



September 2018 • VOLUME 15 • ISSUE 9

The Cedars Post

Inside This Issue...

End of summer cookout... 4

Celebrate Labor Day with Wilton Dubois, Steel Drums; Randy Evans, Guitar and Joel Key, Keyboards

A Two World Trade Center survivor of 9/11/01 8

Always Remember—The Events of 9/11 with Joe Dittmar

How changes in the climate affect North Carolinians' lives and livelihoods..... 9

Climate Stories NC with David Salvesen

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

Announcing the Volunteers Enrichment Program

by Shirley Emerson and John Neter



Have you ever been sick, perhaps in a hospital, lonely, with no one to talk to you? How nice it would be to have a friendly person come in, talk with you, or read to you, or play a game, or even take you out for a safe walk!

Well, an exciting new program called the Volunteers Enrichment Program is going to provide just that comfort to our Members at the DuBose Health Center. Wouldn't you like to be able to contribute to that comfort and enrichment for someone who is lonely?

The program is simple: A thorough training, a selection of one or two Members with whom you might like to meet, and a weekly (or more, if you wish) session just being a caring friend to that Member. Enrichment for both DuBose Members and volunteers!

You may ask: Why start another volunteer program? There are already some wonderful programs at The Cedars in which Members volunteer, such as the Scholarship Program and PORCH. Not to mention several valuable volunteer programs going on at DuBose: Friday morning coffee and cookies, occasional musical presentations, and visits from service dogs. All of these programs are appreciated and welcomed by the Members and staff.

But there is an important unmet need at DuBose: one-on-one personal connections. There are currently approximately 45 Members residing at DuBose. Some are there for cognitive care, some for physical care. Many are there for a prolonged time. Some have no family nearby, so have few or no visitors. The devoted staff at DuBose spend much of their time providing patient care that involves daily tasks of living, such as bathing, grooming, dressing, and eating. But what about the time for a relaxed one-on-one conversation or other enrichment activity? That's where the volunteers come in. This new Volunteers Enrichment Program aims to add enriching times, on a regular basis, to DuBose Members who would like these visits. Volunteers can take a Member out for a walk to enjoy nice weather, work a jigsaw puzzle, play a game, read a story or continuing chapters in a book, draw pictures, or just listen. We all want to be listened to! A visit may last 30 minutes, or sometimes just 15, or an hour. Just having a regular contact can be very enriching for both the DuBose Member and the volunteer.

Volunteers will receive individual training and will have continuing support by the Staff trainer for suggestions and assistance. The aim is enrichment for all, Members and volunteers and sometimes for family members as well.

At the upcoming Members meeting on Thursday, September 27 at 2pm, we will tell you more about this volunteer program. An orientation meeting, to which all are welcome, will be held in the Ballroom on Monday, October 8 at 3pm. Save these dates!

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:

PlayMakers Repertory Company

Sunday, September 16, 1:30pm Lobby

Dining Out! Bloomsbury Bistro

Tuesday, September 18, 4:45pm Lobby

Jordan Lake Eco Tour

Friday, September 21, 9:30am Lobby

Carolina Ballet

Saturday, September 22, 1pm Lobby

NC Symphony at UNC Memorial Hall

Wednesday, September 26, 6:45pm Lobby

Joan Baez at DPAC

Saturday, September 29, 7pm Lobby

Beyond the Cedars

Dining Out! Bloomsbury Bistro

Tuesday, September 18, 4:45pm Lobby

Located in the heart of Raleigh at Five Points, Bloomsbury Bistro has served nationally renowned cuisine in a comfortable neighborhood setting for well over a decade. Critics and food writers agree that the Bistro has a firm grasp on the entire dining experience. With a seasonal menu that changes every six weeks, chef John Toler stretches the bounds of traditional French cooking by incorporating vibrant ethnic flavors into the Bistro's globally inspired menus. Sign up at the Concierge Desk beginning September 3, deadline September 16. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 6 people. Maximum 12 people.



