



October 2019 • VOLUME 16 • ISSUE 10

The Cedars Post

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Festfall Family Day

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(rain date October 13)

Founders' Breakfast

Friday, October 25, 9am Ballroom
(invitation only)



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

Reflecting on 15 Years

by Bob Woodruff, President

As we arrive at our 15th Anniversary, I'm proud that The Cedars far exceeds the vision the founding partners had when we started planning The Cedars in 1999. We envisioned a college campus-like setting with timeless architecture and a community that looked like it had always been here. Services that would far exceed what people bargained for. A friendly and caring staff that never said "no" but instead said "how."



We knew we would attract friendly and welcoming Members, and that has far exceeded our expectations. We have a community of caring and diverse individuals who have led exciting and exemplary lives. They are from all walks of life and have been successful in their careers and in their lives, contributing significantly to the communities of which they have been a part. Loyal friends, outstanding family members and role models to their families and others.

We have attracted a staff that is the envy of any company or organization. Our employees look forward to coming to work each day and serving our Members to the best of their ability. Our extraordinarily low turnover rate is a testament to how much our Members love and appreciate our staff. The Cedars is the envy of the industry.

The leadership and positive influence of our Executive Directors, Carl Wilkins and Sara Flynn-Loy, is obvious in our management staff that is dedicated to our stakeholders – Members, staff and visitors. We don't realize how lucky we are until we visit other communities and compare all aspects of The Cedars.

I want to personally thank the Founding Members who, in spite of meeting with us in the middle of the woods in a double-wide trailer, had faith in our dream and confidence that we would deliver what we were promising. The early staff that slogged through the rain, mud and ongoing construction to get it built and establish operating systems and procedures. And the marketing staff that explained the dream to prospective Members.

The Cedars is the result of the many hands and many minds of people who were willing to spend whatever time and effort was necessary to get it right. We are thankful for what they have done, and are doing, and salute these special people on our 15th Anniversary.

The Cedars is a work in progress, never satisfied with the status quo and striving to be even better at everything associated with The Cedars. It is an ongoing process, striving to be a true home and family for our Members.

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:

Duke Symphony Orchestra *Cultural Confluence: The Old World Meets the New*

at Baldwin Auditorium
Wednesday, October 2, 7pm Lobby

Chamber Orchestra

Sunday, October 6, 2pm Lobby

Andrew Tyson, Piano

at Baldwin Auditorium
Friday, October 11, 7pm Lobby

The Metropolitan Opera *Turandot*

Saturday, October 12, 12:15pm Lobby

Carolina Ballet

Saturday, October 19, 1pm Lobby

PlayMakers Repertory Company

Sunday, October 20, 1:30pm Lobby

NC Symphony

at UNC Memorial Hall
Thursday, October 24, 6:45pm Lobby

The Metropolitan Opera *Manon*

Saturday, October 26, 12:15pm Lobby

Beyond the Cedars

Duke Symphony Orchestra

Cultural Confluence: The Old World Meets the New

at Baldwin Auditorium

Wednesday, October 2, 7pm Lobby

The Duke Symphony Orchestra (DSO) consistently recruits 80 to 100 members each year, composed of musicians from the Duke student body (primarily undergraduates) and the surrounding university community. Under the direction of conductor Harry Davidson, the DSO seeks to create a dynamic and enlivening environment for concertgoers and performers alike. The program includes Taylor's "Dance Nègre from African Suite," (1898), Price's "Piano Concerto in One Movement" (1934) featuring Karen Walwyn, pianist and Dvorak's "Symphony No. 9 in E minor, Op. 95: From the New World" (1893). Sign up at the Concierge Desk for transportation. Cost: \$7, concert is free.



The Metropolitan Opera *Turandot*

Saturday, October 12, 12:15pm Lobby

Two of opera's most thrilling dramatic sopranos, Christine Goerke and Nina Stemme, reprise their fierce portrayals of the title princess. Yannick Nézet-Séguin takes the podium to conduct Franco Zeffirelli's dazzling production of Puccini's final masterpiece, which also features tenors Roberto Aronica and Marco Berti as Calaf, sopranos Eleonora Buratto and

Hibla Gerzmava as Liù, and bass-baritone James Morris as Timur. Sign up at the Concierge Desk beginning October 1, deadline October 7. Cost: \$29 for ticket and transportation. Maximum 12 people.



