



August 2019 • VOLUME 16 • ISSUE 8

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

I Was There

by Casey Simms

When The Cedars opened in August of 2004, I was there. Now I am the only original dog still standing. We moved in the very first day and met some other new residents. I found that we had a much bigger “yard” than I had before, but I had to stay on my leash so my person didn’t get loose, and I had to learn to share the yard with other dogs. I used to play with a big brown and white one named Boosh and a smaller one whose name I have forgotten. It turns out that forgetting things is rather common around here, so I am in good company.

My people started to get very busy with activities at “The Club.” I like going to the front of the Clubhouse where a nice lady is generous with treats, but they keep all of the people captive in the back somewhere. They let them out on the terrace for meals in the nice weather and I have particularly enjoyed many lovely lunches outside.



Since I am a Havanese (a very special breed from Havana) I am fluent in Spanish. I love it when our housekeeper talks to me in my native tongue. Talk from others is rather elementary—sit, stay, etc.—which I feel is somewhat beneath my attention.

For several years the people played a game on the lawn with mallets and balls. They all dressed in white, usually 16 of them. Since I stopped going, they don’t wear white anymore. They play lots of other games like ping pong, pool and bocce to stay fit.

There is a pretty lady who gets up very early every morning to throw dog treats from her balcony. That is the highlight of my day. It goes downhill somewhat after that. Meadowmont has some great walking trails with good sniffing opportunities which I thoroughly enjoy. There is also a great trail back in the woods. I rather wish they would stop keeping the people so busy with exercise and water aerobics classes, concerts, lectures, and outings on the bus which I can’t attend. They seem to make a lot of friends at these activities, however, and living with a happy person is a real benefit for a dog.

There is another place, called DuBose, that I can visit. People there need more help, but it is a very nice place for us dogs to visit. We don’t see many cats around, but I suspect they are confined to their quarters. I would not like that.

I can’t believe that we have been here for 15 years, and that I have lived this long to enjoy it. I was just a two year old when we moved in; I guess I have aged along with everyone else. I have some gray on my head, a popular look here at The Cedars. We have fond memories of the many friends—humans and dogs—we have lost, but we quickly bond with the newcomers.

*posthumously published

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:

Dining Out! Stoney River

Tuesday, August 13, 5:30pm Lobby

A Gentleman's Guide to Love and Murder

at the Raleigh Little Theater
Sunday, August 18, 2pm Lobby

The International Civil Rights Center & Museum and Lunch at Liberty Oak in Greensboro

Tuesday, August 20, 9:15am Lobby

Great Get-Aways

- ♣ 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

Dining Out! Stoney River

Tuesday, August 13, 5:30pm Lobby

Stoney River is an upscale steakhouse, specializing in hand-cut steaks, fresh seafood selections, signature salads and house specialties. Enjoy a hand-crafted cocktail, local draft beer or glass of wine from their boutique wine list. Their mission is to provide the highest quality food in a polished environment, delivered by professional servers with a sense of genuine hospitality. Sign up at the Concierge Desk beginning August 1, deadline August 11.

Cost: \$4 for transportation. Bring money for food and drinks. Minimum 6 people. Maximum 14 people.



The International Civil Rights Center & Museum and Lunch at Liberty Oak in Greensboro

Tuesday, August 20, 9:15am Lobby

The International Civil Rights Center & Museum is an archival center, collecting museum and teaching facility devoted to the international struggle for civil and human rights. The Museum celebrates the nonviolent protests

of the 1960 Greensboro sit-ins that served as a catalyst in the civil rights movement. The Museum complex features educational exhibits, a gallery, auditorium, archival center and a proposed Joint Center for the Study of Human Rights. The Museum includes 30,000 square feet of exhibit space and is located in the historic 1929 F.W. Woolworth building in Greensboro. After our docent tour we will have lunch at Liberty Oak Restaurant. Sign up at the Concierge Desk beginning August 1, deadline August 16. Cost: \$50 for tour, lunch and transportation. Minimum 8 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: 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

MEMBERS IN THE NEWS



Congratulations to Joy Metelits and Michael Smith for receiving Volunteer of the Year Awards for outstanding service and contributions to PORCH.