Jordan Lake Eco Tour

Friday, September 21, 9:30am Lobby



Learn the story of Jordan Lake while cruising on a 24-foot, fully shaded pontoon boat: its wildlife ecology, history, environmental impact from humans, engineering aspects, and the vital role the lake plays in the Triangle. Sign up at the Concierge Desk beginning September 3, deadline September 17. Cost: \$32 for tour and transportation. Remember to bring sunscreen, a hat and sunglasses. Minimum 8 people. Maximum 10 people.

The Metropolitan Opera—*Aida*

at Silverspot Cinema

Saturday, October 6, 12:15pm Lobby

In what should be a highlight of the new season, soprano Anna Netrebko sings her first Met *Aida*, going toe-to-toe with mezzo-soprano Anita Rachvelishvili as Amneris. Later in the season, a second star-studded cast takes over,



with Sondra Radvanovsky and Dolora Zajick as the leading ladies. Tenors Aleksandrs Antonenko and Yonghoon Lee alternate as Radamès, and Nicola Luisotti and Plácido Domingo take the podium for the Met's monumental production. Sign up at the Concierge Desk beginning September 3, deadline October 2. Cost: \$29 for ticket and transportation. Maximum 16 people.

11th Annual Casual for a Cause Hot Dog Fundraiser



Many thanks to all the wonderful people who made this event possible! Together we raised \$4,014 for the Dementia Alliance of North Carolina.



from
Carolyn
Taff
So much
happening,
so close by!

If you want to give or get a ride, use the bulletin board outside classroom.

Rubenstein Arts Center, Duke
919-968-4444 • Durham
von der Heyden Studio Theater
“acoustically crisp room”

Jason Moran & The Bandwagon
Jazz superstar trio
Thurs. 9/13, 7&9pm

Reynolds Theater, Duke
919-968-4444 • Durham

**Nrityagram Dance Ensemble,
Chitrasena Dance Company,
Samhara**
NY Times, “Best Dance of the Year,” interplay of 2 Indian dance companies & musicians playing ragas

Duke Energy Center for the Performing Arts

919-996-8700 • Raleigh
Carolina Ballet Presents Firebird
Thurs. 9/13 – Sun. 9/30, varying times

UNC Memorial Hall

919-843-3333 • Chapel Hill
Neko Case, singer/songwriter
Fri. 9/14, 8pm; outside before it starts, “block party” w/food trucks, live music, activities
Brooklyn Rider & Magos Herrera Dreamers, Fri. 9/28, 8pm
Buddy Guy, Sat. 9/29, 8pm

UNC Hill Hall, Moeser Auditorium
Flutronicx

flute, voice, electronics, drums
Fri. 9/21, 8pm

Carolina Theater
919-560-3030 • Durham

Taj Mahal Trio
Fri. 9/7, 8pm
Steven Wright, comedian
Fri. 9/14, 8pm

The ArtsCenter
919-929-2787 • Carrboro

Leo Kottke, acoustic guitar legend
Sat. 9/22, 8pm

DPAC
919-684-6402 • Durham

Frankie Valli & The Four Seasons
Sun. 9/30, 7pm

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

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

Puzzle by websudoku.com

September Birthdays

John Cates	2
Carol Price	2
Victoria Neunert	4
Betty White	5
Fae Ensslin	7
Rosalie Cassidy	7
Carter Fox	8
Thomas Wolf	10
Tamara Jackson	11
Margo Fischer	14
Dwight Morris	15
Simone Rosse	15
Elise Guthridge	18
Stephen Davis	18
Herbert Rothen	19
Gale Hill	20
Herbert Lawton	21
Jane Porter	21
Robert Price	21
William Pereira Jr.	22
Helen Wilson	23
Vicky Hendel	24
Wyndham Robertson	25
Johanne Miller	26
Mark Reed	26
Roy Rodwell	26
LuAnn Engelman	27
Bernice Wheeler	28
Richard Orcutt	30

We apologize to anyone whose birthday may have been omitted or is incorrect. If you would like to be included or removed from the birthday list please contact Sheila Kiliru at 919-537-0126.