The Metropolitan Opera *Manon*

Saturday, October 26, 12:15pm Lobby

Exhilarating soprano Lisette Oropesa stars as the irresistible title character, the tragic beauty who yearns for the finer things in life, in Laurent Pelly's revealing production. Tenor Michael Fabiano is the besotted Chevalier des Grieux, whose desperate love for Manon proves their undoing. Maurizio Benini conducts Massenet's sensual score. Sign up at the

Concierge Desk beginning October 1, deadline October 20. Cost: \$29 for ticket and transportation. Maximum 14 people.



The Cedars is celebrating its 15th Anniversary in October. Several events are planned to commemorate the special occasion and we hope you will join us...

Please note that Cedar Club Circle will be blocked off to all traffic during these events.

Jazz, Cocktails and Heavy Hors d'Oeuvres

Saturday, October 5, 4-7pm Great Lawn

Join us on the Great Lawn for an evening of cocktails, heavy hors d'oeuvres and live music by The Elijah Fox Trio. Elijah Fox (grandson of Carol and Carter Fox) grew up in Durham and began playing piano at age nine. He found a passion in jazz early on and was performing in local

jam sessions and invited to tour the British Virgin Islands with the NCCU jazz band as a guest soloist at age 13. He graduated from Oberlin Conservatory in 2017 and now lives in Brooklyn where he performs, writes, and records music. He is thrilled to return for a special performance at The Cedars with his trio.

Festifall Family Day

Sunday, October 6, 11am-2pm Great Lawn

(rain date October 13)

Cedar's Members, staff and family are all invited to join us for Festifall Family Day. Enjoy a picnic on the Great Lawn with entertainment by the Swift Creek Band. Swift Creek's name pays tribute to the origins of this Americana/Bluegrass band, formed nine years ago in Central NC near meandering Swift Creek. Their highly original songs feature strong traditional and progressive bluegrass influences, a touch of country and a healthy dose of folk. Driving guitar and bass support the band's signature harmony singing, punctuated with rousing mandolin, fiddle and banjo solos. The lineup is Kevin Brown, whose strong tenor leads, rhythm guitar and songwriting frame the band's sound; Casey Elder, expertly playing the mandolin and dobro, along with vocals; award-winning fiddler Stephen Fraleigh, also playing the banjo and singing; and bassist Dennis Hoyle setting the beat. **This event promises to have fun for the whole family!**

Founders' Breakfast

Friday, October 25, 9am Ballroom (invitation only)

After 15 years, a lot has happened at The Cedars. We are excited to invite our 46 pioneer Members to a special Founders' breakfast as we share some of these memories and say thank you.

Reflecting on the Early Years

by Founding Member Shirley Block

The Cedars of Chapel Hill was ready for the first residents in the late summer and fall of 2004. For many months before that, we came on Sundays to see the progress on our chosen accommodations. Imagine that, at one point, because the elevator and stairs were not yet built, we climbed up on a ladder to the balcony to see our villa in construction. We looked out at the mud hole that was to be a pond. We were pleased that our southern exposure brought plenty of light in. So far, all we could see were building equipment, and a huge crane being used to build the next section. The Clubhouse was built early in order to have it ready for meals and activities for the first residents. The future residents of the Moore Building all got to know each other and by the time we moved in, we were a cohesive group.

There were 12 residents in our building, all with different backgrounds and different interests. We met together regularly with building concerns and for social occasions. We celebrated our birthdays with special events in the private dining room in the Clubhouse. These were lively celebrations. We wrote poems and sang. One time, for one of our Members who needed an emotional lift, we invited a belly dancer. We did some serious celebrating and some serious comforting.

Many of the new Members of the Cedars had pets. There were dozens of dog owners on the green and were offered some guidance by a dog trainer to help people with their pets' adjustments. There began to be regulars who walked together at 7:30am. One of the walkers did not have a dog but he was an avid member of the group. He carried dog biscuits.