Joy Metelits follows in the footsteps of the original Cedars PORCH Neighborhood Coordinators, Shirley Block and Ina Evans. Joy is one of 21 PORCH volunteers from the



Cedars and accepted the Neighborhood Coordinator of the Year Award on behalf of all the Volunteers, Members and Staff who are the heart and soul of The Cedars highly successful food drives and financial donations, month after month, year after year.

Cedars Member Michael Smith, a longtime loyal and dedicated PORCH Volunteer, was awarded the Chapel Hill/Carrboro PORCH Extraordinary Delivery Driver of the Year. Every month Michael arrives with an empty car and full heart! He loads his car to the max with PORCH's non-perishable food donations which he delivers to two, sometimes three local pantries! From the beginning Michael worked with Shirley Block and Ina Evans, making The Cedars PORCH collections when he and Myra were still living in their Meadowmont home. Cedars Porch is what it is because of the support and commitment of Michael and his Co-Cedars PORCH Volunteers!

Recently the North Chatham Volunteer Fire Department held a dinner to celebrate its 50th Anniversary. At the anniversary dinner all of the fire fighters and first responders of NCVFD, active and retired, were given a commemorative Challenge Coin (pictured right). As a 23-year member Stephen Metelits received this commemorative coin for his dedication and service. During his years of service, Stephen helped deliver one baby (the mother did all the work), performed CPRs, and responded to countless motor vehicle accidents, house fires, and medical emergencies.



DuBose Open House Event



*We're opening our doors and
you're invited
Come Sip and See!*

Thursday, August 8, 10am-6pm

Tour the newest neighborhoods at DuBose during our Open House Event. Tours will be offered on the hour beginning at 10:00am until 5:00pm. Transportation will be provided to and from DuBose. Guided tours will be limited to 28 people for 45 minutes, giving everyone the time to explore our new spaces. Refreshments will be provided.

Please sign up for your preferred time at the Concierge Desk:

- 10am**
- 11am**
- 1pm**
- 2pm**
- 3pm**
- 4pm**
- 5pm**

August Birthdays

Joan Langenderfer	1
Lynne Morris	2
Suzanne Head	3
Anna Cabral	3
Priscilla Winn	4
Tim Ross	4
Flora Shedd	5
Richard Hendel	5
Anne Cates	6
Gordon Duff	6
Jeanette Kimmel	7
Sally Hammond	7
Gene Sandler	7
Carolyn Dow	7
Chris Straughan	8
Carmen Woodruff	10
Beatrice de Castro	12
Julie Lentz	12
Esta Thomas	13
Gustavo Montana	13
Al Briggaman	14
Frank Sloan	15
Pauline Wilkes	16
Tom Nuzum	17
Joan Montana	18
Carolyn Taff	19
Elizabeth Morgan	20
Morris Martin	21
Richard Hoggard	21
Jane McPherson	25
Faye Rapp	25
Robert Gersten	26
Milton Barber	26
Merle Hofmann	27
Dan Clare	28
Linn Royster	30
Patricia Nenninger	31

We apologize to anyone whose birthday may have been omitted or is incorrect. If you would like to be included or removed from the birthday list please contact Sheila Kiliru at 919-537-0126.

Let's Celebrate



Popcorn and a Movie—*The Best of Enemies*

Thursday, August 1, 2pm Ballroom

The Best of Enemies is a 2019 American drama film directed and written by Robin Bissell. It is based on the book *The Best of Enemies: Race and Redemption in the New South* by Osha Gray Davidson, which focuses on the rivalry between civil rights activist Ann Atwater and Ku Klux Klan leader C. P. Ellis. The film stars Taraji P. Henson, Sam Rockwell, Babou Ceesay, Anne Heche, Wes Bentley, Bruce McGill, John Gallagher Jr., and Nick Searcy.

Crystal Dawn Bright, Singer and Robert Griffin, Pianist

Thursday, August 15, 5pm Dining Lobby

Crystal Dawn Bright is an award-winning musician and multimedia artist from North Carolina. She is a singer, songwriter, multi-instrumentalist, music teacher, performance artist, theatrical director & producer. As founder and leader of the band Crystal Bright & the Silver Hands, she has released three studio albums and one live album, been reviewed internationally, and performed with the North Carolina Symphony.



