



January 2019 • VOLUME 16 • ISSUE 1

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

The Mystery of the...Appearing Lawn Furniture!

by Stan Friedland

In mid-November, some new and attractive teak benches, tables and chairs began to appear, unannounced, on our great lawn. Where had they come from? Who had replaced the old furniture? The investigative unit of *The Cedars Post* was activated and the answer to this mystery is now revealed, and it also is at the very core of The Cedars itself!

The Building and Grounds Committee, under the able leadership of Ellen Herron, had made a recommendation to replace the old lawn furniture. Since it was a bit on the pricey side, Jim Howard volunteered to assemble the furniture, and Ellen volunteered her garage to be the delivery point. These two offers would save The Cedars thousands of dollars. Proposal approved!

The garage was filled with some 41 large cartons, compelling even the intrepid Ellen to think, "Wow, what have I gotten myself into?" This notice appeared in *Chit Chat*: "Volunteers wanted to assemble our new furniture." Typical of The Cedars, a merry band of volunteers began to assemble at Ellen's house several times a week. In all, 12 Members spent 70 hours over the span of a month to put together 19 large benches, 2 large storage boxes and 20 other pieces of furniture. Read those numbers again; very impressive!

Each piece required the correct layout, the drilling in of screws, the appliance of glue and the pounding in of glued pegs wiped clean. The Housekeeping Department collected it and replaced the old furniture. The teak pieces appeared, several at a time, much to the surprise and delight of our Members.

The volunteers had a great time during their work sessions. Ellen made sure that everyone had glasses of ice-water and goodies to maintain their energy. Each person did tasks that fit their efficiency levels, and everyone enjoyed the easy-going camaraderie.

These volunteers are: Duane Bartholomew, Nancy Buell, Bob Eby, Charlotte Cooney, Norman Elliott, Don Fang, Carol Fox, Stan Friedland, Dan Herron (Ellen's son), Ellen Herron, Jim Howard, Malcolm Jackson, and Sue Tiedeman. It's an "AOK" line-up, for sure, loaded in acts of kindness and service, making it a project that defines The Cedars very completely!



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:

America's Musical Journey 3D at IMAX Theater in Raleigh and Lunch at The Irregardless Café

Tuesday, January 8, 10am Lobby

NC Symphony at UNC Memorial Hall

Thursday, January 10, 6:45pm Lobby

The Metropolitan Opera *Adriana Lecouvreur*

at *Silverspot Cinema*

Saturday, January 12, 12:15pm Lobby

Great Decisions Lecture at Carroll Hall

Tuesday, January 22, 6:30pm Lobby

PlayMakers Repertory Company

Sunday, January 27, 1:30pm Lobby

NC Symphony at UNC Memorial Hall

Sunday, January 27, 6:45pm Lobby

Great Decisions Lecture at Carroll Hall

Tuesday, January 29, 6:30pm Lobby

Beyond the Cedars



America's Musical Journey 3D at IMAX Theater in Raleigh and Lunch at The Irregardless Café

Tuesday, January 8, 10am Lobby

Narrated by Academy Award® winner Morgan Freeman, *America's Musical Journey* celebrates the unique diversity of cultures and creative innovations that characterize America, as told through the story of its music. The film follows Grammy Award®-nominated singer and songwriter Aloe Blacc as he traces the roots of America's music, following the footsteps of Louis Armstrong through the colorful locales and cultures where America's music was born. Visiting cities such as New Orleans, Chicago, New York City, Nashville, Memphis, Miami and more, audiences will experience uniquely American adventures such as paddle-wheel boating up the Mississippi Delta, flash mob dancing in Chicago and skydiving with Elvis impersonators in scenes shot exclusively for the giant screen. As audiences join Blacc on a joyful, tune-filled tour of the nation's most iconic music cities, they'll discover the unique collision of cultures that gave birth to such electrifying art forms as jazz, the blues, country, rock and roll and hip-hop, culminating in a unique blend of sound, culture and innovation unlike anywhere else in the world. After the movie we'll have lunch at the Irregardless Café. Sign up at the Concierge Desk beginning January 2, deadline January 7. Cost: \$30 for lunch, movie and transportation. Minimum 6 people, maximum 15 people.

