



June 2019 • VOLUME 16 • ISSUE 6

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

Tribute to Herb Lawton

by Stan Friedland

The great humanity of Herb Lawton often was obscured by his tremendous talents as an artist. I was fortunate enough to have had a warm friendship with him, which enabled me to discover and enjoy his character and goodness as a person. This happened but recently and came about because of his thoughtfulness of others. The sequence of events is worth sharing.



Lah Boh, a delightful young man on our dining room staff, was delivering a dinner meal to Herb last September, and when Herb answered his doorbell, Lah exclaimed, "Mr. Lawton, I love your paintings which are all over this building!" Herb invited him into his home to see his many other paintings, and when he found out that Lah also was an artist, he invited Lah to bring his portfolio so he could see it. That happened a few days later and it was Herb's turn to be so impressed by Lah's exceptional talents that he contacted Tara Pierce. Together they staged an exhibition for Lah in our Cardroom last October and we all were blown away, not only by the quality of Lah's artistry, but by his poise, as well.

I recognized what a great story this would be for our *Cedars Post* and quickly made a date to interview Herb in his home. We struck up an immediate rapport, the intensity of which surprised the both of us. That began a wonderful friendship, highlighted by subsequent dinners and meetings that strengthened our relationship. Lah joined us for one, hence the photo above. We both continued to look after Lah, making sure he received all the help he needed to attend UNC-Greensboro.

As I learned more about Herb's life and activities, it was obvious that he was much more than a talented artist and architect. He was a caring and contributing human being. And I wasn't alone in thinking so. Thelma Baker and Herb had been close friends ever since they had moved here to open The Cedars. Here is what Thelma has to say about him. "Herb was just a kind and giving person. He encouraged anyone with an artistic bent and then helped them in every way. He loved kids and had a great way with them. When my dog died, he not only empathized with me, but took me to the dog pound to get me another. He whispered to all of the dogs there and selected the right one for me. He was an exceptional man in all respects and my life truly was enriched just by knowing him."

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:

Pippin

at Raleigh Little Theatre
Thursday, June 6, 6:45pm Lobby

Frank Gallery Meet the Artists

at University Place
Thursday, June 13, 1:15pm Lobby

ADF ICONS

at Reynolds Industries Theater
Friday, June 14, 7pm Lobby

Mark Morris Dance Group ADF

at DPAC
Thursday, June 20, 7pm Lobby

Oceans 3D at IMAX Theater and Lunch at the Irregardless Cafe

Friday, June 28, 10am Lobby

Great Get-Aways

- ❖ From Steam Trains to Radio Astronomy: The Diverse Worlds of Cass and Greenbank, WV
June 25-28
- ❖ Mary Poppins-The Prizery, South Boston, VA
June 29
- ❖ A Smoky Mountain 4th of July, Cherokee, NC
July 2-5
- ❖ Linville Gorge and Baldese Outdoor Drama
July 12-14
- ❖ Flat Rock Playhouse and Brevard Music Festival Finale Concert
August 3-5
- ❖ The Polar Bears of Churchill, Manitoba
October 23-27

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.

Beyond the Cedars

FRANK Gallery: Meet the Artists!

at University Place
Thursday, June 13, 1:15pm Lobby

You are invited to FRANK Gallery to talk about the beautiful art on display, ask questions about individual artists' techniques and styles while enjoying refreshments. A couple of the featured artists for June will be Mary Stone Lamb (encaustic and oil paintings) and Jim Oleson (woodwork). There will also be oils, acrylics, ceramics and jewelry on display. Art, good conversation and wine, a perfect afternoon! FRANK is both a fine art gallery representing the best of the local artists, as well

as a non-profit organization dedicated to serving the community through the arts. Sign up at the Concierge Desk beginning June 3, deadline June 9. Cost: \$4 for transportation. Minimum 6 people. Maximum 15 people.



Oceans: Our Blue Planet 3D at IMAX Theater and Lunch at Irregardless Café

Friday, June 28, 10am Lobby

Take a global odyssey to explore the largest, most mysterious habitat on Earth in *Oceans: Our Blue Planet 3D*. New science and technology have allowed scientists to make more discoveries in the past 10 years than the last 100, revealing a richer diversity in the ocean than ever imagined. Leaping dolphins greet you as you dive into the blue and meet sea otters feeding on purple urchins, an ingenious tusk fish living in a coral reef, and a cunning octopus that uses an armory of shells to hide from predators. These extraordinary encounters will connect you to our water worlds as never before. After the film we will have lunch at the Irregardless Café. Sign up at the Concierge Desk beginning June 3, deadline June 23. Cost: \$32 for lunch, movie and transportation. Minimum 6 people. Maximum 15 people.