Let's Celebrate



With Wilton Dubois, Steel Drums; Randy Evans, Guitar and Joel Key, Keyboards

Monday, September 3, 4:30pm
Dining Lobby

Celebrate Labor Day listening to the sounds of Wilton Dubois on steel drums, Randy Evans on Guitar and Joel Keel on keyboards. Wilton was introduced to steel drums in a small village on the Island of Trinidad.

Today, he continues his journey as a musician and educator of the unique sounds of steel drums.

Popcorn and a Movie—*RBG*

Monday, September 17, 3pm Ballroom

At the age of 85, U.S. Supreme Court Justice Ruth Bader Ginsburg has developed a lengthy legal legacy while becoming an unexpected pop culture icon. But the unique personal journey of her rise to the nation's highest court has been largely unknown, even to some of her biggest fans—until now. *RBG* explores Ginsburg's life and career. With Ruth Bader Ginsburg, Gloria Steinem, Bill Clinton and Orrin Hatch. (2018)



Robert Griffin—Jazz Pianist
Thursdays, September 6 & 20, 5pm Dining Lobby



Richard Tazewell—Pianist
Friday, September 14, 5pm Dining Lobby

The Extreme Dangers of Sitting



Being a couch potato has long been known to threaten a person's health. But now researchers are discovering that it's more dangerous than previously thought. Our bodies are programmed to move. When we spend most of our waking hours sitting, our health suffers in various ways. Examples..

Sluggish central nervous system. Sitting causes your central nervous system to slow down, leading to fatigue. Three weekly sessions of low-intensity exercise, such as walking at a leisurely pace, which stimulates the central nervous system, reduced fatigue by 65% after six weeks, according to one study.

Weakened muscles. Sitting weakens your muscles (especially those that support posture and are used to walk) and stiffens joints, leading to a hunched posture and increased risk for back and joint pain.

Poor fat burning. The walls of your capillaries are lined with lipoprotein lipase, an enzyme that breaks down certain fats in the bloodstream. Sit for a few hours, and these enzymes start switching off. Sit all day, and their activity drops by 50%.

Increased heart risks. Sitting for long periods, even in people with healthy weight, will have negative effects on blood sugar and blood fat levels, which may contribute to diabetes and heart disease.

Fortunately, the dangers of prolonged sitting can be countered by engaging in simple, low-intensity movement throughout the day. With a little forethought, it's possible to significantly raise your activity level without stepping foot in a gym...

Stand up and walk around. Do this every time an advertisement comes on the TV.

Stand up when you answer the phone. If possible, pace around your home for the duration of the call.

Follow the 10-minute rule. Whenever you're sitting, get up for ten minutes every hour to stretch your back and legs. Use this time to perform tasks that can be done while standing.

Take the stairs. Avoid the elevator when going to different floors of a building.

Park your car a distance from your destination. Even a few extra steps can add up to a healthier you.

—James A. Levine, MD, PhD, Mayo Clinic

ANNOUNCEMENTS


2018-19
Classical
Concert Series
Sunday, September 23,
3pm Ballroom



We begin our new season with the duo of Hsiao-mei Ku, violin and R. Larry Todd, piano. Both are professors in Duke's music department. Ku is a member of the Ciompi Quartet, while Todd is noted for his books on both Felix Mendelssohn and his sister, Fanny. Both may be heard on numerous recordings. New passes will be distributed to subscribers in early September. If you've not yet subscribed and wish to do so, or if you have questions, please contact Connie Eby at 919-259-7808 or cteby@mindspring.com.

September 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

9/1 Saturday

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

9/2 Sunday

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

9/3 Monday



Labor Day

All fitness classes cancelled




8am Art Open Studio **S**
9am Ping Pong **B**
9am Library Workday **L**
10:30am Knit & Stitch **CR**
1pm Poker **CR**
1:30pm Play Reading Group **CL**
4:30pm Wilton Dubois on Steel Drums **DL**



9/4 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**

9/5 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**

9/6 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 Let's Talk Cinema—Tell No One (Ne Le Dis Personne) **B**
4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**

9/7 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 Party Bridge **CR**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

9/8 Saturday

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



9/9 Sunday

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



9/10 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 Mini Mosaic Glass Pendant Workshop **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**
3pm Always Remember—The Events of 9/11 with Joe Dittmar **B**