The Metropolitan Opera—*Adriana Lecouvreur*

at *Silverspot Cinema*

Saturday, January 12, 12:15pm Lobby

Soprano Anna Netrebko joins the ranks of Renata Tebaldi, Montserrat Caballé, and Renata Scottò, taking on—for the first time at the Met—the title role of the real-life French actress who dazzled 18th-century audiences with her on-and offstage passion. The soprano is joined by tenor Piotr Beczala as Adriana's lover, Maurizio. The principal cast also features mezzo-soprano Anita Rachvelishvili and baritone Ambrogio Maestri. Gianandrea Noseda conducts. Sir David McVicar's staging, which sets the action in a working replica of a Baroque theater, premiered at the Royal Opera House in London, where the Guardian praised the "elegant production, sumptuously designed... The spectacle guarantees a good night out." Sign up at the Concierge Desk beginning January 2, deadline January 7. Cost: \$29 for ticket and transportation. Maximum 16 people.

The Metropolitan Opera—*Carmen*

at *Silverspot Cinema*

Saturday, February 2, 12:15pm Lobby

Mezzo-soprano Clémentine Margaine reprises her remarkable portrayal of opera's ultimate seductress, a triumph in her 2017 debut performances, with impassioned tenors Yonghoon Lee and Roberto Alagna as her lover, Don José. Omer Meir Wellber and Louis Langrée share conducting duties for Sir Richard Eyre's powerful production, a Met favorite since its 2009 premiere. Sign up at the Concierge Desk beginning January 2, deadline January 27. Cost: \$29 for ticket and transportation. Maximum 16 people.

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.

<i>Refugees and Global Migration</i>	January 22
<i>The Middle East: Regional Disorder</i>	January 29
<i>Nuclear Negotiations: Back to the Future?</i>	February 12
<i>The Rise of Populism in Europe</i>	February 19
<i>The State of the State Department</i>	March 5
<i>Cyber Conflicts and Geopolitics</i>	March 19
<i>U.S.–China Trade Relations</i>	March 26
<i>The U.S. and Mexico: Partnership Tested</i>	April 9



The Employee Appreciation Fund Committee hard at work. A huge thank you for raising \$347,469!



from
Carolyn
Taff
So much
happening,
so close by!

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

Chapel of the Cross, Franklin St.
919-942-7818 • Chapel Hill
Baroque & Beyond All Italian program, baroque instruments & sopranos including our own Florence Peacock! Sun. 1/13, 3pm

Memorial Hall, UNC
919-843-3333 • Chapel Hill
Lucas Debargue, piano
Improvisatory spirit of Baroque & Classical, Chopin, Bach, Beethoven
Fri. 1/11, 8pm
Bela Fleck & Abigail Washburn
Virtuosic/energetic banjo couple
Wed. 1/16, 7:30pm
Los Angeles Master Chorale
Lagrima Di San Pietro, 21 singers, staged madrigals, Tues. 1/22, 7:30pm

Hill Hall, Moeser Auditorium, UNC
919-843-3333 • Chapel Hill
Men's Choral Invitational Fri. 1/11–Sat. 1/12, varying times
The Magic of Mozart flute, clarinet, oboe, violin, viola, cello
Tues. 1/29, 7:30pm

The ArtsCenter
919-929-2787 • Carrboro
The Seashell & The Clergyman
Live film score by Tim Carless combining classic silent film w/original scores, both solo and ensemble Sat. 1/19, 8pm

Carolina Theater
919-560-3030 • Durham
Ladysmith Black Mambazo
Fantastic award-winning South African group, performed & recorded with Paul Simon
Sun. 1/27, 8pm

PNC Arena
919-929-2787 • Raleigh
Cher, Here We Go Again Tour
Sun. 1/27, 7:30pm

Baldwin Auditorium, Duke
919-968-4444 • Durham
Jeremy Denk, piano
Beethoven, Saint-Saens, Mendelssohn, Schumann, Adams
Fri. 1/25, 8pm

