



March 2019 • VOLUME 16 • ISSUE 3

The Cedars Post

A Toast to Bill and the Queen

One Friday in 2019, a black ribbon was draped over a framed letter hanging in our bar. The Cedars Happy Hour group was remembering Bill Hardy, a much loved member of the group and author of the letter to the Queen. What follows is Jean Wolff's 2014 story on how it all came to be. —Jane Hauser

Dear Mr. Hardy: The Queen has asked me to thank you and the residents of The Cedars of Chapel Hill for your kind message of loyalty. Her Majesty has been deeply moved by the messages of support she has received throughout her long reign....

A letter from Buckingham Palace recently appeared on the bar's east wall, and therein hangs a charming tale. One of The Cedars' favorite traditions is Happy Hour, the Friday evening gathering with hors d'oeuvres and \$3 drinks. At 6:30pm, Audrey directs us to the private dining room where old and new Members join for a limited menu and unlimited table talk, jokes, stories, songs—sometimes even a bit racy. Then Press Millen commands attention for the Royal Toast just before dinner, and often our beloved Professor, Bill Hardy will deliver a funny story, culminating with the group crying out, "To the Queen!"

This routine has become a tradition for the past several years, initiated by Nancy and Press Millen. Throughout their travels to the United Kingdom, they noticed a toasting to the Queen at banquets, particularly Rotary Club dinners. They thought it was such a nice way to begin a meal that they adopted it as their own here and consequently it attracted many of our Happy Hour folks. Tom Nuzum thought it might be fun to write The Queen, describing this tradition of toasting her every Friday night. He asked an English colleague, who apprised him of the protocol when writing to the Queen. With that information, Bill Hardy wrote the following letter (complete with circulated signatures) on April 20, 2013:

Madam: We live in a retirement community called The Cedars of Chapel Hill...we gather once a week on Friday evenings to enjoy fellowship and conviviality. A feature of this gathering comes when we recognize the affection and admiration we have for Your Majesty. To this end we raise our glasses and, as if in one voice, cry out, 'To The Queen!' We see you as the personification of the deep ties that exist between your people and ours. And so, please accept this gesture and know that we wish you many more years of service and devotion to the principles both of our countries hold dear. We have the honor to be, Madam, a happy few of Your Majesty's most warm and loyal supporters from across the sea....

After six long months, the Chief Clerk to Elizabeth II, Christopher Sandamas, sent a gracious response to Bill Hardy and all The Cedars residents. Take a moment to read it when you get a chance. Bill's son Michael had it exquisitely framed in gold and wine red colors, a beautiful addition to the bar's décor. And so, be sure to join us on Fridays to give a lively salute, "To the Queen!"



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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

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

La Fille du Régiment

at Silverspot Cinema

Saturday, March 2, 12:15pm Lobby

PlayMakers Repertory Company

Sunday, March 3, 1:30pm Lobby

Great Decisions Lecture

at Carroll Hall

Tuesday, March 5, 6:30pm Lobby

Duke Symphony Orchestra: American All

at Baldwin Auditorium

Wednesday, March 6, 7pm Lobby

Dining Out! Flair Restaurant & Wine Bar

Monday, March 11, 5:15pm Lobby

Carolina Ballet

Saturday, March 16, 1pm Lobby

Great Decisions Lecture

at Carroll Hall

Tuesday, March 19, 6:30pm Lobby

Chamber Orchestra of the Triangle

Sunday, March 24, 2pm Lobby

Great Decisions Lecture

at Carroll Hall

Tuesday, March 26, 6:30pm Lobby

The Metropolitan Opera *Die Walküre*

at Silverspot Cinema

Saturday, March 30, 11:15am Lobby

Beyond the Cedars



Duke Symphony Orchestra: American All

at Baldwin Auditorium

Wednesday, March 6, 7pm Lobby

The Duke Symphony Orchestra, directed by Harry Davidson, numbers some 80-100 players and draws its membership almost entirely from the student body. Tonight's program includes Beethoven: Symphony No.

5; Barber: First Essay for Orchestra, Op. 12; Gershwin: Lullaby for Strings; Bernstein: "On the Town, Three Dance Episodes." Sign up at the Concierge Desk, deadline March 4. Cost: \$7 for transportation, concert is free. Minimum 6 people, maximum 28.

Dining Out! Flair Restaurant & Wine Bar

Monday, March 11, 5:15pm Lobby

Flair Restaurant and Wine Bar has a simple goal: To create a welcoming neighborhood restaurant like Tarantini that serves great food and drinks with passion, creativity, and style. With a focus on French-influenced American food, executive chef Robert Warren knows that good food takes time. Many of the items on the menu are painstakingly made in-house: from preserved lemons to *buerre blanc* sauces, from slow-cooked brisket to handmade desserts.

Sign up at the Concierge Desk beginning March 1, deadline March 7. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 6 people, maximum 12.



The Metropolitan Opera—*Die Walküre*

at Silverspot Cinema

Saturday, March 30, 11:15am Lobby (note earlier departure time)

In what is expected to be a Wagnerian event for the ages, soprano Christine Goerke plays Brünnhilde, Wotan's willful warrior daughter, who loses her immortality in opera's most famous act of filial defiance. Tenor Stuart Skelton and soprano Eva-Maria Westbroek play the incestuous twins Siegmund and Sieglinde. Greer Grimsley sings Wotan. Philippe Jordan conducts. Sign up at the Concierge Desk beginning March 1, deadline March 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

Chapel Hill Philharmonia Stravinsky's Petrushka, Bartok Viola Concerto, Mozart's Symphony #41 Sun. 3/10, 3pm

Scharoun Ensemble Berlin Philharmonic string/woodwind octet. One of world's foremost chamber groups. Mozart, Shepherd, Schubert Mon. 3/18, 7:30pm

UNC Opera Weill Der Jasager Sat. 3/30, 8pm; Sun. 3/31, 7:30pm

Memorial Hall, UNC
919-843-3333, Chapel Hill

Mitsuko Uchida w/ Mahler Chamber Orchestra Pianist. One of greatest Mozart interpreters of our time, will conduct from piano. Wed. 3/27, 7:30pm

Duke Chapel, Duke
919-684-4444, Durham

Bach Cantata Series/Ensemble Sun. 3/17, 5:15pm

Jazz Vespers Tues. 3/26, 7:30pm

Bach's St. Matthew Passion Sun. 3/31, 4pm

PNC Arena
919-929-2787, Raleigh
Elton John: Farewell Yellow Brick Road Expensive, but last chance! Tues. 3/12, 8pm

Baldwin Auditorium, Duke
919-684-4444, Duke
Durham Medical Orchestra w/Durham Choral Society Phillip Glass & more Sun. 3/3, 3pm
Elias String Quartet Mozart, Schumann, Beamish (new commission) Sat. 3/23, 8pm

Carolina Theater
919-560-3030, Durham
Charles Lloyd & The Marvels + Lucinda Williams Mon. 3/18, 8pm
Anoushka Shankar Ravi Shankar's daughter (and Norah Jones' sister!) Sitar w/traditional Indian percussion & drone. Thurs. 3/21, 8pm (Call Duke for tickets)
The Mikado
Durham Savoyards Fri. 3/29-Sun. 3/31, varying times



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.