October Birthdays

Philip Purcell	2
Virginia Banks	3
Peter Wise	4
Camilla Rushbrooke	5
Linda Luftig	5
Connie Eby	8
Roberta Auwarter	8
James Lee Burney	8
Jan Radabaugh	10
Joyce Sprouse	11
Charlotte Frech	11
Jeanne W. McCullough	15
Shirley Little	16
Vijaya Bapat	19
Bob Lontz	19
Donna Byrd	20
Phyllis Hunter	23
Ruth Witte	26
William McCoy	26
Ellyn Easterling	27
Arthur Lebo	27
James Patton	27
Hugh Boyer	27
Don Fang	28
William Elmore	28
William McLendon	29
Nancy Sewall	29
Herbert Salmon	31
Emily Ayscue	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 Biggest Little Farm*

Tuesday, October 8, 2pm Ballroom

The Biggest Little Farm chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature. Featuring breathtaking cinematography, captivating animals, and an

urgent message to heed Mother Nature's call, *The Biggest Little Farm* provides us all a vital blueprint for better living and a healthier planet.



Hot Stuff/Last Call

with Pat Beyle, Karen Cooper, Mary Crabill and Jane Hauser

Monday, October 14 & Tuesday, October 15, 4pm Ballroom

Dollies and Dandies: put a note on your calendars to see Hot Stuff/Last Call. Why Hot Stuff/Last Call? Well, the party's over. Many of you followed us through just plain Hot Stuff, then Double Hot Stuff, and last year, Triple By Pass Hot Stuff. You would have thought that was enough...but we didn't. Pat Beyle, Karen Cooper, Mary Crabill and Jane Hauser invite you to laugh or roll your eyes with us one more hour. *Flash—hot off the press!* Hot Stuff/Last Call has just been chosen as part of a grant to honor senior women who have not chosen to just sit out their last years. They are women who continue to put their talent and energy into their retirement years with unabashed humor and creativity. We will be part of a documentary called *Hot Stuff—Encore*. Don't miss these women who dare...here at The Cedars!

Beethoven Day in North Carolina

Sunday, October 27, 3pm Ballroom

Nancy Green, cellist and Frederick Moyer, pianist have just released a two-CD set, *The Complete Works of Beethoven for Cello and Piano*. They are the daughter and nephew of the late Paul Green and the recording took place at his Cedars apartment. Scholar/musicians Marc Moscovitz, cellist and R. Larry Todd, pianist, also recently published *Beethoven's Cello: Five Revolutionary Sonatas and Their World*. There will be a showing of Nancy and Larry's video on Beethoven's cello works (also recorded at Paul's Cedars apartment) and some commentary from Marc, Larry, and Nancy. This event will be a chance to celebrate the richness of our music and cello community in North Carolina and the important contribution by the Cedars community to local musicians. **Copies of the two-CD set and the book will be available for purchase.**

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



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

Halloween Celebration

Young Frankenstein

Thursday, October 31, 7:15pm Ballroom

Remember how much fun we had showing *Rocky Horror Picture Show*? Well, this is our start of continuing those kinds of film showings in an occasional event we are going to call "Midnight Movie Madness." Our show this time will be *Young Frankenstein*, or Fronkensteen if you are being careful with pronunciation. This black and white but modern classic has very heavy reference to the original Frankenstein stories and movie sets, but with great farce delivered by a fantastic comic cast. We are launching this on Halloween evening, so please, please wear your costumes. Gather in the Ballroom at 7:15pm for a costume evaluation and a movie start at 7:30pm. We may even have some theme appropriate goodies for you. See you at the castle...



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: Evil

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

Puzzle by websudoku.com

Kudos to...

- ☞ Stan Friedland for his October Spotlight on "The Treasures of The Cedars, Its Members!"
- ☞ Linda Luftig for Let's Talk Cinema—*Kolya*
- ☞ Pat Beyle, Karen Cooper, Mary Crabill and Jane Hauser for Hot Stuff/Last Call
- ☞ Members of the "Midnight Movie Madness" committee

Great Get-Aways

- ♣ *Hoagie Carmichael's Stardust Road*, Temple Theater, Sanford, NC October 18, 2019
- ♣ Autumn in the Hudson River Valley, Featuring Army vs. San Jose State at West Point October 24-28, 2019
- ♣ The Forest at Duke New York Theater Trip November 5-7, 2019
- ♣ Brookgreen Gardens Night of a Thousand Candles, Pawley's Island, SC December 4-6, 2019

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.

