



# The Cedars Post

## Inside This Issue...

**A chamber ensemble of nine professional flutists ..... 4**  
*The Raleigh Flute Choir*

**A program of enduring seasonal favorites ..... 4**  
*Songs for the Holidays with The Cedars Singers*

**America's largest discussion program on world affairs ... 9**  
*Great Decisions Program*

## Archery Comes to The Cedars

by Judy Fox



If you've ever wondered what it's like to shoot an arrow into the air, or if you have fond memories of shooting archery at camp or college, check out The Cedars' merry band of women and men who come out for archery on Monday afternoons on the Great Lawn. The group is led by Dick Fox, an anthropologist by vocation and an enthusiastic traditional archer. Dick has been shooting archery for

ten years, always using a traditional bow, whether recurve or longbow, made of laminated wood and shooting wooden arrows. For many years he even fletched his own arrows. He is certified as a Level 1 archery instructor and regularly shoots the archery course at Durham County Wildlife Club. Twenty-one Cedars Members turned out for the initial meeting in May. Dick reviewed safety rules, went over the various parts of both bows and arrows, explained some of the factors determining optimal pull of the string (bow pull weight, length of pull, and arrow spine), and demonstrated proper form for "nocking" the arrow and releasing it from the bow.

At that first meeting we used right-handed bows and arrows borrowed from an archery buddy of Dick's, along with the Foxes' bows for left handers, and The Cedars' own field target. After drawing straws, two Members shot at one time, with Dick assisting with body and hand placement. Many Members hit the target on their first attempt, and many more did so with repeated tries.

Very soon after our first meeting, The Cedars acquired two traditional bows suitable for either left- or right-handed shooters, and a dozen aluminum arrows. These bows are light weight and well-suited for all but the very robust Member, who might want to purchase his own heavier bow and longer arrows. The routine has been established in which Dick "braces" the bows at or before 2pm and is available for anyone who wants instruction or guidance for the first half hour and often again just before 4pm. Members come when they wish during the period between 2pm and 4pm, and there is rarely any wait before Members can shoot. Since we have two bows, two Members can shoot at once, and some friendly rivalries have developed.

Archery is fun! It gives you a great upper body workout. It's ridiculously satisfying to hear the "thunk" of the arrow embedding in the target, and, of course, extra gratifying when you hit the bullseye. Many Members have made great progress and enjoy their sense of accomplishment. One can compete with others or find satisfaction in tracking one's own progress.

## 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:

### Handel's Messiah with the Duke Chapel Choir

at Duke Chapel  
Saturday, December 1, 1pm Lobby

### Duke Chorale Christmas Concert

at Duke Chapel  
Tuesday, December 4, 6pm Lobby

### Duke Symphony Orchestra: Music for the Season with April Martin, Soprano & Don Eagle, Trumpet

at Baldwin Auditorium  
Wednesday, December 5, 7pm Lobby

### NC Symphony at UNC Memorial Hall

Thursday, December 6, 6:45pm Lobby

### Holiday Shopping at Brightleaf Square

Friday, December 14, 10am Lobby

### The Metropolitan Opera *La Traviata*

at Silverspot Cinema  
Saturday, December 15, 12:15pm Lobby

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# Beyond the Cedars



## Duke Chorale Christmas Concert

at Duke Chapel  
Tuesday, December 4, 6pm Lobby

The Duke Chorale, directed by Rodney Wynkoop, presents its annual Christmas Concert featuring seasonal selections as well as traditional carols for the entire audience to sing, and stories and special treats for the children. This family holiday event is a tradition for many residents. Sign up at the Concierge Desk, deadline December 2. Cost: \$7 for transportation. **Please bring a donation of a canned food item.** Minimum 6 people, maximum 20 people.

