



November 2018 • VOLUME 15 • ISSUE 11

The Cedars Post

The Cedars Employee Appreciation Fund

by Phil Purcell



This month we have our once a year chance to show how much we appreciate our wonderful employees who make our life at The Cedars so enjoyable. This is our only opportunity to make our employees and their families happy by writing a check to the Cedars Employee Appreciation Fund. All Cedars employees will share in our gifts to the Fund based on the hours they worked during the year wherever they worked, be it in the laundry, kitchen, dining rooms, security, housekeeping, maintenance, DuBose, or elsewhere. All will share! And last year Members gave nearly \$291,000. (Our Executive Director, Administrator and marketing staff do not receive gifts from the Fund).

How do you go about giving to The Cedars Employee Appreciation Fund? Soon you will receive a letter describing in detail the how, when and where of giving to the Fund. Whatever you give will be greatly appreciated by our employees. It is your choice and is confidential.

We can play an important role in the lives of our employees and their families by giving to the Employee Appreciation Fund. Let's meet three of the many employees we can help:

John Lyons (top photo), transportation specialist and ardent biker, joined The Cedars staff last year. John, a great grandfather of five, enjoys biking in the BikeMS annual fund raising effort of the National Multiple Sclerosis Society in New Bern. Many times he rides more than 100 miles in a single trip. John loves his work at The Cedars which he said is "a beautiful place with beautiful people."

Ricky Tripp (middle photo), stalwart maintenance specialist, has been with The Cedars for eleven years. In those years he has covered every single building at The Cedars through thick and thin. He is married with two grown children and greatly enjoys his work and the Members he gets to know. Ricky looks forward to using his gift for a mission trip to Vietnam and donations to churches there.

Sheila Kiliru (bottom photo), our office manager who grew up in Kenya, loves her job which she has handled superbly for eleven years. Her office is adorned with pictures of her attractive young daughter. She thinks that Members gifts to the Employee Appreciation Fund are a "wonderful gesture that they don't have to do." Sheila dreams of using her gift to help with a family trip to Europe.

We can spread happiness to so many people with our gifts. It is wonderful to see everyone come together to give generously to our employees. I wish each of you could see their joy when they receive their gifts from the Fund in early December. It is heartwarming. Thank you for making that happen.

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:

The Metropolitan Opera—*Marnie*

at Silverspot Cinema
Saturday, November 10, 12:15pm Lobby

Tour of Lil Rooster Farm

Tuesday, November 13, 1:30pm Lobby

NC Symphony at UNC Memorial Hall

Thursday, November 15, 6:45pm Lobby

PlayMakers Repertory Company

Sunday, November 18, 1:30pm Lobby

Chamber Orchestra

Sunday, November 18, 2pm Lobby

The Beyond—Georgia O’Keeffe & Contemporary Art and Lunch at NCMA

Tuesday, November 20, 9:45am Lobby

Carolina Ballet

Saturday, November 24, 1pm Lobby

Beyond the Cedars

The Metropolitan Opera—*Marnie*

at Silverspot Cinema
Saturday, November 10, 12:15pm Lobby

Composer Nico Muhly unveils his second new opera for the Met with this gripping reimagining of Winston Graham’s novel, set in the 1950s, about a beautiful, mysterious young woman who assumes multiple identities.

Director Michael Mayer and his creative team have devised a fast-moving, cinematic world for this exhilarating story of denial and deceit, which also inspired a film by Alfred Hitchcock. Mezzo-soprano Isabel Leonard sings the enigmatic Marnie, and baritone Christopher Maltman is the man who pursues her—with disastrous results. Robert Spano conducts. Sign up at the Concierge Desk beginning November 1, deadline November 6. Cost: \$29 for ticket and transportation. Maximum 16 people.



Tour of Lil Rooster Farm

Tuesday, November 13, 1:30pm Lobby

Lil Rooster Farm is a veteran-owned, family-run business located in Pittsboro. At Lil Rooster Farm they grow without herbicides and pesticides and because they are a small farm (two greenhouses), they focus on a small geographical area. They harvest in the morning for that day’s deliveries giving the chefs a fresh product. Many places receive two deliveries a week meaning the lettuce is generally enjoyed within

three days of harvest. The Cedars is proud to locally source our lettuce products through Lil Rooster Farm. Sign up at the Concierge Desk beginning November 1, deadline November 9. Cost: \$12 for tour and transportation. Minimum 6 people, maximum 12 people. **Note: this tour is recommended for Members who are able to walk on gravel paths without assistance. Closed-toe shoes are strongly encouraged.**