January Birthdays

Jean Glover	1
Bonnie Simms	2
Carolyn Lontz	2
Frank Buell	3
Lucy Aldridge	4
Charles Baker	5
Thomas Clegg	6
Natalie Campbell	6
Betsy Terrell	8
Peter Jeffs	9
Patricia Riker	9
Mark Luftig	9
Hope Councill	11
Catherine Holland	11
Kenneth Sewall	11
Dorsey Whitehead	11
Robert Broad	14
Kathleen Leutze	16
Beverly Rutstein	17
Arthur DeBerry	18
Linda Saaremaa	18
Mary Jo Pringle	22
Edith Hamilton	22
Jane Saye	23
Perry Colwell	23
Patsy Pence	27
Kayla Silberberg	28
Marvin Block	29
Kate Green	29
Joyce Hoffman	31
Karen Kilara	31
John Aldridge	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

Jazzbeau

Friday, January 4, 3pm Ballroom

Jazzbeau has been playing locally for over a decade and specializes in classic jazz music from the Great American Songbook written in the 40s, 50s and 60s. JazzBeau is Greg Cagle (cornet and sax), Jeff Elliot (bass), Danny Gotham (guitar), and Lindsay Rosebrock (piano).

Constellation

Friday, January 11, 5pm Cardroom

Join this exciting musical duo of Eric Thomas and Helen Wolfson for Friday Happy Hour. Helen plays the hammered dulcimer and Eric is a singer/songwriter/guitarist. With their distinctive style, they cover a broad range of musical genres, including folk, Celtic, blues, classical and country. The combination of hammered dulcimer, guitar, and vocals is unique and energizing.

Popcorn and a Movie—*Love, Gilda*

Monday, January 28, 3pm Ballroom

In her own words, comedienne Gilda Radner looks back and reflects on her life and career. Weaving together recently discovered audiotapes, interviews with her friends, rare home movies and diaries read by modern day comediennes (including Amy Poehler), *Love, Gilda* offers a unique window into the honest and whimsical world of a beloved performer whose greatest role was sharing her story. With Gilda Radner, Chevy Chase, Bill Hader, Melissa McCarthy, Laraine Newman, and Paul Shaffer.



2018 New Member Welcome Reception

Wednesday, January 30, 4-5pm Ballroom

On behalf of the Members Activities Committee, we cordially invite all Cedars Members to the 2018 New Member Welcome Reception. Whether 2018 was the year you moved to The Cedars, or you have called The Cedars home for many years, we hope everyone will take advantage of this special occasion to meet a new neighbor. All are encouraged and welcome to come enjoy live music, wine and heavy hors d'oeuvres.

Robert Griffin—Jazz Pianist
Thursdays, January 10 & 24, 5pm Dining Lobby



Richard Tazewell—Pianist
Friday, January 18, 5pm Dining Lobby



SAVE THE DATE

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.

CEDARS FITNESS

Maximize your Potential

Is trying a new fitness class or activity on your list of New Year's resolutions? Here are some tips for getting the most out of your workouts:

1. **Arrive on time.** Warming up your muscles gradually increases muscle elasticity and decreases risk of injury during exercise.
2. **Wear proper shoes.** Wearing supportive shoes makes exercising more comfortable and helps to prevent injuries to ankles, knees and hips. Water shoes are highly recommended for pool activities.
3. **Hydrate.** Drink plenty of water before, during and after exercising. Dehydration is a major cause of falls due to the weakness and/or dizziness that it causes.
4. **Modify.** Exercise at your own pace and avoid movements that cause discomfort or pain. Ask your instructor about ways to change exercises so that you can perform them safely and effectively.
5. **Stretch after exercising.** Flexibility helps reduce muscle soreness, prevent injuries, improve posture and balance and allows you to perform daily activities with more ease.



A successful walk for Parkinson's was held November 3, 2018 at Dorothea Dix Park. The BACH Team (Being Active in Chapel Hill) was joined by numerous Cedars Residents. Thank you to all who participated and who donated to the cause. The money raised goes to support numerous local projects such as Pilates, boxing, and music programs, care and research initiatives, and the Movement Disorders Clinics at UNC and Duke.