- 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: 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

March Birthdays

Ann Kennedy	1
Ken Hoffman	2
Caroline Ward	2
Eleanor Bell	2
Richard Fox	3
Brent Elmore	5
Joy Douglass	8
Dolores Bilangi	11
Betsy Pratt	12
Ary Reichman	14
William Reppy	14
Ann Christy	15
Annette Martin	16
Myron Liptzin	17
Eleanor Lamb	20
Glenda J. Gleckner	21
Peter Page	25
Bette Israel	26
Charlotte Cooney	27
Dorothy Lavine	28
Mary Stark	29
Robert Rechholtz	29

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



Rhythm & Reeds with a Dash of Brass Jazz Band

Traditional New Orleans Jazz 2019 Mardi Gras Celebration
Tuesday, March 5, 4pm Ballroom

The music to be played this afternoon will be tunes that encourage active foot tapping, often opportunities to sing along, and, as always, the opportunity for audience members to actively participate in the performance by engaging in traditional New Orleans parade strutting, with umbrellas, in a so-called “Second Line” along with many of these tunes. This is the way Mardi Gras is celebrated annually in the Crescent City of New Orleans.



Put your party clothes on and join us for this afternoon of traditional New Orleans music and fun! Members of the band include: Mike Davis, piano; Mario Millner, bass and vocals; Frank Mesich, trombone and vocals; Keith Longmire, clarinet; Mike Salemi, drums and vocals; Caryl Thomason Price, vocals; Jim Riley, banjo (a member of the Banjo Hall of Fame); and Gordon DeFriese, soprano sax. Refreshments will be served.

Florence Peacock, Singer; Joseph Robinson, Oboe and Susan Lohr, Piano

Thursday, March 7, 3pm Ballroom

Florence Peacock is a singer, a mother and grandmother, active in various community activities. She earned a master's degree from Yale Music School and has performed as a soloist with the Atlanta Symphony, with the Yale Repertory Company in New York, and at the Oberlin Baroque Institute. Her performances have been enjoyed in Japan, Indonesia, England, Vienna, and Russia. Florence has served as President of the University Women's Club, the North Carolina Opera, the Preservation Society of Chapel Hill, among other organizations. She is a member of the Board of the North Carolina Symphony, the Botanical Gardens, and the Morehead Planetarium. Joseph Robinson was the Principal Oboist with the New York Philharmonic Orchestra and is now retired in Chapel Hill. The program will be half classical and half popular songs. Music will include songs by Schubert and Schumann and Lerner and Lowe, “I Could Have Danced All Night” and Rogers and Hammerstein “If I loved You” and “You'll Never Walk Alone.”

Robert Griffin—Jazz Pianist
Thursdays, March 14 & 28, 5pm Dining Lobby



Richard Tazewell—Pianist
Friday, March 22, 5pm Dining Lobby

Popcorn and a Movie—*A Star is Born*

Monday, March 18, 3pm Ballroom

A Star Is Born is a 2018 American musical romantic drama film produced and directed by Bradley Cooper (in his directorial debut) and written by Eric Roth, Cooper and Will Fetters. A remake of the 1937 film of the same name, it stars Cooper, Lady Gaga, Andrew Dice Clay, Dave Chappelle, and Sam Elliott, and follows a hard-drinking musician (Cooper) who discovers and falls in love with a young singer (Gaga). It marks the fourth remake of the original 1937 film, after the 1954 musical, the 1976 musical, and the 2013 Bollywood film, *Aashiqui 2*.



Midnight Movie

(7:30PM CEDARS' TIME)

The Rocky Horror Picture Show (1975)

*Presented by The Cedars' Rocky Horror
Picture Show Committee*
Monday, March 25, 7:30pm Ballroom

LET'S DO THE TIME WARP AGAIN!

Simply a cult classic

An underground phenomenon

Not for the easily offended

Please join us for this loving, Rock'n'Roll sendup of B horror and sci-fi movies. It's been playing continuously for the past 44 years at midnight screenings where super-fans dress up as the characters from the film, use props and shout back at the screen. It is the longest running theatrical release in film history, and was recently shown at The Carolina Theatre.

Rocky Horror opens on a couple of squares named Brad and Janet who get a flat tire on a cold, rainy night. As they search for help, the pair stumbles upon the castle of Frank-N-Furter, who bills himself as "a sweet transvestite from Transsexual, Transylvania." A number of other colorful characters are packed inside—including Rocky, "a living muscular man," the eye candy equivalent of Frankenstein's monster. And who could forget Meat Loaf, riding out of a deep freeze on his motorcycle? Murder, adultery, cannibalism, and cabaret—among other otherworldly antics ensue.

Most props will be supplied by The Cedars (or bring your own: newspaper, rain coat, or rubber gloves, etc.). Shout-outs are encouraged, as is dancing in the aisles (Time Warp lessons provided). Wear a *Rocky Horror* costume? Not necessary, but it might be fun. MPAA Cedars rating: R+ for offending nearly everyone.

To see a Coming Attraction Clip, go to:

<https://www.youtube.com/watch?v=4plqh6obZW4>

Great Get-Aways

- ❖ Abingdon Virginia's Barter Theater and Jonesborough, TN
March 29-31
- ❖ Litchfield Beach, Pawley's Island, SC
April 2-5
- ❖ The Tulips of Skagit Valley, WA and the San Juan Islands
April 8-12
- ❖ How It's Made in Kentucky
April 23-27
- ❖ Smokey Joe's Café—The Prizery, South Boston, VA
May 4
- ❖ Lake Jocassee and the South Carolina Upcountry
May 13-16
- ❖ Quebec City, Canada
May 18-22


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...

- ☞ Sally Bartholomew and her daughter Jody for teaching the March collage workshop
- ☞ Dick Fox for his presentation *Gandhi, the Making of the Mahatma and Nonviolent Resistance*
- ☞ The Members of The Cedars' Rocky Horror Picture Show Committee
- ☞ Rich Hendel for his presentation *You Can't Judge a Book by Its Contents*
- ☞ Stan Friedland for his new *Spotlight Our Members at The Cedars* series
- ☞ Florence Peacock for her concert in the Ballroom with Joseph Robinson and Susan Lohr
- ☞ Margo Fischer for recommending Laughter Yoga

March 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

3/1 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9am Collage Workshop with Sally and Jody Bartholomew **S** 
9:45am Water Exercise **P**
11am TGIF Class **B**
11:30am Aquatic Therapy **P**  
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**



3/2 Saturday

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

3/3 Sunday

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

3/4 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 Aquatic Therapy **P**  
11:30am Tai Chi **B**
1pm Poker **CR**
1:30pm Play Reading Group **CL**

3/5 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**
4pm Mardi Gras Celebration with Rhythm and Reeds **B**
6:30pm Great Decisions Lecture **LB** 

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




3/6 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**
7pm Duke Symphony Orchestra at Baldwin Auditorium **LB** 
7:45pm Cedars Cinema **CHANNEL 24**

3/7 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 Florence Peacock, Singer; Joseph Robinson, Oboe and Susan Lohr, Piano **B**
4pm Scrabble **CR**


3/8 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am Great Decisions Discussion **CR** 
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  
1pm Jewelry Repair **S**
3pm Spotlight Our Members at the Cedars with Stan Friedland **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

3/9 Saturday

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

3/10 Sunday

Daylight Saving Time Begins
3pm 2018/19 Classical Concert Series **B** 
3pm & 7:45pm Cedars Cinema **CHANNEL 24**





3/11 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 Aquatic Therapy **P**  
11:30am Tai Chi **B**
1pm Poker **CR**
2pm Great Books **CL**
5:15pm Dining Out! Flair **LB** 



3/12 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**
3pm Gandhi, the Making of the Mahatma and Nonviolent Resistance with Dick Fox **B**
4:30pm Line Dancing **B**
5pm Ballroom Dance Group **B**
7:45pm Cedars Cinema **CHANNEL 24**




3/13 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema **CHANNEL 24**


3/14 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**
7pm Ukulele Song and Jam Intro with Rollie Ollin **B**

3/15 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Laughter Yoga **B** 
11:30am Aquatic Therapy **P**  
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

3/16 Saturday

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




3/17 Sunday

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



3/18 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 Aquatic Therapy **P**  
11:30am Tai Chi **B**
1pm Poker **CR**
1:30pm Play Reading Group **CL**
3pm Popcorn and a Movie—A Star is Born **B**

3/19 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 Dancing **B**
6:30pm Great Decisions Lecture **LB** 
7:45pm Cedars Cinema **CHANNEL 24**




3/20 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema **CHANNEL 24**

3/21 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—Water with Linda Luftig **B**
4pm Scrabble **CR**

3/22 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am Great Decisions Discussion **CR** 
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  
2pm Rehab Lecture with Sandy Friday **B**
4:30pm Happy Hour **Bar**
5pm Richard Tazewell—Pianist **DL**
7:45pm Cedars Cinema **CHANNEL 24**

3/23 Saturday

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

3/24 Sunday




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

3/25 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 Aquatic Therapy **P**  
1pm Poker **CR**
1pm Living with Loss: Grief Support with Mitzi Quint **CL**
7:30pm Rocky Horror Picture Show **B**

3/26 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**
6:30pm Great Decisions Lecture **LB** 
7:45pm Cedars Cinema **CHANNEL 24**




3/27 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema **CHANNEL 24**


3/28 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**
2pm Members Meeting **B**
4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**

3/29 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am Great Decisions Discussion **CR** 
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  
3pm You Can't Judge a Book by Its Contents with Rich Hendel **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema **CHANNEL 24**

3/30 Saturday

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

3/31 Sunday

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

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

Cedars University

LECTURES ON DVD



The Concerto

Taught by

Professor Robert Greenberg,

Ph.D., San Francisco

Performances

Thursdays thru May 2, 11am Ballroom

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.

2018-19 Classical Concert Series

Sundays, March 10 & 31,
3pm Ballroom



March brings us the final two concerts of the season. On March 10, we will hear a new (to us) group comprised of Bo Newsome, oboe; Nicholas DiEugenio, violin; Nathan Leyland, cello; and Mimi Solomon, piano. You may remember the latter three in varying combinations from previous popular concerts.

March 31 will feature the Aurora Musicalis String Quartet. Further information will appear in *Chit Chat*. Subscribers, don't miss out on hearing either of these fine concerts. Ballroom doors open at 2:30pm. Questions? Contact Connie Eby at 919-259-7808 or cteby@mindspring.com.

LEARNING OPPORTUNITIES

Spotlight Our Members at The Cedars

with Stan Friedland

Friday, March 8, 3pm Ballroom

Welcome to our newest program series! One of the many reasons why we enjoy living at The Cedars is our very interesting and delightful neighbors, who comprise our community. We have many Members with extraordinary credentials and achievements, which took place earlier in their lives and that are mainly unknown to us. This series will shine the spotlight on their younger lives so that we may get to know them and appreciate them more fully.

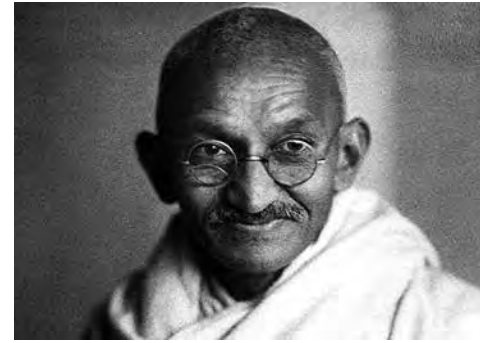
Cedars' Member Stan Friedland had his own radio and television interview shows on education for ten years. He periodically will interview a selected Member in our Ballroom, complete with pertinent photos on screen, which will make a fascinating hour for our audiences. The first program will be one of our Members whom we all enjoy daily; identity to be revealed in *Chit Chat* & flyers. Don't miss it, you are guaranteed to enjoy the entire hour!

Gandhi, the Making of the Mahatma and Nonviolent Resistance

with Dick Fox

Tuesday, March 12, 3pm Ballroom

In this 150th year since his birth (1869), let's celebrate how Mohandas Karamchand Gandhi became Mahatma ("great spirit") Gandhi and practiced nonviolent resistance ("satyagraha"). Was it through a single experience of revelation or epiphany, as, for example, the movie *Gandhi* asserts? Or was it an inevitable outcome of his Hinduism and Indian culture,



in combination with his personal charisma, as many American clerics believed? Gandhi would have rejected both these explanations. He understood his life as a series of "experiments with truth," the phrase he used to title his autobiography. Come learn about Gandhi's experiments—intentional and unintentional, successes or failures—with British vegetarians, poisonous snakes, Theosophists, rabid dogs, Suffragists, military recruitment, and chastity, and what he learned from them.

Ukulele Song and Jam Introduction

with Rollie Ollin

Thursday, March 14, 7pm Ballroom

What are health benefits of playing a ukulele? Playing an instrument has many health benefits including increased eye-hand coordination, lower stress levels, improved brain function, focus, and mental clarity. Other benefits include social interaction, a sense of achievement, and improved reading comprehension. Playing a ukulele is beneficial for people of all ages from kids to seniors. Rollie has been playing music for over 20 years and picked up the ukulele three years ago. He has organized beginner ukulele jams at Johnny's Gone Fishing in Carrboro and UNC's The Farm Swim and Tennis Club, and regularly attends uke jams in Durham and Raleigh.

Let's Talk Cinema—*Water* (2005)

Film and discussion led by
Linda Luftig
Thursday, March 21, 2pm Ballroom

Set in 1938 in the twilight of colonial India, *Water* focuses on a group of women condemned by Hindu law to spend the rest of their lives in an ashram on the banks of the Ganges because they are widows. The arrival of Chuyia, a bewildered eight-year-old whose husband has just died, creates turmoil in the ashram. Written and directed by Deepa Mehta, "*Water* is an exquisite film about the institutionalized oppression of an entire class of women and the

way patriarchal imperatives inform religious belief. The film neatly parallels the plight of widows under Hindu fundamentalism to that of India under British colonialism." (Jeannette Catsoulis, *NYT*). *Water* caused controversy in India, so much so that the sets for *Water* were destroyed and Mehta's life was threatened. Indeed, she had to move the entire production to Sri Lanka. Nevertheless, the film is lovely. It sees poverty and deprivation as a condition of life, not an exception to it, and finds beauty in the souls of its characters. A Canadian/Indian film in Hindi with English subtitles.

NC Author Series

You Can't Judge a Book by Its Contents

with Rich Hendel
Friday, March 29, 3pm Ballroom

To the surprise of many readers, the words on the pages between book covers are designed by someone. Book design, as opposed to book jacket design, is a separate craft. When it is done properly, readers should pay more attention to what the author is saying and not how the words look. Rich Hendel, who has designed both books and jackets for publishers throughout the country for over half a century, will talk about what book design means, or should.



Laughter Yoga Workshop

with Liza Engstrom
Friday, March 15, 11am Ballroom

We all know the age-old adage "laughter is the best medicine." It turns out that it's true! Laughter produces many health benefits regardless of whether the laughter is "real" or "fake." In laughter yoga, you will enjoy various laughter activities that decrease stress, bring more oxygen into the brain and body, build social cohesion and equip you with hilarious and effective exercises to incorporate into your daily life. And don't be fooled by the name—it is very much light on the yoga and heavy on the laughter. No mats necessary, and all can be done in normal clothing and in chairs. All mobility levels welcome!

Liza Engstrom, MPH, is the founding director of Health and Happiness Align (HAHA) and has led countless classes for local businesses, senior centers, health groups and community organizations and meetings. Her classes have been heralded as a fun and exciting retreat activity as well as a valuable wellness practice.

Sign up at the Concierge Desk beginning March 1, deadline March 13. There is no charge for this workshop.

Member appreciation
thank you song sung
by our employees at
the January Members
Meeting





• • • • • CEDARS *Cinema* • • • • •

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

Here and Now

Tuesday, March 5 & Saturday, March 9, 7:45pm
Sunday, March 10, 3pm · R

Grappling with a grim medical prognosis and how to share it with her loved ones, jazz singer Vivienne Carala goes about her normal life, preparing for a tour, while reflecting upon the choices she's made. Starring Sarah Jessica Parker, Simon Baker and Renee Zellweger. (2018)

Letters from Baghdad

Wednesday, March 6 & Friday, March 8, 7:45pm
Saturday, March 9, 3pm · NR

This story is told in the words of Gertrude Bell, an explorer, spy, archaeologist and diplomat who helped shape the Middle East after World War I. Advisor to Churchill, Bell was considered the most powerful woman in the British Empire. With Tilda Swinton. (2017)

The Quiet Man

Tuesday, March 12 & Saturday, March 16, 7:45pm
Sunday, March 17, 3pm · PG-13

John Wayne stars as ex-boxer Sean Thornton in this endearing classic. Back in his native Ireland, the Duke's thoughts turn to domestic tranquility after courting the lovely Mary Kate (Maureen O'Hara). But her brother (Victor McLaglen) may need to have some common sense knocked into him, literally, before the deal is done. (1952) SUBTITLES NOT PROVIDED

20 Feet from Stardom

Wednesday, March 13 & Friday, March 15, 7:45pm
Saturday, March 16, 3pm · PG-13

Winner of the Academy Award for Best Documentary Feature, this film takes a behind-the-scenes look at the world of backup vocalists, weaving together interviews with legendary singers with the voices that support them. With Bruce Springsteen, Sting, Mick Jagger, Bette Midler and Stevie Wonder. (2013)

Mary Queen of Scots

Tuesday, March 19 & Saturday, March 23, 7:45pm
Sunday, March 24, 3pm · R

Political intrigue abounds in this drama recounting the life of Mary Stuart, who returns to Scotland from her reign as the queen of France and challenges her cousin Elizabeth's claim to the English throne. Starring Saoirse Ronan, Margot Robbie and Jack Lowden. (2018) SUBTITLES NOT PROVIDED

At Eternity's Gate

Wednesday, March 20 & Friday, March 22, 7:45pm
Saturday, March 23, 3pm · PG-13

This biopic recounts the last days in the life of master Dutch painter Vincent van Gogh, who comes to realize that his brilliant work will never be recognized as such during his lifetime. Starring Willem Dafoe and Rupert Friend. (2018)

Mrs. Doubtfire

Tuesday, March 26 & Saturday, March 30, 7:45pm
Sunday, March 31, 3pm · PG-13

Daniel Hillard (Robin Williams), estranged from his exasperated spouse (Sally Field), is crushed by a court order allowing only weekly visits with his kids. When Daniel learns his ex needs a housekeeper, he gets the job—disguised as an English nanny. Soon he becomes not only his children's best pal but the kind of parent he should have been from the start. (1993)

Tea with Dames

Wednesday, March 27 & Friday, March 29, 7:45pm
Saturday, March 30, 3pm · NR

Acclaimed actresses Maggie Smith, Judi Dench, Joan Plowright and Eileen Atkins, all Dames of the British Empire, gather for a captivating conversation that includes reminiscences, gossip and untold tales about their stage and film careers. (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

Duane Bartholomew 808-395-3317

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, March 9 & 23, 11am Library

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

Great Books

Monday, March 11, 2pm Classroom

Goodbye, Columbus

by Philip Roth

ANNOUNCEMENTS

Jewelry Repair with Eva Mogenson

Friday, March 8, 1-2pm Art Studio

Walk with a Doc

Saturday, March 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 on a health related topic before joining walkers to answer questions about their health. For more information contact Kirsten Ambrose at 919-966-7209.

Defying Gravity with Sandy Friday

Friday, March 22, 2pm Ballroom

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

Living with Loss: Grief Support with Mitzi Quint

Monday, March 25, 1pm Classroom

Cynthia's Taylor Shop Services

Wednesdays, 9-9:30am Art Studio

Cynthia Lennon offers 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

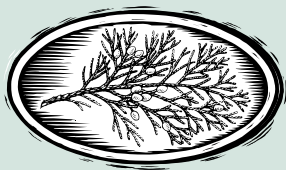
Ms. Valma Cornell
546 Cedar Club Circle

Ms. Liz Sarfati
531 Cedar Club Circle

Ms. Nancy Sprinkle
411 Cedar Berry Lane

Mr. and Mrs. Tim and Ruth Ann Ross
534 Cedar Berry Lane

Ms. Julie Lentz
525 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>
3/2	Saturday	The Metropolitan Opera <i>La Fille du Régiment</i>	12:15pm	Lobby
3/3	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
3/5	Tuesday	Mardi Gras Celebration with Rhythm & Reeds	4pm	Ballroom
3/5	Tuesday	Great Decisions Lecture	6:30pm	Lobby
3/6	Wednesday	Duke Symphony Orchestra <i>American All</i> at Baldwin Auditorium	7pm	Lobby
3/7	Thursday	Cedars University <i>The Concerto</i>	11am	Ballroom
3/7	Thursday	Florence Peacock, Singer; Joseph Robinson, Oboe and Susan Lohr, Piano	3pm	Ballroom
3/8	Friday	Great Decisions Discussion	10:30am	Cardroom
3/8	Friday	<i>Spotlight Our Members at The Cedars</i> with Stan Friedland	3pm	Ballroom
3/10	Sunday	2018-19 Classical Concert Series	3pm	Ballroom
3/11	Monday	Dining Out! Flair Restaurant & Wine Bar	5:15pm	Lobby
3/12	Tuesday	<i>Gandhi, the Making of the Mahatma</i> and <i>Nonviolent Resistance</i> with Dick Fox	3pm	Ballroom
3/14	Thursday	Cedars University <i>The Concerto</i>	11am	Ballroom
3/14	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
3/14	Thursday	Ukulele Song and Jam Introduction with Rollie Ollin	7pm	Ballroom
3/15	Friday	Laughter Yoga with Liza Engstrom	11am	Ballroom
3/16	Saturday	Carolina Ballet	1pm	Lobby
3/18	Monday	Popcorn and a Movie— <i>A Star is Born</i>	3pm	Ballroom
3/19	Tuesday	Great Decisions Lecture	6:30pm	Lobby
3/21	Thursday	Cedars University <i>The Concerto</i>	11am	Ballroom
3/21	Thursday	Let's Talk Cinema <i>Water</i> with Linda Luftig	2pm	Ballroom
3/22	Friday	Great Decisions Discussion	10:30am	Cardroom
3/22	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
3/24	Sunday	Chamber Orchestra	2pm	Lobby
3/25	Monday	<i>Rocky Horror Picture Show</i>	7:30pm	Ballroom
3/26	Tuesday	Great Decisions Lecture	6:30pm	Lobby
3/28	Thursday	Cedars University <i>The Concerto</i>	11am	Ballroom
3/28	Thursday	Members Meeting	2pm	Ballroom
3/28	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
3/29	Friday	Great Decisions Discussion	10:30am	Cardroom
3/29	Friday	NC Author Series: <i>You Can't Judge</i> <i>a Book by Its Contents</i> with Rich Hendel	3pm	Ballroom
3/30	Saturday	The Metropolitan Opera— <i>Die Walküre</i>	11:15am	Lobby
3/31	Sunday	2018-19 Classical Concert Series	3pm	Ballroom