9/11 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**



9/12 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**

9/13 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**

9/14 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 Jewelry Repair **S**
4:30pm Happy Hour **Bar**
5pm Richard Tazewell—Pianist **DL**
7:45pm Cedars Cinema **CHANNEL 24**

9/15 Saturday


9am Ping Pong **B**

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

9/16 Sunday

1:30pm *PlayMakers* **LB** 
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

9/17 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 *Mini Mosaic Glass Pendant Workshop* **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**
3pm *Popcorn and a Movie—RBG* **B**

9/18 Tuesday

Yom Kippur

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**
4:45pm *Dining Out! Bloomsbury Bistro* **LB** 
7:45pm Cedars Cinema **CHANNEL 24**

9/19 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**

9/20 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**

9/21 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:30am *Jordan Lake Eco Tour* **LB** 
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**



9/22 Saturday

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


9/23 Sunday

3pm & 7:45pm Cedars Cinema **CHANNEL 24**
3pm *Classical Concert Series* **B** 

9/24 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 *Mini Mosaic Glass Pendant Workshop* **S** 
10:30am Knit & Stitch **CR**
11am Cardio and Core **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**  ♣
1pm Poker **CR**
3pm *Climate Stories NC with David Salveson* **B**

9/25 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**


9/26 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 *NC Symphony at UNC* **LB** 
7:45pm Cedars Cinema **CHANNEL 24**



9/27 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**

9/28 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**  ♣
2pm *Let's Talk Cinema—Loving Vincent* **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

9/29 Saturday

9am Ping Pong **B**
9am Cribbage **CL**
9:30am *Bridge Classes* 
11am Accessing UNC Libraries
7pm *Joan Baez at DPAC* **LB** 
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

9/30 Sunday

3pm & 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**

**Mini Mosaic Glass Pendant
Workshop**

with Jennifer Austin

Mondays, September 10, 17, 24 & Friday,
September 28, 10am-Noon Art Studio



This wearable art incorporates colorful stained glass bits and glass millefiori slices (Italian for “a thousand flowers”), to create a design in a 1” square or round pendant tray. Choose from metal* finishes of antique bronze, antique brass, or antique silver with a matching chain. The design is secured and grouted by an epoxy based grout adhesive in black, white, or other more colorful choices. For a final touch, the pendant surface will be enclosed in crystal clear jewelry resin. All skill levels. Some dexterity required, however, instructor will assist as needed. *Please inform instructor of any metal allergies for other options. **Sign up at the Concierge Desk. Cost: \$25 for materials payable to Jennifer.** Minimum 4 people, maximum 10.

Let's Talk Cinema—*Tell No One (Ne Le Dis Personne)*

Thursday, September 6, 2pm Ballroom

Please join us for Let's Talk Cinema, featuring outstanding, provocative, award-winning films from a variety of genres, led by Member Linda Luftig. We welcome you if you enjoy talking about movies or if you prefer just to listen. An exhilarating,

award-winning thriller with film noir influences from French director Guillaume Canet, based on Harlan Coben's bestselling novel of the same name. *Tell No One* is *Vertigo* meets *The Fugitive*, by way of *The Big Sleep*. It has more twists and turns than the Le Mans race. Beautifully written and acted, *Tell No One* is a labyrinth in which to get deliciously lost. It takes Alfred Hitchcock's favorite theme, a man wrongly accused, and runs with it. (2006) In French with English subtitles.

**Always Remember—The
Events of 9/11**

with Joe Dittmar

Monday, September 10, 3pm Ballroom

The Always Remember Initiative is the passion and life goal of Joe Dittmar, a 2 World Trade Center survivor of 9/11/01. The mission of the Initiative is to keep the voices, spirits and memories of the 3,000 vanquished victims of that fateful day alive, always remembered and never forgotten by all Americans, particularly the youth of our country who are our future and our hope for a better world. Mr. Dittmar makes regular presentations that “tell the story” of that day and tells of the events, memories, observations and learnings that his experience offers. Joe is a founding member of the Naperville 9/11 Memorial Commission.