## Duke Symphony Orchestra: Music for the Season with April Martin, Soprano & Don Eagle, Trumpet

at Baldwin Auditorium  
Wednesday, December 5, 7pm Lobby

April Martin joined the Virginia Opera as an Emerging Artist for the 2017-2018 season. She has sung with the Aspen Music Festival, Central City Opera, Finger Lakes Opera, the Bar Harbor Music Festival, and the Castleton Music Festival. Don Eagle teaches trumpet at Duke University and has appeared as soloist with the North Carolina Chamber Players, the Raleigh Symphony, the Raleigh Civic Symphony, the North Carolina Bach Festival, the Elon University Chamber Orchestra, the North Carolina State University Band, and the Triangle Brass Band. Harry Davidson is music director of the Duke Symphony Orchestra. Sign up at the Concierge Desk, deadline December 3. Cost: \$7 for transportation, free concert. Minimum 6 people, maximum 27 people.

## Holiday Shopping at Brightleaf Square

Friday, December 14, 10am Lobby

Brightleaf Square features a unique mix of locally-owned restaurants and shops in a pair of historic tobacco warehouses in downtown Durham. Stroll through the courtyard and enjoy distinctly Durham shopping and dining. Sign up at the Concierge Desk beginning December 3, deadline December 10. Cost: \$7 for transportation. **Bring money for shopping and lunch on your own.** Minimum 6 people, maximum 14 people.

## The Metropolitan Opera—*La Traviata*

at Silverspot Cinema  
Saturday, December 15, 12:15pm Lobby

Yannick Nézet-Séguin conducts Michael Mayer's new production, featuring an 18th-century setting that changes with the seasons. Soprano Diana Damrau plays the heroine, Violetta, and tenor Juan Diego Flórez returns to sing the role of Alfredo, Violetta's hapless lover. Baritone Quinn Kelsey is Alfredo's father, Germont, who destroys their love. Later performances feature Anita Hartig, Stephen Costello, Artur Ruciński, and Plácido Domingo. Sign up at the Concierge Desk beginning December 3, deadline December 10. Cost: \$29 for ticket and transportation. Maximum 16 people.

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## Come to The Cedars 14th Annual Scholarship Benefit!

Sunday, December 9  
10am-2pm • Cedars Clubhouse

Enjoy the **Bake Sale, Silent Auction, Raffle, and Unique Boutique** that benefits our employees with cash awards for their continuing education, their children's school supplies, and college application fees for themselves and their children.



Choose from a delicious array of baked goods and nibbles. Bid on beautiful works of art, jewelry and surprises. Win valuable prizes like gift cards for local shops and restaurants, fine jewelry, and more. Shop the Unique Boutique filled with jewelry, scarves, handicrafts, and gifts galore. **Preview the Unique Boutique Saturday evening 5-7pm. See the treasures you'll scoop up on Sunday.** Come to this big Scholarship Program event—go home happy!

*Starting now...*

**BAKERS** please return your "Bake a Difference" forms to the Concierge Desk by December 6. For questions such as volunteering to help, baking, or both call Jeanette Kimmel (919-259-7222) or Anne Liptzin (919-932-1111). Pickups can be arranged.



**ARTISTS** are invited to donate paintings, photographs, and art objects to the Silent Auction. Call Betty Israel (919-259-7575) or Aud Ackerman (919-259-7062). Pickups can be arranged.

**FASHIONISTAS** thank you for your donations! Come shop the Unique Boutique.

**BUY RAFFLE TICKETS** starting at dinner on Saturday, December 1 and during brunch, lunch and dinner hours. Volunteer to sell raffle tickets—call Anne Boyer (919-259-7800) or Helen Wilson (919-967-3535). Tickets are \$6 each or 3 for \$15.

**Let's join together for another fun and successful event!**



*from  
Carolyn  
Taff  
So much  
happening,  
so close by!*

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

UNC Hill Hall, Moeser Auditorium  
919-843-3333, Chapel Hill  
**Carolina Choir & Chamber Singers** Sun. 12/2, 7:30pm  
**Chapel Hill Philharmonia**  
Tchaikovsky's 4th, Afternoon Of Faun, Sun. 12/9, 7:30pm  
**Voices, Chapel Hill Chorus** Sat. 12/15, 7:30pm; Sun. 12/16, 3pm  
Seasonal, various styles, sing-along

Rubenstein Arts Center, Duke Studio Theater  
919-968-4444, Durham  
**A Forest Unfolding** Collaborative Cantata, Sat. 12/8, 8pm