Great Get-Aways

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

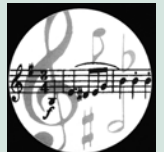
Printed packets for these trips are located in the Cedars Clubhouse flyer holder next to the lower level elevator. Contact Steve Tuten at 919-471-6137 for trip details and pricing.

Kudos to...

- 🌸 Ellen Herron for her *Lewis and Clark Travel Tale* presentation

2018-19 Classical Concert Series


Sunday, January 20, 3pm
Ballroom



The highly recommended violin/piano duo of Rebekah Webb and Emily Russ will perform for us on Sunday, January 20th at 3pm. Both hold Master of Music degrees from UNC-Greensboro and have recorded and performed together throughout the Triangle and Triad areas. Subscribers, please bring your pink pass. Ballroom doors open at 2:30pm. Questions? Call Connie Eby at 919-259-7808 or cteby@mindspring.com.

January 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

1/1 Tuesday



Happy New Year!

All Fitness classes cancelled



1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
7:45pm Cedars Cinema **CHANNEL 24**





1/2 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**

1/3 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**

1/4 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Pilates Strength and Stretch Class **B**
11:30am Aquatic Therapy **P**  
1pm Party Bridge **CR**
3pm Jazzbeau Concert **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

1/5 Saturday

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

1/6 Sunday

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



1/7 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 *Lewis and Clark with Ellen Herron* **B**



1/8 Tuesday


8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
10am *IMAX Theater Trip* **LB** 
11:30am Aquatic Therapy **P**  
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema **CHANNEL 24**

1/9 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**

1/10 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 Rehab Lecture **B**
4pm Scrabble **CR**
5pm *Robert Griffin—Jazz Pianist* **DL**
6:45pm *NC Symphony at UNC* **LB** 

1/11 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
1pm Jewelry Repair **S**
4:30pm Happy Hour **Bar**
5pm *Constellation* **CR**
7:45pm Cedars Cinema **CHANNEL 24**



1/12 Saturday

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



1/13 Sunday

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

1/14 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 *Skin Cancer and You: The Essentials with Drs. Pearlstein and Thomas* **B**

1/15 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 Dancing **B**
7:45pm Cedars Cinema **CHANNEL 24**

1/16 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

1/17 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 *Falconry: The Sport of Kings with Eric Harrold* **B**
4pm Scrabble **CR**

1/18 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 Party Bridge **CR**
4:30pm Happy Hour **Bar**
5pm *Richard Tazewell—Pianist* **DL**
7:45pm Cedars Cinema CHANNEL 24

1/19 Saturday

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

1/20 Sunday

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

1/21 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 Aquatic Therapy **P** 📖 ♣️
1pm Poker **CR**

1/22 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**
6:30pm *Great Decisions Lecture* **LB** 📖
7:45pm Cedars Cinema CHANNEL 24

1/23 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

1/24 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—The Lives of Others with Linda Luftig* **B**
4pm Scrabble **CR**
5pm *Robert Griffin—Jazz Pianist* **DL**

1/25 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10am *Great Decisions Discussion* **CR** 📖
11am Retro Dance Class **B**
11:30am Aquatic Therapy **P** 📖 ♣️
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

1/26 Saturday

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

1/27 Sunday

1:30pm *PlayMakers* **LB** 📖
6:45pm *NC Symphony at UNC* **LB** 📖

3pm & 7:45pm Cedars Cinema CHANNEL 24

1/28 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 Aquatic Therapy **P** 📖 ♣️
11:30am Tai Chi **B**
1pm Poker **CR**
3pm *Popcorn and a Movie—Love, Gilda* **B**

1/29 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

1/30 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**
4pm *2018 Newcomer Reception* **B**
7:45pm Cedars Cinema CHANNEL 24

1/31 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 Members Meeting **B**
4pm Scrabble **CR**

♣️ 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**



**Lewis
and
Clark
Travel
Tale**

*with Ellen
Herron
Monday,
January 7,
3pm Ballroom*

In 2018, Connie and Bob Eby joined a river boat trip down the Snake and Columbia Rivers from Great Falls Montana to Oregon and Ellen Herron joined a bus trip from St. Louis Missouri to Fort Clatsop at the mouth of the Columbia River. We were all following the route first travelled by Merriweather Lewis and William Clark, 1804–1806, albeit in more comfort and safety than they experienced. Until 1803, America's western border was the Mississippi River. When Jefferson signed the Louisiana purchase, America extended all the way west to the headwaters of the Missouri river, wherever that was, and joined the Oregon territory on the Pacific. The Lewis and Clark Corps of Discovery trip was the 19th century equivalent of the 1960s' race to the moon. Both trips were Road Scholar Learning Adventures. Road Scholar kept their promise to provide highly educational and entertaining interludes as we will try to show through photos and tales from our trips.

**Skin Cancer and You:
The Essentials**

*with Michelle Pearlstein, MD and
Nancy Thomas, MD, PhD
Monday, January 14, 3pm Ballroom*

Skin cancer is the most common cancer in the United States and up to one in five Americans will develop skin cancer in their lifetime. This presentation will focus on

an overview of the types of skin cancers and their associated risk factors.

Additionally, we will discuss methods of prevention and detection, along with treatment options. Michelle Pearlstein, MD, is an Assistant Professor in the Department of Dermatology at UNC. Dr. Pearlstein joined the faculty at the School of Medicine in 2018, where she is involved in resident and medical student education and is an active clinician. Nancy Thomas, MD, PhD, holds the positions of the Irene and Robert Alan Briggaman Distinguished



Professor and Chair of the UNC Department of Dermatology. Dr. Thomas co-leads the UNC Lineberger Comprehensive Cancer Center's

Skin Cancer and Melanoma Program.

Falconry: The Sport of Kings

*with Eric Harrold
Thursday, January 17, 3pm Ballroom*

Come join Eric Harrold for a presentation on falconry, an ancient practice in which hawks, falcons, eagles and other birds of prey are trained to cooperatively hunt with a human companion. In addition to learning facts and figures, you'll hear Eric's personal account of how falconry has impacted his life and why he believes that having personal connections with the natural world is beneficial to one's mental and physical health. **One of Eric's trained Harris hawks will be on display for a portion of the program.**

Let's Talk Cinema

The Lives of Others, 2006
 Film and discussion led by
 Linda Luftig
 Thursday, January 24, 2pm Ballroom

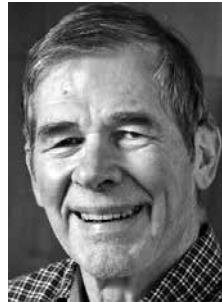
East Berlin, 1984, the Cold War is still raging, and the Communist Bloc does not trust its own citizens. A Stasi agent (East German secret police) bugs the apartment of a famous writer and his lover. Over time, he finds himself being absorbed by their private lives. "A suspenseful thriller with a complex and powerful moral drive. It serves



as a major warning to ourselves and our elected leaders about where overzealousness and a lack of respect for individuals can lead."
 —The Guardian Academy Award, Best Foreign Language Film 2006 (in German with English subtitles)

Members in the News

James Peacock, a Member of The Cedars, was recently announced by UNC as one of four recipients of the "2018 William Richardson Davie Award for dedication, commitment and service to the University." Regarded as "the Board of Trustees' highest honor," Dr. Peacock is a "respected academic whose research has helped to shape a better understanding of global relations by all UNC students and faculty. He helped to found World View, a UNC public service program that prepares K-12 and community college educators to bring a distinct global perspective into their classrooms."



Sudoku Puzzle

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

Puzzle rating: Hard

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

Puzzle by websudoku.com

ANNOUNCEMENTS

New Canasta Group

Friday, January 18, 3pm Classroom

Do you remember Canasta? Either you played years ago, or your mom did. We are starting a group for ranked beginners, or for those of you who have not played for decades. Join us to find out more or call Member Sally Sullivan at 919-489-6446. All are welcome.

Fireside Chat: Tar Heel Ambassadors—Volunteer Opportunity

with Guest Speaker Dave Gehring, Tar Heel Ambassador
 Community Liaison

Tuesday, January 22, 11am Cardroom

You are cordially invited to come learn how the Tar Heel Ambassador program builds on the game day experience at Carolina by investing in the fan experience. Become a volunteer and join the excitement!

Finding Hope in the Midst of Grief

with Mitzi Quint

Tuesday January 24, 1pm Classroom

Albert Camus wrote: "In the midst of winter, I found there was in me an invincible summer." After the loss of a loved one, such hope can be hard to come by. Join us to find new insights into grief as we discuss both the challenges and the possibilities of this difficult time. Mitzi Quint is a Licensed Clinical Social Worker in private practice in Durham, specializing in grief and loss. She has nearly 20 years' experience as a hospice grief counselor, and now helps clients find practical ways to cope with loss of all kinds as well as finding the hope needed to rebuild after loss.



• • • • • CEDARS *Cinema* • • • • •

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

The Seven Year Itch

Tuesday, January 1 & Saturday, January 5, 7:45pm
Sunday, January 6, 3pm · NR

After his family leaves for the summer, a middle-aged man lets his imagination run wild as he fantasizes about his new neighbor. He resolves to avoid temptation, but the woman is hard to resist. Starring Marilyn Monroe and Tom Ewell. (1955)

Pope Francis: A Man of His Word

Wednesday, January 2 & Friday, January 4, 7:45pm
Saturday, January 5, 3pm · PG

This co-production with the Vatican sets out to present the Pope's work of reform and answers to global questions on death, social justice, immigration, ecology, and wealth inequality. (2018)

Into the Woods

Tuesday, January 8 & Saturday, January 12, 7:45pm
Sunday, January 13, 3pm · NR

An assortment of well-known characters head into the woods where they soon discover a common enemy in Stephen Sondheim's Tony-winning musical. Starring Bernadette Peters and Chip Zien. (1991)

The Seagull

Wednesday, January 9 & Friday, January 11, 7:45pm
Saturday, January 12, 3pm · PG-13

While everyone is caught up in loving someone who loves somebody else, a tragicomedy unfolds about art, fame, human folly and the desire for a purposeful life. Starring Annette Bening and Saoirse Ronan. (2018)

Eight Below

Tuesday, January 15 & Saturday, January 19, 7:45pm
Sunday, January 20, 3pm · PG

When an accident forces Antarctic scientists to leave behind their team of sled dogs, the animals must survive without human contact. Starring Paul Walker and Bruce

Greenwood. (2006) SUBTITLES NOT INCLUDED

Colette

Wednesday, January 16 & Friday, January 18, 7:45pm
Saturday, January 19, 3pm · R

After marrying a Parisian writer, Colette ghost writes a semi-autobiographical novel, sparking a cultural sensation. Starring Keira Knightley and Dominic West. (2018)

Always at the Carlyle

Tuesday, January 22 & Saturday, January 26, 7:45pm
Sunday, January 27, 3pm · PG-13

The Carlyle Hotel houses celebrities, many of whom share their reminiscences. With George Clooney, Sofia Coppola, Tommy Lee Jones, Jeff Goldblum and more. (2018) SUBTITLES NOT INCLUDED

Mission: Impossible—Fallout

Wednesday, January 23 & Friday, January 25, 7:45pm Lobby
Saturday, January 26, 3pm · PG-13

Überspy Ethan Hunt is tested as never before, physically and mentally, in this stunt-heavy installment of the action-thriller series. Starring Tom Cruise and Rebecca Ferguson. (2018)

Groundhog Day

Tuesday, January 29 & Saturday, February 2, 7:45pm
Sunday, February 3, 3pm · PG

Sent to cover Punxsutawney Phil, a TV weatherman unleashes his bitterness, and soon realizes he's doomed to repeat Groundhog Day until he learns how to affect the outcome. Starring Bill Murray and Andie MacDowell. (1993)

