

November 2019 • VOLUME 16 • ISSUE 11

The Cedars Post

The Cedars Employee Appreciation Fund

by Phil Purcell



Now is the time! This is our once-a-year opportunity to give to the Cedars Employee Appreciation Fund, showing how much we appreciate *all* of our wonderful employees who make our life at The Cedars so enjoyable.

We can make countless people happy by giving to the Employee Appreciation Fund. *Each* and *every* Cedars employee will share in our gifts to the Fund based on the hours they worked wherever they worked: laundry, kitchen, dining rooms, housekeeping, maintenance, DuBose, security or elsewhere. *All will share!*

How do we go about giving to the Employee Appreciation Fund? By check. Two weeks ago everyone received a letter describing in detail the how, when and where of giving to the Fund. Whatever you give will be greatly appreciated by our employees. It is your choice and is confidential.

Let's meet three of our many employees we can help.

Tina Giralt, our stalwart Housekeeping Supervisor who came to The Cedars in 2005, has used her gifts from the Fund to improve the lives of her family that would not be possible otherwise. A highlight was her trip with her son and daughter to Nicaragua to visit her mother, father, siblings and extended family whom she had not seen in 32 years. This year, Tina plans to use her gift to travel with her husband to Maine to celebrate their 30th wedding anniversary.

Ghazi Al-Zabit, our bartender-server par excellence, has been with us since 2011. He is a strong family man who divides his gifts from the Fund in many ways, always beneficial to his family. Ghazi supports his mother who is single, his father who has been unable to work for three years, and his siblings. He said gifts from the Fund are something special to him, not just another lump of money, because they are gifts from the Members. He regards The Cedars as family and loves to take care of the Members.

Karlene Spina, our valued Administrative Assistant/Receptionist at the DuBose Health Center who began at The Cedars in 2005, is amazed by the generosity of the Members. She said "the Employee Appreciation Fund gift is a godsend" and she hears many stories from other employees about how important gifts from the Fund are to them. She likes to use her gifts to help her four grandchildren and was able to fly one of her granddaughters here for a visit. Karlene would like to work forever at The Cedars.

We can spread happiness to so many people with our gifts. I wish each of you could see the employees' joy when they receive their gifts from the Employee Appreciation Fund in early December. It is heartwarming. Thank you one and all for making this happen.

The Cedars Post is a monthly publication of The Cedars of Chapel Hill Club, Inc. • 100 Cedar Club Circle Chapel Hill NC 27517 • 919-259-7000

MAKE IT TO THE BUS ON TIME

Please call Laura Booker at 919-259-7944 on regular business days if you have signed up but are unable to attend these events:

The Metropolitan Opera *Madama Butterfly*

Saturday, November 9, 12:15pm Lobby

Art for a New Understanding: Native Voices, 1950s to Now

at the Nasher Museum of Art
Tuesday, November 12, 1:30pm Lobby

NC Symphony

at UNC Memorial Hall
Thursday, November 14, 6:45pm Lobby

Canadian Brass

at NC State
Saturday, November 16, 7pm Lobby

Chamber Orchestra

Sunday, November 17, 2pm Lobby

The Metropolitan Opera *Akhmaten*

Saturday, November 23, 12:15pm Lobby

Carolina Ballet

Saturday, November 23, 1pm Lobby

PlayMakers Repertory Company

Sunday, November 24, 1:30pm Lobby

Beyond the Cedars

The Metropolitan Opera—*Madama Butterfly*

Saturday, November 9, 12:15pm Lobby

Leading sopranos Hui He and Ana María Martínez share the heartbreaking title role of the doomed geisha, with tenors Piero Pretti and Andrea Carè as the American naval officer who abandons her. Paulo Szot and Markus Brück share the role of Sharpless, and Elizabeth DeShong is Suzuki, alternating with Maria Zifchak. Pier Giorgio Morandi is on the podium for Anthony Minghella's sweeping production, a perennial audience favorite. Sign up at the Concierge Desk, deadline November 5. Cost: \$29 for ticket and transportation. Maximum 12 people.