October 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



10/1 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Aquatic Therapy **P**  
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
4:30pm Tap Lessons **B**
7:45pm Cedars Cinema CHANNEL 24

10/2 Wednesday

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

10/3 Thursday

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

10/4 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am TGIF Fitness Class **B**
11:30am Aquatic Therapy **P**  
1pm Party Bridge **CR**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

10/5 Saturday

9am Ping Pong **B**
9am Cribbage **CL**
11am Accessing UNC Libraries **L**

3pm & 7:45pm Cedars Cinema CHANNEL 24
4pm Cedars 15 Year Anniversary Celebration:
Jazz, Cocktails and Hors d'Oeuvres **GL**



10/6 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24
11am Festifall Family Day Picnic **GL**
2pm Chamber Orchestra **LB**



10/7 Monday

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

10/8 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**
2pm Popcorn and a Movie—*The Biggest Little Farm* **B**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema CHANNEL 24




10/9 Wednesday

Yom Kippur
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


10/10 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
1pm Bocce **GL**
4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**

10/11 Friday

8:30am Annual Biscuit Day **GL**
8:45am Water Exercise **P**
9:45am Water Exercise **P**
11am Pilates Strength and Stretch Class **B**
11:30am Aquatic Therapy **P**  
1pm Jewelry Repair **S**
4:30pm Happy Hour **Bar**
7pm Andrew Tyson at Baldwin Aud. **LB** 
7:45pm Cedars Cinema CHANNEL 24



10/12 Saturday

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



10/13 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

10/14 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Cardio and Core **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**  
1pm Poker **CR**
2pm Great Books **CL**
4pm Hot Stuff/Last Call **B**

10/15 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Aquatic Therapy **P**  
1pm Golf Croquet **GL**
4pm Hot Stuff/Last Call **B**
7:45pm Cedars Cinema CHANNEL 24

10/16 Wednesday

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

10/17 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Bocce **GL**
2pm *Let's Talk Cinema—Kolya* **B**
4pm Scrabble **CR**

10/18 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
11am TGIF Class **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Party Bridge **CR**
4:30pm Happy Hour **Bar**
5pm *Richard Tazewell—Pianist* **DL**
7:45pm Cedars Cinema CHANNEL 24

10/19 Saturday

9am Ping Pong **B**
9am Cribbage **CL**
11am Accessing UNC Libraries **L**
1pm *Carolina Ballet* **LB** 📖
3pm & 7:45pm Cedars Cinema CHANNEL 24

10/20 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24
1:30pm *PlayMakers* **LB** 📖
3pm *Classical Concert Series* **B** 📖

10/21 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Cardio and Core **B**
11:30am Tai Chi **B**

11:30am Aquatic Therapy **P** 📖 ♣️
1pm Poker **CR**
1:30pm Play Reading Group **CL**

10/22 Tuesday

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

10/23 Wednesday

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

10/24 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Bocce **GL**
4pm Scrabble **CR**
5pm *Robert Griffin—Jazz Pianist* **DL**
6:45pm *NC Symphony at UNC* **LB** 📖

10/25 Friday

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

10/26 Saturday

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

10/27 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24
3pm *Beethoven Day in North Carolina* **B**

10/28 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Cardio and Core **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Poker **CR**
1pm *Living with Loss: Grief Support with Mitzi Quint* **CL**

10/29 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
3pm *Spotlight on "The Treasures of The Cedars, Its Members!" with Stan Friedland* **B**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema CHANNEL 24

10/30 Wednesday

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

10/31 Thursday

Halloween
8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Bocce **GL**
2pm Members Meeting **B**
4pm Scrabble **CR**
7:15pm *Halloween Celebration—Young Frankenstein* **B**





Experiencing America: A Smithsonian Tour through American History

*Taught by Professor Richard
Kurin, Ph.D. The Smithsonian*
Thursdays through 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