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

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

Puzzle by websudoku.com

CEDARS FITNESS

Is It Time to Change Your Fitness Routine?

For most of us, our lives are scheduled. We get up at a certain time, go to activities at a certain time, eat at a certain time, and if possible, work out at a certain time. Your workout should be a daily escape, not something you do like a machine going through the motions. For the best results, you should be switching up your fitness routine regularly.

To figure out when and how you should change your routine, here are a few guidelines.

When to Change Your Exercise Routine

- ☑ **Your fitness level isn't changing.** If you train the same way day in and day out, you will not experience continuous growth. The human body adapts quickly to exercise stimuli, and once it adapts it needs change.
- ☑ **You're bored.** It's hard to stay committed to anything that you're not excited about. If you are a walker, try low impact or water aerobics classes that consist of a wide variety of movements. If you lift weights, try Pilates or yoga.
- ☑ **You get injured.** Performing a workout should make you energized and lift your emotions. You may feel a bit sore the next day, but a continuous feeling of being tired and not able to recover from a workout may be a sign of overtraining, which can lead to injury.

How to Change Your Exercise Routine

- ☑ **Make a slow transition.** If you are trying a new activity, start slow and modify the workout as needed. If you do too much too soon, you may end up sore and discouraged.
- ☑ **Ask for help.** When you're switching to a new workout, make sure you know how to do it correctly. Consult the fitness instructor to learn proper technique.
- ☑ **Change your intensity.** If you feel that your workout has become less of a challenge, gradually increase the intensity. Try doing the activity longer, harder or more frequently.
- ☑ **Try the buddy system.** Exercising with a friend can be motivating, whether you work out as a pair or try a group exercise class together.

There are many opportunities to change up your exercise routine at The Cedars. Be sure to check the inside calendar of your Cedars Post each month for a complete list of all fitness activities. Contact Julie Hardison, Fitness Coordinator, at 919-259-7922 with questions.



from Carolyn Taff
So much happening, so close by!

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

Reynolds Industries Theater
919-684-4444, Durham, Duke American Dance Festival:
Musicians Concert Mon. 6/17, 8pm
Dorrance Dance Fri. 6/21- Sun. 6/23, varying times
Paul Taylor Dance Company
Thurs. 6/27-Fri. 6/28, 8pm. Sat. 6/29, 7pm, Children's Matinee (bring the grand and great grand kids!) Sat. 6/29, 1pm

Rubenstein Arts Center
919-684-4444, Durham, Duke American Dance Festival:
Murielle Elizeon & Tommy Noonan/Culture Mill
Tues. 6/25-Wed. 6/26, 8pm

Meymandi Concert Hall
919-733-2750, Raleigh
Vivaldi's Four Seasons
w/multimedia breathtaking imagery of nature in NC. Combined effort of NC Symphony & NC Museum of Natural Sciences. Thurs. 6/6, 7:30pm

The ArtsCenter
919-929-2787, Carrboro
The Greatest Tap Show Ever
w/tap virtuosos and legends including Chapel Hill's own Michelle Dorrance. Live music of Robbie Link Trio. Sat. 6/8, 7:30pm

DPAC
919-684-6402, Durham
Cats (touring) Tues. 6/4- Sun. 6/9, varying times

Chapel of the Cross
919-929-2193, Chapel Hill
Cantari Voices Ensemble "Women of Note" Sacred & Secular pieces by women composers, including a bluegrass mass. Sat. 6/1, 7:30pm

Meadowmont Village
Across the way! **Pick Filet**
Fri. 6/7, 6pm to sunset

June Birthdays

Alyce Bennett	1
Dorothy Bolton	1
Margaret Rook	4
Newland Oldham	5
Wendell Rosse	5
Malcolm Jackson	6
Gwen Clare	6
Martha Oxenfeldt	7
Sue Tiedeman	9
William Thompson	11
Carol Stamm	13
Virginia Ostrander	15
June Russell	16
Ken Woodard	19
Robert Paterson	20
Robert Wiser	20
Thomas Christy	22
Sally Orcutt	23
Rod Heine	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