The Beyond—Georgia O’Keeffe & Contemporary Art and Lunch at the Iris

at the North Carolina Museum of Art in Raleigh
Tuesday, November 20, 9:45am Lobby

Enormous flowers, luscious color, and desert landscapes. Georgia O’Keeffe pioneered revolutionary ways of visually interpreting the world, leaving a lasting legacy for generations of viewers and artists. *The Beyond: Georgia O’Keeffe and Contemporary Art* brings together a significant group of O’Keeffe’s works as the centerpiece of an exploration of her continued force as a

touchstone for contemporary art. Viewers encounter paintings and sculpture by this founder of American modernism alongside works by emerging artists that evoke and expand upon O’Keeffe’s enchanting artistic language. Sign up at the Concierge Desk beginning November 1, deadline November 11 (**NCMA museum members please provide membership number on sign up sheet**). Cost: \$52 for docent tour, chicken salad lunch (vegetarian option available, indicate on sign up sheet) and transportation. Minimum 6 people, maximum 14 people



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
Danish String Quartet Haydn, Webern, Mendelssohn, Sat. 11/10, 8pm
Duke University String School
Beethoven’s 5th Symphony, Sun. 11/11, 6:30pm
Red Clay Saxophone Quartet & Soprano Opera favorites: Puccini, Rossini, Mozart, Bernstein, Fri. 11/16, 8pm
Marc-Andre Hamelin, piano
Bach, Schumann, Chopin & more Sat. 11/17, 8pm
Duke Jazz Ensemble John Brown, director, Fri. 11/30, 8pm

Memorial Hall, UNC
Steep Canyon Rangers Fri. 11/9, 8pm
Dorrance Dance Chapel Hill native, MacArthur grantee adventurous tap company Mon. 11/12, Tues. 11/13, 7:30pm

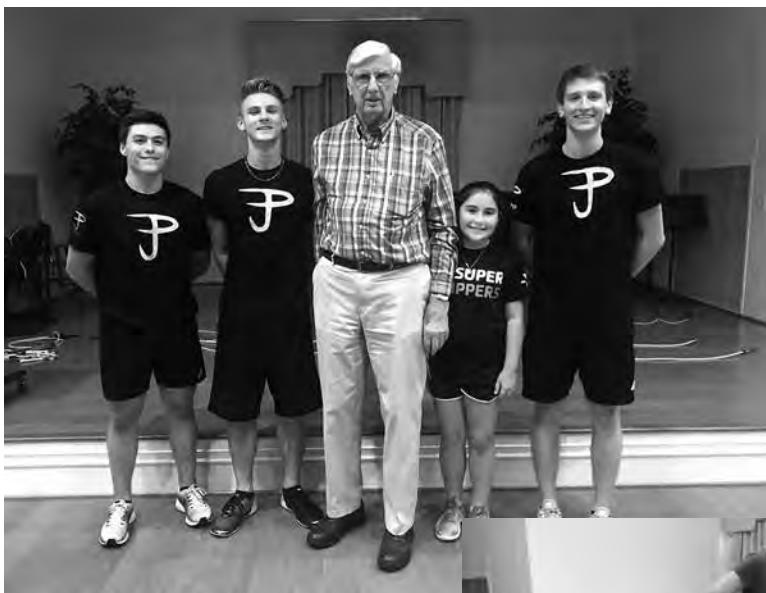
Hill Hall, Moeser Auditorium, UNC
UNC opera: Handel’s Alcina Sat. 11/10, 8pm; Sun. 11/11, 7:30pm
UNC Men’s and Women’s Glee Clubs Sun. 11/18, 7:30pm

NC Theatre
Jersey Boys Tues. 11/13-Sun. 11/18, varying times

Duke Chapel, Duke
Organ Recital, Michael Unger Sun. 11/11, 5:15pm
Latvian Radio Choir renaissance thru modern works Thurs. 11/15, 8pm

The ArtsCenter
An Evening with Peter Yarrow of Peter, Paul and Mary fame, Fri. 11/16, 8pm

Carolina Theater
Take Me To The River-New Orleans Thurs. 11/1, 8pm
Portland Cello Project interesting, beautiful music, Sun. 11/4, 8pm
UNC Carolina Choir & Chamber Orch. of the Triangle Barber’s Prayers of Kierkegaard Sun. 11/18, 3pm