Let's Talk Cinema—Kolya

Discussion Led by Linda Luftig
Thursday, October 17, 2pm Ballroom

A heartwarming film filled with cheerful, irreverent humor and an eye for the absurdities of human behavior. A middle-aged Czech cellist is a skirt-chasing bachelor who enjoys a lifestyle free of responsibilities. Strapped for cash, he agrees to a marriage of convenience. But after his new bride skips town, he is left to father her five-year-old Russian son, Kolya. Neither could be more unhappy with their predicament, especially since they don't even speak the same language. But time and patience form an unbreakable bond between this unlikely father-son duo. Oscar Winner, Best Foreign Language Film, and Golden Globe. 111 minutes, Czech Republic (subtitled, 1996)

Spotlight on “The Treasures of The Cedars, Its Members!”

with Stan Friedland
Tuesday, October 29, 3pm Ballroom

The October Spotlight will celebrate the 15th birthday of our home-place, The Cedars! Our three guests were there at the very beginning and will fully share those experiences with you. Many colorful photos will add to their comments and make for an enjoyable birthday celebration.

Emeralds of Oz: Life Lessons from Over the Rainbow

with Peter Guzzardi
Friday, November 1, 3pm Ballroom

Emeralds of Oz: Life Lessons from Over the Rainbow is an uplifting treasure trove of life lessons drawn from one of the most beloved movies of all time. Published in synchrony with the 80th anniversary of *The Wizard of Oz*, *Emeralds of Oz* is also timely with its advice, as we make the journey alongside Dorothy from helpless to powerful, from fearful to courageous, from bedazzled by illusion to fully aware of life's deepest truths. Peter Guzzardi spent decades as an editor working with some of the brightest minds of our time—from Stephen Hawking to Deepak Chopra, from Carol Burnett to Douglas Adams, from Susan Cain to Paula Poundstone—yet he couldn't shake the feeling that their genius felt oddly familiar. One day, he had an epiphany. All that wisdom had its roots in a film he'd watched as a child: *The Wizard of Oz*. Following the arc of this beloved movie, Guzzardi becomes our guide as we travel from Kansas to Oz and down the Yellow Brick Road, pointing out gems of insight large and small about longing, joy, compassion, fear, power, and faith in ourselves that open our eyes to a new way of navigating the world. **Books will be available for purchase.**



CEDARS FITNESS

Try Total Body Training

Fitness professionals agree that there are many important components of physical fitness, including cardiorespiratory endurance, muscular strength and endurance, flexibility and balance. Gaining and maintaining these components allows individuals to enjoy healthy and active lifestyles with less chance of injury and illness.

There are group fitness classes here at The Cedars that allow Members to train in all of these areas, in the cool comfort of the Ballroom!

Cardio and Core

Mondays 11am & Tuesdays/Thursdays 8:45am

Set to great music, these classes consist of low impact aerobics, strength training with weights and bands and stretching on mats. These are great cross-training workouts for runners, walkers and swimmers.

TGIF (The Goal Is Fitness)

Rotating Fridays 11am

Suitable for intermediate exercisers, these workouts are performed in circuit formats. Each circuit includes aerobic, strength training and balance components, with an emphasis on core strength. Weights, bands, stability balls and Pilates techniques are used. A ten-minute stretch and relaxation segment on mats rounds out this challenging workout.

Come and enjoy an exercise challenge and reach your fitness goals with Julie Hardison. Contact Julie with questions at 919-259-7922.



*From
Carolyn Taff
See the bulletin board outside
classroom for ride info.*

Duke Chapel

919-684-4444 Durham

Kingdom Choir wonderful choir from Harry and Meghan's wedding, blend of gospel and pop, including "Stand By Me" Sat. 10/26, 8pm

Bach Cantata Series Duke Bach Ensemble & Mallarme Players Sun. 10/27, 5:15pm

Holy Trinity Lutheran Church

919-942-7818, Chapel Hill

Art of Improvisation Baroque & Beyond baroque flute, baroque cello, violin, harpsichord & our own soprano Florence Peacock Sun. 10/13, 3pm

Memorial Hall, UNC

919-843-3333, Chapel Hill

UNC Wind Ensemble & Symphonic Band Mon. 10/7, 7:30pm

Rosas Danst Rosas groundbreaking postmodern dance Wed. 10/9, Thurs. 10/10, 7:30pm

UNC Symphony Orchestra Appalachian Spring & Brahms Symph. #1 Fri. 10/11, 8pm

Chris Thile mandolin virtuoso Tues. 10/22, 7:30pm

DPAC

919-684-6402, Durham

ALADDIN direct from Broadway Wed. 10/2-Sat. 10/26, varying times

The ArtsCenter

919-929-2787, Carrboro

Alash trio of Tuvan throat singers (singing multiple pitches at once) with modern beatboxer and vocal percussionist Sat. 10/26, 8-9:30pm

Red Hat Amphitheater

800-745-3000, Raleigh (outdoors)

Sara Bareilles Tues. 10/8, 7:30pm

Hill Hall, Moeser Auditorium

919-843-3333, Chapel Hill

UNC Jazz Band w/guest artist saxophonist Sat. 10/5, 8pm

First Presbyterian Church

919-560-2788, Durham

Mallarme Chamber Players

"A Series of Unfortunate Musical Events" Fri. 10/11, 7:30pm

ANNOUNCEMENTS

Jewelry Repair with Eva Mogenson

Friday, October 11, 1-2pm Art Studio

Cynthia's Taylor Shop Services

Wednesdays, 9-9:30am Art Studio

Cynthia Lennon to provides quality/affordable alterations.

Walk with a Doc

Saturday, October 19, 10am, UNC Wellness Center at Meadowmont

Gather at the UNC Wellness Center to take a 1-mile walk around the trails or, if raining, around the indoor track. A doctor from the Thurston Arthritis Research Center will give a brief talk 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, October 28, 1pm Classroom



• • • • • CEDARS *Cinema* • • • • •

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

Rear Window

Tuesday, October 1 & Saturday, October 5, 7:45pm
Sunday, October 6, 3pm · PG

Wheelchair-bound James Stewart is absorbed with life outside and fixates on a man he is convinced committed a murder. Grace Kelly, Thelma Ritter and Wendell Corey costar. (1954) SUBTITLES NOT INCLUDED

The Hunt for Red October

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

When a Soviet nuclear sub drops off U.S. scanners, the Yanks scramble to take defensive steps. But a CIA analyst convinces the brass that the sub's commander has something else in mind. Starring Sean Connery and Alec Baldwin. (1990) SUBTITLES NOT INCLUDED

The White Crow

Tuesday, October 8 & Saturday, October 12, 7:45pm
Sunday, October 13, 3pm · R

This biopic charts Soviet ballet star Rudolf Nureyev, from his birth to his rise during the Cold War to the decision he makes while performing in Paris in 1961. Starring Oleg Ivenko and Ralph Fiennes. (2019)

The Third Wife

Wednesday, October 9 & Friday, October 11, 7:45pm
Saturday, October 12, 3pm · R

In 19th-century Vietnam, a landowner's third wife knows she must give birth to a son to increase her status. (2019) SUBTITLES NOT INCLUDED

Beetlejuice

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

A deceased young couple returns to their house as poltergeists and enlist a ghost to scare the new owners. Starring Michael Keaton, Geena Davis and Winona Ryder. (1988) SUBTITLES NOT INCLUDED

Yesterday

Wednesday, October 16 & Friday, October 18, 7:45pm
Saturday, October 19, 3pm · PG-13

A musician wakes up after a global blackout to find he's the lone person on Earth who knows of the Beatles and their songbook. Starring Himesh Patel and Lily James. (2019)

When Harry Met Sally

Tuesday, October 22 & Saturday, October 26, 7:45pm
Sunday, October 27, 3pm · R

Neurotic Harry and equally neurotic Sally resist sexual attraction to maintain their friendship—a relationship that's always on the brink of love. Starring Billy Crystal, Meg Ryan and Carrie Fisher. (1989)

Big

Wednesday, October 23 & Friday, October 25, 7:45pm
Saturday, October 26, 3pm · PG

A 12-year-old yearns to be a grown-up, and when he makes that wish at a fortunetelling machine, he awakes as a 30-year-old man. Despite his success, he pines for all he left behind. Starring Tom Hanks and Elizabeth Perkins. (1988)

Sleepy Hollow

Tuesday, October 29 & Saturday, November 2, 7:45pm
Sunday, November 3, 3pm · R

Ichabod Crane is sent to Sleepy Hollow to investigate deaths in which the victims are found beheaded. Locals believe the culprit is the ghost of the Headless Horseman. Starring Johnny Depp and Christina Ricci. (1999)

Rocketman

Wednesday, October 30 & Friday, November 1, 7:45pm
Saturday, November 2, 3pm · R

This biopic charts Elton John's rise to fame. With performances of Elton's most beloved songs, discover how a small-town boy became an iconic figure in rock & roll. Starring Taron Egerton and Jamie Bell.

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 1:00 **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

Canasta

Fri 3:00 **CR**

Sally Sullivan 919-489-6446

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 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, October 5 & 19, 11am Library

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

Great Books

Monday, October 14, 2pm Classroom

The Diver

by V.S. Pritchett



2019-2020

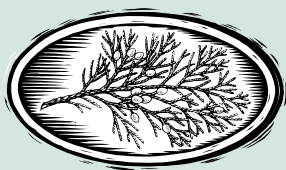
Cedars' favorite Fred Moyer will be at the piano on Sunday, October 20 with his *MoyerCam*; you'll be able to watch his fingers fly from anywhere in the room! Nephew of concert series co-founder Paul Green, Fred has been a popular artist in our series since its inception. Don't miss this special treat. Subscribers, don't forget your new blue pass. Ballroom doors open at 2:30pm. Questions? Contact Nancy Buell at 617-699-6193 or nhbuell@gmail.com.

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

- Susan Nelson
529 Cedar Club Circle
- Ken and Barb Updegrave
423 Cedar Berry Lane
- Jerry Guyer
239 Cedar Club Circle
- James Lee Burney
449 Cedar Club Circle
- Spurgeon Thurston
646 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>
10/2	Wednesday	Duke Symphony Orchestra— <i>Cultural Confluence: The Old World Meets the New</i> at Baldwin Auditorium	7pm	Lobby
10/3	Thursday	Cedars University <i>Experiencing America: A Smithsonian Tour Through American History</i>	11am	Ballroom
10/5	Saturday	Cedars 15 Year Anniversary Celebration: Elijah Fox Trio, Cocktails and Heavy Hors d'Oeuvres	4-7pm	Great Lawn
10/6	Sunday	Festifall Family Day Picnic	11am-2pm	Great Lawn
10/6	Sunday	Chamber Orchestra	2pm	Lobby
10/8	Tuesday	Popcorn and a Movie <i>The Biggest Little Farm</i>	2pm	Ballroom
10/10	Thursday	Cedars University <i>Experiencing America: A Smithsonian Tour Through American History</i>	11am	Ballroom
10/10	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
10/11	Friday	Biscuit Day 2019	8:30am	Great Lawn
10/11	Friday	Andrew Tyson, Piano at Baldwin Auditorium	7pm	Lobby
10/12	Saturday	The Metropolitan Opera— <i>Turandot</i>	12:15pm	Lobby
10/14	Monday	Hot Stuff/Last Call with Pat Beyle, Karen Cooper, Mary Crabill and Jane Hauser	4pm	Ballroom
10/15	Tuesday	Hot Stuff/Last Call with Pat Beyle, Karen Cooper, Mary Crabill and Jane Hauser	4pm	Ballroom
10/17	Thursday	Cedars University <i>Experiencing America: A Smithsonian Tour Through American History</i>	11am	Ballroom
10/17	Thursday	Let's Talk Cinema— <i>Kolya</i>	2pm	Ballroom
10/18	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
10/19	Saturday	Carolina Ballet	1pm	Lobby
10/20	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
10/20	Sunday	2019/20 Classical Concert Series	3pm	Ballroom
10/24	Thursday	Cedars University <i>Experiencing America: A Smithsonian Tour Through American History</i>	11am	Ballroom
10/24	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
10/24	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
10/26	Saturday	The Metropolitan Opera— <i>Manon</i>	12:15pm	Lobby
10/27	Sunday	<i>Beethoven Day in North Carolina</i>	3pm	Ballroom
10/29	Tuesday	Spotlight on "The Treasures of The Cedars, Its Members!" with Stan Friedland	3pm	Ballroom
10/31	Thursday	Members Meeting	2pm	Ballroom
10/31	Thursday	Halloween Celebration <i>Young Frankenstein</i>	7:15pm	Ballroom