Ethan Uslan—Ragtime/Jazz/Silent Film Pianist

Thursday, June 6, 3pm Ballroom

Ethan Uslan is a ragtime/jazz/silent film pianist based in Charlotte, North Carolina. He is a three-time winner of the World Championship Old-Time Piano Playing Contest and has performed all over the USA as well as in the UK, France, Italy, Switzerland, Belgium, and Cyberspace. Ethan's performances are filled with passion, humor, virtuosity, and a deep love for America's rich musical past. His vast repertoire includes original arrangements of Civil-War era songs, New Orleans Jazz, 1920s Charlestons, blues, stomps, Harlem stride piano, swing, Cuban rumbas, jazzed-up versions of classical masterpieces, and one Hawaiian song called "Yaaka Hula Hickey Dula."

Grand Time for Singing

Friday, June 7, 7:30pm Ballroom

Grand Time for Singing will wow you with their array of popular music from the '30's through early '70's. Think "I left My Heart In San Francisco," "All the Things You Are," "Misty," "People," "S Wonderful," "You Do Something to Me," "Unforgettable," and more. They'll delight you with the combination of vocals, piano and saxophone. You might even have a surprise performance from The Cedars. All of this performed by our own Joan Ontjes together with Jim Fields on vocals and sax as well as Robert Spaziano on jazz piano. Each of them has performed extensively, particularly in the Triangle area.

Martin Eagle Jazz Trio

Monday, June 17, 3pm Ballroom

Martin Eagle, jazz pianist and composer, has had a long and varied musical career which has ranged from performing in the first Lighthouse Jazz Festival in California and the first Avant Garde Jazz festival in New York, to appearances at the original Birdland jazz club and a concert at Carnegie Hall, as well as being musical director for "pop" legends Mama Cass Elliot and Bobby Hatfield of The Righteous brothers. He was part of the seminal Don Ellis big band and has performed with such international jazz stars as Rahsaan Roland Kirk, Paul Motian and Steve Swallow. Eagle can play delicately in the Bill Evans style or get frisky and funky like Vince Guaraldi. His compositions can have a dramatic edge to them, especially the haunting "Ava Gardner" which has the melodic sense of an old-fashioned melodramatic movie theme. Martin will be joined by Ben Palmer on bass and Kevin VanSant on guitar.

Richard Tazewell—Pianist
Friday, June 14, 5pm Dining Lobby



Robert Griffin—Jazz Pianist
Thursdays, June 20 & 27, 5pm Dining Lobby

Popcorn and a Movie — *Apollo 11*

Monday, June 24, 3pm Ballroom

Apollo 11 isn't like other documentaries about the first moon mission. In fact it isn't like most other movies, period. It's magnificent and unique, an adrenaline shot of wonder and skill. Todd Douglas Miller, who edited and directed *Apollo 11*, tells the story entirely in the present tense, omitting the historian interviews and vintage news clips that you expect to see in films on this topic. Even though the filmmaker gained access to previously-unseen archival footage and previously-unheard audio recordings, and synced them to create an almost vertigo-inducing sense of immediacy, this isn't a history lesson. It's more like a psychedelic sound-and-light show, conceived in the spirit of a "trip" film like *2001: A Space Odyssey*, *Woodstock* or *Apocalypse Now*.



DuBose Art Gallery Opening Reception

Friday, June 7, 3pm DuBose East Dining/Gallery

The DuBose Art Gallery is excited to announce the next exhibition of art featuring paintings by Jeanne McCullough. Come meet the artist and talk with Jeanne about the inspiration behind her work.

Punch and cookies will be served.

Kudos to...

- ☞ Fran Alguire for her collection of Madonnas in the Member display case
- ☞ Karen Kilara for doing such a wonderful job organizing and setting up the Member display case
- ☞ Sally Terwey for recommending the program *Who Stole My Radio?* with Jack Vest
- ☞ Dr. Wendell Rosse for his presentation *Notre Dame de Paris*
- ☞ Ruth Ann Ross for her coaster workshop in the Art Studio
- ☞ Stan Friedland for his Spotlight on "The Treasures of The Cedars, Its Members!"
- ☞ Joan Ontjez for her Grand Time for Singing concert
- ☞ Bette Israel for recommending the ADF lecture with Jodee Nimerichter and the upcoming ADF Hot Summer Pop Up dance event in July
- ☞ Jeanne McCullough for exhibiting her art at the DuBose Art Gallery