(above) Larry Cobb with the award winning Jumpro group

(right) Eastbots, from East Chapel Hill High School, demonstrating their latest robot

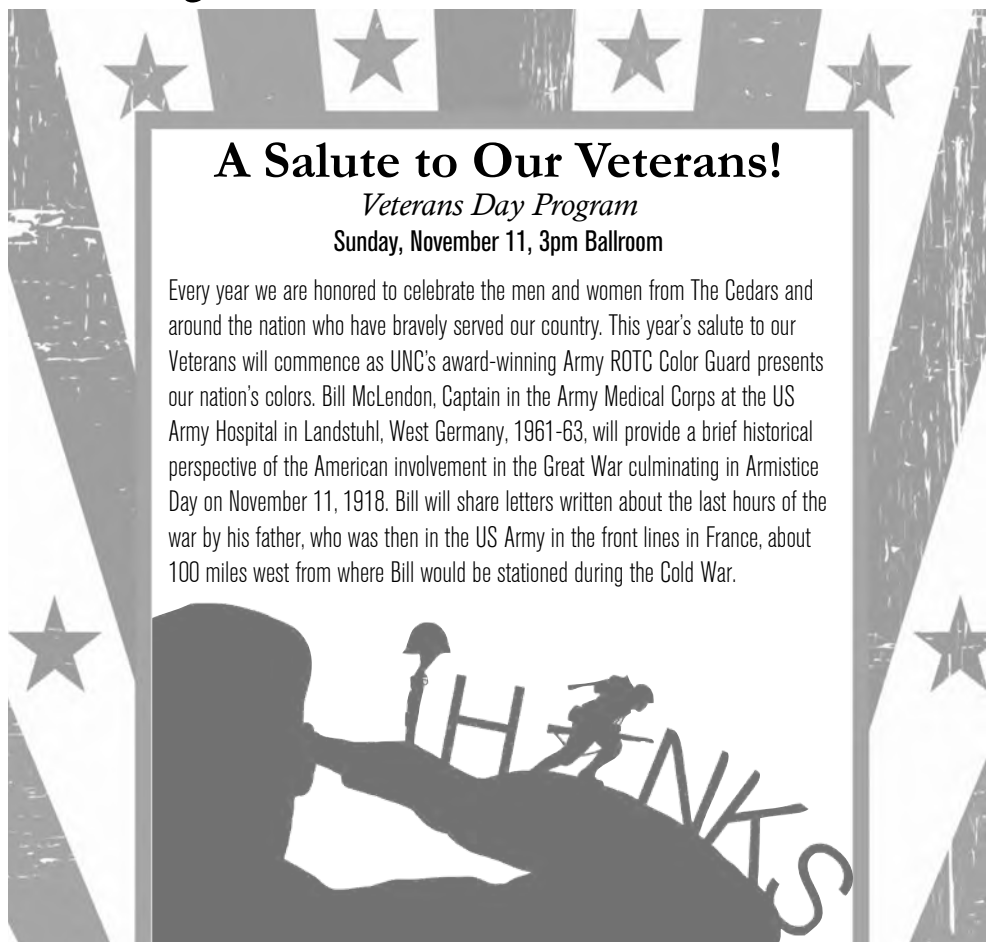


November Birthdays

Jo Oldham	1
Barbara Burkett	1
Peggy Cooper	2
Judith Hollinshead	3
John Stamm	3
Betty Neese	3
Judith Fox	6
Juliann Tenney	6
Harvey Gunter	7
Ann Merklein	7
George Morgan	7
Kaye Anne Aikins	8
Jean Stancell	9
Beverly Smith	10
Jane Hauser	11
Charlotte Battle	12
Margaret Hall	14
Pat Beyle	14
Virginia Page	14
Russell McLaughlan	16
Betty Kenan	19
John Jacoway	19
Mary Clark	20
Aud Ackerman	20
Anne Boyer	21
William George	21
Pat Kelley	23
Joan Pagano	23
Arthur Clark	28
Anne Liptzin	28
Christina Jeffs	29
Jim Howard	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



A Salute to Our Veterans!

Veterans Day Program
Sunday, November 11, 3pm Ballroom

Every year we are honored to celebrate the men and women from The Cedars and around the nation who have bravely served our country. This year's salute to our Veterans will commence as UNC's award-winning Army ROTC Color Guard presents our nation's colors. Bill McLendon, Captain in the Army Medical Corps at the US Army Hospital in Landstuhl, West Germany, 1961-63, will provide a brief historical perspective of the American involvement in the Great War culminating in Armistice Day on November 11, 1918. Bill will share letters written about the last hours of the war by his father, who was then in the US Army in the front lines in France, about 100 miles west from where Bill would be stationed during the Cold War.