UNC Memorial Hall  
919-843-3333, Chapel Hill  
**UNC Symphony Orchestra**  
Beethoven's 1st, guitar & orchestra, Capriccio Espagnol, Tues. 12/4, 7:30pm  
**Jazz At Lincoln Center with Wynton Marsalis** Tues. 12/11, 7:30pm

Carolina Theater  
919-560-3030, Durham  
**Moscow Ballet's Great Russian Nutcracker** Tues. 12/11- Thurs. 12/13, 7pm  
**Jewel: Handmade Holiday Tour** Mon. 12/17, 8pm

Baldwin Auditorium, Duke  
919-968-4444, Durham  
**New York Polyphony Sing Thee Nowell** Fri. 12/7, 8pm  
**Durham Medical Orchestra**  
Sleeping Beauty, Young Person's Guide to Orchestra, includes vocal & dance, Sun. 12/9, 3pm

Duke Energy Center for the Performing Arts  
919-996-8700, Raleigh  
**Celtic Thunder** Wed. 12/12, 8pm  
**Raleigh Ringers** Sat. 12/15, 3pm & 7:30pm, Sun. 12/16, 3pm  
**Dancing with the Stars** Fri. 12/28, 8pm

## December Birthdays

Ruel Tyson	2
Lucie Rosenberg	5
Joe Grisham	5
Carolyn Peele	5
Bryant Frech	5
Ellie George	6
Shirley Block	7
Mavis Rothen	7
Frank Loda	7
Peggy Thompson	8
Norman Elliott	9
Libby Lefkowitz	10
Larry Bell	11
George Reichman	13
Josie Patton	13
Joan Hoffman	17
Wynelle Patton	17
Kani Hurow	18
Alejandro Crespi	18
Myra Smith	18
Sara McCoy	18
Sally Terwey	19
Lucille Niebur	22
David Neunert	22
Carol Fox	24
Donald Stark	25
Meredith Michener	25
Julie Allen	27
Joseph Pagano	29
Shirley Emerson	29
Selma Mayer	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—*Crazy Rich Asians*

Monday, December 10, 3pm Ballroom

After teaching her economics class, Rachel (Constance Wu) meets her boyfriend at a crowded Manhattan bar in New York City, just like hundreds of other New Yorkers on any given night. Only, she has no idea that they're no ordinary couple. Nick (Henry Golding), her boyfriend of about a year, is an heir to one of the wealthiest real estate companies in Singapore. He keeps his finances a secret until they're traveling to Singapore for his best friend's wedding. When he smoothly leads her to a first-class cabin, she falls into a fairy tale-like story of a modern day "Cinderella," with her prince upgraded to a businessman.

## The Raleigh Flute Choir

Thursday, December 13, 7:30pm Ballroom

The Raleigh Flute Choir, a chamber ensemble of nine professional flutists from central North Carolina, ushers in the holiday season with a flourish as they perform creative arrangements of familiar favorites and alluring original works that reflect the beauty and joy of the season. This unique chamber ensemble utilizes the entire flute family, from the tiny piccolo to the eight-foot contrabass, along with concert flutes, piccolo, alto and bass flutes. With four CDs to their credit and performances at such venues as The White House, National Flute Association conventions in Washington, DC, and Orlando, Duke University Chapel, the Biltmore House, Colonial Williamsburg, and Piccolo Spoleto in Charleston, the group has established itself as one of the nation's leading flute choirs. Please join us for this festive musical celebration!



## Songs for the Holidays

with *The Cedars Singers*

Wednesday, December 19, 2pm & 4pm Ballroom

The Cedars' own 20-voice choral ensemble, The Cedars Singers, presents a program of enduring seasonal favorites, including "It's Beginning to Look a Lot Like Christmas," "Winter Wonderland," "A Holly Jolly Christmas," "Silver Bells," "Here in My House," (a number that combines both Christmas and Hanukkah), "Baby, It's Cold Outside," and "Hurry, Shepherds, Run." As always, the audience will enjoy participating in several favorite sing-along holiday songs and carols.