The Durham Savoyards

Producing the topsy-turvy musical comedies of Sir William S. Gilbert & Sir Arthur S. Sullivan
Thursday, August 22, 3pm Ballroom

This amazing homegrown theatre troupe was born in 1963, out of love for that perfect combination of W. S. Gilbert's incisive satire and Arthur Sullivan's sparkling music. The Savoyards take their name from London's Savoy Theatre, where many of the Gilbert and Sullivan operettas were first performed. Its charter members (many from Duke) included academics and "townies" alike. The group will be on The Cedars' stage to perform a sampling of Gilbert & Sullivan's classics to include "The Pirates of Penzance," "The Mikado," and "Patience" which debuted this spring.

Richard Tazewell—Pianist
Friday, August 2, 5pm Dining Lobby



Robert Griffin—Jazz Pianist
Thursdays, August 15 & 29, 5pm Dining Lobby



July 4th Cedars Cry(a)Tear-Ion [Criterion] HUGE SUCCESS!

Congratulations to Juliann Tenney, Chris Staughan, Sandy Wetmore and friends for making the Cry(a)Tear-Ion bike event such a success! The festivities began the night before with a pre-ride dinner, where 20 gathered in the Friendship Dining Room. Everyone wore jerseys to whip up interest and cheer. Chris Straughan and Juli Tenney mapped the course and provided directions. Twenty-two cyclists gathered at 9am on July 4 to launch the ride.

Juli led the ride while Chris “swept” to make sure no one got lost or left behind, and Juli’s brother, Mark Tenney, served as the “ranger,” riding back and forth up and down the lines of cyclists to make sure everyone was in good shape. The 10 mile trip concluded with a post-ride celebratory after party complete with Champagne and mimosas hosted by Sandy Wetmore.

When the organizers fully recover, planning will begin for the next cycling event. Please contact Juli Tenney (919-259-7202) if there is interest in bringing onto campus a professional bike/wheelchair mechanic to ensure that our rides are in good condition. Many thanks to all the wonderful participants that helped make the ride possible. What a great way to celebrate our “Independence!” —Juli Tenney

Karen Kilara, Peter Page and Carter Fox enjoyed July 4th festivities at the Clubhouse



SCHOLARSHIP PROGRAM FOR THE BENEFIT OF CEDARS EMPLOYEES

Help Create a Scholarship by Christmas!

Mark Your Calendar for Sunday, December 15



15th Annual Bake Sale, Raffle, Silent Art Auction and Unique Boutique is coming to the Clubhouse!



MAKE

something special: paint, knit, bead, sew, bake, take a photograph, woodwork.



DONATE

a nearly new “ex-cessory” or small art/collectable item.


VOLUNTEER

Your support is greatly appreciated!

It will be here before you know it. For questions or inspiration call Anne Boyer at 919-259-7800.

August 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

8/1 Thursday

8am Art Open Studio **S**
8:30am Bocce **GL**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
2pm Popcorn and a Movie—The Best of Enemies B
4pm Scrabble **CR**

8/2 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 Party Bridge **CR**
4:30pm Happy Hour **Bar**
5pm Richard Tazewell—Piano DL
7:45pm Cedars Cinema CHANNEL 24


8/3 Saturday

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

8/4 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

8/5 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**

8/6 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**
7:45pm Cedars Cinema CHANNEL 24

8/7 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

8/8 Thursday

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

8/9 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**
7:45pm Cedars Cinema CHANNEL 24

8/10 Saturday

9am Ping Pong **B**
9am Cribbage **CL**

11am Accessing UNC Libraries **L**
3pm & 7:45pm Cedars Cinema CHANNEL 24




8/11 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24



8/12 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9am Coasters 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**  
1pm Poker **CR**
2pm Great Books **CL**
3pm Medications & Drug Safety: Great Expectations or Bleak House? with Dr. Barton Cobert B

8/13 Tuesday

8:45am Cardio and Core **B**
9am Golf Croquet **GL**
9am Coasters Workshop with Ruth Ann Ross S 
9:45am Sit and Be Fit **B**
11:30am Aquatic Therapy **P**  
2pm Mah Jongg **CR**
4:30pm Line Dancing **B**
5:30pm Dining Out! Stoney River LB 
7:45pm Cedars Cinema CHANNEL 24

8/14 Wednesday

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

8/15 Thursday

8am Art Open Studio **S**
8:30am Bocce **GL**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**

11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
4pm Scrabble **CR**
5pm *Crystal Dawn Bright, Singer and Robert Griffin, Pianist* **DL**