A Touch of Brass

Monday, November 12, 7:30pm Ballroom

A Touch of Brass will perform music from "between the wars," including pieces that honor the service of our nation's veterans. You can expect to hear music by Duke Ellington, George M. Cohan, Cole Porter, John Williams, John Philip Sousa, and Woody Guthrie, in lush and lively arrangements for brass and drums. A Touch of Brass brings together six active avocational freelance musicians from throughout the Triangle area: two trumpets, French horn, trombone, and tuba. They have been together as a quintet for six years.

Popcorn and a Movie—*Mamma Mia! Here We Go Again*

Monday, November 26, 3pm Ballroom

Get ready to sing and dance, laugh and love all over again. Ten years after *Mamma Mia!* you are invited to return to the magical Greek island of Kalokairi in an all-new original musical based on the songs of ABBA. *Mamma Mia! Here We Go Again* once more brings the producers of the original film, Littlestar's Judy Craymer and Playtone's Gary Goetzman, together. Starring Christine Baranski, Pierce Brosnan, Colin Firth and Andy Garcia. (2018)

Robert Griffin—Jazz Pianist
Thursdays, November 1 & 8, 5pm Dining Lobby



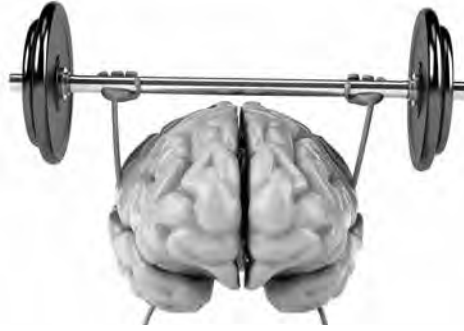
Richard Tazewell—Pianist
Friday, November 30, 5pm Dining Lobby

CEDARS FITNESS

Exercise: A Promising Treatment for Dementia?

We know that moderate-intensity exercise, such as brisk walking, can improve thinking skills and slow their decline in older age.

A trio of studies presented at the July 2015 Alzheimer's Association International Conference suggest that aerobic exercise may even be able to help protect your brain from Alzheimer's and other dementias, and improve your quality of life if you have the disease.



One study of 200 adults with Alzheimer's showed that those who engaged in three hour-long exercise sessions a week for 16 weeks had less anxiety, irritability, and depression and better mental speed and attention compared with those who didn't exercise. A study of 65 sedentary older adults with mild cognitive impairment showed that those who took part in 45 to 60 minutes of aerobic exercise four times a week for six months not only had better attention and planning skills, but also better blood flow to the brain and a reduction in dangerous proteins associated with Alzheimer's disease, compared with those who only did stretching exercises. A study of 71 older adults with cognitive impairment due to vascular disease found that those who did an hour of aerobic exercise three times per week for six months improved their thinking skills, memory, and attention compared with those who did not exercise.

Opportunities for aerobic exercise at The Cedars include classes such as water aerobics, Cardio and Core, TGIF and Retro Dance and use of the treadmills, elliptical, stationary bicycle and NuStep in the fitness room. For those who prefer to exercise outside, try walking and cycling around The Cedars campus and the Meadowmont neighborhood.

—Source: *Harvard Health Letter*, October 2015

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: Medium

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

Puzzle by websudoku.com

ANNOUNCEMENTS

2018-19
Classical
Concert Series
Monday, November 5,
3pm Ballroom



The Nate Leyland Trio includes Fabian Lopez on violin, Nate Leyland on cello and Jeremy Thompson on piano. Subscribers, please join us to hear this new-to-us group. Don't forget your pink passes! Ballroom doors open at 2:30pm. If you have any questions, please call Connie Eby at 919-259-7808 or email cteby@mindspring.com.

Great Get-Aways

- ❖ Elegant Charleston
November 27-30
- ❖ Chinese Lantern Festival, Booth
Amphitheater, Cary
December 4
- ❖ *It's a Wonderful Life: A Live Radio Play*, Temple Theater, Sanford, NC
December 7
- ❖ Holiday Lights at Christmastown USA and Daniel Stowe Botanical Gardens, McAdenville, NC
December 11-12
- ❖ Christmas Traditions at the Homestead Resort, Hot Springs, Va
December 21-23
- ❖ Music, Mayhem and a Museum New Year's in Washington, DC
December 30-January 1

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.