NEW Creative Memoir Writing Workshop

with Dr. Dana Lebo

Mondays, September 17-November 12, 7-8:30pm
Classroom

A rich and full life is a life full of rich stories. Whatever paths your life has taken, no doubt you've had some interesting stories to share along the way. This Creative Memoir Writing Workshop will teach you how to share these stories so family, friends and generations to come can learn from your experience. Whether you write a memoir about your first job selling shoes or waiting on tables, or the day you and your spouse got lost on vacation, miles away from home, you will learn techniques to connect with your readers in a powerful, insightful and memorable way. Dr. Dana Lebo, daughter of Members Art and Nancy Lebo, is a psychologist and writer. There is no cost for the workshop which will be limited to 8 spaces. Sign up at the Concierge Desk beginning September 3, deadline September 13.

Climate Stories NC

with David Salvesen

Monday, September 24, 3pm Ballroom

Climate Stories NC is a series of mini-documentaries capturing the voices of ordinary North Carolinians—farmers, hunters, beekeepers, fishermen, apple growers, and others whose lives have been affected by changes in

the climate. The project, funded by a grant from Z. Smith Reynolds and managed by the Institute for the Environment at UNC-Chapel Hill, documents how changes in the climate affect North Carolinians' lives and livelihoods. David Salvesen, Research Associate and Director of the Sustainable Triangle Field Site at the UNC Institute for the Environment, will screen several of the mini-documentaries and then lead a discussion on his captivating approach to storytelling.



Let's Talk Cinema—Special Screening of *Loving Vincent*

Friday, September 28, 2pm Ballroom

Member Gustavo Montana, a passionate admirer of Van Gogh's art and life, joins Member Linda Luftig in leading this special screening. We welcome you if you enjoy talking about movies or if you prefer just to listen. This feature-length, painted animation—the first of its kind—explores the life and unresolved death of Van Gogh via depictions of his artwork. A young man comes to Van Gogh's last hometown to deliver the troubled artist's final letter and ends up investigating his final days there. (2017)



Kudos to...

- ❧ Bette Israel for displaying her African collection in the Member display case
- ❧ Art and Nancy Lebo for inviting their daughter Dana Lebo to return for a new creative writing workshop
- ❧ Joyce Hoffman for recommending Joe Dittmar to return for his *Always Remember* lecture
- ❧ Aud Ackerman and fellow polymer clay students for displaying their jewelry in the Member display case in September
- ❧ Ellie Lamb for inviting her son John Wilson for *Climate Stories NC*



CEDARS Cinema

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

Miss Stevens

Tuesday, September 4 & Saturday, September 8, 7:45pm • Sunday, September 9, 3pm • NR
Teacher Rachel Stevens chaperones students to a state drama competition. During the trip, she begins a disquieting flirtation with one of her charges, the emotionally troubled Billy. Starring Lily Rabe, Timothée Chalamet and Lili Reinhart. (2016) SUBTITLES NOT INCLUDED

A Cry in the Dark

Wednesday, September 5 & Friday, September 7, 7:45pm • Saturday, September 8, 3pm • PG-13
An Australian woman finds herself under suspicion of murder after her daughter is carried off by a dingo during a family camping trip. She insists that the animal killed her baby, but police note inconsistencies in her story. Starring Meryl Streep and Sam Neill. (1988) SUBTITLES NOT INCLUDED

Book Club

Tuesday, September 11 & Saturday, September 15, 7:45pm • Sunday, September 16, 3pm • PG-13
Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading *Fifty Shades of Gray*, they're inspired to make bold choices in the romance department. Starring Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen. (2018) SUBTITLES NOT INCLUDED

Some Like It Hot

Wednesday, September 12 & Friday, September 14, 7:45pm • Saturday, September 15, 3pm • NR
When Jerry and Joe accidentally witness the St. Valentine's Day Massacre, they get out of town the only way they know how, dressed as women. But things heat up on the road when they meet a curvy blonde. Starring Marilyn Monroe, Tony