8/16 Friday

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

8/17 Saturday

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

8/18 Sunday

2pm *A Gentleman's Guide to Love and Murder* **LB** 📖
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

8/19 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**
1:30pm Play Reading Group **CL**

8/20 Tuesday

8:45am Cardio and Core **B**
9am Golf Croquet **GL**
9:15am *Greensboro Day Trip* **LB** 📖
9:45am Sit and Be Fit **B**
11:30am Aquatic Therapy **P** 📖 ♣️
2pm Mah Jongg **CR**
4:30pm Tap Lessons **B**
7:45pm Cedars Cinema **CHANNEL 24**

8/21 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**

8/22 Thursday

8am Art Open Studio **S**
8:30am Bocce **GL**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
3pm *The Durham Savoyard Singers* **B**
4pm Scrabble **CR**

8/23 Friday

8:45am Water Exercise **P**
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**

8/24 Saturday

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

8/25 Sunday

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

8/26 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**

8/27 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**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema **CHANNEL 24**

8/28 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**

8/29 Thursday

8am Art Open Studio **S**
8:30am Bocce **GL**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
3pm *Opioid Addiction in the U.S. with Gus Montana* **B**
4pm Scrabble **CR**
5pm *Robert Griffin—Jazz Pianist* **DL**

8/30 Friday

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

8/31 Saturday

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



**Experiencing America: A
Smithsonian Tour through
American History**

*Taught by Professor Richard
Kurin, Ph.D. The Smithsonian*
Thursdays August 8-October 24, 11am
Ballroom

The Smithsonian is a repository of America's history, achievements, aspirations, and identity. It holds the artifacts of great leaders, and those of ordinary Americans. It houses scientific specimens and technological wonders. It is home to art, music, films, writings—a vast treasure trove of objects of extraordinary beauty and outstanding design. With a collection of some 137 million items in more than two dozen museums and research centers, the Smithsonian brings our national epic to life.

*Experiencing America: A
Smithsonian Tour through American
History* showcases 20 authentic
historic objects along with
detailed replicas and photographs
of almost 100 artifacts and
exhibits. Together, these evocative
items tell the story of America,
its people, and its diverse cultures.

Your guide is the distinguished scholar, administrator, and bestselling author, Dr. Richard Kurin, Under Secretary for History, Art, and Culture at the Smithsonian. Among his many responsibilities, Dr. Kurin oversees most of the Smithsonian's national museums, libraries, and archives, making him the curator of the country's greatest treasures—and the ideal host for this remarkable survey.

LEARNING OPPORTUNITIES



**Medications & Drug
Safety: Great Expectations
or Bleak House?**

with Dr. Barton Cobert
Monday, August 12, 3pm Ballroom

What does it mean when the FDA says a drug is safe and effective? Are drug side effects a major problem? This talk will look at how drugs are absorbed and handled by the body; how a drug is studied and approved by the US Food and Drug Administration (FDA); whether enough patients are studied before a drug hits the market; types of side effects and how they are collected and assessed, drug interactions with food; alcohol and other drugs; and what you should know as an “educated consumer” about taking medications.

Dr. Cobert is a gastroenterologist and fellow of the American College of Physicians and the American College of Gastroenterology. He is licensed in three states and on the staff at the NYU School of Medicine and Rutgers University. He also headed the global drug safety group at Novartis Consumer Health and has a decade of experience in clinical research and the side effects of drugs. He has written six textbooks on drug safety including *Cobert's Manual of Drug Safety and Pharmacovigilance - 3rd Edition* published by World Scientific in April 2019. He now teaches and consults to governments, companies and the public on the benefits and risks of drugs including medical marijuana.

**Opioid Addiction in the
U.S.**

with Dr. Gus Montana
Thursday, August 29, 3pm Ballroom

Dr. Montana, a retired physician who managed patients with malignant diseases, will discuss the issues associated with the use of opioids for the treatment of acute and chronic pain. He will discuss the introduction of codeine in this country and the magnitude of the problems that codeine and other drugs addictions are having nationally and at the state level and the possible management of this condition.

