work in gender-discrimination law and her journey to the Supreme Court. With Ruth Bader Ginsburg, Gloria Steinem, and Bill Clinton. (2018) SUBTITLES NOT PROVIDED

## ***Vertigo***

Tuesday, October 30 & Saturday, November 3, 7:45pm • Sunday, October 4, 3pm • PG

Detective Scottie Ferguson (James Stewart), has a fear of heights and an obsession with a married woman. When an old friend asks him to tail his wife (Kim Novak), Scottie is drawn into a vortex of deceit and murder. (1958) SUBTITLES NOT PROVIDED

## ***High Anxiety***

Wednesday, October 31 & Friday, November 2, 7:45pm • Saturday, November 3, 3pm • PG

Psychiatric administrator Dr. Thorndyke finds some bizarre shenanigans occurring at the Psychoneurotic Institute for the Very, Very Nervous. Starring Mel Brooks, Madeline Kahn and Cloris Leachman. (1977)

## 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**

Michael Blake 919-259-7735

### 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 Reading Group

1st & 3rd Mon 1:30 **CL**

Sue Bielawski 919-933-4428

### Poker

Mon 1:00 **CR**

### 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, October 6 & 20, 11am Library

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

### Great Books

Monday, October 8, 2pm Classroom

*Seven Deadly Sins Sampler* by Great Books Foundation, *A Good Girl* by Perri Klass and *For The Relief of Unbearable Urges* by Nathan Englander

## ANNOUNCEMENTS

### Jewelry Repair with

#### Eva Mogenson

Friday, October 5, 1-2pm Art Studio

### Managing Incontinence

*with Sandy Friday*

Thursday, October 11, 2pm Ballroom

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

### Walk with a Doc

Saturday, October 20, 10am UNC Wellness Center at Meadowmont

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

## Welcome

### New Move Ins

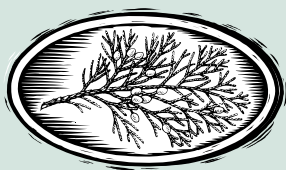
Gunda Hasl  
233 Cedar Club Circle

Arlene Gura  
529 Cedar Club Circle

Gordon Duff  
203 Cedar Berry Lane

Margo Fischer  
515 Cedar Club Circle

Norma Kupersmidt  
736 Cedar Club Circle



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>
10/3	Wednesday	Duke Symphony Orchestra with Cicilia Yudha	7pm	Lobby
10/4	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
10/4	Thursday	<i>Preserving Vision with Macular Degeneration</i> with Dr. Alice Zhang and Dr. Donald L. Budenz	3pm	Ballroom
10/5	Friday	<i>Poems &amp; Musical Settings of Emily Dickinson</i> with Deborah Coclanis, Lesley Curtis and Ann Harrison	3pm	Ballroom
10/6	Saturday	The Met Opera— <i>Aida</i>	12:15pm	Lobby
10/7	Sunday	Chamber Orchestra	2pm	Lobby
10/8	Monday	Tour of Fire Department Station #2	12:45pm	Lobby
10/9	Tuesday	2019 Member Budget Presentation	2pm	Ballroom
10/9	Tuesday	Introduction to Android Workshop with Tech Team	3pm	Classroom
10/10	Wednesday	Orchestre Révolutionnaire et Romantique	6:45pm	Lobby
10/11	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
10/11	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
10/12	Friday	The Cedars Community Health Fair— <i>Don't Gamble with Your Health</i>	12pm	Clubhouse
10/13	Saturday	Academy of St Martin in the Fields	7pm	Lobby
10/14	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
10/14	Sunday	2018/19 Classical Concert Series	3pm	Ballroom
10/18	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
10/18	Thursday	Popcorn and a Movie <i>Won't You Be My Neighbor?</i>	3pm	Ballroom
10/19	Friday	Duke Lemur Center Tour	1:45pm	Lobby
10/19	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
10/20	Saturday	The Met Opera— <i>Samson et Dalila</i>	12:15pm	Lobby
10/20	Saturday	Carolina Ballet	1pm	Lobby
10/25	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
10/25	Thursday	Members Meeting	2pm	Ballroom
10/25	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
10/27	Saturday	The Met Opera— <i>La Fanciulla del West</i>	12:15pm	Lobby
10/27	Saturday	Capitol Steps at NC State	7pm	Lobby
10/31	Wednesday	Witches, Warlocks and Wizards Halloween Costume Party	4pm	Lobby/ Cardroom