Art for a New Understanding: Native Voices, 1950s to Now

at the Nasher Museum of Art
Tuesday, November 12, 1:30pm Lobby

Art for a New Understanding: Native Voices, 1950s to Now is the first exhibition to chart the development of contemporary Indigenous art in the United States



and Canada. For generations, Native North American artists have exhibited work mostly outside of mainstream art institutions. *Native Voices* begins to remedy that division, presenting approximately 60 works of art in a wide variety of media by Native American artists from many nations and regions. The exhibition examines the practices and perspectives of the most influential Native artists and their important contributions to American art, thus reassessing the place of Indigenous art within the art historical canon. Sign up at the Concierge Desk beginning November 1, deadline November 7. Cost: \$17 for docent tour and transportation. Minimum 6 people, maximum 14 people.

The Metropolitan Opera—*Akhmaten*

Saturday, November 23, 12:15pm Lobby

Director Phelim McDermott tackles another one of Philip Glass's masterpieces, following the now-legendary Met staging of *Satyagraha*. Star countertenor Anthony Roth Costanzo is the title pharaoh, the revolutionary ruler who transformed ancient Egypt, with the striking mezzo-soprano J'Nai Bridges in her Met debut as his wife, Nefertiti. To match the opera's hypnotic, ritualistic music, McDermott has created an arresting vision that includes a virtuosic company of acrobats and jugglers. Karen Kamensek conducts in her Met debut. Sign up at the Concierge Desk beginning November 1, deadline November 17. Cost: \$29 for ticket and transportation. Maximum 14 people.

**Duke
Symphony
Orchestra
with
Caroline
Stinson,
Cellist**

at Baldwin
Auditorium
Wednesday,
December 4, 6:30pm
Lobby

“Classical
at the Core”

program

includes Schubert: *Overture to Rosamunde* (Die Zauberharfe), D. 797; Haydn: *Cello Concerto No. 1 in C Major*; and Brahms: *Symphony No. 2 in D Major*, Op. 73. Caroline Stinson is cellist of the Ciompi String Quartet and Associate Professor of the Practice of Music at Duke University. She leads a diverse musical life as a chamber musician, soloist and recitalist of repertoire old and new, and has appeared at Carnegie’s Zankel Hall, the Gardner Museum, and Smithsonian; the Koelner Philharmonie, Lucerne Festival and Cité de la Musique in Europe; and the Centennial Centre in Canada. She has premiered dozens of works, including significant additions to the repertoire from William Bolcom, John Harbison, Paul Moravec, Steven Stucky, and Andrew Waggoner, many during her nine-year tenure with the Lark Quartet. Her solo CD, “Lines - European Lineages in American Music,” is on Albany Records, and she appears on close to twenty chamber music recordings on Albany, Naxos, Koch, and Bridge. Harry Davidson is music director of the Duke Symphony Orchestra. Sign up at the Concierge Desk beginning November 1, deadline December 1. Cost: \$7 for transportation, concert is free.



From
Carolyn
Taff

*So much happening, so close-by!
A few on-your-own suggestions:*

DPAC

919-684-6402, Durham
A Bronx Tale “Jersey Boys meets West Side Story” Tues. 11/5-Sun. 11/10 varying times
The Doobie Brothers Wed. 11/20, 7:30pm
Kenny G. Sun. 11/24, 7:30pm
HIPHOP Nutcracker
Tchaikovsky’s Score, hip hop dance Sat. 11/30, 3pm & 8pm

Carolina Theater

919-560-3030, Durham
Durham Symphony Tribute, American Women’s Suffrage Centennial w/vocal-winner. Music of Florence Price, Beethoven, Brahms. Sun. 11/3, 4-7pm

Orange County

Open Studio Tour Look for signs, visit art studios Sat.11/2 & Sat. 11/9 10am-5pm; Sun.11/3 & Sun. 11/10 noon-5pm