Coasters and Tiles— Painting Workshop Using Yupo and Alcohol Ink Part 2

with Ruth Ann Ross

Tuesday, August 13, 9am Art Studio

Those of us who participated in the alcohol ink on tile and Yupo workshop had such a good time and such wonderful success that we are going to have a second workshop with many new things to try. As

before no experience is necessary to achieve simply fabulous results—see a few samples on the concierge desk. Please bring cover-up clothing, pictures from magazines that inspire you to try new colors, oldish paint brushes, scissors, good glue and everything clearly identified as yours. Cost: \$5 for supplies. **Sign up at the Concierge Desk, deadline August 9.** Maximum 8 people. For more information contact Ruth Ann at 919-373-7070.

OLLI Courses at Duke

Gandhi and Nonviolent Resistance

Taught by Richard Fox

Tuesdays, September 10 to October 15, 9-10:30am, six sessions

In this 150th year since his birth (1869), let's investigate how Mohandas Karamchand Gandhi became Gandhi, the Mahatma ("great spirit"), and practiced nonviolent resistance ("satyagraha"). Come learn about Gandhi's experiments—intentional and unintentional, successes or failures—with British vegetarians, poisonous snakes, Theosophists, rabid dogs, Suffragettes, military recruitment, and chastity, and what he learned from them. Dick Fox (Ph.D. Michigan 1965), now retired, taught anthropology at Duke and later ran the Wenner-Gren Foundation in New York. His extensive fieldwork in northern India began in 1962 and produced studies of rural society after Independence (*From Zamindar to Ballot Box*), Sikh identity (*Lions of the Punjab*), and Mahatma Gandhi and the invention of nonviolent resistance (*Gandhian Utopia*).

Van Gogh the Complete Paintings (newest edition)

Taught by Gustavo S. Montana

Thursdays, September 12 to October 17, 9-10:30am, six sessions

This overview course will cover Van Gogh's life and the powerfully expressive art he produced. A self-taught Dutch post-impressionist artist, he is one of the most influential painters in the history of Western art. His life was marked by constant disappointments and failures that suffused his work and productivity. Dr. Gustavo Montana, a Duke Radiation Oncology Professor Emeritus, has had a long interest in Van Gogh's life, art, and mental illness. He feels that appreciating art helps individuals, particularly physicians, further understand mental and physical diseases.

If you would like to register for these courses contact the registration office at 919-684-6259 or www.learnmore.duke.edu.

ANNOUNCEMENTS



Next year's season promises outstanding performances by familiar and new-to-us musicians. If you've not yet turned in your subscription form, do so today. For forms or questions, please call Babette Blaug at 919-967-5013.

Jewelry Repair with Eva Mogenson

Friday, August 9, 1-2pm Art Studio

Cynthia's Taylor Shop Services

Wednesdays, 9-9:30am Art Studio

Cynthia Lennon offers quality and affordable alterations.

Walk with a Doc

Saturday, August 17, 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, August 19, 1pm Classroom



• • • • • CEDARS *Cinema* • • • • •

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

National Lampoon's Vacation

Tuesday, August 6 & Saturday, August 10, 7:45pm
Sunday, August 11, 3pm · R

The wacky Griswold clan is hell-bent on getting to their favorite theme park. But their cross-country odyssey leads to run-ins with a motley cast of kooks. Starring Chevy Chase, Beverly D'Angelo and Randy Quaid. (1983) SUBTITLES NOT INCLUDED

In the Line of Fire

Wednesday, August 7 & Friday, August 9, 7:45pm
Saturday, August 10, 3pm · R

An ingenious killer taunts a Secret Service agent who's haunted by his failure to save President Kennedy—and unable to make the current president heed the psycho's assassination threats. Starring Clint Eastwood and John Malkovich. (1993) SUBTITLES NOT INCLUDED

Show Boat

Tuesday, August 13 & Saturday, August 17, 7:45pm
Sunday, August 18, 3pm · NR

Married entertainers (Ava Gardner and Robert Sterling) are forced to leave the showboat Cotton Blossom because of the wife's mixed blood. The captain's daughter (Kathryn Grayson) and gambler Gaylord Ravenal (Howard Keel) take over the act, fall in love, marry and leave the boat for Chicago. There, they live off his gambling earnings, which dry up fast. (1951) SUBTITLES NOT INCLUDED

The Public

Wednesday, August 14 & Friday, August 16, 7:45pm
Saturday, August 17, 3pm · PG-13

As Cincinnati endures a blast of Arctic cold, the public library serves as a refuge for all. But as closing time nears, a group of homeless patrons refuses to leave, leading to a clash with authorities. Starring Alec Baldwin, Emilio Estevez and Jena Malone. (2019)