June 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



6/1 Saturday

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



6/2 Sunday

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



6/3 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Cardio and Core **B**
11:30am Aquatic Therapy **P**  
11:30am Tai Chi **B**
1pm Poker **CR**
1:30pm Play Reading Group **CL**
3pm *NC Author Series with Rob Christensen* **B**

6/4 Tuesday

8:45am Cardio and Core **B**
9am Golf Croquet **GL**
9:45am Sit and Be Fit **B**
11:30am Aquatic Therapy **P**  
2pm Mah Jongg **CR**
2pm *Notre Dame de Paris with Dr. Wendell Rosse* **B**
4:30pm Tap Dancing **B**
7:45pm Cedars Cinema **CHANNEL 24**

6/5 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**

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

6/6 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9am Bocce **GL**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
3pm *Ethan Uslan—Ragtime/Jazz/Silent Film Pianist* **B**
4pm Scrabble **CR**
6:45pm *Pippin at Raleigh Little Theatre* **LB** 

6/7 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am TGIF Class **B**
11:30am Aquatic Therapy **P**  
1pm Party Bridge **CR**
3pm DuBose Art Gallery Opening Reception
4:30pm Happy Hour **Bar**
7:30pm *Grand Time for Singing* **B**
7:45pm Cedars Cinema **CHANNEL 24**


6/8 Saturday



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

6/9 Sunday



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

6/10 Monday



8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9am *Coaster Workshop with Ruth Ann Ross* **S** 

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**




6/11 Tuesday

8:45am Cardio and Core **B**
9am Golf Croquet **GL**
9am *Coaster Workshop with Ruth Ann Ross* **S** 
9:45am Sit and Be Fit **B**
11am Fireside Chat **CR**
11:30am Aquatic Therapy **P**  
2pm Mah Jongg **CR**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema **CHANNEL 24**

6/12 Wednesday

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

6/13 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9am Bocce **GL**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
1:15pm *FRANK Gallery* **LB** 
4pm Scrabble **CR**

6/14 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Pilates Strength & Stretch Class **B**
11:30am Aquatic Therapy **P**  
1pm Jewelry Repair **S**
3pm *Spotlight on "The Treasures of The Cedars, Its Members!" with Stan Friedland* **B**
4:30pm Happy Hour **Bar**
5pm *Richard Tazewell—Pianist* **DL**

7pm ADF ICONS at Reynolds Theater **LB**



7:45pm Cedars Cinema CHANNEL 24

6/15 Saturday

9am Ping Pong **B**

9am Cribbage **CL**

11am Accessing UNC Libraries **L**

3pm & 7:45pm Cedars Cinema CHANNEL 24

6/16 Sunday

Father's Day



3pm & 7:45pm Cedars

Cinema CHANNEL 24

6/17 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 Martin Eagle Jazz Trio **B**