Crazy Rich Asians

Wednesday, January 30 & Friday, February 1, 7:45pm
Saturday, February 2, 3pm · PG-13

When Rachel Chu accompanies her boyfriend to a wedding in Singapore she finds out that he is from one of wealthiest families and a sought-after bachelor. Starring Constance Wu and Henry Golding. (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, January 12 & 26, 11am Library

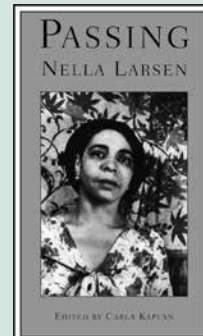
Want to borrow books from UNC Libraries? Contact Lynne Morris with questions at 919-967-4885.

Great Books

Monday, January 14,

2pm Classroom

Passing
by Nella
Larson



ANNOUNCEMENTS

Jewelry Repair with

Eva Mogenson

Friday, January 11, 1-2pm Art Studio

Walk with a Doc

Saturday, January 19, 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

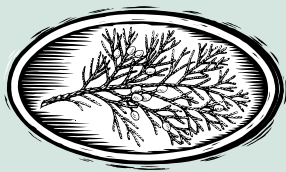
- ☞ Mondays 10am, exercise program; 12:30pm, recent lectures
- ☞ Tuesdays 10am, exercise program
- ☞ Wednesdays 10am, exercise program; 12:30pm, Members Meeting
- ☞ Thursdays 10am, exercise program
- ☞ Fridays 10am, exercise program

New Move Ins

Linda Saaremaa and Bill Loeser
221 Cedar Club Circle

Vic and Carol Minton
124 Cedar Breeze Lane

Ken and Eileen Apgar
616 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>
1/1	Tuesday	New Year's Day		
1/3	Thursday	Cedars University <i>Wonders of the National Parks: A Geology of North America</i>	11am	Ballroom
1/4	Friday	Jazzbeau	3pm	Ballroom
1/7	Monday	<i>Lewis and Clark Travel Tale</i> with Ellen Herron	3pm	Ballroom
1/8	Tuesday	<i>America's Musical Journey 3D</i> at IMAX Theater in Raleigh and Lunch at The Irregardless Café	10am	Lobby
1/10	Thursday	Cedars University <i>Lost Worlds of South America</i>	11am	Ballroom
1/10	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
1/10	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
1/11	Friday	Constellation	5pm	Cardroom
1/12	Saturday	The Metropolitan Opera <i>Adriana Lecouvreur</i>	12:15pm	Lobby
1/13	Sunday	Chamber Orchestra	2pm	Lobby
1/14	Monday	<i>Skin Cancer and You: The Essentials</i> with Michelle Pearlstein, MD and Nancy Thomas, MD, PhD	3pm	Ballroom
1/17	Thursday	Cedars University <i>Lost Worlds of South America</i>	11am	Ballroom
1/17	Thursday	<i>Falconry: The Sport of Kings</i> with Eric Harrold	3pm	Ballroom
1/18	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
1/20	Sunday	2018-19 Classical Concert Series	3pm	Ballroom
1/22	Tuesday	Great Decisions Lecture at UNC	6:30pm	Lobby
1/24	Thursday	Cedars University <i>Lost Worlds of South America</i>	11am	Ballroom
1/24	Thursday	<i>Finding Hope in the Midst of Grief</i> with Mitzi Quint	1pm	Classroom
1/24	Thursday	Let's Talk Cinema— <i>The Lives of Others</i> with Linda Luftig	2pm	Ballroom
1/24	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
1/25	Friday	Great Decisions Discussion	10:30am	Cardroom
1/27	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
1/27	Sunday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
1/28	Monday	Popcorn and a Movie— <i>Love, Gilda</i>	3pm	Ballroom
1/29	Tuesday	Great Decisions Lecture at UNC	6:30pm	Lobby
1/30	Wednesday	2018 New Member Welcome Reception	4pm	Ballroom
1/31	Thursday	Cedars University <i>Lost Worlds of South America</i>	11am	Ballroom
1/31	Thursday	Members Meeting	2pm	Ballroom