The ArtsCenter

919-929-2787, Carrboro
Carrboro Film Festival Fri. 11/15-Sun. 11/17 varying times

Hill Hall, Moeser Auditorium

919-843-3333, UNC
UNC Opera Mozart, Il sogno di Scipione/2 Sat. 11/16, 8pm; Sun. 11/17, 3pm
Carolina Choir & UNC Chamber Singers “Music of Peace, War, and Remembrance” Premiere performance, from poems & diaries of Paul Green Sat. 11/23, 8pm

Kenan Music Building

919-843-3333, UNC
Percussion Ensemble ALWAYS fun! Tues. 11/26, 7:30pm

Sudoku Puzzle

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

Puzzle rating: Medium

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

Puzzle by websudoku.com

November Birthdays

Jo Oldham	1
Barbara Burkett	1
Peggy Cooper	2
Judith Hollinshead	3
John Stamm	3
Betty Neese	3
Judith Fox	6
Juliann Tenney	6
Harvey Gunter	7
Ann Merklein	7
Kaye Anne Aikins	8
Jean Stancell	9
Beverly Smith	10
Jane Hauser	11
Charlotte Battle	12
Rebecca Hoggard	12
Peg Hall	14
Pat Beyle	14
Virginia Page	14
Gunda Hasl	14
Russell McLaughlan	16
Betty Kenan	19
John Jacoway	19
Aud Ackerman	20
Anne Boyer	21
William George	21
Sally Batholomew	21
Pat Kelley	23
Jody Pagano	23
Arthur Clark	28
Anne Liptzin	28
Christina Jeffs	29
Jim Howard	30

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

A Salute to Our Veterans!

Veterans Day Program
Monday, November 11, 3pm Ballroom



Cedars Veterans will be honored at a special program—be sure to mark your calendar for this colorful event that will salute veterans for their service to our country. This year our

program will feature a dedication to women in military service. It will be opened by UNC's award winning Army ROTC Color Guard under the direction of Cadet Commander Colleen Burns. The Cedars' own Florence Peacock will lead a group singing of our National Anthem. MC Bob Rechholtz will provide commentary on the significance of Veterans Day and the history of women in U.S military service. We are especially honored to have Marine Captain Shannon Stanish as our keynote speaker. Captain Stanish is the officer instructor for the NROTC programs at UNC, NC State and Duke Universities. She will share the unique experiences of a woman in one of the toughest, proudest and most storied of all military services. Our program will close with a group salute to America lead by one of our many veterans, Dr. Davis Bingham. A reception will follow in the lower lobby.

Popcorn and a Movie—*Pavarotti*

Tuesday, November 19, 2pm Ballroom

From the filmmaking team behind the highly-acclaimed documentary *The Beatles: Eight Days a Week—The Touring Years*, *Pavarotti* is a riveting film that lifts the curtain on the icon who brought opera to the people. Academy Award winner Ron Howard puts audiences front row center for an exploration of The Voice...The Man...The Legend. This cinematic event features history-making performances and intimate interviews, including never-before-seen footage and cutting-edge Dolby Atmos technology. (2019)

SAVE THE DATE!

The Sound of Music Sing-Along

50th Anniversary Remastered Version
(172 minutes with intermission)

December 2, 1:30pm Ballroom

Please save the date to sing-along with *The Sound of Music* (1965), one of the most beloved movie musicals of all time. Join us in this major audience participation event with special subtitles for all the songs. Starring Julie Andrews and Christopher Plummer.



Richard Tazewell—Pianist

Friday, November 1, 5pm
Dining Lobby



Robert Griffin—Jazz Pianist

Thursdays, November 7 & 14, 5pm
Dining Lobby

Nutritional Needs...How They Change Throughout Adulthood (PART 1*)

by Chrisea Walters

How can we assure we meet our nutritional needs on a daily basis? What nutritional figures related to the food choices on a menu do we really need to know prior to ordering our dinner? How much fat should be in my diet? Do I need to give up desserts in order to be healthy? These are some of the questions that I'm asked daily and ones we all wonder about as the world of nutrition changes, and we become more informed of what foods best meet our nutritional needs.

We need five types of essential nutrients, including carbohydrates, protein, fats, vitamins and minerals, and water. Each serves a purpose in helping the body function properly and in maintaining homeostasis, a system of balance in which the body performs optimally. This article will focus on three of the main purposes of nutrients: fuel and hydration, immune system function, and the social aspect of food.

An important calculation people often overlook is basal metabolic rate. BMR is the amount of energy per unit time that a person needs to keep the body functioning at rest.

One of the most common ways to calculate BMR is using the Harris Benedict equation, as shown in the examples below. This calculation takes into account sex, weight, height, and age. Based on this equation, we clearly see that less than 30 years of aging results in the need to reduce our caloric intake by almost 200 kcal/day to meet our resting metabolic needs. Therefore, it is important to note that as we age, we need to consume less calories to prevent gaining unwanted excess weight.

Calculating BMR - Harris Benedict Equation

BMR Formula
(Harris-Benedict)

MEN
BMR = 66.47 +
(6.24 × weight in lbs)
+ (12.7 × height in inches)
- (6.755 × age)

WOMEN
BMR = 655.1 +
(4.35 × weight in lbs)
+ (4.7 × height in inches)
- (4.7 × age)

Examples

49 year old, 160 lb female,
64 in tall = BMR 1421 kcals

78 year old, 160 lb female,
64 in tall = BMR 1285 kcals

49 year old, 195 lb male, 72
in tall = BMR 1880 kcals

78 year old, 195 lb male, 72
in tall = BMR 1682 kcals

*To be continued...Part 2
of 3 coming in next month's
Cedars Post!

Kudos to...

- ❧ Sally Bartholomew for recommending her friend Mary Ann Bufalini for giving a lecture on Hawaiian Quilting
- ❧ Judith Fox for recommending *Art for a New Understanding: Native Voices, 1950s to Now* at the Nasher Museum of Art
- ❧ Linda Luftig for Let's Talk Cinema—*McCabe & Mrs. Miller*
- ❧ Don Fang for his display of Karin's German Nutcrackers and Karen Kilara for displaying them
- ❧ Karen Kilara for refreshing the lobby area furnishings
- ❧ Frank and Jane Saye for introducing their daughter Susan Crews to give her lecture on *The Reemergence of Hemp, The History and CBD: Myths and Truths*

Great Get-Aways

- ❧ 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.

November 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

11/1 Friday

8:45am Water Exercise **P**
 9am Ping Pong **B**
 9:45am Water Exercise **P**
 11am Boxing Class with Ken Kirchner **B**
 11:30am Aquatic Therapy **P**  
 1pm Party Bridge **CR**
3pm Emeralds of Oz with Peter Guzzardi **B**
 4:30pm Happy Hour **BAR**
 5pm Richard Tazewell—Pianist **DL**
 7:45pm Cedars Cinema **CHANNEL 24**

11/2 Saturday

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



11/3 Sunday

Daylight Saving Time Ends 
 3pm & 7:45pm Cedars Cinema **CHANNEL 24**

11/4 Monday



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

11/5 Tuesday

8:45am Cardio and Core **B**
 9:45am Sit and Be Fit **B**
 11:30am Aquatic Therapy **P**  
 1pm Golf Croquet **GL**

2pm Mah Jongg **CR**
 4:30pm Tap Dancing **B**
 7:45pm Cedars Cinema **CHANNEL 24**



11/6 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**

11/7 Thursday

8am Art Open Studio **S**
 8:45am Cardio and Core **B**
 9:45am Sit and Be Fit **B**
 11am Cedars University **B**
 11:30am Aquatic Therapy **P**  
 1pm Bocce **GL**
3pm Hawaiian Quilting with Mary Ann Bufalini **B**
 4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**

11/8 Friday

8:45am Water Exercise **P**
 9:45am Water Exercise **P**
 11:30am Aquatic Therapy **P**  
 1pm Jewelry Repair **S**
3pm The Reemergence of Hemp, The History and CBD: Myths and Truths with Susan Crews **B**
 4:30pm Happy Hour **BAR**
 7:45pm Cedars Cinema **CHANNEL 24**

11/9 Saturday

9am Ping Pong **B**
 9am Cribbage **CL**
 12:15pm *The Metropolitan Opera* **LB** 

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




11/10 Sunday

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



11/11 Monday

Veterans Day 
 8am Art Open Studio **S**
 8:45am Water Exercise **P**
 9am Ping Pong **B**
 9am Library Workday **L**
 9:45am Water Exercise **P**
 10:30am Knit & Stitch **CR**
 11am Cardio and Core **B**
 11:30am Tai Chi **B**
 11:30am Aquatic Therapy **P**  
 1pm Poker **CR**
 2pm Great Books **CL**
3pm Veterans Day Program **B**



11/12 Tuesday

8:45am Cardio and Core **B**
 9:45am Sit and Be Fit **B**
11am Rainy Season with Joan Widdifield **B**
 11:30am Aquatic Therapy **P**  
 1pm Golf Croquet **GL**
1:30pm Native Voices at the Nasher **LB** 
 4:30pm Line Dancing **B**
 7:45pm Cedars Cinema **CHANNEL 24**

11/13 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**

11/14 Thursday

8am Art Open Studio **S**
 8:45am Cardio and Core **B**
 9:45am Sit and Be Fit **B**
 11am Cedars University **B**
 11:30am Aquatic Therapy **P**  
 1pm Bocce **GL**
2pm Let's Talk Cinema—McCabe & Mrs. Miller **B**

4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**
6:45pm NC Symphony at UNC **LB** 📖

11/15 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
11am Pilates Strength and Stretch Class **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Party Bridge **CR**
3pm Northern Italy—From the
Mediterranean to the Adriatic Sea with
John Neter **B**
4:30pm Happy Hour **BAR**
7:45pm Cedars Cinema **CHANNEL 24**

11/16 Saturday

9am Ping Pong **B**
9am Cribbage **CL**
11am Accessing UNC Libraries **L**
3pm & 7:45pm Cedars Cinema **CHANNEL 24**
7pm Canadian Brass at NC State **LB** 📖

11/17 Sunday

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

11/18 Monday

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

11/19 Tuesday

8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Golf Croquet **GL**
2pm Mah Jongg **CR**
2pm Popcorn and a Movie—Pavarotti **B**

4:30pm Tap Lessons **B**
7:45pm Cedars Cinema **CHANNEL 24**

11/20 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**

11/21 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Bocce **GL**
2pm Annual Condo Board/Members
Meeting **B**
4pm Scrabble **CR**

11/22 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
11am TGIF Fitness Class **B**
11:30am Aquatic Therapy **P** 📖 ♣️
3pm Medicare, Medicare Supplements,
Medicare Advantage Plans and More with
Gary Knutson **B**
4:30pm Happy Hour **BAR**
7:45pm Cedars Cinema **CHANNEL 24**

11/23 Saturday

9am Ping Pong **B**
9am Cribbage **CL**
12:15pm The Metropolitan Opera **LB** 📖
1pm Carolina Ballet **LB** 📖
3pm & 7:45pm Cedars Cinema **CHANNEL 24**

11/24 Sunday

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

11/25 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**

9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Cardio and Core **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Poker **CR**

11/26 Tuesday

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

11/27 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**

11/28 Thursday

Happy Thanksgiving!
All fitness classes cancelled
8am Art Open Studio **S**



11/29 Friday

All fitness classes cancelled
9am Ping Pong **B**
1pm Party Bridge **CR**
7:45pm Cedars Cinema **CHANNEL 24**

11/30 Saturday

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

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



**Experiencing Hubble:
Understanding the Greatest
Images of the Universe**

*Taught by Professor David M.
Meyer, Ph.D., Northwestern
University*

Thursdays, November 7 through December 19,
11am Ballroom

A few hundred miles above Earth, there is a remarkable telescope with a crystal-clear view across the universe. For two decades, the Hubble Space Telescope has been amassing discoveries that rival those of history's greatest scientists and explorers, making it the most important and productive scientific instrument ever built.

Your guide is Professor David M. Meyer of Northwestern University, an award-winning educator and a frequent user of the Hubble Space Telescope in his research on interstellar and extragalactic gas clouds. Professor Meyer has made Hubble images the hallmark of his popular astronomy lectures to undergraduates, amateur astronomers, and the general public, which teach fundamental concepts and recent breakthroughs through the super-sharp eye of Hubble.

Special thanks to Tim and Ruth Ann Ross for donating this Great Courses series on the Hubble to The Cedars.

**LEARNING
OPPORTUNITIES**

**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. 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*. **Books will be available for purchase.**

Hawaiian Quilting

with Mary Ann Bufalini

Thursday, November 7, 3pm Ballroom

Mary Ann moved to NC after 40+ years loving living in Hawaii! She raised her family on Oahu, was an IBM Engineer, and then a teacher, happily sewed and quilted, and taught kids sewing/quilting. Hawaii is an archipelago in the South Pacific, warm, sunny, tropical. Does anyone quilt there? As past president of the Hawaii Quilt Guild, Mary Ann will answer that, along with a brief history of how traditional Hawaiian quilting came to be defined as a unique art form, and an overview of contemporary Hawaiian quilting. She'll also share some fun fact about those beautiful islands! Come join us to enjoy some of Hawaii's beauty, gain some insight into life in Hawaii and learn about a truly beautiful art, Hawaiian Quilting!

***The Reemergence of Hemp
The History and CBD:
Myths and Truths***

with Susan Crews

Friday, November 8, 3pm Ballroom

Would you like to learn the background of hemp and CBD? Join Susan Crews (daughter of Hank and Jane Saye), President/CEO of Huntsboro Hemp Company, as she shares with us the story of hemp and CBD. Susan once believed CBD was "snake oil" but after years of studying with a variety of medical professionals, CBD experts, and hemp farmers she learned there is a lot of truth to the many uses of hemp and the benefits of CBD. She will debunk some of the myths and share the truths about CBD. Have questions? You will have time to ask your questions as well!



Rainy Season

with Joan Widdifield

Tuesday, November 12, 11am Ballroom

Rainy Season is an intimate story about a family's unexpected change of fate, set in the larger context of post-war Vietnam. A rubber tree farming family comes to grips with their changed lives after their youngest son finds a leftover American mortar. With unprecedented access in rural Vietnam, shot over five years under the radar of the Vietnamese government, *Rainy Season* captures the land's sumptuous beauty and reveals the sorrows that it harbors. Written and directed by Joan Widdifield.



Let's Talk Cinema

McCabe & Mrs. Miller

Thursday, November 14, 2pm Ballroom

Discussion led by Linda Luftig

This unorthodox Western takes place in the Pacific Northwest mining town of Presbyterian Church at the dawn of the 20th Century. Two newcomers, a wayward gambler (McCabe) and a Cockney brothel madam (Mrs. Miller) partner up to provide the town with a high-class whorehouse. When McCabe foolishly rejects an offer for their holdings by representatives from a mining company, things start to fall apart. Critic Roger Ebert calls it "a perfect film." Written and directed by Robert Altman, starring Warren Beatty and Julie Christie, with music written and sung by Leonard Cohen. (1971) 120 minutes

Northern Italy—From the Mediterranean to the Adriatic Sea

with John Neter

Friday, November 15, 3pm Ballroom (rescheduled from September 9)

Our visit to Northern Italy begins in Santa Margherita on the dramatic Mediterranean coast of Northern Italy. It continues to Pisa with its famous Leaning Tower, Florence and its venerable Ponte Vecchio, Siena, home of its historic Palio, and Lago Maggiore with its diminutive Borromean Islands. The visit ends in Venice on the Adriatic Sea, well known for its famous canals.

Medicare, Medicare Supplements, Medicare Advantage Plans and More

with Gary Knutson

Friday, November 22, 3pm Ballroom

Gary Knutson is a graduate of Duke University. He was a licensed insurance agent for 15 years and for the past six years has worked for the North Carolina Department of Insurance SHIIP program as their Field Operations Manager. The SHIIP program provides people in North Carolina with unbiased, accurate and up-to-date information on Medicare. Gary will be speaking about Medicare, Medicare Supplements, Medicare Advantage Plans, Medicare Drug plans and any recent changes in Medicare.



ANNOUNCEMENTS

Jewelry Repair with Eva Mogenson

Friday, November 8, 1-2pm Art Studio

Cynthia's Taylor Shop Services

Wednesdays, 9-9:30am Art Studio

Cynthia Lennon provides quality/affordable alterations.

Walk with a Doc

Saturday, November 16, 10am, UNC Wellness Center at Meadowmont

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

Living with Loss: Grief Support with Mitzi Quint

Monday, November 18, 1pm Private Dining Room



CEDARS Cinema

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

Red Joan

Tuesday, November 5 & Saturday, November 9, 7:45pm • Sunday, November 10, 3pm • R
This biopic shifts between two eras as it recounts the tale of Joan Stanley, a longtime British spy for the KGB who sees her peaceful suburban retirement abruptly shattered when she's arrested for treason. Starring Sophie Cookson and Judi Dench. (2019)

Dead Poets Society

Wednesday, November 6 & Friday, November 8, 7:45pm • Saturday, November 9, 3pm • PG
Robin Williams stars as John Keating, an unconventional teacher who inspires students through poetry. When the school fires him, his devastated students rally behind him, mindful of the ways he has changed their lives. (1989)

Scent of a Woman

Tuesday, November 12 & Saturday, November 16, 7:45pm • Sunday, November 17, 3pm • R
Hoping to earn some extra cash, a student agrees to look after a blind and cantankerous retired colonel. Though the two are mismatched, their relationship grows during a string of wild escapades. Starring Al Pacino and Chris O'Donnell. (1992)

A Streetcar Named Desire

Wednesday, November 13 & Friday, November 15, 7:45pm • Saturday, November 16, 3pm • PG
After losing the family plantation to creditors, Blanche DuBois (Vivien Leigh) travels to New Orleans seeking solace in her sister, Stella (Kim Hunter). Instead, she goes toe-to-toe with Stella's brute of a husband, Stanley (Marlon Brando). (1951) SUBTITLES NOT PROVIDED

The Biggest Little Farm

Tuesday, November 19 & Saturday, November 23, 7:45pm • Sunday, November 24, 3pm • PG
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. Through perseverance and embracing the opportunity provided by nature's conflicts, the Chesters uncover a biodiverse design for living that exists far beyond our wildest imagination. (2019)

Toy Story 4

Wednesday, November 20 & Friday, November 22, 7:45pm • Saturday, November 23, 3pm • G
A new plaything, a spork called Forky, joins Woody, Buzz and their animated toy friends in a road trip adventure that teaches some lessons about what it takes to be a modern toy. With Tom Hanks, Tim Allen and Annie Potts. (2019) SUBTITLES NOT PROVIDED

Gigi

Tuesday, November 26 & Saturday, November 30, 7:45pm • Sunday, December 1, 3pm • G
Leslie Caron stars as Gigi, a French waif being groomed as the fille de joie of affluent and handsome Gaston (Louis Jourdan). Soon Gigi metamorphoses into a stunning beauty, and the head-over-heels Gaston asks for her hand. But Gigi's courtesan grandmother is aghast: No one in the family has ever considered something as plebeian as matrimony! (1958) SUBTITLES NOT PROVIDED

The Art of Racing in the Rain

Wednesday, November 27 & Friday, November 29, 7:45pm • Saturday, November 30, 3pm • PG
In this heartfelt dramedy based on the best-selling book of the same name, insightful family canine Enzo reflects on his life through the lessons he's learned from his owner, race-car driver Denny Swift. Starring Milo Ventimiglia and Amanda Seyfried. (2019)

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, November 2, 16 & 30, 11am

Library

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

Great Books

Monday, November 11, 2pm Classroom

The Country Husband

by John Cheever



Monday, November 4, 3pm Ballroom

Singers from The Durham Choral Society will bring us a pre-holiday program including multi-season favorites by Bach, Tchaikovsky, Rutter, Vaughan Williams, and others. Please note that this is the one Monday concert in this year's season! Bring your new blue pass; doors open at 2:30pm. For questions, contact Connie Eby at 919-259-7808 or cteby@mindspring.com.

Channel 24 Replays Schedule

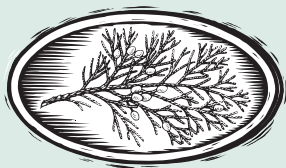
- ☞ Mondays 10am, exercise program; 12:30pm, recent lectures
- ☞ Tuesdays 10am, exercise program
- ☞ Wednesdays 10am, exercise program; 12:30pm, Members Meeting
- ☞ Thursdays 10am, exercise program
- ☞ Fridays 10am, exercise program



New Move Ins

Gaylen and Judith Bradley
234 Cedar Club Circle

William and Betty Lynn Kirwan
316 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>
11/1	Friday	<i>Emeralds of Oz</i> with Peter Guzzardi	3pm	Ballroom
11/1	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
11/4	Monday	2019/20 Classical Concert Series	3pm	Ballroom
11/7	Thursday	Cedars University <i>Experiencing Hubble: Understanding the Greatest Images of the Universe</i>	11am	Ballroom
11/7	Thursday	<i>Hawaiian Quilting</i> with Mary Ann Bufalini	3pm	Ballroom
11/7	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
11/8	Friday	<i>The Reemergence of Hemp, The History and CBD: Myths and Truths</i> with Susan Crews	3pm	Ballroom
11/9	Saturday	The Metropolitan Opera <i>Madama Butterfly</i>	12:15pm	Lobby
11/11	Monday	Veterans Day Program	3pm	Ballroom
11/12	Tuesday	<i>Rainy Season</i> with Joan Widdifield	11am	Ballroom
11/12	Tuesday	<i>Art for a New Understanding: Native Voices, 1950s to Now</i> at the Nasher Museum of Art	1:30pm	Lobby
11/14	Thursday	Let's Talk Cinema— <i>McCabe & Mrs. Miller</i>	2pm	Ballroom
11/14	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
11/14	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
11/15	Friday	<i>Northern Italy—From the Mediterranean to the Adriatic Sea</i> with John Neter	3pm	Ballroom
11/16	Saturday	Canadian Brass at NC State	7pm	Lobby
11/17	Sunday	Chamber Orchestra	2pm	Lobby
11/19	Tuesday	Popcorn and a Movie— <i>Pavarotti</i>	2pm	Ballroom
11/21	Thursday	Annual Condo Board/Members Meeting	2pm	Ballroom
11/22	Friday	<i>Medicare, Medicare Supplements, Medicare Advantage Plans and More</i> with Gary Knutson	3pm	Ballroom
11/23	Saturday	The Metropolitan Opera— <i>Akhmaten</i>	12:15pm	Lobby
11/23	Saturday	Carolina Ballet	1pm	Lobby
11/24	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
11/28	Thursday	Happy Thanksgiving!		