6/18 Tuesday

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

9am Golf Croquet **GL**

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

11:30am Aquatic Therapy **P**

2pm Mah Jongg **CR**

2pm Introduction to Your iPhone

Workshop with Tech Team **CL**

7:45pm Cedars Cinema CHANNEL 24

6/19 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

6/20 Thursday

8am Art Open Studio **S**

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

9am Bocce **GL**

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

11am Cedars University **B**

11:30am Aquatic Therapy **P**

3pm The Importance of Do Not

Resuscitate Forms with Dr. McBride **B**

4pm Scrabble **CR**

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

7pm ADF Mark Morris at DPAC **LB**

6/21 Friday

8:45am Water Exercise **P**

9:45am Water Exercise **P**

11am TGIF Class **B**

11:30am Aquatic Therapy **P**

1pm Party Bridge **CR**

3pm Who Stole My Radio? with Jack Vest **B**

4:30pm Happy Hour **Bar**

7:45pm Cedars Cinema CHANNEL 24

6/22 Saturday

9am Ping Pong **B**

9am Cribbage **CL**

3pm & 7:45pm Cedars Cinema CHANNEL 24

6/23 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

6/24 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**

1pm Living with Loss: Grief Support with

Mitzi Quint **CL**

3pm Popcorn and a Movie—Apollo 11 **B**

6/25 Tuesday

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

9am Golf Croquet **GL**

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

11:30am Aquatic Therapy **P**

2pm Mah Jongg **CR**

3pm Living Your Best Life; Mindfulness

and Meditation with Haven Carter **B**

7:45pm Cedars Cinema CHANNEL 24

6/26 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

6/27 Thursday

8am Art Open Studio **S**

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

9am Bocce **GL**

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

11am Cedars University **B**

11:30am Aquatic Therapy **P**

2pm Rehab Lecture with Sandy Friday **B**

4pm Scrabble **CR**

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

6/28 Friday

8:45am Water Exercise **P**

9:45am Water Exercise **P**

10am Oceans 3D IMAX Trip **LB**

11am Pilates Strength & Stretch Class **B**

11:30am Aquatic Therapy **P**

4:30pm Happy Hour **Bar**

7:45pm Cedars Cinema CHANNEL 24

6/29 Saturday

9am Ping Pong **B**

9am Cribbage **CL**

11am Accessing UNC Libraries **L**

3pm & 7:45pm Cedars Cinema CHANNEL 24

6/30 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

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



Fireside Chat: Personal Emergency Response System (P.E.R.S.)

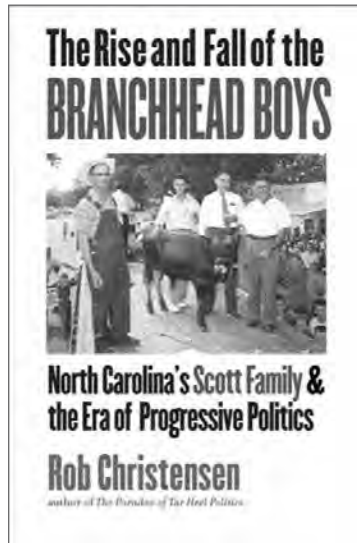
with Daniel Naples (Security) and Chris Tucci (Maintenance/IT)

Tuesday, June 11, 11am Cardroom

On behalf of The Member's Health & Safety Committee we invite all Cedars Members, especially those Members who have resided here two years or less, to learn more about the Personal Emergency Response Systems (P.E.R.S.) provided by The Cedars. Daniel and Chris will summarize the operational side of the emergency systems we currently have in place. We will review how the P.E.R.S. can be a vital link in reducing emergency medical response times. They will be available to answer your questions.

LEARNING OPPORTUNITIES

NC AUTHOR SERIES



The Rise and Fall of the Branchhead Boys: North Carolina's Scott Family and the Era of Progressive Politics

with Rob Christensen

Monday, June 3, 3pm Ballroom

Like the Longs in Louisiana and the Byrds in Virginia, the Scott family dominated North Carolina politics. Though the Scotts held power in various government positions for generations, they were instrumental in their own downfall. From Kerr Scott's regression into reactionary race politics to Meg Scott Phipp's corruption trial and subsequent prison sentence, the Scott family lost favor in North Carolina and their influence and legacy collapsed. Rob Christensen offers the definitive account not only of the Scott family's rise and fall, but also how race and populism informed North Carolina politics in the twentieth century. Rob Christensen was for many years political columnist for the N&O. **Books will be available for purchase.**

Notre Dame de Paris

with Dr. Wendell Rosse

Tuesday, June 4, 2pm Ballroom

Notre Dame de Paris is the quintessential Gothic cathedral. Although it may not be the tallest nor the most beautiful, it is the most symbolic of the French nation. Begun in 1160, it was built over the next hundred years in well documented steps that allow us to see how a Gothic cathedral was built. Further, we can see how it influenced the architecture of cathedrals that followed and we can follow its history to the present. Finally, we can see why the structure survived the tragic fire of 2019.



Creating Beautiful Coasters Workshop

with Ruth Ann Ross

Monday, June 10 & Tuesday, June 11, 9-11am
Art Studio

Want to try something new to give as a gift? Join new Member Ruth Ann Ross, who's a painter and weaver, for this two-day workshop creating colorful coasters using alcohol paints. Bring an apron, gloves and a shoebox plus \$5 for supplies. Sign up at the Concierge Desk, deadline June 7. Maximum 8 people.

Spotlight on "The Treasures of The Cedars, Its Members!"

with Stan Friedland

Friday, June 14, 3pm Ballroom

Our Spotlight program for June will illuminate the life of another of our fascinating Cedars Members. There is nothing like seeing it LIVE, so mark down the date now, Friday, June 14!