November 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

11/1 Thursday

8am Art Open Studio **S**
 8:45am Cardio and Core **B**
 9:45am Sit and Be Fit **B**
 11am Cedars University **B**
 11:30am Aquatic Therapy **P**  
 1pm Bocce **GL**
 3pm *We Are All Made of Stardust: Cosmic Furnaces and the Origin of the Elements with Christian Iliadis* **B**
 4pm Scrabble **CR**
 5pm Robert Griffin—Jazz Pianist **DL**

11/2 Friday

8:45am Water Exercise **P**
 9am Ping Pong **B**
 9:45am Water Exercise **P**
 11am Pilates, Strength & Stretch Class **B**
 11:30am Aquatic Therapy **P**  
 1pm Party Bridge **CR**
 2pm *Let's Talk Cinema—Eternal Sunshine of the Spotless Mind* **B**
 4:30pm Happy Hour **Bar**
 7:45pm Cedars Cinema **CHANNEL 24**

11/3 Saturday

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




11/4 Sunday

Daylight Saving Time Ends
 3pm & 7:45pm Cedars Cinema
CHANNEL 24





11/5 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**

11:30am Aquatic Therapy **P**  
 1pm Poker **CR**
 1:30pm Play Reading Group **CL**
 3pm *Classical Concert Series* **B** 

11/6 Tuesday

8:45am Cardio and Core **B**
 9:45am Sit and Be Fit **B**
 11:30am Bible Study **MR**
 11:30am Aquatic Therapy **P**  
 1pm Golf Croquet **GL**
 2pm Mah Jongg **CR**
 4:30pm Tap Lessons **B**
 7:45pm Cedars Cinema **CHANNEL 24**



11/7 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**

11/8 Thursday


8am Art Open Studio **S**
 8:45am Cardio and Core **B**
 9:45am Sit and Be Fit **B**
 11am Cedars University **B**
 11:30am Aquatic Therapy **P**  
 1pm Bocce **GL**
 4pm Scrabble **CR**
 5pm Robert Griffin—Jazz Pianist **DL**

11/9 Friday

8:45am Water Exercise **P**
 9am Ping Pong **B**
 9:45am Water Exercise **P**
 11am TGIF Class **B**
 11:30am Aquatic Therapy **P**  
 1pm Jewelry Repair **S**
 3pm *NC Author Series with*

Linda Carnes-McNaughton **B**
 4:30pm Happy Hour **Bar**
 7:45pm Cedars Cinema **CHANNEL 24**

11/10 Saturday

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

11/11 Sunday



Veterans Day
 3pm & 7:45pm Cedars Cinema **CHANNEL 24**
 3pm *Veterans Day Program* **B**



11/12 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**
 7:30pm *Touch of Brass* **B**

11/13 Tuesday

8:45am Cardio and Core **B**
 9:45am Sit and Be Fit **B**
 11:30am Bible Study **MR**
 11:30am Aquatic Therapy **P**  
 1pm Golf Croquet **GL**
 1:30pm *Lil Rooster Farm Tour* **LB** 
 2pm Mah Jongg **CR**
 4:30pm Line Dancing **B**
 7:45pm Cedars Cinema **CHANNEL 24**

11/14 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**

11/15 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 🐾 ❀
1pm Bocce **GL**
2pm Annual Condo Board/Members Meeting **B**
4pm Scrabble **CR**
6:45pm NC Symphony at UNC **LB** 🐾

11/16 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Pilates, Strength & Stretch Class **B**
11:30am Aquatic Therapy **P** 🐾 ❀
1pm Party Bridge **CR**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

11/17 Saturday

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

11/18 Sunday

3pm & 7:45pm Cedars Cinema **CHANNEL 24**
1:30pm PlayMakers **LB** 🐾
2pm Chamber Orchestra **LB** 🐾

11/19 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 Reading Group **CL**
3pm NC Author Series with Joy Douglass **B**

11/20 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**

9:45am NCMA Trip **LB** 🐾
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P** 🐾 ❀
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
4:30pm Tap Lessons **B**
7:45pm Cedars Cinema **CHANNEL 24**

11/21 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**

11/22 Thursday

Happy Thanksgiving!
All fitness classes cancelled
8am Art Open Studio **S**
1pm Bocce **GL**
4pm Scrabble **CR**