Curtis and Jack Lemmon. (1959)
SUBTITLES NOT INCLUDED

The Death of Stalin

Tuesday, September 18 & Saturday, September 22, 7:45pm • Sunday, September 23, 3pm • R
Before his death in 1953, Joseph Stalin held the Soviet Union in his iron grip for more than 30 years. This satire depicts the turmoil as his scheming minions begin jockeying for power. Starring Steve Buscemi, Simon Russell Beale and Paddy Considine. (2018) SUBTITLES NOT INCLUDED

Emily Bronte's Wuthering Heights

Wednesday, September 19 & Friday, September 21, 7:45pm • Saturday, September 22, 3pm • PG
Juliette Binoche and Ralph Fiennes co-star in this adaptation of Emily Bronte's classic tale as lovers Cathy and Heathcliff, whose passionate love and tragic separation play out against the Yorkshire moors. (1992)

Tully

Tuesday, September 25 & Saturday, September 29, 7:45pm • Sunday, September 30, 3pm • R
Tully tells the story of Marlo, a mother of three who is gifted a night nanny by her brother. Hesitant to the extravagance at first, she forms a unique bond with the unpredictable young nanny. Starring Charlize Theron and Mackenzie Davis. (2018)

Alone in Berlin

Wednesday, September 26 & Friday, September 28, 7:45pm • Saturday, September 29, 3pm • R
When Otto and Anna lose their son in World War II, they channel their rage into an act of resistance: leaving postcards with anti-Nazi slogans all over Berlin. But their deed draws the attention of the Gestapo. Starring Emma Thompson and Brendan Gleeson. (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**

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

Great Books

Monday, September 10, 2pm Classroom

Seven Deadly Sins Sampler by Great Books Foundation,
Fat by Raymond Carver and
Famine by Xu Xi

Accessing UNC Libraries

Saturday, September 22, 11am Library

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

ANNOUNCEMENTS

Rehab Lecture (*topic to be announced*)

with Sandy Friday

Thursday, September 13, 2pm Ballroom

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

Jewelry Repair with Eva Mogenson

Friday, September 14, 1-2pm Art Studio

Walk with a Doc

Saturday, September 15, 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.

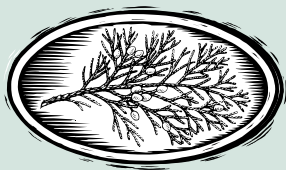
Channel 24 Replays Schedule

- ☞ 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



New Move Ins

Josie Patton
444 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>
9/3	Monday	Labor Day Cookout with Wilton Dubois on Steel Drums	4:30pm	Dining Lobby
9/6	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
9/6	Thursday	Let's Talk Cinema <i>Tell No One (Ne Le Dis Personne)</i>	2pm	Ballroom
9/6	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
9/9	Sunday	Rosh Hashanah		
9/10	Monday	Mini Mosaic Glass Pendant Workshop with Jennifer Austin	10am	Classroom
9/10	Monday	Always Remember—The Events of 9/11 with Joe Dittmar	3pm	Ballroom
9/13	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
9/14	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
9/16	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
9/17	Monday	Mini Mosaic Glass Pendant Workshop with Jennifer Austin	10am	Classroom
9/17	Monday	Popcorn and a Movie— <i>RBG</i>	3pm	Ballroom
9/18	Tuesday	Yom Kippur		
9/18	Tuesday	Dining Out! Bloomsbury Bistro	4:45pm	Lobby
9/20	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
9/20	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
9/21	Friday	Jordan Lake Eco Tour	9:30am	Lobby
9/22	Saturday	Carolina Ballet	1pm	Lobby
9/23	Sunday	2018/19 Classical Concert Series	3pm	Ballroom
9/24	Monday	Mini Mosaic Glass Pendant Workshop with Jennifer Austin	10am	Classroom
9/24	Monday	Climate Stories NC with David Salvesen	3pm	Ballroom
9/26	Wednesday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
9/27	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
9/27	Thursday	Members Meeting	2pm	Ballroom
9/28	Friday	Mini Mosaic Glass Pendant Workshop with Jennifer Austin	10am	Classroom
9/28	Friday	Let's Talk Cinema Special Screening of <i>Loving Vincent</i>	2pm	Ballroom
9/29	Saturday	Joan Baez at DPAC	7pm	Lobby