High Life

Tuesday, August 20 & Saturday, August 24, 7:45pm
Sunday, August 25, 3pm · R

In an effort to harness a black hole's power, a crew of convicts is sent into space. But soon, isolation and an atmosphere of despair lead to conflict and death among the crew, leaving only quiet Monte and his baby daughter to continue the mission. Starring Robert Pattinson and Juliette Binoche. (2019)

My Week with Marilyn

Wednesday, August 21 & Friday, August 23, 7:45pm
Saturday, August 24, 3pm · R

While filming a movie in England, Marilyn Monroe slips away with a young Brit for a week of frivolity. The story that ensues is based on the real-life memoirs of Colin Clark, once assistant to Sir Laurence Olivier. Starring Michelle Williams and Eddie Redmayne. (2011)

Dirty Dancing

Tuesday, August 27 & Saturday, August 31, 7:45pm
Sunday, September 1, 3pm · PG-13

Expecting the usual summer in the mountains with her family, 17-year-old Frances is surprised to find herself stepping into the shoes of a professional dancer, and falling in love with the resort's free-spirited dance instructor. Starring Patrick and Jennifer Grey. (1987)

They Shall Not Grow Old

Wednesday, August 28 & Friday, August 30, 7:45pm
Saturday, August 31, 3pm · R

Using state of the art technology to restore original archival footage which is more than a 100-years old, Peter Jackson brings to life the people who can best tell this story: the men who were there. Using the voices of the men involved, the film explores the reality of war on the front line. (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

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 8:30 **GL**

Ellen Herron 252-646-2930

Cardio and Core

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

Julie Hardison 919-259-7922

Canasta

2nd & 4th Tue 3:00

Sally Sullivan 919-489-6446

2nd & 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, August 10 & 24, 11am Library

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

Great Books

Monday, August 12, 2pm Classroom

The Wall

by Jean-Paul Sartre

Kudos to...

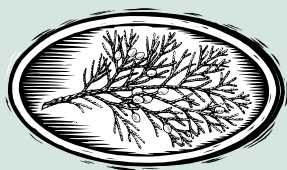
- ☞ Ruth Ann Ross for her coasters workshop in the Art Studio
- ☞ Darryl and Mary Ann Freedman for recommending The Durham Savoyards
- ☞ Suzanne Head for recommending the Civil Rights Museum outing
- ☞ Gus Montana for his *Opioid Addiction in the U.S.* presentation
- ☞ All of our Casual for a Cause volunteers. Congratulations on another great event!

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

Genieve Cole
725 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>
8/1	Thursday	Cedars University <i>The Great Tours: Experiencing Medieval Europe</i>	11am	Ballroom
8/1	Thursday	Popcorn and a Movie <i>The Best of Enemies</i>	2pm	Ballroom
8/2	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
8/8	Thursday	Cedars University <i>Experiencing America: A Smithsonian Tour through American History</i>	11am	Ballroom
8/12	Monday	Coasters & Tiles Workshop Part 2 with Ruth Ann Ross	9am	Art Studio
8/12	Monday	<i>Medications & Drug Safety: Great Expectations or Bleak House?</i> with Dr. Barton Cobert	3pm	Ballroom
8/13	Tuesday	Coasters & Tiles Workshop Part 2 with Ruth Ann Ross	9am	Art Studio
8/13	Tuesday	Dining Out! Stoney River	5:30pm	Lobby
8/15	Thursday	Cedars University <i>Experiencing America: A Smithsonian Tour through American History</i>	11am	Ballroom
8/15	Thursday	Crystal Dawn Bright, Singer and Robert Griffin, Pianist	5pm	Dining Lobby
8/18	Sunday	<i>A Gentleman's Guide to Love and Murder</i> at the Raleigh Little Theater	2pm	Lobby
8/20	Tuesday	The International Civil Rights Center & Museum and Lunch	9:15am	Lobby
8/22	Thursday	Cedars University <i>Experiencing America: A Smithsonian Tour through American History</i>	11am	Ballroom
8/22	Thursday	The Durham Savoyards	3pm	Ballroom
8/29	Thursday	Cedars University <i>Experiencing America: A Smithsonian Tour through American History</i>	11am	Ballroom
8/29	Thursday	<i>Opioid Addiction in the U.S.</i> with Gus Montana	3pm	Ballroom
8/29	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby