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The Cedars Post

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The Cedars Post is a monthly publication of The Cedars of Chapel Hill Club, Inc. • 100 Cedar Club Circle Chapel Hill NC 27517 • 919-259-7000

Bladen and Avery

by Kathy Burk



This is a continuation of a series of articles on the North Carolina counties after which The Cedars' buildings are named. North Carolina has 100 counties—one of those facts you learn if you or your children went to elementary school here. Each of the villas and verandas is named after a county. Previous articles have covered Burke through Moore. Bladen is the 400 Villa and Avery the 500 Veranda.

Bladen, in the Coastal Plain, was formed in 1734 from New Hanover County. It's named for Martin Bladen, a member of both the Irish and English Houses of Commons, a Comptroller of the Royal Mint, and a Commissioner of the Board of Trade and Plantations. The county seat is Elizabethtown, established in 1773, and named either after Queen Elizabeth I or the "sweetheart" of the man who owned the land on which the town was built. It contains the coastal towns of Carolina Beach, Kure Beach, and Wrightsville Beach.

Bladen contains a large number of Carolina Bays, including White Lake and Jones Lake. These are large, shallow elliptical depressions with raised rims. Some contain water and some are bogs or pocosins filled with shrubby plants growing on peat mats. The long axis of the ellipses are all oriented NW to SE. Although, of course people realized there were lakes, the overall similarity of shape and orientation was not discovered until aerial photographs were being taken of farmland. It's still a mystery as to how the Carolina Bays were formed. One theory involves a comet colliding with Earth near the Great Lakes region but that has its detractors.

Avery County doesn't have anything as unexplained as the Carolina Bays. It is a small county in the "High Country" bordering on Tennessee, and contains Grandfather Mountain (Highland Games), Linville Caverns, and Beech Mountain. Avery was formed in 1911 from parts of Mitchell, Caldwell, and Watauga Counties and is the 100th and last county. The earliest people were the Cherokee.

It is named after Colonel Waightstill Avery, a Revolutionary War officer and the first Attorney General of North Carolina. Newland, the county seat at 3589 feet, is the highest county seat in the eastern US. Other communities are Banner Elk (home of Lees-McRae College) and Linville.

Besides tourism, a significant industry in the county is growing Christmas trees, particularly Fraser Firs, which incidentally, is the official NC state Christmas tree. Who knew?

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 *Carmen*

at Silverspot Cinema
Saturday, February 2, 12:15pm Lobby

The Simon & Garfunkel Story

at DPAC
Monday, February 4, 6:30pm Lobby

NC Symphony at UNC Memorial Hall

Thursday, February 7, 6:45pm Lobby

The Beautiful Brain: The Drawings of Santiago Ramón y Cajal

at the Ackland Art Museum
Friday, February 8, 10am Lobby

Carolina Ballet

Saturday, February 9, 1pm Lobby

Great Decisions Lecture

at Carroll Hall
Tuesday, February 12, 6:30pm Lobby

Chamber Orchestra of the Triangle

Sunday, February 17, 2pm Lobby

Great Decisions Lecture

at Carroll Hall
Tuesday, February 19, 6:30pm Lobby

NC Symphony at UNC Memorial Hall

Thursday, February 28, 6:45pm Lobby

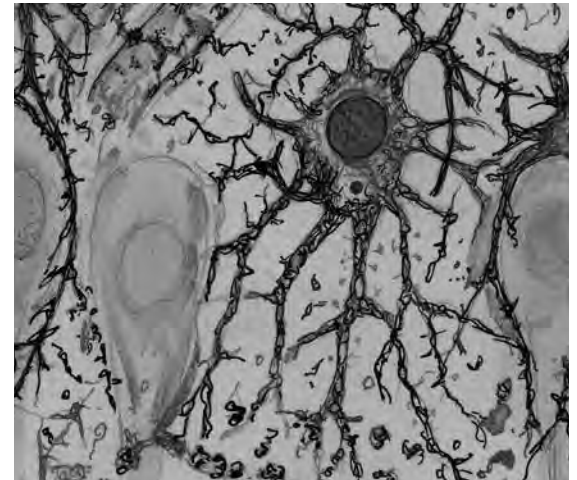
Beyond the Cedars

The Beautiful Brain: The Drawings of Santiago Ramón y Cajal

at the Ackland Art Museum
Friday, February 8, 10am Lobby

Santiago Ramón y Cajal's drawings of the brain are both aesthetically astonishing and scientifically significant. *The Beautiful Brain: The Drawings of Santiago Ramón y Cajal* is the first museum exhibition to present these amazing works within their historical context.

Scientists throughout the world know Cajal (1852–1934) as the father of the study of the structure and function of the brain—i.e., modern neuroscience. One of his most important discoveries was that individual cells called neurons make up the brain (most late-19th century scientists believed that the brain was a continuous, interconnected network). All research on the brain and brain-related diseases such as Parkinson's and Alzheimer's are based on Cajal's concept of the structure of the brain. Neuroscientists consider Cajal as crucial to their discipline as Albert Einstein is to physics. In 1906, Cajal was awarded the Nobel Prize for his work on brain structure. "...one of the most unusual, ravishing exhibitions of the season." — Roberta Smith, *The New York Times* Sign up at the Concierge Desk beginning February 1, deadline February 6. Cost: \$4 for transportation. Minimum 6 people, maximum 20 people.



The Metropolitan Opera—*La Fille du Régiment*

at Silverspot Cinema
Saturday, March 2, 12:15pm Lobby



Tenor Javier Camarena and soprano Pretty Yende team up for a feast of bel canto vocal fireworks—including the show-stopping tenor aria "Ah! Mes amis," with its nine high Cs. Alessandro

Corbelli and Maurizio Muraro trade off as the comic Sergeant Sulpice, with mezzo-soprano Stephanie Blythe as the outlandish Marquise of Berkenfield. Enrique Mazzola conducts. Sign up at the Concierge Desk beginning February 1, deadline February 25. Cost: \$29 for ticket and transportation. Maximum 16 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.

Hill Hall, Moeser Auditorium, UNC
919-843-3333, Chapel Hill

Spectrum Concert Celebrating Music Dept.'s 100th birthday. Wide variety of musical offerings/ensembles. Sat. 2/2, 7:30pm

Wild Up LA group creates communal concert; music from ancient India, contemporary California, post-war NY. You can join in impromptu choir, march, chant. Mon. 2/4, 7:30pm

Valentine's Jazz Concert students from Duke, NCCU, UNC Sun. 2/10, 3pm

UNC Symphony Orchestra w/concerto winners: clarinet, soprano. Debussy. Donizetti
Thurs. 2/21, 7:30pm

DPAC
919-684-6402, Durham

Mandolin Orange NC singer/songwriter & multi-instrumentalist duo with growing national following. Fri. 2/1, 9pm

Baldwin Auditorium, Duke
919-968-4444

Schumann Quartet 3 Schumann brothers who played together since childhood, + bright young European violist. Once declared "among the best quartets in the world." Schubert & Ives. Sat. 2/2, 8pm

Danil Trifonov, piano Beethoven, Schumann, Prokofiev Tues. 2/5, 8pm

Steven Isserlis & Robert Levin Pianist & cellist known for imaginative cadenzas. 3 Beethoven Sonatas, 1 Beethoven Variations on Mozart's Papageno's aria from Magic Flute! Sat. 2/23, 8pm

PNC Arena
919-929-2787, Raleigh

Cirque du Soleil Corteo Newly-built stage brings audience closer to performers. 260 costumes, 51 acrobats, musicians, singers, actors. Thurs. 2/7-Sun. 2/10, varying times

Carolina Theater
919-560-3030, Durham

Varsity Vocals International Championship of A Cappella Sat. 2/2, 7pm

Johnny Cash At San Quentin: Johnny Folsom 4 & Friends 50th anniversary theatrical re-creation of Live At San Quentin
Thurs. 2/21, 8pm



Great Decisions Program

Great Decisions is America's largest discussion program on world affairs. The name is shared by a national civic education program, briefing book and television series administered and produced by the Foreign Policy Association. The Great Decisions program highlights eight of the most thought provoking foreign policy challenges facing Americans each year. Great Decisions provides background information, current data and policy options for each issue and serves as the focal text for discussion groups. The lectures will be held at Carroll Hall on the UNC campus, departing the Cedars at 6:30pm. **Sign up at the Concierge Desk for each lecture you'd like to attend, deadline 48 hours before each lecture.** Cost: \$4 for transportation.

Nuclear Negotiations: Back to the Future?February 12

The Middle East: Regional DisorderFebruary 19

The State of the State Department March 5

Cyber Conflicts and GeopoliticsMarch 19

U.S.–China Trade RelationsMarch 26

The U.S. and Mexico: Partnership Tested..... April 9

Sudoku Puzzle

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating: Easy

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

Puzzle by websudoku.com

February Birthdays

James Ackerman	2
Leona Whichard	3
Fred Councill	4
Nancy Meyer	4
Nancy Lebo	5
John Neter	8
Ruby Coley	8
Carol Sikes	8
Linda Prillaman	8
Carma Burton	9
Ellen Herron	9
Chris Angus	12
Mattie Clarke	12
Ray White	13
Robert Bolton	15
Carla Jenkins	16
Norma Sims	17
George Huba	19
Diana Houston	19
Herbert Cooper	21
Susan Ehringhaus	21
Horace Swift	21
Molly Broad	22
Sally Sullivan	23
Robert Nenninger	24
Shirley Angus	24
Grace Maurer	25
Bhavani Sodhi	25
Vic Minton	25
Ronald Link	27
Babette Blaug	27
Ross Baker	28
Shirley Rigsbee	28

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

2018 Celebration of Life Service

Friday, February 1, 3pm Ballroom

Please join us as we remember and celebrate Cedars Members that we lost in 2018.



Popcorn and a Movie—*Tea with the Dames*

Thursday, February 7, 3pm Ballroom



What happens when four legends of British stage and screen get together? Dame Maggie Smith, Dame Judi Dench, Dame Eileen Atkins, and Dame Joan Plowright are among the most celebrated actresses of our time, with scores of iconic performances, decades of wisdom, and innumerable Oscars, Tonys, Emmys, and BAFTAs between them. They are also longtime friends who hereby invite you to join them for a weekend in the country as they catch up with one another, reminisce, and share their candid, delightfully irreverent thoughts on everything from art to aging to love to a life lived in the spotlight. Bursting with devilish wit and whip-smart insights, *Tea with the Dames* is a remarkable opportunity to spend time in the company of four all-time greats—up close and unfiltered. (2018)



Valentine's Day Celebration

with Jennifer Curtis and Rob Rempher, Violinists

Thursday, February 14, 5-7pm Dining Rooms

Enjoy an elegant dinner while listening to the sounds of violinists Jennifer Curtis and Rob Rempher. *The New York Times* described violinist Jennifer Curtis's second solo concert in Carnegie Hall as "one of the gutsiest and most individual recital programs." She was celebrated as "an artist of keen intelligence and taste, well worth watching out for." Rob Rempher has been a member of the Chattanooga Symphony, Kalamazoo Symphony, Southwest Michigan Symphony, and Garden State Philharmonic as well as having played with the South Bend Symphony, Greater Lansing Symphony, Battle Creek Symphony, Greater Bridgeport Symphony, and New Rochelle Opera. Since moving to North Carolina in 2007, Mr. Rempher has been an active chamber musician as well as playing regularly with the NC Opera.

Robert Griffin—Jazz Pianist
Thursdays, February 7 & 28, 5pm Dining Lobby



Richard Tazewell—Pianist
Friday, February 15, 5pm Dining Lobby

Beyond Broadway Studio's Company Troupe Presents Selections from *The Greatest Showman*

Sunday, February 24, 3pm Ballroom

Beyond Broadway Studio's Company Troupe presents selections from *The Greatest Showman*, a movie musical that came out in 2017 about the life of PT Barnum. Students will be singing and dancing to a variety of songs from movie musicals that celebrate marching to your own drum and being true to yourself! Some songs include: "The Greatest Show," "This Is Me," "Over The Rainbow," "Try Everything," "Faith," "Time Warp" and other inspiring anthems. Beyond Broadway Studio's Company Troupe is composed of 32 students from 5th through 8th grade who have a strong desire to be on stage, building their own confidence and performance skills while bringing joy to others.

Chili Cook-Off

Thursday, February 28, 3pm DuBose Health Center

DuBose is hosting a chili cook-off with staff and Members on National Chili Day. Members and staff will get to sample and vote for their favorite chili. A trophy will be awarded to the winner!



The Cedars Singers holiday concert

Great Get-Aways

- ❖ *Boeing, Boeing*
Temple Theater, Sanford, NC
February 15
- ❖ *Mardi Gras in Lafayette, LA*
March 4-7
- ❖ *Big River*
Temple Theater, Sanford, NC
March 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.

Kudos to...

- ❧ Phil Purcell for his Armchair Travel presentation on China
- ❧ John Neter for his Armchair Travel *Visit to Spain* lecture
- ❧ Carolyn Taff for putting together the Arts Alerts column each month and for recommending the DPAC outing *The Simon and Garfunkel Story*
- ❧ Davis Bingham, Suzanne Bullock, Joy Douglas and Tom Clegg for their participation in the 2018 Celebration of Life Service

February 2019

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

2/1 Friday



8:45am Water Exercise **P**

9am Ping Pong **B**

9:45am Water Exercise **P**

10:30am Great Decisions Discussion **CR** 

11am Pilates, Strength and Stretch Class **B**

11:30am Aquatic Therapy **P**  

1pm Party Bridge **CR**

3pm 2018 Celebration of Life **B**

4:30pm Happy Hour **Bar**

7:45pm Cedars Cinema CHANNEL 24

2/2 Saturday

9am Ping Pong **B**

9am Cribbage **CL**

12:15pm Met Opera **LB** 

3pm & 7:45pm Cedars Cinema CHANNEL 24

2/3 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

2/4 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**

6:30pm The Simon & Garfunkel Story at DPAC **LB** 

2/5 Tuesday

8:45am Cardio and Core **B**

9:45am Sit and Be Fit **B**

11:30am Aquatic Therapy **P**  

1pm Golf Croquet **GL**

2pm Mah Jongg **CR**

3pm Armchair Travel China 2018 with Phil Purcell **B**

4:30pm Tap Lessons **B**

7:45pm Cedars Cinema CHANNEL 24

2/6 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

2/7 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 Popcorn and a Movie—Tea with the Dames **B**

4pm Scrabble **CR**

5pm Robert Griffin—Jazz Pianist **DL**

6:45pm NC Symphony at UNC **LB** 

2/8 Friday

8:45am Water Exercise **P**

9am Ping Pong **B**

9:45am Water Exercise **P**

10am The Beautiful Brain at the Ackland **LB** 

11am TGIF Class **B**

11:30am Aquatic Therapy **P**  

1pm Jewelry Repair **S**

4:30pm Happy Hour **Bar**

7:45pm Cedars Cinema CHANNEL 24

2/9 Saturday

9am Ping Pong **B**

9am Cribbage **CL**

11am Accessing UNC Libraries

1pm Carolina Ballet **LB** 

3pm & 7:45pm Cedars Cinema CHANNEL 24

2/10 Sunday

3pm Classical Concert Series **B** 

3pm & 7:45pm Cedars Cinema CHANNEL 24

2/11 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 Armchair Travel Visit to Spain with John Neter **B**

2/12 Tuesday

8:45am Cardio and Core **B**

9:45am Sit and Be Fit **B**

11:30am Aquatic Therapy **P**  

1pm Golf Croquet **GL**

2pm Mah Jongg **CR**

4:30pm Line Dancing **B**

5pm Ballroom Dance Group **B**

6:30pm Great Decisions Lecture **LB** 

7:45pm Cedars Cinema CHANNEL 24

2/13 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

2/14 Thursday



Valentine's Day

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 *Valentine's Day with Jennifer Curtis and Bob Rempher—Violinists* **DL**

2/15 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
10:30am *Great Decisions Discussion* **CR** 📖
11:30am Aquatic Therapy **P** 📖 ❖
4:30pm Happy Hour **Bar**
5pm *Richard Tazewell—Pianist* **DL**
7:45pm Cedars Cinema **CHANNEL 24**

2/16 Saturday

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

2/17 Sunday

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

2/18 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 *Advice on Buying New Technology with Tech Team* **B**

2/19 Tuesday

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

11:30am Aquatic Therapy **P** 📖 ❖

1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
4:30pm Tap Lessons **B**
6:30pm *Great Decisions Lecture* **LB** 📖
7:45pm Cedars Cinema **CHANNEL 24**

2/20 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**

2/21 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 *Let's Talk Cinema— Picnic at Hanging Rock with Linda Luftig* **B**
4pm Scrabble **CR**

2/22 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am *Great Decisions Discussion* **CR** 📖
11am Pilates, Strength and Stretch Class **B**
11:30am Aquatic Therapy **P** 📖 ❖
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

2/23 Saturday

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

2/24 Sunday

3pm *Beyond Broadway Studios* **B**
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

2/25 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**

2/26 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Aquatic Therapy **P** 📖 ❖
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
4:30pm Line Dancing **B**
5pm Ballroom Dance Group **B**
7:45pm Cedars Cinema **CHANNEL 24**

2/27 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**

2/28 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**
6:45pm *NC Symphony at UNC* **LB** 📖



The Concerto

Taught by

Professor Robert Greenberg,

Ph.D., San Francisco

Performances

Thursdays thru May 2, 11am Ballroom

Ready for thrills? A concerto is exciting in ways that no other instrumental music can match. Where a symphony enralls us with themes that are contrasted, varied, transformed, and developed, a concerto adds the extra dimension of human drama—the exhilaration of a soloist or group of soloists ringing forth against the mass of the orchestra.

Little wonder, then, that the concerto grew out of the same musical setting in 17th-century Italy that gave birth to opera. And like opera, the concerto is a vehicle for the depiction of every human emotion and relationship imaginable, from the gentlest and most tender to the most violent and confrontational, and everything in between.

In this series of 24, 45-minute lectures, Professor Robert Greenberg gives you a guided tour of the concerto from its conception as a child of Renaissance ideals, through its maturation in the Classical age, its metamorphosis in the Romantic era, and its radical transformation in the 20th century. The course closes with a look into the future at concerto composers who are now in mid-career and poised to carry this vibrant musical tradition well into the 21st century.

LEARNING OPPORTUNITIES



Armchair Travel—China 2018

with Phil Purcell

Tuesday, February 5, 3pm Ballroom

China is rapidly changing! Come see a tourist's view of today's China and some of the many changes from the China of thirty years ago. Join Phil Purcell for a slideshow of his visits to China this past April and in 1988. High rise buildings and massive infrastructure now abound in Beijing, Xian, Chengdu, Chongqing, and Shanghai. Airports are huge, skyscrapers are everywhere, highways are wide and bullet trains are common. The Great Wall, the pandas and the terra cotta warriors are all still there as you will see; however, changes have occurred there too. **Refreshments will be served following the program along with a Chinese themed dinner that evening.**

Armchair Travel—Visit to Spain

with John Neter

Monday, February 11, 3pm Ballroom (*rescheduled from December*)

The 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.

Advice on Buying New Technology

with Tech Team

Monday, February 18, 3pm Ballroom

Do you have an old computer that needs upgrading? Are you thinking about buying a tablet or smartphone? Are you having trouble deciding what type of technology to purchase? This lecture is perfect for you! It will go over the key questions you need to ask yourself to make an informed decision. You will leave with a better understanding of the available options, the positives and negatives, and a general idea of what piece of technology is perfect for you. Email us before the class at techteamnc@gmail.com to let us know if you have any specific questions or things you would like covered. You can also call us at (919) 903-7060.

Let's Talk Cinema—Picnic at Hanging Rock, 1975

Film and discussion led by

Linda Luftig

Thursday, February 21, 2pm Ballroom

We welcome you if you enjoy talking about movies, or if you prefer just to listen. Peter Weir directs one of the most hauntingly beautiful mysteries ever created on film. A classic of Australian cinema. A group of young women from a formal boarding school in Australia go on an outing to an ancient geological formation on Valentine's Day, 1900. Four wander off; three vanish forever. An impressionist poem to lost innocence. One of

the best films to emerge from the Australian New Wave Movement. Compare to Amazon Prime's new six-part series by the same name, now streaming.

Collage Workshop

with Member Sally Bartholomew and her daughter Jody Bartholomew
Friday, March 1, 9am Art Studio

Tear, glue, paint, scribble, repeat. Sound like fun? Enjoying the process is the goal of this three-hour collage workshop. Guidance, supplies and some examples will be on hand; bring your creative ideas,

positive attitude and apron. For more details call or dine with Sally Bartholomew at 808-395-3317. Sign up at the Concierge Desk beginning February 1, deadline February 22. Maximum 10 people. No charge for the workshop.



CEDARS FITNESS

Why Good Posture Matters

“Stand up straight.” That’s timeless advice we’ve probably all heard at one time or another. It’s worth heeding. Good posture is important to balance: by standing up straight, you center your weight over your feet. This also helps you maintain correct form while exercising, which results in fewer injuries and greater gains.

Not an athlete? It still pays to have good balance. Just walking across the floor or down the block requires good balance. So does rising from a chair, going up and down stairs, toting packages and even turning to look behind you.

Poor posture isn’t necessarily a bad habit, either. Physical reasons for poor posture include:

- ❖ Inflexible muscles that decrease range of motion (how far a joint can move in any direction). For example, overly tight, shortened hip muscles tug your upper body forward and disrupt your posture. Overly tight chest muscles can pull your shoulders forward.

- ❖ Muscle strength affects balance in a number of ways. The “core muscles” of the back, abdominals

and pelvis form a sturdy central link between your upper and lower body. Weak core muscles encourage slumping, which tips your body forward and thus off balance. Strong lower leg muscles also help keep you steady when standing.

The good news: You can improve your posture with a few simple exercises. Balance-specific workouts address posture and balance problems with exercises that build strength where it counts and stretches that loosen tight muscles. And increasing core strength and flexibility can help you improve your posture noticeably.

Good posture means:

- ❖ chin parallel to the floor
- ❖ shoulders back and down
- ❖ abdominal muscles braced
- ❖ hips and knees even and pointing straight ahead
- ❖ body weight distributed evenly on both feet

—Source: Harvard Health Publishing

There are many opportunities to improve your posture here at The Cedars, including group exercise classes, workouts in the fitness room and physical therapy. Contact Julie Hardison, Fitness Coordinator, at 919-259-7922 with questions.

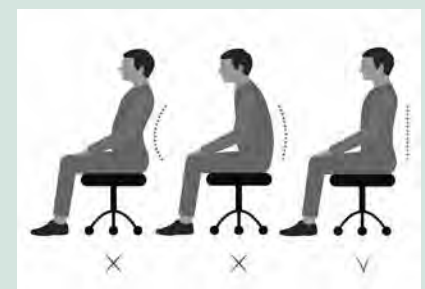
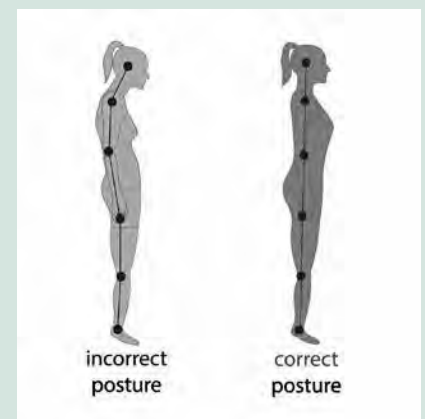
ANNOUNCEMENTS

2018-19 Classical Concert Series

Sunday, February 10, 3pm
Ballroom



We are fortunate to welcome back the renown Vega String Quartet. In Residence at Emory University since 2006, the ensemble has performed widely throughout North America and Europe and been frequent guests at well-known music festivals. Subscribers, don’t miss the opportunity to hear this outstanding ensemble. Call Connie Eby at 919-259-7808 if you have questions.





• • • • • CEDARS *Cinema* • • • • •

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

The Old Man & The Gun

Tuesday, February 5 & Saturday, February 9, 7:45pm • Sunday, February 10, 3pm • PG-13
Based on the true-life exploits of bank robber Forrest Tucker, this serio-comic tale recounts his daring escape from prison at age 70 and the long string of heists that preceded the bandit's final arrest at age 78. Starring Robert Redford, Casey Affleck and Danny Glover. (2018)

The African Queen

Wednesday, February 6 & Friday, February 8, 7:45pm • Saturday, February 9, 3pm • NR
Charlie Allnut (Humphrey Bogart), the booze-guzzling, rough-hewn captain of a broken-down East African riverboat, teams with a straitlaced, iron-willed missionary (Katharine Hepburn) to take on a menacing German gunboat during World War I. (1951)

Shakespeare in Love

Tuesday, February 12 & Saturday, February 16, 7:45pm • Sunday, February 17, 3pm • NR
Young Shakespeare (Joseph Fiennes) is forced to stage his latest comedy before it's even written. When a noblewoman (Gwyneth Paltrow) auditions for a role, they fall into forbidden love—and his play finds a new life. As their relationship progresses, Shakespeare's comedy soon transforms into tragedy. (1998)

The Wife

Wednesday, February 13 & Friday, February 15, 7:45pm • Saturday, February 16, 3pm • R
Great artists' spouses often sacrifice their dreams for their mates' careers, and Joan Castleman, a gifted writer, is no exception. But with hubby about to receive the Nobel Prize for Literature, Joan's long-simmering resentment begins to emerge. Starring Glenn Close and Jonathan. (2018)

Calamity Jane

Tuesday, February 19 & Saturday, February 23, 7:45pm • Sunday, February 24, 3pm • NR
Calamity Jane (Doris Day) is as hard-riding and handy with a gun as any man in Deadwood. When best buddy Wild Bill Hickock (Howard Keel) bestows his affections on a more feminine member of their show troupe, the friends begin to feud...and then fall in love. (1953)

First Man

Wednesday, February 20 & Friday, February 22, 7:45pm • Saturday, February 23, 3pm • PG-13
When America needed a hero, Neil Armstrong stepped up to the plate, becoming the first person to walk on the moon. This absorbing biopic recounts his extraordinary journey and the sacrifices demanded of him along the way. Starring Ryan Gosling and Claire Foy. (2018)

John McEnroe: In the Realm of Perfection

Tuesday, February 26 & Saturday, March 2, 7:45pm
Sunday, March 3, 3pm • NR
Though John McEnroe was the No. 1 tennis player of his day, he never won the French Open. Director Julien Faraut uses the toughest of those losses—to Ivan Lendl in 1984—to anchor this cinematic study of McEnroe's wily game and notorious anger. With John McEnroe and Mathieu Amalric. (2018)

Love, Gilda

Wednesday, February 27 & Friday, March 1, 7:45pm
Saturday, March 2, 3pm • NR
Much-loved comedienne Gilda Radner, who succumbed to cancer at age 42, left behind a wealth of audiotapes, videos and personal diaries, all of which provide an endearing cinematic portrait of her in this affecting documentary. With Gilda Radner, Chevy Chase and Melissa McCarthy. (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**

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

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, February 9 & 23, 11am Library

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

Great Books

Monday, February 11, 2pm Classroom

A Lady with a Dog

by Anton Chekov

ANNOUNCEMENTS

Jewelry Repair with

Eva Mogenson

Friday, February 8, 1-2pm Art Studio

Walk with a Doc

Saturday, February 16, 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.



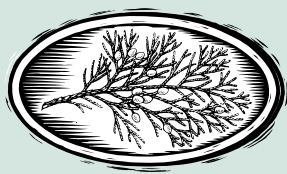
New Move Ins

Mattie Clarke and
Dorsey Whitehead
421 Cedars Berry Lane

Horace and Betty Swift
437 Cedar Club Circle

Channel 24 Replays Schedule

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



In-House TV..... Channel 24
 Reception..... 919-259-7000
 Concierge..... 919-259-7937
 Fax..... 919-259-7001
 Spa & Salon..... 919-259-7940
 Dining Reservations..... 919-259-7932
 Work Orders..... 919-259-7918
 Security..... 919-883-7666

Editor..... Laura Booker
 919-259-7944

Graphic Designer.....Debb Hepp
 919-260-4495

CALENDAR *at a Glance*

<i>date</i>	<i>day</i>	<i>activity</i>	<i>time</i>	<i>location</i>
2/1	Friday	2018 Celebration of Life	3pm	Ballroom
2/2	Saturday	The Metropolitan Opera— <i>Carmen</i>	12:15pm	Lobby
2/4	Monday	<i>The Simon & Garfunkel Story</i> at DPAC	6:30pm	Lobby
2/5	Tuesday	<i>Armchair Travel—China 2018</i> with Phil Purcell	3pm	Ballroom
2/7	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
2/7	Thursday	Popcorn and a Movie <i>Tea with the Dames</i>	3pm	Ballroom
2/7	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
2/7	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
2/8	Friday	<i>The Beautiful Brain: The Drawings of Santiago Ramón y Cajal</i> at the Ackland Art Museum	10am	Lobby
2/9	Saturday	Carolina Ballet	1pm	Lobby
2/10	Sunday	2018-19 Classical Concert Series	3pm	Ballroom
2/11	Monday	<i>Armchair Travel—Visit to Spain</i> with John Neter	3pm	Ballroom
2/12	Tuesday	Great Decisions Lecture	6:30pm	Lobby
2/14	Thursday	Cedars University <i>The Concerto</i>	11am	Ballroom
2/14	Thursday	Valentine’s Day Celebration with Jennifer Curtis and Rob Rempher—Violinists	5pm	Dining Rooms
2/15	Friday	Great Decisions Discussion	10:30am	Cardroom
2/15	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
2/17	Sunday	Chamber Orchestra	2pm	Lobby
2/18	Monday	<i>Advice on Buying New Technology</i> with Tech Team	3pm	Ballroom
2/19	Tuesday	Great Decisions Lecture	6:30pm	Lobby
2/21	Thursday	Cedars University <i>The Concerto</i>	11am	Ballroom
2/21	Thursday	Let’s Talk Cinema <i>Picnic at Hanging Rock</i> with Linda Luftig	2pm	Ballroom
2/22	Friday	Great Decisions Discussion	10:30am	Cardroom
2/24	Sunday	Beyond Broadway Studio’s Company Troupe Presents Selections from <i>The Greatest Showman</i>	3pm	Ballroom
2/28	Thursday	Cedars University <i>The Concerto</i>	11am	Ballroom
2/28	Thursday	Chili Cook-Off	3pm	DuBose
2/28	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
2/28	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby