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The Cedars Post

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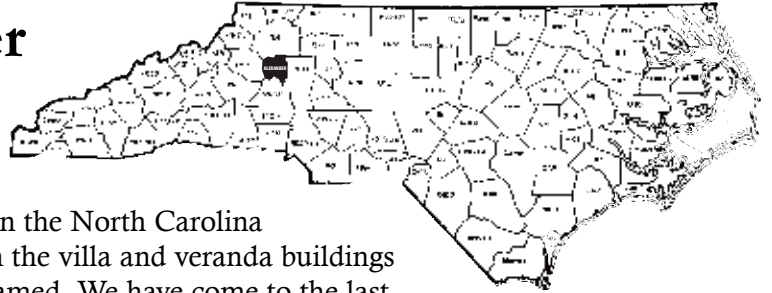
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Alexander

by Kathy Burk



This is the last in a series of articles on the North Carolina counties after which the villa and veranda buildings of the Cedars are named. We have come to the last building, but first alphabetically, the Alexander villa.

Alexander County is in the far western part of the Piedmont, almost in the mountains. It was formed in 1847 by taking portions of Caldwell, Iredell, and Wilkes counties. It is about 260 square miles and had about 38,000 residents in 2018. About two-thirds of the land is used for farming: poultry, apples, dairy and beef cattle; but most of the people work in manufacturing or service jobs. Towns include Taylorsville (the county seat), Hiddenite, Stony Point, and Little River.

Hiddenite (named after a pale green mineral) is the home of the Hiddenite Gems Emerald Hollow Mine. Gems and minerals found in the mine and surrounding area include emeralds, garnets, aquamarines, smoky and clear quartz. In 2009 a very large (64.83 carats after being cut) dark green emerald was found on a farm near Hiddenite. Emeralds are formed when a superheated fluid containing beryllium migrates through rocks containing chromium, which apparently is a rare combination of events. Interesting to consider that the land of our state, calm now, was once a place where superheated fluids were flowing around.

The county is named after William Julius Alexander (1797–1857). He was born in Salisbury, graduated from UNC in 1816, and, after serving an apprenticeship under a lawyer in Salisbury, was admitted to the bar in 1818. In 1826 he was elected to the NC House of Commons, where he served as Speaker in 1829–30, 1833–34, and 1834–35. In 1846 James K. Polk (a fellow UNC alum) appointed Alexander superintendent of the US branch mint in Charlotte, where he served until 1851. The dates tell us that he had the pleasure of having a county named after him while he was still alive.

You can see we have ABC names on the north side of the Great Lawn—the villas Alexander, Bladen, and Camden backed by verandas Avery, Burke, and Cumberland. On the south side instead of DEF names we have DMF. Here's why. The buildings were originally named by single letters—Villa A, Veranda A, Villa B, Veranda B, etc. When it came time to replace the single letters with county names the developers realized they had a Villa E and a Veranda E but only one E county, Edgecombe. Looking for a letter with multiple counties they decided on M, somewhat influenced by the fact that Bob Woodruff was born and grew up in Moore County. Therefore on the south side we have villas Davidson, Macon, and Forsyth backed by verandas Davie and Moore.

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 *Wozzeck*

at Silverspot Cinema
Saturday, January 11, 12:15pm Lobby

Chamber Orchestra Sunday, January 12, 2pm Lobby

NC Symphony at UNC Memorial Hall Sunday, January 12, 6:45pm, Lobby

Come from Away at DPAC Tuesday, January 14, 6:30pm Lobby

Great Decisions Lecture at Carol Hall UNC Tuesday, January 21, 6:30pm Lobby

PlayMakers Repertory Company Sunday, January 26, 1:30pm Lobby

Great Decisions Lecture at Carol Hall UNC Tuesday, January 28, 6:30pm Lobby

Beyond the Cedars



The Metropolitan Opera—*Wozzeck*

at Silverspot Cinema
Saturday, January 11, 12:15pm Lobby

After wowing audiences with his astounding production of *Lulu* in 2015, South African artist William Kentridge now focuses his extraordinary visual imagination on Berg's other operatic masterpiece, set in an apocalyptic pre-World War I environment. Met Music Director Yannick Nézet-Séguin is on the podium for this important event, with baritone Peter Mattei making his highly anticipated role debut as the title character. Soprano Elza van den Heever is *Wozzeck's* unfaithful mate, and the commanding cast also includes tenor Christopher Ventris as the Drum-Major, bass-baritone Christian Van Horn as the Doctor, and tenor Gerhard Siegel as the Captain. Sign up at the Concierge Desk beginning January 2, deadline January 8. Cost: \$29 for ticket and transportation. Maximum 14 people.

The Metropolitan Opera—*Porgy and Bess*

at Silverspot Cinema
Saturday, February 1, 12:15pm Lobby

One of America's favorite operas returns to the Met for the first time in nearly 30 years. James Robinson's stylish production transports audiences to Catfish Row on the Charleston waterfront, vibrant with the music, dancing, emotion, and heartbreak of its inhabitants. "If you're going to stage Gershwin's opera, this is how," raved the *Guardian* when the new production premiered in London in 2018. David Robertson conducts a dynamic cast, featuring the sympathetic duo of Eric Owens and Angel Blue in the title roles and an all-star ensemble that includes Golda Schultz, Latonia Moore, Denyce Graves, Frederick Ballentine, Alfred Walker, and Ryan Speedo Green. Sign up at the Concierge Desk beginning January 2, deadline January 26. Cost: \$29 for ticket and transportation. Maximum 10 people.

Sudoku Puzzle

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

Puzzle rating: Easy

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

Puzzle by websudoku.com

Great Decisions Program

Great Decisions is America's largest discussion program on world affairs. The name is shared by a national civic education program, briefing book and television series administered and produced by the Foreign Policy Association. The Great Decisions program highlights eight of the most thought-provoking foreign policy challenges facing Americans each year.

Great Decisions provides background information, current data and policy options for each issue and serves as the focal text for discussion groups. **The lectures will be held at Carroll Hall on the UNC campus, departing the Cedars at 6:30pm. Sign up at the Concierge Desk for each lecture you'd like to attend, deadline 48 hours before each lecture.** Cost: \$4 for transportation.

U.S. Relations with the Northern TriangleJanuary 21

Artificial Intelligence and Data January 28

India and PakistanFebruary 4

The Philippines and the U.S.February 11

Modern Slavery and Human TraffickingFebruary 18

Climate Change and the Global Order March 17

Red Sea Security March 24

China's Road into Latin America March 31



SAVE THE DATE

2019 Celebration of Life Service

Friday, February 7, 2pm Ballroom

Please join us as we remember and celebrate Cedars Members that we lost in 2019.



The Employee Appreciation Fund hard at work. A huge thank you for raising \$372,300.



*From
Carolyn
Taff*

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

Carolina Theater

919-560-3030, Durham
Jake Shimabukuro AMAZING ukulele player! Thurs. 1/23, 8pm

Baldwin Auditorium, Duke

919-684-4444, Durham
Jeremy Denk, piano/Stefan Jackiw, violin, w/ NY Polyphony, voices Charles Ives sonatas, performed by top Ives interpreters Fri. 1/17, 8pm
St. Lawrence String Quartet & Anne-Marie McDermott, piano Haydn, Beach, Messiaen, Debussy Sat., 1/25, 8pm

Memorial Hall, UNC

919-843-3333, Chapel Hill
Martha Graham Dance Company Stunning new works from the Eve project: women choreographers & composers. Thurs. 1/20, 7:30pm

DPAC

919-684-6402, Durham
The Simon & Garfunkel Story Great fun and wonderful music! Wed. 1/8, 7:30pm
Neil deGrasse Tyson "An Astrophysicist Goes To The Movies" What science did films get right and wrong? Mon. 1/20, 7:30pm

Rent 20th Anniversary Tour Tues. 1/28-Sat. 2/1, varying times

Holy Trinity Lutheran Church

919-942-7818, Chapel Hill
Baroque & Beyond "The Enamored Butterfly" Soprano Elizabeth Joyner Handel & Vivaldi Sun. 1/12, 3pm

Duke Chapel, Duke

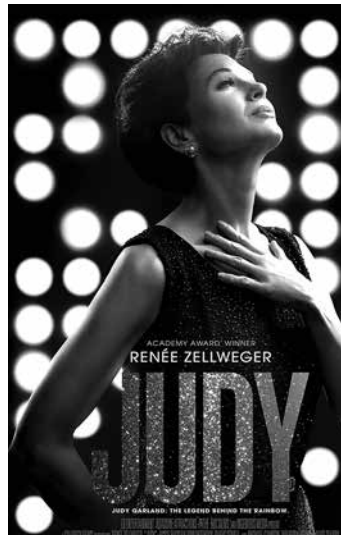
919-684-4444, Durham
Eric Plutz, organist University organist at Princeton Rare 2-part recital of all 6 Vienne's symphonies, on the Aeolian organ. Sat. 1/25, 8pm; Sun.1/26, 5:15pm

January Birthdays

Jean Glover	1
Bonnie Simms	2
Carolyn Lontz	2
Frank Buell	3
Lucy Aldridge	4
Charles Baker	5
Thomas Clegg	6
Natalie Campbell	6
Betsy Terrell	8
Peter Jeffs	9
Mark Luftig	9
Hope Council	11
Catherine Holland	11
Kenneth Sewall	11
Dorsey Whitehead	11
Walter Mears	11
Robert Broad	14
Kathleen Leutze	16
Beverly Rutstein	17
Arthur DeBerry	18
Linda Saaremaa	18
Mary Jo Pringle	22
Jane Saye	23
Perry Colwell	23
Spurgeon Thurston	24
Patsy Pence	27
Kayla Silberberg	28
Tom Kraska	28
Kate Green	29
Joyce Hoffman	31
Karen Kilara	31
John Aldridge	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—*Judy*

Monday, January 6, 2pm Ballroom

Renée Zellweger stars as Judy Garland in *Judy*, the iconic star's newest biopic. The film, set in late 1968 and early 1969, shows Garland hustling in Swinging London after she successfully secured a five-week engagement in *Talk of the Town*. Behind the scenes, she battles her own management and prepares to fight her ex-husband and ex-manager, Sidney Luft (Rufus Sewell), in court for custody of their children. Despite this period of her life being tumultuous, Garland is able to find love once again, this time in the arms of Mickey Deans (Finn Wittrock). Directed by Rupert Goold. (2019)

Renaissance Music for Lute and Viola da Gamba

with Brent Wissick and Salomé Sandoval

Sunday, January 19, 3pm Ballroom

Brent Wissick is a world-renowned viola da gamba player as well as baroque cellist and Professor at UNC CH. A member of Ensemble Chanterelle and principal cellist of the Atlanta Baroque Orchestra, he is also a frequent guest with American Bach Soloists, Folger Consort, Boston Early Music Festival, Concert Royal, Dallas Bach Society, Vancouver Early Music Festival and Collegio di Musica Sacra in Poland. Salomé Sandoval sings and plays a variety of fretted string instruments such as lutes, early and classical guitars. A native of Venezuela, Salomé holds a Graduate Performance Diploma in Early Music as a voice and lute major. Salomé's recent collaborations with Early Music Ensembles include Raleigh Camerata, El Mundo with Richard Savino, Newberry Consort with Ellen Hargis and her own group El Fuego, with repertoires that range from New World to Spanish Eighteenth Century sacred and stage music.

New Member Welcome Happy Hour

Monday January 20, 3:30-5pm Upstairs Lobby/Cardroom

On behalf of the Members Activities Committee, we cordially invite all Cedars Members to a New Member Welcome Happy Hour. Whether 2019 was the year you moved to The Cedars, or you have called The Cedars home for many years, we hope everyone will take advantage of this special occasion to meet a new neighbor. All are encouraged and welcome to come enjoy live music, wine and hors d'oeuvres.



Robert Griffin—Jazz Pianist

Thursdays, January 16 & 30,
5pm Dining Lobby



Richard Tazewell—Pianist

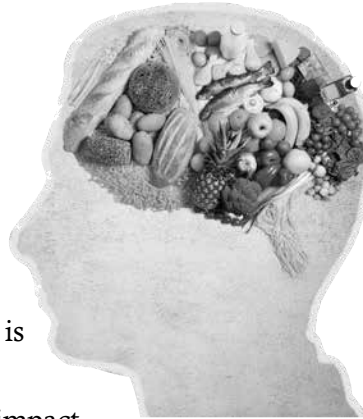
Friday, January 10, 5pm Dining
Lobby

CEDARS FITNESS

Nutritional Needs...How They Change Throughout Adulthood (PART 3 OF 3)

by Chrisa Walters

In the first two parts of this article, we discussed the many ways our bodies change throughout adulthood and what those changes mean for us as far as our nutritional needs. It is imperative that we keep ourselves well informed as the nutrition world is constantly evolving with new research findings.



The good news is we can take action to reduce the impact of aging and its effects on our bodies. The following ideas will help you get started. By continuing to educate yourself, you can enjoy a more healthy, happy eating experience, which will in turn help you create a healthier lifestyle.

- ☑ To reduce the loss of muscle mass, eat more protein, vitamin D, and calcium.
- ☑ If taking acid blockers and/or you don't eat enough meat to meet your daily requirements, consider supplementing with vitamin B12.
- ☑ Vitamin E can improve immune system function and reduce respiratory infections.
- ☑ For digestion issues, especially constipation, increasing fiber by eating more whole grain breads and pastas can help. When buying cereals and breads, compare the fiber contents.
- ☑ Stay hydrated! By carrying a water bottle with you and refilling it often, you will be more apt to drink plenty of water.
- ☑ Whole foods are our best sources for vitamins and minerals. Eat plenty of veggies and fruits, especially colorful ones such as dark, leafy greens and berries.
- ☑ Remember that carbohydrates are not bad for you. In fact, we need them for the purpose of producing the energy we need for every part of life! It is best to consume natural sugars like fruits, berries, and sweet potatoes, instead of desserts loaded with table sugar.
- ☑ Some medications and foods interact in unpleasant ways and/or cause adverse reactions. If you have been prescribed a medication, it is best to discuss this with your doctor and/or pharmacist.
- ☑ Not all fats are bad fats. We need the good fats we get from legumes, nuts, avocados and seeds.
- ☑ White meat is the best source of protein, so eat white meat chicken, turkey and fish. Treat yourself to red meat 2-4 times per month.
- ☑ If you are craving a dessert or other high-glycemic food, eat it within 30-45 min of your most rigorous workout or activity of the day.
- ☑ Limit wine to 1-2 glasses per day. If you don't already consume wine, there is no reason to start; you can get the same benefits from pure grape juice.
- ☑ Exercise daily!

ANNOUNCEMENTS

Jewelry Repair with Eva Mogenson

Friday, January 10, 1-2pm Art Studio

Cynthia's Taylor Shop Services

Wednesdays, 9-9:30am Art Studio

Cynthia Lennon provides quality and affordable alterations.

Walk with a Doc

Saturday, January 18, 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, January 27, 1pm Private Dining Room


Great Get-Aways

- ❖ Lido Key/Sarasota, Florida
February 24-27, 2020

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.

January 2020

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

1/1 Wednesday

Happy New Year!

All fitness classes cancelled

12:45pm Duplicate Bridge **CR**

7:45pm Cedars Cinema CHANNEL 24



1/2 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**

1/3 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

1/4 Saturday

9am Ping Pong **B**

9am Cribbage **CL**

3pm & 7:45pm Cedars Cinema CHANNEL 24

1/5 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24

1/6 Monday

8am Art Open Studio **S**

8:45am Water Exercise **P**

9am Ping Pong **B**

9am Library Workday **L**

9:45am Water Exercise **P**

10:30am Knit & Stitch **CR**

11am Cardio and Core **B**

11:30am Aquatic Therapy **P**  

11:30am Tai Chi **B**

1pm Poker **CR**

1:30pm Play Reading Group **CL**

2pm Popcorn and a Movie—Judy **B**

1/7 Tuesday

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

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

11:30am Aquatic Therapy **P**  

1pm Golf Croquet **GL**

3pm *The Ties That Bind with Diana Newton* **B**

4:30pm Line Dancing **B**

7:45pm Cedars Cinema CHANNEL 24

1/8 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

1/9 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—Iris* **B**

4pm Scrabble **CR**

1/10 Friday

8:45am Water Exercise **P**

9:45am Water Exercise **P**

11am TGIF Class **B**

11:30am Aquatic Therapy **P**  

1pm Jewelry Repair **S**

4:30pm Happy Hour **BAR**

5pm *Richard Tazewell—Pianist* **DL**

7:45pm Cedars Cinema CHANNEL 24

1/11 Saturday

9am Ping Pong **B**


9am Cribbage **CL**

11am Accessing UNC Libraries **L**

12:15pm *Met Opera* **LB** 

3pm & 7:45pm Cedars Cinema CHANNEL 24

1/12 Sunday

2pm Chamber Orchestra **LB** 

6:45pm *NC Symphony at UNC* **LB** 

3pm & 7:45pm Cedars Cinema CHANNEL 24

1/13 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**

3pm *Protecting What You Love in a Warming World with Ann J. Storm* **B**

1/14 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**

6:30pm *Come From Away at DPAC* **LB** 

7:45pm Cedars Cinema CHANNEL 24

1/15 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

1/16 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 *Egypt, Jordan and Dubai with Phil Purcell* **B**
4pm Scrabble **CR**
5pm *Robert Griffin—Jazz Pianist* **DL**

1/17 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
10:30am Shadowboxing with Ben Kirchner **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Party Bridge **CR**
4:30pm Happy Hour **BAR**
7:45pm Cedars Cinema **CHANNEL 24**

1/18 Saturday

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

1/19 Sunday

3pm & 7:45pm Cedars Cinema **CHANNEL 24**
3pm *Renaissance Music for Lute and Viola da Gamba with Brent Wissick and Salomé Sandoval* **B**

1/20 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**
1:30pm Play Reading Group **CL**
3:30pm *New Member Welcome Happy Hour* **B**

1/21 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**
6:30pm *Great Decisions Lecture at UNC* **LB** 📖

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

1/22 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**

1/23 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 *Meet the Rehab Team* **B**
4pm Scrabble **CR**

1/24 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
10:30am *Great Decisions Discussion* **CR** 📖
11am Pilates Strength & Stretch Class **B**
11:30am Aquatic Therapy **P** 📖 ♣️
4:30pm Happy Hour **BAR**
7:45pm Cedars Cinema **CHANNEL 24**

1/25 Saturday

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

1/26 Sunday

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

1/27 Monday

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

1pm Poker **CR**

1pm *Living with Loss: Grief Support with Mitzi Quint* **CL**

3pm *Canadian Holidays by Train and by Canoe with Ellen Herron* **B**

1/28 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**
6:30pm *Great Decisions Lecture at UNC* **LB** 📖
7:45pm Cedars Cinema **CHANNEL 24**

1/29 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**

1/30 Thursday

8am Art Open Studio **S**
8:45am Cardio and Core **B**
9:45am Sit and Be Fit **B**
11am Cedars University **B**
11:30am Aquatic Therapy **P** 📖 ♣️
1pm Bocce **GL**
2pm Members Meeting **B**
4pm Scrabble **CR**
5pm *Robert Griffin—Jazz Pianist* **DL**

1/31 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
10:30am *Great Decisions Discussion* **CR** 📖
11am TGIF Class **B**
11:30am Aquatic Therapy **P** 📖 ♣️
3pm *How the Early Music Movement Got to Be HIP with Richard Fox* **B**
4:30pm Happy Hour **BAR**
7:45pm Cedars Cinema **CHANNEL 24**

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



Great Presidents

Taught by Professor Allan J. Lichtman, Ph.D., American University

Thursdays, January 2-June 11, 11am Ballroom

The formal constitutional authority of the president has changed only modestly since 1787. But presidential practice, congressional legislation, and judicial interpretations have altered the powers and role of the presidency enormously.

However, it is also important to understand, Professor Lichtman stresses, that there have been new restrictions and new limitations on the exercise of presidential power. Thus the presidency is still changing even while remaining one of the pillars of the American Republic.

Perhaps as a schoolchild you had the misfortune to learn of the presidents as boring, godlike figures in a dry textbook. Now you can see at last the human beings who deserve their mantles of greatness, through narratives as compelling as an historical novel.

LEARNING OPPORTUNITIES

The Ties That Bind

with Diana Newton

Tuesday, January 7, 3pm Ballroom

The Ties That Bind is a personal documentary film memoir that captures the filmmaker and her family's journey of conflict, loss, and adaptation in response to her younger sibling's transgender change. It is a searing look at a Southern family wrestling with each other and their beliefs, exposing the shadow landscape of the culture wars at play as they seek a new normal. While the film acknowledges today's contentious "bathroom" politics, it is far less a transgender story than a complex family story that weaves together a portrait of their imperfections and the love that remains intact even so. Filmed over a span of 14 transformational years. Filmmaker Diana Newton of Carrboro, NC will be present for a Q&A after the film is shown.

Let's Talk Cinema—Iris

Discussion led by Linda Luftig

Thursday, January 9, 2pm Ballroom

From legendary documentarian Albert Maysles (*Grey Gardens, Gimme Shelter*), *Iris* pairs the late 88-year-old filmmaker with Iris Apfel, the quick-witted, flamboyantly dressed 93-year-old style maven with an outsized presence on the New York fashion scene for decades. "There are few better ways to spend 80 movie minutes than to see *Iris*, a delightful eye-opener about life, love, statement eyeglasses, bracelets the size of tricycle tires and the art of making the grandest of entrances. This is a documentary about a very different kind of woman who holds your imagination from the moment she appears. You can't take your eyes off Iris Apfel (she wouldn't have it any other way), but, then, why

would you want to?" —Manohla Dargis, *New York Times*. Running Time 80 minutes. (2015)



The Climate Reality Project®

Protecting What You Love in a Warming World, a Climate Reality Project

with Ann J. Storm

Monday, January 13, 3pm Ballroom

The causes and consequences of the climate crisis seem well documented. Less discussion has been given to what we can each do to help stop and reverse the crisis and, more important, to protect the things, animals and people we love from the increasing effects of climate change. Ann J. Storm will briefly discuss the science of climate change, the broad effects of climate change and the many things, small and large, we can each do. Ann just completed a leadership training course with The Climate Reality Project. This grassroots group, started by Al Gore, has trained over 20,000 people worldwide to educate the public about the science and effects of climate change and the ways we can all help to slow and even reverse the process causing this global emergency.

EGYPT, Jordan and Dubai

with Phil Purcell

Thursday, January 16, 3pm Ballroom

Enjoy the wonders of ancient Egypt after leaving fabulously modern Dubai, Jordan's famous Petra and the extensive Roman ruins at Jerash. See the pyramids of Giza, the Sphinx and the oldest pyramid of them all, Saqqara built in 2630 BC. Visit the century old Egyptian Museum in Cairo stuffed with antiquities. Take a peek with Phil inside the not yet opened Grand Egyptian Museum which is under construction and scheduled to open in October 2020. Float up



the Nile on Sun Boat IV to visit the wondrous temples of Karnak and Luxor, the tombs in the Valley of the Kings including that of Tutankhamen, and the mortuary Temple of Queen Hatshepsut. Fly south to see the preeminent Temple of Abu Simbel which was disassembled and moved to a new site 24 miles from the Sudanese border to save it from the floodwaters caused by construction of the Aswan High Dam. Return to Cairo to walk the main street of the old walled city with its many colorful markets and leave your shoes at the door to step into two of the older mosques.

Canadian Holidays by Train and by Canoe

with *Ellen Herron*

Monday, January 27, 3pm Ballroom

Learn about Ellen Herron's luxury rail travel across the spectacular Canadian Rockies and off the grid primitive canoe camping in the northern Ontario bush. The train trip in Alberta and British Columbia was offered through Road Scholar and all one had to do was get to the bus or train on time, then relax and enjoy the scenery, food and company. The Ontario trip was designed for teenagers who enjoy or need physical and mental challenges but an experienced and very fit retiree was able to guide a not so experienced or agile duffer (Ellen) to enjoy the challenge and complete the planned trip successfully with only a few moments questioning her sanity.

How the Early Music Movement Got to Be HIP

with *Richard Fox*

Friday, January 31, 3pm Ballroom

The Early Music Movement was mainly a post-WWII development, whose mission was to challenge and reform the repertoire and performance practices of Western Classical Music. Early music performers rediscovered forgotten repertoire, recovered premodern instruments, followed performance practices at variance from modern musicianship, and altered the relationship between performer and listener by their style, dress, and playing locales. Initially, the Early Music Movement, like all social movements, depended on "charismatic" zeal and attracted performers with diverse objectives and orientations. Arnold Dolmetsch, David Munroe, and Noah Greenberg represent this diversity, and we will see/hear examples of the Early Music they championed. Over the last 75 years, many of their innovations have become accepted by contemporary performers, and we will see/hear examples of this new mainstream. "Historically informed performance" or "HIP" is their label today for a creative translation of past music that respects its differences from present practice. The talk will be illustrated with many musical examples and there will be a "petting zoo" of instruments from the past to try afterward (none that bite or claw, however).

Are You Ready to Vote in 2020?

Voter Registration and Education Event

Wednesday, January 8, 9:30am and 3pm Classroom

Are you ready to vote in 2020? The voter registration deadline before the March 3 Primary in 2020 is February 7. We're particularly committed to ensuring that voters are aware of the new photo ID requirement that will be in place whether an individual chooses to use an absentee ballot, vote during the designated early voting period, or vote on election day. Stop by the Orange Country Voter Registration table to ensure you have what you need for the 2020 elections.





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

Grumpy Old Men
 Tuesday, January 7 & Saturday, January 11,
 7:45pm • Sunday, January 12, 3pm • PG-13
 For decades, John and Max (Jack
 Lemmon and Walter Matthau) have
 traded insults and wicked pranks.
 When an attractive widow (Ann-
 Margret) moves in, their bad blood
 erupts into a high-stakes rivalry. (1993)



**Norman Lear: Just Another
 Version of You**
 Wednesday, January 8 & Friday, January 10,
 7:45pm • Saturday, January 11, 3pm • NR
 The man who introduced Archie
 Bunker and George Jefferson,
 spurring social change through
 laughter, gets his due in this
 admiring biopic. With Norman Lear,
 Mel Brooks, Rob Reiner and more.
 SUBTITLES NOT PROVIDED (2016)



**Once Upon a Time in
 Hollywood**
 Tuesday, January 14 & Saturday, January 18,
 7:45pm • Sunday, January 19, 3pm • R
 Actor Rick Dalton was once a TV
 star, but his career faded. As Rick
 and his stunt double try to reinvent
 themselves, all hell breaks loose
 at neighbor Sharon Tate's house.
 Starring Leonardo DiCaprio, Brad
 Pitt and Dakota Fanning. (2019)



**Linda Ronstadt: The Sound
 of My Voice**
 Wednesday, January 15 & Friday, January 17,
 7:45pm • Saturday, January 18, 3pm • PG-13
 This affecting documentary draws
 on archival footage and tributes
 from a wide swath of Ronstadt's
 musical colleagues to chronicle her
 story. With Linda Ronstadt, Jackson
 Browne and Emmylou Harris. (2019)

Cat on a Hot Tin Roof
 Tuesday, January 21 & Saturday, January 25,
 7:45pm • Sunday, January 26, 3pm • NR
 Members of an avaricious Southern
 clan scramble to curry favor with

dying, wealthy patriarch Harvey
 "Big Daddy" Pollitt (Burl Ives)
 in this adaptation of Tennessee
 Williams's stage drama. Paul
 Newman stars as alcoholic
 ex-football star Brick Pollitt, whose
 self-pity and drunken malice
 jeopardize not only his inheritance,
 but also his marriage to the seductive
 Maggie (Elizabeth Taylor). (1958)

Blinded by the Light
 Wednesday, January 22 & Friday, January 24,
 7:45pm • Saturday, January 25, 3pm • PG-13
 Javed, a British Pakistani teen living
 in England in 1987, writes poetry
 to escape pressure from his father
 at home and racial intolerance at
 school. But he finds inspiration and
 hope from an unexpected source,
 Bruce Springsteen, whose music
 empowers Javed to find his own
 unique voice. Starring Viveik Kalra
 and Kulvinder Ghir. (2019)

The Godfather
 Tuesday, January 28 & Saturday, February 1,
 7:45pm • Sunday, February 2, 3pm • R
 When organized-crime family
 patriarch Vito Corleone barely
 survives an attempt on his life,
 his son steps in to take care of
 the would-be killers, launching
 a campaign of bloody revenge.
 Starring Marlon Brando, Al Pacino
 and James Caan. (1972)

The Godfather: Part II
 Wednesday, January 29 & Friday, January 31,
 7:45pm • Saturday, February 1, 3pm • R
 The Corleone family roots are
 explored, tracing Don Vito's journey
 from Sicily to a life of organized
 crime in New York. In a parallel
 story, his son Michael extends
 operations to Cuba and contends
 with more betrayal and murder.
 Starring Al Pacino, Robert Duvall
 and Diane Keaton. (1974)

Regular Group Activities

location key B=Ballroom BR=Billiards
Room BS=Bird Sanctuary 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 **BS**

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

1st & 3rd 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

1st & 3rd 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

Tech Support Group

Mon-Fri 8:00-4:30

Call Concierge: 919-259-7937

The Open Door Bible Group

Wed 9:30 & 11:00 **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, January 11 & 25, 11am Library

Want to borrow books from
UNC Libraries? Contact Nancy
Lebo with questions at
919-259-7330.

Great Books

Monday, January 13, 2pm Classroom

I Stand Here Ironing

by Tillie Olsen

Those Are as Brothers

by Nancy Hare

Kudos to...

- ☞ Leona Wichard for recommending Ann J. Storm for her lecture *Protecting What You Love in a Warming World, a Climate Reality Project*
- ☞ Richard Fox for his presentation *How the Early Music Movement Got to Be HIP*
- ☞ Phil Purcell for his travel talk on *Egypt, Jordan and Dubai*
- ☞ Ellen Herron for her presentation *Canadian Holidays by Train and by Canoe*
- ☞ Linda Luftig for *Let's Talk Cinema—Iris*
- ☞ Tim and Ruth Ann Ross for donating the Great Courses series *Great Presidents*
- ☞ Linda Luftig for recommending the film *The Ties That Bind* with Diana Newton



New Move Ins

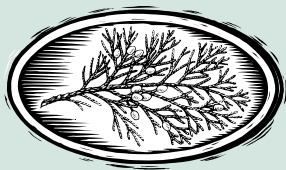
Janet “Ack” Thompson
522 Cedar Club Circle

Whiteford Grimes
211 Cedar Club Circle

Barbara “Bobby” Judd
644 Cedar Club Circle

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



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>
1/1	Wednesday	New Year's Day		
1/2	Thursday	Cedars University <i>Great Presidents</i>	11am	Ballroom
1/6	Monday	Popcorn and a Movie— <i>Judy</i>	2pm	Ballroom
1/7	Tuesday	<i>The Ties That Bind</i> with Diana Newton	3pm	Ballroom
1/9	Thursday	Cedars University <i>Great Presidents</i>	11am	Ballroom
1/9	Thursday	Let's Talk Cinema— <i>Iris</i>	2pm	Ballroom
1/10	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
1/11	Saturday	The Metropolitan Opera— <i>Wozzeck</i>	12:15pm	Lobby
1/12	Sunday	Chamber Orchestra	2pm	Lobby
1/12	Sunday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
1/13	Monday	<i>Protecting What You Love in a Warming World, a Climate Reality Project</i> with Ann J. Storm	3pm	Ballroom
1/14	Tuesday	<i>Come From Away</i> at DPAC	6:30pm	Lobby
1/16	Thursday	Cedars University <i>Great Presidents</i>	11am	Ballroom
1/16	Thursday	<i>Egypt, Jordan and Dubai</i> with Phil Purcell	3pm	Ballroom
1/16	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
1/19	Sunday	Renaissance Music for Lute and Viola da Gamba with Brent Wissick and Salomé Sandoval	3pm	Ballroom
1/20	Monday	New Member Welcome Happy Hour	3:30pm	Cardroom/ Lobby
1/21	Tuesday	Great Decisions Lecture at UNC	6:30pm	Lobby
1/23	Thursday	Cedars University <i>Great Presidents</i>	11am	Ballroom
1/24	Friday	Great Decisions Discussion	10:30am	Cardroom
1/26	Sunday	PlayMakers Repertory Company	1:30pm	Lobby
1/27	Monday	<i>Canadian Holidays by Train and by Canoe</i> with Ellen Herron	3pm	Ballroom
1/28	Tuesday	Great Decisions Lecture at UNC	6:30pm	Lobby
1/30	Thursday	Cedars University <i>Great Presidents</i>	11am	Ballroom
1/30	Thursday	Members Meeting	2pm	Ballroom
1/30	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
1/31	Friday	Great Decisions Discussion	10:30am	Cardroom
1/31	Friday	<i>How the Early Music Movement Got to Be HIP</i> with Richard Fox	3pm	Ballroom