11/23 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**

11:30am Aquatic Therapy **P** 🐾 ❀
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

11/24 Saturday

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

11/25 Sunday

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

11/26 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—Mama Mia! Here We Go Again **B**

11/27 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P** 🐾 ❀
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema **CHANNEL 24**

11/28 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**

11/29 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 🐾 ❀
1pm Bocce **GL**
4pm Scrabble **CR**

11/30 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** 🐾 ❀
3pm A Continuous Thread: Following the Lines of Inspiration with Merrill Shatzman **B**
4:30pm Happy Hour **Bar**
5pm Richard Tazewell—Pianist **DL**
7:45pm Cedars Cinema **CHANNEL 24**

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



**Lost Worlds
of South
America**

*Taught by Professor Edwin
Barnhart, Ph.D., Maya
Exploration Center*

Thursdays, November 15 thru February 7,
11am Ballroom

The dramatic terrain of South America is one of the great and thrilling frontiers of archaeology. Buried by the centuries on soaring mountain slopes and beneath arid deserts and lush jungles, the remains of extraordinary, majestic civilizations—many completely unknown until recent decades—are now coming to light and raising tantalizing questions about what else may be awaiting discovery.

Now, in *Lost Worlds of South America*, Professor Edwin Barnhart, director of the Maya Exploration Center, leads you on an adventurous trek of discovery through the wilds of South America to the great, mysterious civilizations of the ancients. In 24 eye-opening lectures, you'll take an in-depth look at the emerging finds and archaeological knowledge of more than 12 seminal civilizations, giving you rich insight into the creative vision and monumental achievements of these wellsprings of human life.

**LEARNING
OPPORTUNITIES**

**We Are All Made of
Stardust: Cosmic Furnaces
and the Origin of the
Elements**

*with Christian
Iliadis*

Thursday, November 1,
3pm Ballroom



Humans consist mainly of oxygen, carbon, hydrogen, nitrogen, and calcium. But where exactly were these elements created? And where did all the other elements come from? The story of element synthesis involves the work of 12 Nobel laureates and will take us from astronomical objects (stars) to unimaginably small particles (atomic nuclei), from nuclear fusion to neutrinos to the weird world of quantum mechanics. Christian Iliadis is the J. Ross Macdonald Distinguished Professor and Department Chair of Physics & Astronomy at the University of North Carolina at Chapel Hill, and a nuclear astrophysicist at the Triangle Universities Nuclear Laboratory. He was awarded the prestigious University of North Carolina Board of Governor's Award for Excellence in Teaching in 2014, and he is the author of the textbook *Nuclear Physics of Stars*.

Let's Talk Cinema

*Eternal Sunshine of the Spotless
Mind*

Friday, November 2, 2pm Ballroom

Please join us for Let's Talk Cinema, featuring outstanding, provocative, award-winning films from a variety of genres. We welcome you if you enjoy talking about movies or if you prefer just to listen. A modern masterpiece. Some call it a

science-fiction romantic comedy. It features a man's desperate attempt to erase and then recapture a lost love. This audaciously imaginative, brilliantly staged film starts as a love story, but ends up being a deeply moving meditation on memory, consciousness and the construction of personal meaning. Directed by Michael Gondry. Written by Charlie Kaufman and Michael Gondry. Starring Jim Carrey and Kate Winslett. (2004)

NC Author Series

Blackbeard's Sunken Prize

with Linda Carnes-McNaughton

Friday, November 9, 3pm Ballroom

In 1717, the notorious pirate Blackbeard captured a French slaving vessel off the coast of Martinique and made it his flagship, renaming it Queen Anne's Revenge. Over the next six months, the heavily armed ship and its crew captured all manner of riches from merchant ships sailing the Caribbean to the Carolinas. But in June 1718, with British authorities closing in, Blackbeard reportedly ran Queen Anne's Revenge aground just off the coast of what is now North Carolina's Fort Macon State Park. What went down with the ship remained hidden for centuries, as the legend of Blackbeard continued to swell in the public's imagination. When divers finally discovered the wreck in 1996, it was immediately heralded as a major find in both maritime archaeology and the



history of piracy in the Atlantic. Now the story of Queen Anne's Revenge and its fearsome captain is revealed in full detail. **Books will be available for purchase.**

The Hum & The Buzz

with Joy Douglass

Monday, November 19, 3pm Ballroom

Follow the adventure of a Berkshire guest house owner...a saga of 40 years, sharing details of a variety of guests and even some Tanglewood tales. There are a few inside stories that include names like Seiji Ozawa, Yo-Yo Ma, Emanuel Ax, and Leonard Bernstein. Learn about local residents—carpenters, plumbers, electricians, lawn and garden experts and linen delivery services—all who are needed and revered in the guest house business.