**Robert Griffin—Jazz Pianist**  
Thursdays, December 6 & 27, 5pm Dining Lobby

**Richard Tazewell—Pianist**  
Friday, December 14, 5pm Dining Lobby

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# the ROARING TWENTIES



## New Year's Eve Extravaganza

Monday, December 31, 4:30pm Dining Lobby

*Come as a flapper or come as you are. Dress as a gangster or a silent screen star. It's going to be fun, no matter the dress. Just bring yourself. We'll take care of the rest.*

Join us for a festive farewell to the outgoing year. Celebrate an evening of glamour-roaring 20's style-with an elaborate dinner and live music beginning at 4:30pm. Enjoy a Champagne toast to bring in the New Year!

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### CEDARS FITNESS

#### Tips for Staying Healthy During the Holidays

The holidays can be a joyous time of year shared with family and friends, but they can also cause stress as we struggle to keep up with demands and expectations. It is important for us to relax and take good care of ourselves. The following tips can help to increase energy and reduce stress, this season and all year long.

- \*Don't set unrealistic exercise goals. Aim to complete 20 minutes instead of an hour. Every little bit does count.
- \*Take a walk with a friend or family member. Walking and talking burns extra calories and reduces stress levels.
- \*Get more out of errands. When you go to the mall or grocery store, park toward the back of the lot and walk the extra distance. Walk inside for a lap or two before you start shopping.
- \*Take the stairs whenever you can.
- \*Be active while watching TV. Use hand weights, march in place (while standing or sitting) or do a stretching routine.
- \*Don't try to lose weight during the holidays. If you enjoy your favorite foods in small portions, you won't feel deprived.
- \*Drink at least eight 8 ounce glasses of water a day. Although the cold weather may make you less inclined to drink water, it is just as important in the winter as it is during the summer. Water may help satiate your appetite since thirst is often mistaken for hunger.
- \*Laugh. Laughing is a great tension reliever. It burns calories, reduces stress and usually means that you are enjoying yourself.

**Happy Holidays!**

Sources: MayoClinic.com and American Council on Exercise

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### Great Get-Aways

- \* 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
- \* *Church Basement Ladies 2: A Second Helping*  
Temple Theater, Sanford, NC  
January 10
- \* Winter Break in Sanibel Island, FL  
January 22-25
- \* *Boeing, Boeing*  
Temple Theater, Sanford, NC  
February 15

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.

# December 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

### 12/1 Saturday

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

### 12/2 Sunday

*Hannukkah begins at Sundown*   
3pm & 7:45pm Cedars Cinema CHANNEL 24

### 12/3 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 Art Chansky* **B**

### 12/4 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**  
*6pm Duke Chorale Christmas Concert at Duke Chapel* **LB**   
7:45pm Cedars Cinema CHANNEL 24

### 12/5 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**  
*7pm Duke Symphony Orchestra* **LB**   
7:45pm Cedars Cinema CHANNEL 24

### 12/6 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 Armchair Travel with John Neter* **B**  
4pm Scrabble **CR**  
5pm Robert Griffin—Jazz Pianist **DL**  
*6:45pm NC Symphony at UNC* **LB** 

### 12/7 Friday

8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
11am TGIF Class **B**  
11:30am Aquatic Therapy **P**    
*2pm Let's Talk Cinema—Stories We Tell* **B**  
4:30pm Happy Hour **Bar**  
7:45pm Cedars Cinema CHANNEL 24

### 12/8 Saturday

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

### 12/9 Sunday



*10am Cedars 14th Annual Scholarship Benefit Clubhouse*  
3pm & 7:45pm Cedars Cinema CHANNEL 24

### 12/10 Monday



8am Art Open Studio **S**  
8:45am Water Exercise **P**

9am Ping Pong **B**  
9am Library Workday **L**  
9:45am Water Exercise **P**  
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 Popcorn and a Movie—Crazy Rich Asians* **B**

### 12/11 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


### 12/12 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

### 12/13 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**  
*7:30pm Raleigh Flute Choir* **B**

### 12/14 Friday

8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
*10am Shopping at Brightleaf Square* **LB**   
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**

### 12/15 Saturday

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

### 12/16 Sunday

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

### 12/17 Monday

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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 Brainstorm with Billy Reppy  
and Juli Tenney **B**

### 12/18 Tuesday

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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**

### 12/19 Wednesday

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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**

2pm & 4pm Songs for the Holidays with  
The Cedars Singers **B**  
7:45pm Cedars Cinema **CHANNEL 24**

### 12/20 Thursday

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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**

### 12/21 Friday

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

### 12/22 Saturday

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

### 12/23 Sunday

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

### 12/24 Monday

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*Christmas Eve*  
*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**



### 12/25 Tuesday

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*Christmas*  
*All fitness classes cancelled*  
7:45pm Cedars Cinema **CHANNEL 24**

### 12/26 Wednesday

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*All fitness classes cancelled*  
9am Ping Pong **B**  
12:45pm Duplicate Bridge **CR**

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

### 12/27 Thursday

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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**

### 12/28 Friday

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8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
11am Retro Dance Class **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
4:30pm Happy Hour **Bar**  
7:45pm Cedars Cinema **CHANNEL 24**

### 12/29 Saturday

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

### 12/30 Sunday

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

### 12/31 Monday

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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 Aquatic Therapy **P** 📖 ♣️  
1pm Poker **CR**  
4:30pm New Year's Eve  
Roaring 20's Party **DL**



♣️ 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 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

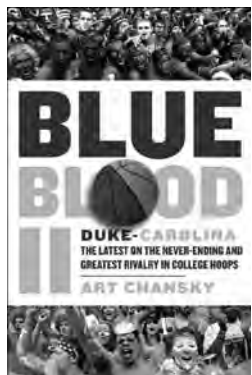
### NC Author Series

### **Blue Blood II: Duke- Carolina: The Latest on the Never-Ending and Greatest Rivalry in College Hoops**

*with Art Chansky*

Monday, December 3, 3pm Ballroom

When Art Chansky's *Blue Blood* was published in 2005, ESPN's Dick Vitale said it was about "the greatest rivalry, not just in college basketball, but in all of sports" and the book was hailed by *The East Carolinian* as the "holy text for both sides of the rivalry." Now, 13 years



later, Chansky revisits the fiercest college basketball rivalry. Art Chansky is a veteran journalist who's been covering University of North Carolina

and Atlantic Coast Conference sports for 40 years. He is the author of nine books on Carolina basketball, including *Blue Blood*, *Light Blue Reign*, and *Game Changers*. He was also a sports marketing executive who developed an all-sports competition between Duke and North Carolina called The Carlyle Cup. He lives in Chapel Hill but spends some of the year in his native New England. **Books will be available for purchase.**

### **Armchair Travel—Visit to Spain**

*with John Neter*

Thursday, December 6, 3pm Ballroom

The Neters' visit to Spain began in Madrid, home of the famous Prado museum, impressive government

buildings, and beautiful parks and fountains. The charming old town center of Segovia has been designated a UNESCO World Heritage Site. Also in Segovia are



a Roman aqueduct and a Disney-like old castle. Toledo has an old tradition spanning three cultures, and has also been designated a UNESCO World Heritage Site. Barcelona is unique, with its famous Gaudi architecture in the modernista style seen throughout the city center.

### **Let's Talk Cinema**

*Stories We Tell*

Friday, December 7, 2pm Ballroom

In this inspired, genre-twisting documentary, Oscar-nominated writer/director Sarah Polley discovers that the truth depends on who's telling it. Polley is both filmmaker and detective as she investigates the secrets kept by her family of storytellers. She playfully interviews and interrogates a cast of characters of varying reliability, eliciting refreshingly candid, yet mostly contradictory, answers to the same questions. *Stories We Tell* explores the elusive nature of truth and memory, but at its core is a deeply personal film about how our narratives shape and define us as individuals and families, all interconnecting to paint a profound, funny and poignant picture of the larger human story. Included as one of 23 best films of the 2000s, by Ann Hornaday, film critic of *The Washington Post*. We welcome you if you enjoy talking about movies, or if you prefer just to listen.





## Brainstorm

with Bill Reppy and Juli Tenney  
Monday, December 17, 3pm Ballroom

*Brainstorm* (1982), stars Natalie Wood, Cliff Robertson, Christopher Walken and Louise Fletcher, each of whom had won an Oscar with prior films. *Brainstorm* was shot on location entirely in North Carolina, primarily in Durham County. The chief location was the home of Cedars Members Juli Tenney and Bill Reppy on Barbee Chapel Road, 1.25 miles from The Cedars. In introducing the movie, Juli and Bill will discuss how their home was chosen, how MGM remodeled the then brand-new home with Juli and Bill having to move out for eight months, how the UNC Faculty/Staff Club "the Farm" was involved, and Bill's theory of how Natalie Wood died prior to completion of production, resulting in revision of the movie script, to its detriment.



## Great Decisions Program

For over 50 years the Foreign Policy Association has sponsored the Great Decisions program to help Americans gain a better understanding of significant world issues. A flyer with a detailed description of the program went out with the November *Chit Chat*. The program begins in late January with lectures at UNC on Tuesday evenings (Cedars bus to campus) and discussions the following Friday mornings at 10:30am in the Cedars Cardroom. You may attend the lecture, the discussion group only, or both lecture and discussion group, as you wish. **Sign up authorizes us to purchase your briefing book (\$29, only one per couple is required) which will reserve your seat at the table in the Cardroom.** Sign up at the Concierge Desk beginning December 3, deadline December 20. Maximum 25 people.

## Kudos to...

- ☞ All Cedars Members who contributed to the Employee Appreciation Fund
- ☞ The Employee Appreciation Fund Committee for all their hard work raising donations
- ☞ All the Members involved in organizing and participating in the Annual Scholarship Benefit
- ☞ The Cedars Singers Choral Group for their *Songs for the Holidays* performance
- ☞ John Neter for his Armchair Travel *Visit to Spain* presentation
- ☞ William Reppy and Juli Tenney for introducing the film *Brainstorm*
- ☞ Hope Council and friends for decorating the Clubhouse for Christmas

## Current DuBose Art Gallery Exhibition



Come see the beautiful  
paintings by Shirley Little!

## 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

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

Puzzle by websudoku.com



# • • • • • CEDARS *Cinema* • • • • •

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

## ***Solo: A Star Wars Story***

Tuesday, December 4 & Saturday, December 8,  
7:45pm • Sunday, December 9, 3pm • PG-13  
Set before the original “Star Wars”  
trilogy, this intergalactic prequel  
chronicles the early exploits of  
roguish young Han Solo and his  
shaggy sidekick, Chewbacca.

Starring Alden Ehrenreich, Woody  
Harrelson and Emilia Clarke. (2018)

## ***A New Leaf***

Wednesday, December 5 & Friday, December 7,  
7:45pm • Saturday, December 8, 3pm • G  
Self-centered playboy Henry Graham  
schemes to marry a wealthy woman,  
and then kill her. But when his new  
bride proves to be an innocent klutz,  
Henry starts to dispose of his self-  
serving ways instead of his wife.

Starring Walter Matthau and Elaine  
May. (1971) SUBTITLES NOT PROVIDED

## ***Father of the Bride***

Tuesday, December 11 & Saturday, December 15,  
7:45pm • Sunday, December 16, 3pm • PG  
Steve Martin is George Banks, who  
has a hard time letting go of his  
daughter when she unexpectedly  
announces her plans to wed. Starring  
Steve Martin, Diane Keaton and  
Kimberly Williams-Paisley. (1991)  
SUBTITLES NOT PROVIDED

## ***Christopher Robin***

Wednesday, December 12 & Friday, December 14,  
7:45pm • Saturday, December 15, 3pm • PG  
Long after growing up in the  
Hundred Acre Wood with Winnie  
the Pooh, an older and more somber  
Christopher Robin returns to his  
youthful playground and looks to his  
furry companion for help in restoring  
his imagination. Starring Ewan  
McGregor and Hayley Atwell. (2018)

## ***Puzzle***

Tuesday, December 18 & Saturday, December 22,  
7:45pm • Sunday, December 23, 3pm • R  
While leading an empty suburban

existence, Agnes discovers she has a  
rare talent for solving jigsaw puzzles.  
Before long, her hobby provides  
an entrée into a new life through  
the world of competitive puzzling.  
Starring Kelly Macdonald and Irrfan  
Khan. (2018)

## ***Love Actually***

Wednesday, December 19 & Friday, December 21,  
7:45pm • Saturday, December 22, 3pm • R  
Writer-director Richard Curtis’s  
charming treatise on romance and  
relationships is an all-star ensemble  
comedy that tells 10 separate (but  
intertwining) London love stories,  
leading up to a spirited climax on  
Christmas Eve. Starring Hugh Grant,  
Emma Thompson, Colin Firth, Liam  
Neeson, and Laura Linney. (2003)

## ***Chicago***

Tuesday, December 25 & Saturday, December 29,  
7:45pm • Sunday, December 30, 3pm • PG-13  
Roxie hungers for stardom but ends  
up in the slammer, where superstar  
Velma is doing time for shooting her  
cheating husband. When Velma’s  
lawyer makes Roxie a tabloid  
sensation, he sets up a musical  
catfight between the rivals. Starring  
Renée Zellweger, Catherine Zeta-  
Jones, and Richard Gere. (2002)  
SUBTITLES NOT PROVIDED

## ***Mamma Mia! Here We Go Again***

Wednesday, December 26 & Friday, December 28,  
7:45pm • Saturday, December 29, 3pm • PG-13  
In this sun-soaked sequel, a pregnant  
Sophie (Donna’s daughter) is  
now running the family villa on  
Kalokairi and worried about facing  
motherhood minus her mom’s  
guidance. But Donna’s best friends  
reassure Sophie with tales about  
Donna’s experiences. Starring Pierce  
Brosnan, Christine Baranski, and  
Colin Firth. (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

Mon 2:00 **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

### 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

### Garden Plots

Katherine Bick 910-512-5347

### 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 12:30 **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, December 1, 15 & 29, 11am  
Library

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

### Great Books

Monday, December 10,  
2pm Classroom

*Passing*

by Nella Larsen



## ANNOUNCEMENTS

### Jewelry Repair with

**Eva Mogenson**

Friday, December 14, 1-2pm Art Studio

### Walk with a Doc

Saturday, December 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.

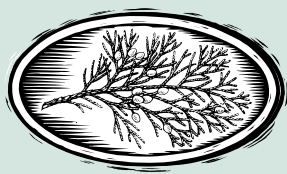
### Channel 24 Replays Schedule

- ☞ 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

John and Lucy Aldridge  
329 Cedar Club Circle

Duane and Sally Bartholomew  
712 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>
12/1	Saturday	Messiah at Duke Chapel	1pm	Lobby
12/2	Sunday	Hannukkah begins at Sundown		
12/3	Monday	NC Author Series with Art Chansky	3pm	Ballroom
12/4	Tuesday	Duke Chorale Christmas Concert at Duke Chapel	6pm	Lobby
12/5	Wednesday	Duke Symphony Orchestra at Baldwin Auditorium	7pm	Lobby
12/6	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
12/6	Thursday	Armchair Travel— <i>Visit to Spain</i> with John Neter	3pm	Ballroom
12/6	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
12/6	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
12/7	Friday	Let's Talk Cinema— <i>Stories We Tell</i>	2pm	Ballroom
12/9	Sunday	Cedars 14th Annual Scholarship Benefit	10am	Clubhouse
12/10	Monday	Popcorn and a Movie— <i>Crazy Rich Asians</i>	3pm	Ballroom
12/13	Thursday	Cedars University <i>Lost Worlds of South America</i>	11am	Ballroom
12/13	Thursday	Raleigh Flute Choir	7:30pm	Ballroom
12/14	Friday	Holiday Shopping at Brightleaf Square	10am	Lobby
12/14	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
12/15	Saturday	The Metropolitan Opera— <i>La Traviata</i>	12:15pm	Lobby
12/17	Monday	<i>Brainstorm</i> with Bill Reppy and Juli Tenney	3pm	Ballroom
12/19	Wednesday	<i>Songs for the Holidays</i> (2 shows) with The Cedars Singers	2pm & 4pm	Ballroom
12/20	Thursday	Cedars University <i>Lost Worlds of South America</i>	11am	Ballroom
12/25	Tuesday	Christmas		
12/27	Thursday	Cedars University <i>Lost Worlds of South America</i>	11am	Ballroom
12/27	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
12/31	Monday	New Year's Eve Roaring 20's Party	4:30pm	Upstairs Lobby