Introduction to Your iPhone Workshop

with Tech Team

Tuesday, June 18, 2pm Classroom

This workshop will go through the basics of using your iPhone. You will learn how to use the most helpful apps that come with your phone including: Messages, Camera, Safari, Settings, App Store, and more. You also will get some tricks and tips to make your iPhone easier to use. If you would like more information on the class, feel free to email them at techteamasheville@gmail.com or call 919-903-7060. Cost: \$15 for 1.5 hour class. Minimum 4 people. Maximum 10 people.

The Importance of Do Not Resuscitate Forms

with Dr. Jack Marvin McBride, Jr.

Thursday, June 20, 3pm Ballroom

Dr. Jack Marvin McBride, Jr. is a Geriatric Medicine specialist in Chapel Hill. He attended and graduated from Duke University School of Medicine in 1982, having over 37 years of diverse experience.

He is the Medical Director for both The Cedars of Chapel Hill and Galloway Ridge. Dr. McBride is going to discuss the

importance of having a DNR (do not resuscitate) form, what having that form means, how it works, how it helps, and what it prevents. Please take the time to listen to the information that he is willing to share with us!



Who Stole My Radio?

with Jack Vest

Friday, June 21, 3pm Ballroom

Join DJ Chucky T (aka Jack Vest), the host of WHUP-FM's weekly Resurrecting Retro radio program, for a presentation that answers the question, Who Stole My Radio? then quickly moves on to tell you what you can actually do about it. All too many of us grew up loving to listen to the radio but have given up flipping through the local AM/FM radio dial. But there is a whole 'nuther world of music programming available on the internet...if you know how to get there: Memphis for Soul, New Orleans for Jazz, Salsa out of Colombia, Big Band and Swing from Sussex in the UK. A presentation followed by Q&A will get you started on how to use your laptop or smartphone to resurrect your passion for music. Handouts will be available to take home after the program.

Living Your Best Life; Mindfulness and Meditation

with Haven Carter

Tuesday, June 25, 3pm Ballroom

Meditation only takes a few moments each day and the benefits are phenomenal. When we invest in sitting in stillness, our physical, mental, and emotional health improve. Studies prove that mindful meditation can reduce stress and help us feel calmer and more peaceful no matter what is happening in our lives. Research also shows that it can help improve our memory and relieve any sense of loneliness. A group meditation practice enhances our personal practice and vice versa. Join Mindfulness and Meditation Teacher Haven for this information session and then sign up for the 6-week program beginning on Tuesday, July 23 at 2pm.

Cedars University

LECTURES ON DVD



The Great Tours: Experiencing Medieval Europe

Taught by Professor Kenneth R. Bartlett, Ph.D., University of Toronto

Thursdays through August 1, 11am Ballroom

Travel to the mystery, drama, and splendor of the Middle Ages—to the times of great royal dynasties, intrepid knights, religious passions, merchant empires, and towering art ... Tucked away within the romantic landscapes of Europe, a remarkable range of beautifully preserved medieval cities and towns invites discovery—time capsules of history where you can stroll the cobbled streets of another time; savor the treasures of palaces, stately mansions, soaring cathedrals, and grand civic centers; and walk the mighty bastions and ramparts that once defended them.

Dr. Kenneth R. Bartlett is Professor of History and Renaissance Studies at the University of Toronto, where he earned his Ph.D. and has taught for the past 30 years. A distinguished teacher, Professor Bartlett has received numerous teaching awards and honors.

• • • • • CEDARS *Cinema* • • • • •

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



Mary Poppins Returns

Tuesday, June 4 & Saturday, June 8, 7:45pm
Sunday, June 9, 3pm · PG

The magic continues as Mary Poppins helps the Banks family remember the joy of being a child. Together with Jack the lamplighter, fun is brought back in a celebration that everything is possible...even the impossible. Starring Emily Blunt, Ben Whishaw and Dick Van Dyke. (2018)

Fiddler on the Roof

Tuesday, June 18 & Saturday, June 22, 7:45pm
Sunday, June 23, 3pm · G

Director Norman Jewison chronicles the trials of Jewish peasant Tevye, father of three strong-willed daughters and husband to oft-objecting Golde in pre-revolutionary Russia. Starring Topol, Norma Crane and Leonard Frey. (1971)

The Upside

Wednesday, June 19 & Friday, June 21, 7:45pm
Saturday, June 22, 3pm · PG-13

This affecting dramedy follows the unlikely friendship between Phillip, a New York City billionaire crippled in a hang-gliding accident, and Dell, a recently released ex-con who's hired to be his caretaker. Starring Kevin Hart and Bryan Cranston. (2019)

What They Had

Tuesday, June 25 & Saturday, June 29, 7:45pm
Sunday, June 30, 3pm · R

When her mother wanders into a snowstorm on Christmas Eve, Bridget responds to her brother's call for help by returning to her hometown, where the siblings face persuading their dad to put Mom in a care home. Starring Hilary Swank, Robert Forster and Blythe Danner. (2018)

The Mule

Wednesday, June 26 & Friday, June 28, 7:45pm
Saturday, June 29, 3pm · R

Earl is offered a job that simply requires him to drive. But unbeknownst to Earl, he's just signed on as a drug courier. Earl's past mistakes start to weigh heavily on him, and it's uncertain if he'll have time to right those wrongs before law enforcement, or the cartel's enforcers, catch up to him. Starring Clint Eastwood and Bradley Cooper. (2018)



To Dust

Wednesday, June 5 & Friday, June 7, 7:45pm
Saturday, June 8, 3pm · R

Shmuel, a hasidic cantor distraught by the untimely death of his wife, struggles to find religious solace while obsessing over how her body will decay. Together with Albert, a biology professor, he embarks on a darkly comic undertaking into the underworld. Starring Géza Röhrig and Matthew Broderick. (2019)



Evelyn

Tuesday, June 11 & Saturday, June 15, 7:45pm
Sunday, June 16, 3pm · PG

This drama follows the story of Desmond Doyle (Pierce Brosnan), whose wife has left him and whose children are placed in orphanages. Authorities deem Doyle's financial straits unacceptable for raising children, and the unemployed father vows to reunite his family. (2002)

Play the Game

Wednesday, June 12 & Friday, June 14, 7:45pm
Saturday, June 15, 3pm · PG-13

When David Mitchell (Paul Campbell) gives his grandfather (Andy Griffith) pointers on dating, Joe becomes a hit with the women in his retirement community. But David strikes out with his own tricks when he tries to woo a girl named Julie (Marla Sokoloff). (2008) SUBTITLES NOT INCLUDED



Regular Group Activities

location key B=Ballroom BR=Billiards Room CR=Cardroom CL=Classroom DL=Dining Lobby ER=Exercise Room FV-DR=Fountain View Dining Room GL=Great Lawn L=Library LB=Lobby MR=Magnolia Room P=Pool PD=Private Dining Room S=Studio

Archery

Wed 10:00 **GL**

Dick Fox 919-933-3789

Balance Basics

Wed 11:30 **B**

Julie Hardison 919-259-7922

Balance Challenge

Wed 11:00 **B**

Julie Hardison 919-259-7922

Ballroom Dance Group

2nd & 4th Tue 5:30 **B**

Betty White 919-967-4064

Bocce

Thu 9:00 **GL**

Ellen Herron 252-646-2930

Cardio and Core

Mon 11:00 Tue Thur 8:45 **B**

Julie Hardison 919-259-7922

Canasta

2th & 4th Tue 3:00

Sally Sullivan 919-489-6446

2th & 4th Fri 3:00 **CR**

Malcolm Jackson 919-951-7626

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 9:00 **GL**

Rhonda Innes

919-259-7150

Great Books Club

2nd Mon 2:00 **CL**

Happy Hour

Fri 4:30 **Bar**

Interdenominational Service

Sun 11:00 **B**

Nancy Cobey 919-259-7048

Knit & Stitch

Mon 10:30 **CR**

Margaret Rook 919-292-1497

Library Workday

Mon 9:00 **L**

Nancy Lebo 919-259-7330

Line Dancing

2nd & 4th Tue 4:30 **B**

Julie Hardison 919-259-7922

Mah Jongg

Tue 2:00 **CR**

Sarah Kittner 919-969-6822

Mexican Train Dominos

Fri 1:00 **FV-DR**

Sally Sullivan 919-489-6446

Party Bridge

1st, 3rd & 5th 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

Tech Support Group

Mon-Fri 8:00-4:30

Call Concierge: 919-259-7937

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

Water Walkers

Mon Wed Fri 10:30 **P**

Julie Hardison 919-259-7922

Get Involved

Accessing UNC Libraries

Saturdays, June 1, 15 & 29, 11am Library

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

Great Books

Monday, June 10, 2pm Classroom

The Real Thing

by Henry James

ANNOUNCEMENTS

Jewelry Repair with Eva Mogenson

Friday, June 14, 1-2pm Art Studio

Walk with a Doc

Saturday, June 15, 10am, UNC Wellness Center at Meadowmont

Gather at the UNC Wellness Center to take a 1-mile walk around the trails or, if raining, around the indoor track. A doctor from the Thurston Arthritis Research Center will give a brief talk on a health related topic before joining walkers to answer questions about their health. For more information contact Kirsten Ambrose at 919-966-7209.

Living with Loss: Grief Support with Mitzi Quint

Monday, June 24, 1pm Classroom

Rehab Lecture

with Sandy Friday

Thursday, June 27, 2pm Ballroom

Topic to be announced.

Cynthia's Taylor Shop Services

Wednesdays, 9-9:30am Art Studio

Cynthia Lennon offers quality and affordable alterations.

Channel 24 Replays Schedule

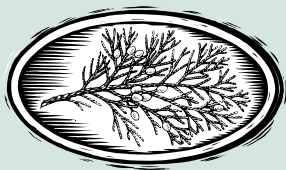
- ☞ Mondays 10am, exercise program; 12:30pm, recent lectures
- ☞ Tuesdays 10am, exercise program
- ☞ Wednesdays 10am, exercise program; 12:30pm, Members Meeting
- ☞ Thursdays 10am, exercise program
- ☞ Fridays 10am, exercise program

New Move Ins

Walter Mears
642 Cedar Club Circle

Barbara B. Reis
633 Cedar Club Circle

William and Ginny Wood
325 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>
6/3	Monday	NC Author Series: <i>The Rise and Fall of the Branchhead Boys: North Carolina's Scott Family and the Era of Progressive Politics</i> with Rob Christensen	3pm	Ballroom
6/4	Monday	<i>Notre Dame de Paris</i> with Dr. Wendell Rosse	2pm	Ballroom
6/6	Thursday	Cedars University <i>The Great Tours: Experiencing Medieval Europe</i>	11am	Ballroom
6/6	Thursday	Ethan Uslan—Ragtime/Jazz/ Silent Film Pianist	3pm	Ballroom
6/6	Thursday	<i>Pippin</i> at Raleigh Little Theatre	6:45pm	Lobby
6/7	Friday	DuBose Art Gallery Opening Reception	3pm	DuBose Gallery
6/7	Friday	Grand Time for Singing	7:30pm	Ballroom
6/10	Monday	Coaster Workshop with Ruth Ann Ross	9am	Art Studio
6/11	Tuesday	Coaster Workshop with Ruth Ann Ross	9am	Art Studio
6/11	Tuesday	Fireside Chat: Personal Emergency Response System (P.E.R.S.) with Daniel Naples and Chris Tucci	11am	Cardroom
6/13	Thursday	Cedars University <i>The Great Tours: Experiencing Medieval Europe</i>	11am	Ballroom
6/13	Thursday	FRANK Gallery: Meet the Artists! at University Place	1:15pm	Lobby
6/14	Friday	Spotlight on “The Treasures of The Cedars, Its Members!” with Stan Friedland	3pm	Ballroom
6/14	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
6/14	Friday	ADF Icons at Reynolds Industries Theater	7pm	Lobby
6/17	Monday	Martin Eagle Jazz Trio	3pm	Ballroom
6/18	Tuesday	Introduction to Your iPhone Workshop with Tech Team	2pm	Classroom
6/20	Thursday	Cedars University <i>The Great Tours: Experiencing Medieval Europe</i>	11am	Ballroom
6/20	Thursday	<i>The Importance of Do Not Resuscitate Forms</i> with Dr. Jack Marvin McBride Jr.	3pm	Ballroom
6/20	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
6/20	Thursday	Mark Morris Dance Group ADF at DPAC	7pm	Lobby
6/21	Friday	<i>Who Stole My Radio?</i> with Jack Vest	3pm	Ballroom
6/24	Monday	Popcorn and a Movie— <i>Apollo 11</i>	3pm	Ballroom
6/25	Tuesday	<i>Living Your Best Life; Mindfulness and Meditation</i> with Haven Carter	3pm	Ballroom
6/27	Thursday	Cedars University <i>The Great Tours: Experiencing Medieval Europe</i>	11am	Ballroom
6/27	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
6/28	Friday	<i>Oceans: Our Blue Planet 3D</i> at IMAX Theater and Lunch at Irregardless Café	10am	Lobby