There are stories of hard work, mostly about the daily change-over of the guest rooms, and more than you need to know about shared bathrooms.

You will hear about morning baking (even get a few recipes), family weddings and lasting friendships that developed, and the thrill of learning to row on Stockbridge Bowl. Lastly, it answers the question, “Would we do it all over again?” Joy Anthony Douglass grew up in northern New York, the daughter of a Methodist minister, and spent childhood summers on a small family farm in the Adirondacks. She attended St. Lawrence University; graduated from the Crane School of Music, SUNY Potsdam; has a master’s degree from Teachers College, Columbia University, and a PhD in music education from The University of Michigan. **Books will be available for purchase.**

A Continuous Thread: Following the Lines of Inspiration

with Merrill Shatzman

Friday, November 30, 3pm Ballroom

In 2015 and 2017 Merrill Shatzman, daughter of Eunice Shatzman, traveled to Tokyo, to research a specific project, finding herself becoming visually awestruck and overwhelmed with a culture she has so long admired. Visually interpreting and filtering new symbols, icons, patterns, systems and ways of being continues to serve as inspiration for her work and thoughts ever since. Like a kid in a candy store, she took everything in through the lens of her camera and through memory, returning home to think, process and make prints. Three years later, she still does these same activities, as the connection between the different bodies of related works she has created since her inspirational visits became even clearer. Her talk will focus on inspiration gained from her visits to Japan and the visual and conceptual connections to her current prints and possible future projects. Merrill is a Professor Emerita of the Practice of Visual Art at Duke University, having taught there since 1985. Shatzman’s prints are shown internationally and nationally with her work represented in multiple museum and corporate collections.

Kudos to...

- ❧ Margaret Rook for suggesting the Emily Dickinson program in October
- ❧ Ellen Herron for lending us *Lost Worlds of South America* for the next Cedars University
- ❧ Tom Clegg for recommending the program *We Are All Made from Stardust* with Christian Iliadis
- ❧ Eunice Shatzman for introducing us to her daughter Merrill Shatzman for her talk *A Continuous Thread: Following the Lines of Inspiration*
- ❧ Joy Douglas for her book event *The Hum & The Buzz*
- ❧ Shirley Little for displaying her artwork at The DuBose Art Gallery
- ❧ Bette Israel, Eileen Preiss and Dorothy Lavine for their help in installing the newest art exhibit at The DuBose Art Gallery



• • • • • CEDARS *Cinema* • • • • •

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

Leave No Trace

Tuesday, November 6 & Saturday, November 10,
7:45pm • Sunday, November 11, 3pm • PG

For survivalist Will and his teenage daughter, living off the grid means residing in a nature reserve on the edge of a city—a lifestyle that suits them until they're discovered and forced into the social services system. Starring Ben Foster and Thomasin McKenzie. (2018)

Gilda

Wednesday, November 7 & Friday, November 9,
7:45pm • Saturday, November 10, 3pm • NR

Curvy bombshell Rita Hayworth “Puts the Blame on Mame” in this South American thriller that became her biggest hit. Hayworth, Glenn Ford and George Macready comprise a love triangle that threatens to destroy Macready's casino and wreck their lives. (1946) SUBTITLES NOT PROVIDED

The Blind Side

Tuesday, November 13 & Saturday, November 17,
7:45pm • Sunday, November 18, 3pm • PG-13

In this drama based on a true story, Leigh Anne and Sean Tuohy take in Michael, a homeless teenager. Leigh Anne helps him catch up academically and nurtures his growth into a football powerhouse. Starring Sandra Bullock, Quinton Aaron and Tim McGraw. (2009)

You've Got Mail

Wednesday, November 14 & Friday, November 16,
7:45pm • Saturday, November 17, 3pm • PG

In this valentine to modern romance, book superstore magnate Joe Fox (Tom Hanks) and independent book shop owner Kathleen Kelly (Meg Ryan) fall in love in the anonymity of the Internet, both unaware that he's trying to put her out of business. (1998) SUBTITLES NOT PROVIDED

Hannah and Her Sisters

Tuesday, November 20 & Saturday, November 24,
7:45pm • Sunday, November 25, 3pm • PG-13

Woody Allen's classic tale about three New York City sisters, Hannah (Mia Farrow), Holly (Dianne Wiest) and Lee (Barbara Hershey) begins with a festive Thanksgiving dinner, during which Hannah's husband, Elliot (Michael Caine), realizes he's falling for Lee. (1986)

The Man Who Invented Christmas

Wednesday, November 21 & Friday, November 23,
7:45pm • Saturday, November 24, 3pm • PG

With his most recent books having little success, Charles Dickens finds himself obliged to self-publish his masterful fable *A Christmas Carol*—which he hopes will revive his career. Starring Dan Stevens, Christopher Plummer and Jonathan Pryce. (2017)

Bullitt

Tuesday, November 27 & Saturday, December 1,
7:45pm • Sunday, December 2, 3pm • PG

Bullitt, now 50, marked the height of Steve McQueen's action stardom. Lt. Frank Bullitt must baby-sit a Chicago gangster for 48 hours before he testifies against his brother. But when hit men snuff the witness, Bullitt won't be stopped in his quest for vengeance. (1968)

Won't You Be My Neighbor

Wednesday, November 28 & Friday, November 30,
7:45pm • Saturday, December 1, 3pm • PG-13

For over 30 years, Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily into homes across America. In his beloved television program, Fred spoke directly to young children about some of life's weightiest issues, in a simple, direct fashion. There hadn't been anything like Mr. Rogers on television before and there hasn't been since. (2018)

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 1:00 **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

Gin Rummy

Thu 1:00 **CR**

Jim Allen 919-259-7599

Golf Croquet

Tue 1:00 **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, November 3 & 17, 11am Library

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

Great Books

Monday, November 12, 2pm Classroom

Short Stories Omnibus—The Great Books Foundation

Argument and Persuasion by Donald Hall

ANNOUNCEMENTS

Jewelry Repair with

Eva Mogenson

Friday, November 9, 1-2pm Art Studio

Walk with a Doc

Saturday, November 17, 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

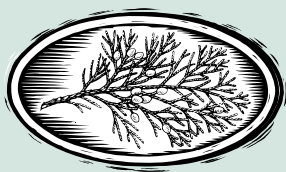
- ☞ Mondays 10am, exercise program; 12:30pm, recent lectures
- ☞ Tuesdays 10am, exercise program
- ☞ Wednesdays 10am, exercise program; 12:30pm, Members Meeting
- ☞ Thursdays 10am, exercise program
- ☞ Fridays 10am, exercise program



New Move Ins

Darryl and Mary Freedman
322 Cedar Berry Lane

James and Florence Peacock
412 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>
11/1	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
11/1	Thursday	<i>We Are All Made of Stardust: Cosmic Furnaces and the Origin of the Elements</i> with Christian Iliadis	3pm	Ballroom
11/1	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
11/2	Friday	Let's Talk Cinema <i>Eternal Sunshine of the Spotless Mind</i>	2pm	Ballroom
11/5	Monday	2018/19 Classical Concert Series	3pm	Ballroom
11/8	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
11/8	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
11/9	Friday	NC Author Series with Linda Carnes-McNaughton	3pm	Ballroom
11/10	Saturday	The Metropolitan Opera— <i>Marnie</i>	12:15pm	Lobby
11/11	Sunday	Veterans Day Program	3pm	Ballroom
11/12	Monday	A Touch of Brass	7:30pm	Ballroom
11/13	Tuesday	Tour of Lil Rooster Farm	1:30pm	Lobby
11/15	Thursday	Cedars University <i>Lost Worlds of South America</i>	11am	Ballroom
11/15	Thursday	Annual Condo Board/Members Meeting	2pm	Ballroom
11/15	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
11/18	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
11/18	Sunday	Chamber Orchestra	2pm	Lobby
11/19	Monday	NC Author Series with Joy Douglass	3pm	Ballroom
11/20	Tuesday	<i>The Beyond—Georgia O'Keeffe & Contemporary Art</i>	9:45am	Lobby
11/22	Thursday	Happy Thanksgiving!		
11/24	Saturday	Carolina Ballet	1pm	Lobby
11/26	Monday	Popcorn and a Movie <i>Mama Mia! Here We Go Again</i>	3pm	Ballroom
11/29	Thursday	Cedars University <i>Lost Worlds of South America</i>	11am	Ballroom
11/30	Friday	<i>A Continuous Thread: Following the Lines of Inspiration</i> with Merrill Shatzman	3pm	Ballroom
11/30	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby