



# The Cedars Post

## Inside This Issue...

**Billiards, board games, Mah Jongg and a variety of other games..... 2**  
*Meet Your Neighbors...Game Night with Residents from Area Retirement Communities*

**He has conducted major orchestras both in the United States and Europe ..... 8**  
*The Silent Musician: A Conversation with Harry Davidson with Rich Hendel*

**How to use the internet by going to safe sites, and not getting scammed ..... 8**  
*Safe Internet Surfing for Seniors Workshop with Eileen Buch*

*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



## Our Helpful Hostesses

by Stan Friedland

Which of our staff groups operate under the greatest degree of time pressure and impatience from our Members? Of course—our Fine Dining Podium Personnel! And yet, they do an outstanding job, day in and night out, and we owe them a debt of gratitude and recognition for their efforts in making our dining experiences so enjoyable.

Leading the group is our outstanding Lead Hostess Audrey Morris, who is a “Founding Staff Member,” having been here for all 15 Cedars’ years. What do you like the most about your job, Audrey? “Over the years, I feel as though I’ve become good friends with everyone, sharing their lives, their ideas and thoughts. We get to tease each other, laugh with one another and share our mutual respect and affection.” What are the job’s difficulties? “When we get too crowded, everyone seems to want our attention at the same time. It can be quite challenging!”

Christina Carlissa Pounds is affectionately known as C.C. and has been here for 14 years. The upside for her is that “we’re like a big family and I love seeing my Members every day. The downside? I’ve come to know virtually every Member and every time we lose one, it’s a very sad day for me.”

Caroline Noell has been here for 4 years and soon will return to college. She enjoys getting to know our Members, personally, their stories and families. The challenges? “We’re sort of the front-line and have to deal with a lot of their concerns and situations that we aren’t in the position to help them.”

Lare Meachum has been with us for 2½ years and enjoys being around our age group. Raised by her grandparents, she feels that elderly people have much wisdom to impart and interesting stories to tell. As for the job’s challenges, “Patience and patience, on both sides of the podium!”

Michaela Riggsbee has been with us for well over a year. “I love it here; I like meeting new people, their different personalities; it’s like an extended family.” The challenges? “The Hostess Team is like the heart of the dining room, but we don’t always get the recognition we deserve.”

Our daily fine dining experience is usually a highlight of our day. It starts with the good sign-in we get from our Hostesses, including their polite “follow me please” to our seats and subsequent satisfaction. So, hats off to each Hostess for your consistently high-quality service that begins each of our dining room meals so nicely. It is indeed most appreciated!

## 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 Met Opera

#### *Porgy and Bess*

Saturday, February 1, 12:15pm Lobby

### Great Decisions Lecture

#### *at Carol Hall UNC*

Tuesday, February 4, 6:30pm Lobby

### NC Symphony

#### *at UNC Memorial Hall*

Thursday, February 6, 6:45pm, Lobby

### Duke Chorale with the Choral Society of Durham

#### *at Duke Chapel*

Friday, February 7, 7pm Lobby

### Carolina Ballet

Saturday, February 8, 1pm Lobby

### Canada's Great Bear Rainforest 3D and Lunch at the Irregardless Cafe

Tuesday, February 11, 10am Lobby

### Great Decisions Lecture

#### *at Carol Hall UNC*

Tuesday, February 11, 6:30pm Lobby

### Chamber Orchestra

Sunday, February 16, 2pm Lobby

### Game Night with Residents from Area Retirement Communities

#### *at The Forest at Duke*

Monday, February 17, 6:30pm Lobby

### Great Decisions Lecture

#### *at Carol Hall UNC*

Tuesday, February 18, 6:30pm Lobby

### NC Symphony

#### *at UNC Memorial Hall*

Thursday, February 27, 6:45pm, Lobby

### The Met Opera—*Agrippina*

Saturday, February 29, 12:15pm Lobby

# Beyond the Cedars

## Canada's Great Bear Rainforest 3D and Lunch at the Irregardless Cafe

Tuesday, February 11, 10am Lobby

Journey to a land of grizzlies, coastal wolves, sea otters and the all-white spirit bear—the rarest bear on earth—in the film Great Bear Rainforest. Hidden from the outside world, the Great Bear Rainforest is one of the wildest places left on earth. Found on Canada's remote Pacific coast, it is the last intact temperate rainforest in the world a place protected by the region's indigenous people for millennia. Now, for the first time ever, experience this magical world in IMAX and giant screen theatres, and discover the land of the spirit bear. After the movie we will have lunch at the Irregardless Café. Sign up at the Concierge Desk beginning February 3, deadline February 9. Cost: \$32 for lunch, movie and transportation. Minimum 6 people, maximum 15 people.

### Meet Your Neighbors...

## Game Night with Residents from Area Retirement Communities

#### *at The Forest at Duke*

Monday, February 17, 6:30pm Lobby

We know that many of our Members have good friends who live in neighboring retirement communities. In an effort

to foster those friendships and to gain new ones, The Cedars Programs Department is teaming up with area retirement communities to offer meet-up opportunities for our respective Membership. The goal being to provide purposeful interaction and social engagement with others in the community. The next meet-up will be a Game Night hosted by The Forest at Duke. Enjoy playing billiards, board games, Mah Jongg and a variety of other games all while meeting new friends. Game night will be held in the Taproots Bar with snacks and drinks (for a charge) available until 8pm. The Cedars will host the next Meet-up event, if you have an idea, please let us know! Sign up at the Concierge Desk beginning February 3, deadline February 13. Cost: \$7 for transportation. Minimum 4 people, maximum 10 people.



## The Metropolitan Opera—*Agrippina*

#### *at Silverspot Cinema*

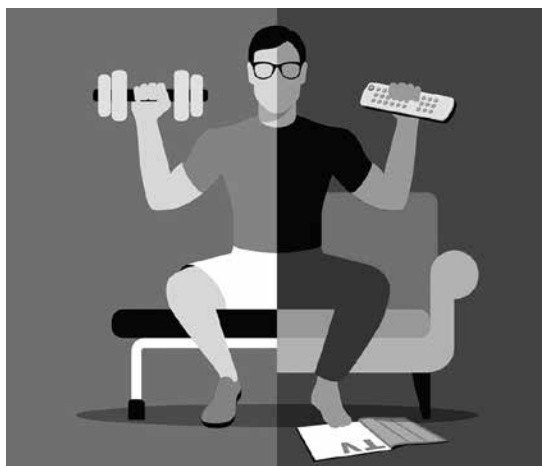
Saturday, February 29, 12:15pm Lobby

Handel's tale of intrigue and impropriety in ancient Rome receives its first Met performances, with star mezzo-soprano Joyce DiDonato as the controlling, power-hungry Agrippina and Harry Bicket conducting. Sir David McVicar's production ingeniously reframes the action of this black comedy about the abuse of power to "the present," where it should loudly resonate. The all-star cast features mezzo-soprano Kate Lindsey as Agrippina's son and future emperor Nerone, soprano Brenda Rae as the seductive Poppea, countertenor Iestyn Davies as the ambitious officer Ottone, and bass Matthew Rose as the weary emperor Claudius. Sign up at the Concierge Desk beginning February 3, deadline February 24. Cost: \$29 for ticket and transportation. Maximum 14 people.

## CEDARS FITNESS

### **Workout Outside the Box**

In 1785, William Cowper wrote that “Variety is the very spice of life, that gives it all its flavor.” This phrase applies to many aspects of living, one of which is physical fitness. Although many of us are creatures of habit, it is important to vary our fitness routines. When we try new activities, our bodies and brains will reap benefits such as building muscles, keeping the brain’s neurons firing better, preventing overuse injuries and breaking through weight loss plateaus.



There are many opportunities to change up your exercise routine at The Cedars. Be sure to check the inside calendar of your *Cedars Post* each month for a complete list of all fitness activities.

On Friday mornings, a rotation of Mat Pilates, TGIF and Shadowboxing is offered:

**Mat Pilates Strength and Stretch** (11am) is designed to strengthen the core, increase flexibility and improve posture. Body weight exercises performed on a mat are followed by an extended stretch segment.

**TGIF (The Goal Is Fitness)** (11am) combines aerobics, strength training, balance and stretching in a circuit format. Designed for intermediate exercisers, these classes include challenging movements performed with stability balls and mats.

**Shadowboxing** (10:30am) is a fun fitness challenge for the body and the brain! It improves balance, strength, endurance, brain function and cardiovascular health. Taught by Golden Gloves champion Ben Kirchner, these classes can be done while standing or in a chair.

**Tai Chi** is a self-paced series of postures coordinated with focused breathing. Proven to reduce fall risk, tai chi improves balance, flexibility, muscle strength and reduces stress. Offered on Mondays at 11:30am, these classes are led by Nina Maier, who has been teaching at area wellness centers and retirement communities for over 20 years.

**Line Dancing** is a fun way to exercise, improve your memory and have a great time. Offered on the first and third Tuesdays at 4:30pm, these classes are taught by Bruce Gillooly, who has been dancing for over 50 years.

Contact Julie Hardison, Fitness Coordinator, at 919-259-7922, with questions about any of these programs.



From  
Carolyn  
Taff

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

UNC Hill Hall, Moeser  
Auditorium

919-843-3333, Chapel Hill  
**Carolina Wind Quintet** w/ piano,  
Poulenc & more Sun. 2/2, 3pm  
**The Doppler Effect: 2 flutes  
& Keyboard** Bach, Mozart &  
Doppler Sun. 2/23, 7:30pm  
**Annual Spectrum Concert** Short  
performances by many department  
ensembles & presentations by  
department scholars. Lots of fun,  
and interesting too Sat. 2/29,  
7:30pm

Baldwin Auditorium, Duke  
919-684-4444, Durham

**Curtis Symphony Orchestra** Rare  
Durham concert: Students from  
top-rated Curtis Institute of Music.  
Beethoven Emperor Piano  
Concerto, Sibelius Symph. 2 and  
more. Thurs. 2/6, 8pm  
**Doric String Quartet** Unusual  
and enjoyable techniques, i.e. pure  
sound...less vibrato, extremely  
quiet w/o mutes, left-hand  
pizzicatos. Haydn, Britten,  
Schubert Sat. 2/8, 8pm  
**Akademie fur Alte Musik**  
“Beloved Baroque” Pachelbel,  
Handel, Vivaldi, both Bachs &  
more Sat. 2/15, 8pm

DPAC

919-684-6402, Durham

**Tony Bennett** Sun. 2/9, 7:30pm  
**Dancing with the Stars: Live-2020  
Tour** Wed. 2/19, 7:30pm  
**Summer: The Donna Summer  
Musical** Tues. 2/25 - Sun. 3/1,  
varying times

Carolina Theater

919-560-3030, Durham

**The Fab Four-The Ultimate  
Tribute** Emmy Award winning,  
precise attention to detail. Thurs.  
2/6, 8pm  
**Arlo Guthrie: 20/20 Tour** Fri.  
2/14, 8pm  
**12th Annual Hippo Awards**  
Personal story-telling event, best  
stories of the year! Sat. 2/15, 8pm



## February Birthdays

James Ackerman	2
Ruthann Ross	2
Leona Whichard	3
Fred Council	4
Nancy Lebo	5
William Wood	7
John Neter	8
Ruby Coley	8
Linda Prillaman	8
Carma Burton	9
Ellen Herron	9
Chris Angus	12
Mattie Clarke	12
Ray White	13
Carla Jenkins	16
George Huba	19
Diana Houston	19
Whiteford Grimes	20
Vonda Pollitt	20
Herbert Cooper	21
Susan Ehringhaus	21
Horace Swift	21
Sue Pendergrass	21
Molly Broad	22
Sally Sullivan	23
Robert Nenninger	24
Shirley Angus	24
Margaret Bennett	24
Grace Maurer	25
Bhavani Sodhi	25
Vic Minton	25
Ronald Link	27
Babette Blaug	27
Ross Baker	28
Shirley Rigsbee	28

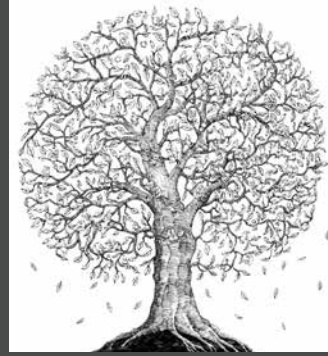
We apologize to anyone whose birthday may have been omitted or is incorrect. If you would like to be included or removed from the birthday list please contact Sheila Kiliru at 919-537-0126.

# Let's Celebrate

## Popcorn and a Movie—*Downton Abbey*

Monday, February 3, 2pm Ballroom

Director Michael Engler's British period drama film is a cinematic extension of Julian Fellowes's popular television series of the same name. Set in 1927, it follows the physical, social, and psychological upheavals that precede and follow an official state visit by King George V and Queen Mary to the Crawley family's eponymous Yorkshire country house. Starring Hugh Bonneville, Jim Carter, Elizabeth McGovern and Maggie Smith. (2019)



## 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.



## Valentine's Day Celebration

with Rachel Kuipers

Yonan, violinist

Friday, February 14, 5pm Dining Lobby

Enjoy an elegant dinner while listening to the sounds of Rachel Kuipers Yonan on violin. Praised for her expressive playing and rich evocative tone, violist Rachel Yonan

has become a presence in the music world. She has performed as a soloist and chamber musician in concert halls across the United States, Switzerland, Italy, Austria and China; and on National Public Radio and Canadian Public Radio. Her appearances include concerts at Curtis Presents, Open Chamber Music at Prussia Cove (UK), Ascoli Piceno Festival (Italy), Bay Chamber Concerts and the Philadelphia Chamber Music Society. Rachel serves as the Artistic & Executive Director of the Marinus Ensemble, and teaches in the music department at Duke University.



### Richard Tazewell—Pianist

Friday, February 7, 5pm  
Dining Lobby



### Robert Griffin—Jazz Pianist

Thursdays, February 13 & 27, 5pm  
Dining Lobby

## The Sound of Music

*50th Anniversary Remastered Version*

February 24, 1:30pm Ballroom



*The Sound of Music* (1965) is one of the most beloved movie musicals of all time. Winner of five Academy Awards, including Best Picture, Best Director and Best Music. Starring Julie Andrews and Christopher Plummer.

## 2nd Annual Chili Cook-Off

Friday, February 28, 2:30pm DuBose Health Center Activity Room

DuBose is hosting a chili cook-off with staff and Members on National Chili Day. Members and staff will get to sample and vote for their favorite chili. A trophy will be awarded to the winner!



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

Puzzle by websudoku.com

## ANNOUNCEMENTS

### Jewelry Repair with Eva Mogenson

Friday, February 14, 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, February 15, 10am, UNC Wellness Center at Meadowmont

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

### Heart Health

*with the Rehab Staff*

Thursday, February 20, 2pm Ballroom

### *Living with Loss: Grief Support with Mitzi Quint*

Monday, February 24, 1pm Classroom

### SOMETHING SPECIAL COMING UP!

### Chapel Hill Garden Club Tour

April 25 & 26, 2020



An opportunity to tour some of the gardens by Cedars bus. Watch for more information in the March *Cedars Post* or contact Sue Tiedeman at [sziedeman@gmail.com](mailto:sziedeman@gmail.com).

# February 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



## 2/1 Saturday

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




## 2/2 Sunday

3pm & 7:45pm Cedars Cinema CHANNEL 24



## 2/3 Monday

8am Art Open Studio **S**  
8:45am Water Exercise **P**  
9am Ping Pong **B**  
9am Library Workday **L**  
9:45am Water Exercise **P**  
10:30am Knit & Stitch **CR**  
11am Bone, Brains and Balance **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—*Downton Abbey* **B**

## 2/4 Tuesday




8:45am Bone, Brains and Balance **B**  
9:45am Sit and Be Fit **B**  
11:30am Aquatic Therapy **P**    
1pm Golf Croquet **GL**  
4:30pm Line Dancing **B**  
6:30pm *Great Decisions Lecture at UNC* **LB**   
7:45pm Cedars Cinema CHANNEL 24

## 2/5 Wednesday





8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
11am Balance Challenge **B**  
11:30am Balance Basics **B**  
11:30am Aquatic Therapy **P**  

12:45pm Duplicate Bridge **CR**  
7:45pm Cedars Cinema CHANNEL 24


## 2/6 Thursday

8am Art Open Studio **S**  
8:45am Bone, Brains and Balance **B**  
9:45am Sit and Be Fit **B**  
11am Cedars University **B**  
11:30am Aquatic Therapy **P**    
1pm Bocce **GL**  
4pm Scrabble **CR**  
6:45pm *NC Symphony at UNC* **LB** 

## 2/7 Friday

8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
10:30am *Great Decisions Discussion* **CR**   
11am Mat Pilates Strength and Stretch Class **B**  
11:30am Aquatic Therapy **P**    
1pm Party Bridge **CR**  
2pm *2019 Celebration of Life Service* **B**  
4:30pm Happy Hour BAR  
5pm *Richard Tazewell—Pianist* **DL**  
7pm *Duke Chorale at Duke Chapel* **LB**   
7:45pm Cedars Cinema CHANNEL 24

## 2/8 Saturday



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

## 2/9 Sunday





3pm & 7:45pm Cedars Cinema CHANNEL 24

## 2/10 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 Bone, Brains and Balance **B**  
11:30am Tai Chi **B**  
11:30am Aquatic Therapy **P**    
1pm Poker **CR**  
2pm Great Books **CL**  
3pm *The Silent Musician: A Conversation with Harry Davidson with Rich Hendel* **B**  
7:30pm *2019/20 Classical Concert Series* **B**

## 2/11 Tuesday

8:45am Bone, Brains and Balance **B**  
9:45am Sit and Be Fit **B**  
10am *IMAX Theater Trip* **LB**   
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

## 2/12 Wednesday

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

## 2/13 Thursday

8am Art Open Studio **S**  
8:45am Bone, Brains and Balance **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—Cold War* **B**  
4pm Scrabble **CR**  
5pm *Robert Griffin—Jazz Pianist* **DL**

## 2/14 Friday

*Happy Valentine's Day!*  
8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**





10:30am *Great Decisions Discussion* **CR** 📖  
10:30am Shadowboxing Class **B**  
11:30am Aquatic Therapy P- 📖  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Jewelry Repair **S**  
4:30pm Happy Hour **BAR**  
5pm *Valentine's Day Celebration* **DL**  
7:45pm Cedars Cinema **CHANNEL 24**

## 2/15 Saturday

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

## 2/16 Sunday

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

## 2/17 Monday

8am Art Open Studio **S**  
8:45am Water Exercise **P**  
9am Ping Pong **B**  
9am Library Workday **L**  
9:45am Water Exercise **P**  
10:30am Knit & Stitch **CR**  
11am Bone, Brains and Balance **B**  
11:30am Tai Chi **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Poker **CR**  
1:30pm Play Reading Group **CL**  
3pm *Safe Internet Surfing for Seniors Workshop with Eileen Buch* **B** 📖  
6:30pm *Game Night at Forest at Duke* **LB** 📖

## 2/18 Tuesday

8:45am Bone, Brains and Balance **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**

## 2/19 Wednesday

8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**

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

## 2/20 Thursday

8am Art Open Studio **S**  
8:45am Bone, Brains and Balance **B**  
9:45am Sit and Be Fit **B**  
11am Cedars University **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Bocce **GL**  
2pm Rehab Lecture **B**  
4pm Scrabble **CR**

## 2/21 Friday

8:45am Water Exercise **P**  
9:45am Water Exercise **P**  
10am *Great Decisions Discussion* **CR** 📖  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Party Bridge **CR**  
4:30pm Happy Hour **BAR**  
7:45pm Cedars Cinema **CHANNEL 24**

## 2/22 Saturday

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

## 2/23 Sunday

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

## 2/24 Monday

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

## 2/25 Tuesday

8:45am Bone, Brains and Balance **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**

## 2/26 Wednesday

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

## 2/27 Thursday

8am Art Open Studio **S**  
8:45am Bone, Brains and Balance **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** 📖

## 2/28 Friday

8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
11am TGIF Class **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
2:30pm *Chili Cook-Off* **DUBOSE HEALTH CENTER**  
4:30pm Happy Hour **BAR**  
7:45pm Cedars Cinema **CHANNEL 24**  
3pm *The Cedars Spotlight Series with Stan Friedland* **B**

## 2/29 Saturday

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

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



## Great Presidents

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

Thursdays through 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 Silent Musician: A Conversation with Harry Davidson

*with Rich Hendel*

Monday, February 10, 3pm Ballroom



Symphony conductors have been called “the silent musicians.”

Can a symphony orchestra play without one?

What do they actually do and why do they matter?

If music is written down, how come performances can be so different?

How can the players read the music while following the conductor?

How do conductors learn a score for music they have never heard?

Why do contemporary composers write music that is so difficult to listen to?

If you’ve been wondering about some of this, we will have an informal conversation with Harry Davidson, the conductor of the Duke Symphony Orchestra for more than 20 years. He is also the Conductor of Opera at the Cleveland Institute of Music and has conducted major orchestras both in the United States and Europe. This is the first in a series of conversations with interesting North Carolinians.

## Let’s Talk Cinema *Cold War*

*Discussion led by Linda Luftig*

Thursday, February 13, 2pm Ballroom

Can’t live with her; can’t live without her. “Paweł Pawlikowski won the best director award at Cannes in May 2018 for this sweeping love story about a star-crossed couple falling together and apart, traversing the iron curtain of postwar Europe. It is inspired by (and dedicated to) his parents, whom Pawlikowski has described as “the most interesting dramatic characters I’ve ever come across...” An artfully crafted, flawlessly acted meditation on love, memory and history that’s both deeply personal and politically attuned. Shot in shimmering black and white, it’s visually stunning, passionate, wistful, and thoughtful in equal measure. (2018)



## Safe Internet Surfing for Seniors Workshop

*with Eileen Buch*

Monday, February 17, 3pm Ballroom

Eileen Buch of Triangle Tech Works worked for CPR Consultants as The Training Center Coordinator, training and managing 500 AHA Instructors. She has a love of technology and passion for helping older adults feel comfortable and safe with using technology to enhance their lives. This workshop will review what “not to click,” how to use the internet by going to safe sites, and how to avoid being scammed when signing up for



information or making purchases. **Bring your iPad or iPhone. Sign up at the Concierge Desk beginning February 3, deadline February 12. Minimum 6 people, maximum 15 people. Cost: \$15 for workshop.**

### The Cedars Spotlight Series

*with Stan Friedland*  
Friday, February 28, 3pm Ballroom

The return of The Cedars Spotlight will feature not one, but two talented Cedars' Members! It will be an exciting show and we hope to see you there.

### 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.

*India and Pakistan* .....February 4

*The Philippines and the U.S.* .....February 11

*Modern Slavery and Human Trafficking* .....February 18

*Climate Change and the Global Order*.....March 17

*Red Sea Security* .....March 24

*China's Road into Latin America* .....March 31

### Kudos to...

- ❧ **The Scholarship Committee for raising \$14,416.50 for the 15th Annual Scholarship Benefit in December**
- ❧ Rich Hendel for *The Silent Musician—A Conversation with Harry Davidson*
- ❧ Linda Luftig for *Let's Talk Cinema—Cold War*
- ❧ Stan Friedland for his Cedars Spotlight series
- ❧ Stan Friedland, Darryl Freedman and Mary Ann Freedman for the Directors Speak series

### Come One, Come All...



Monday, February 10, 7:30pm Ballroom

The Classical Concert Committee and Member donors are pleased to present the **Verona Quartet**, the inaugural quartet-in-residence with the Chamber Orchestra of the Triangle. The Quartet, 2020 recipients of the prestigious Cleveland Quartet Award, is in great demand; they will also be performing in Scottsdale, Boston and Los Angeles during the month of February. Please note that all Cedars Members are invited to this concert. Ballroom doors will open at 7pm. Questions? Contact Connie Eby at 919-259-7808 or [cteby@mindspring.com](mailto:cteby@mindspring.com).



Frida Kahlo, Diego Rivera and American Modernism at NCMA



# • • • • • CEDARS *Cinema* • • • • •

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

## ***Ad Astra***

Tuesday, February 4 & Saturday, February 8, 7:45pm ▪ Sunday, February 9, 3pm · PG-13  
When a mysterious life-threatening event strikes Earth, astronaut Roy McBride goes on a mission to uncover the truth about his father and his expedition that now, 30 years later, threatens the universe. Starring Brad Pitt, Tommy Lee Jones and Liv Tyler. (2019)

## ***Thelma & Louise***

Wednesday, February 5 & Friday, February 7, 7:45pm ▪ Saturday, February 8, 3pm · R  
Fed up with her boyfriend, waitress Louise (Susan Sarandon) persuades her friend Thelma (Geena Davis) to hit the road for a weekend. But after accidentally killing a man, the two friends wind up blazing a trail across America. (1991)

## ***Casablanca***

Tuesday, February 11 & Saturday, February 15, 7:45pm ▪ Sunday, February 16, 3pm · PG  
In this Oscar-winning classic, American expat Rick Blaine (Humphrey Bogart) hosts gamblers, thieves and refugees at his Moroccan nightclub during World War II but never expected Ilsa (Ingrid Bergman), the woman who broke his heart, to walk through the door. (1942)

## ***Chocolat***

Wednesday, February 12 & Friday, February 14, 7:45pm ▪ Saturday, February 15, 3pm · PG-13  
A mother and her daughter move to a French village and open a chocolate shop during the height of Lent. At first, the shop's rich, sensuous desserts scandalize the town. But the villagers soon learn to savor the sweetness. Starring Johnny Depp, Juliette Binoche and Judi Dench. (2000) SUBTITLES NOT INCLUDED

## ***Patch Adams***

Tuesday, February 18 & Saturday, February 22, 7:45pm ▪ Sunday, February 23, 3pm · PG-13  
After spending time in a mental institution, "Patch" Adams decides to become a doctor, introducing patients to humor to improve their quality of life. Starring Robin Williams and Daniel London. (1998) SUBTITLES NOT INCLUDED

## ***The Lighthouse***

Wednesday, February 19 & Friday, February 21, 7:45pm ▪ Saturday, February 22, 3pm · R  
As a storm threatens to sweep two lighthouse keepers from the rock and apparitions emerge from the fog, each man begins to suspect that the other has become unmoored. Starring Willem Dafoe and Robert Pattinson. (2019)

## ***Motherless Brooklyn***

Tuesday, February 25 & Saturday, February 29, 7:45pm ▪ Sunday, March 1, 3pm · R  
In 1950s New York City, Lionel Essrog, a detective afflicted with Tourette's Syndrome, tries to solve the murder of his mentor Frank Minna. Armed with a few clues and the engine of his obsessive mind, Lionel unravels secrets that hold the fate of the whole city in the balance. Starring Edward Norton and Bruce Willis. (2019)

## ***Judy***

Wednesday, February 26 & Friday, February 28, 7:45pm ▪ Saturday, February 29, 3pm · PG-13  
Thirty years after rising to stardom, Judy Garland arrives in London to perform a five-week sold-out run. Garland battles with management, reminisces with friends and adoring fans, and embarks on a whirlwind romance with Mickey Deans — all while struggling to overcome anxiety and physical decline. Starring Renée Zellweger and Jessie Buckley. (2019)

## 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

### Bone, Brains and Balance

Tue Thur 8:45 **B**

Julie Hardison 919-259-7922

### Cardio and Core

Mon 11:00 **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 & 10:45 **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, February 8 & 22, 11am Library

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

### Great Books

Monday, February 10, 2pm Classroom

*Sonny's Blues*

by James Baldwin

## Great Get-Aways

- ❖ Valentine's Week at the Jekyll Island Club  
February 11-14, 2020
- ❖ Lido Key/Sarasota, Florida  
February 24-27, 2020
- ❖ Music at the Beach! Myrtle Beach, SC  
March 4-6, 2020
- ❖ Beaufort, Parris Island and St. Helena Island, SC  
March 17-20, 2020
- ❖ Callaway Gardens—Pine Mountain, GA  
March 31-April 3, 2020
- ❖ Music in the Mountains—Flat Rock Playhouse and Brevard Music Festival Concert  
August 1-3, 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.



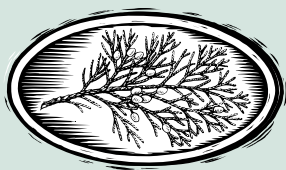
### Channel 24 Replays Schedule

- ☞ 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

Dr. and Mrs. Peter and Margaret Bennett  
338 Cedar Club Circle



In-House TV	<b>CHANNEL 24</b>
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>
2/1	Saturday	The Metropolitan Opera— <i>Porgy and Bess</i>	12:15pm	Lobby
2/3	Monday	Popcorn and a Movie— <i>Downton Abbey</i>	2pm	Ballroom
2/4	Tuesday	Great Decisions Lecture at UNC	6:30pm	Lobby
2/6	Thursday	Cedars University Great Presidents	11am	Ballroom
2/6	Thursday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
2/7	Friday	Great Decisions Discussion	10:30am	Cardroom
2/7	Friday	2019 Celebration of Life Service	2pm	Ballroom
2/7	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
2/7	Friday	Duke Chorale with the Choral Society of Durham at Duke Chapel	7pm	Lobby
2/8	Saturday	Carolina Ballet	1pm	Lobby
2/10	Monday	<i>The Silent Musician: A Conversation with Harry Davidson</i> with Rich Hendel	3pm	Ballroom
2/10	Monday	2019/20 Classical Concert Series	7:30pm	Ballroom
2/11	Tuesday	<i>Canada's Great Bear Rainforest 3D</i> and Lunch at the Irregardless Café	10am	Lobby
2/11	Tuesday	Great Decisions Lecture at UNC	6:30pm	Lobby
2/13	Thursday	Cedars University <i>Great Presidents</i>	11am	Ballroom
2/13	Thursday	Let's Talk Cinema— <i>Cold War</i>	2pm	Ballroom
2/13	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
2/14	Friday	Great Decisions Discussion	10:30am	Cardroom
2/14	Friday	Valentine's Day Celebration	5pm	Dining Lobby
2/16	Sunday	Chamber Orchestra	2pm	Lobby
2/17	Monday	<i>Safe Internet Surfing for Seniors Workshop</i> with Eileen Buch	3pm	Ballroom
2/17	Monday	Game Night at The Forest at Duke	6:30pm	Lobby
2/18	Tuesday	Great Decisions Lecture at UNC	6:30pm	Lobby
2/20	Thursday	Cedars University <i>Great Presidents</i>	11am	Ballroom
2/21	Friday	Great Decisions Discussion	10:30am	Cardroom
2/24	Monday	<i>The Sound of Music</i>	1:30pm	Ballroom
2/27	Thursday	Cedars University <i>Great Presidents</i>	11am	Ballroom
2/27	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
2/27	Thursday	NC Symphony at UNC	6:45pm	Lobby
2/28	Friday	2nd Annual Chili Cook-Off	2:30pm	DuBose
2/28	Friday	The Cedars Spotlight Series with Stan Friedland	3pm	Ballroom
2/29	Saturday	The Metropolitan Opera— <i>Agrippina</i>	12:15pm	Lobby