



April 2020 • VOLUME 17 • ISSUE 4

# The Cedars Post

Art Lebo and Don Fang with their  
Leading Age Public Service Awards



## Income Tax Heroes!

by Stan Friedland

If the unpopular task of doing one's tax returns can have any heroes, we have two of the best ones right here at The Cedars. Art Lebo and Don Fang fit the bill extremely well. Why are they heroes? Art has been doing free tax returns for moderate income people for the past 30 years! Don has been doing them for 20 years; 50 years between them, which is simply exemplary and extraordinary!

Art is a Navy veteran, and holds degrees in Accounting and Business from U-Minnesota, followed by an impressive career in finance and business. When he retired in 1990, he joined VITA (The Volunteer Tax Assistance program) in his prior Chapel Hill community and brought it with him when he and Nancy moved here in 2004 as Founding Members.

Don, with a Civil Engineering degree from VMI, and one in AeroSpace Engineering from U-Virginia, had a successful 30 year career in the Military, from 1962 to 1992. When he retired, he was trained by the AARP in tax returns and then started his tax services for moderate income people in Northern Virginia. He brought that service to The Cedars, when he moved here with his wife Karin, in 2010.

Don teamed up with Art right away and they attend to both the moderate income people from The Cedars and also those from Durham. Since the IRS requires two people for each tax return, one to prepare and the other to check, their teamwork has been a natural for both and has led to a good friendship as well. Both are required to take two days of training each year to study tax law, then a stiff test on that material, plus sign an ethics pledge, which prohibits them from accepting any gift or gratuity from anyone whatsoever. They then put in an average of 20-30 hours per week and do some 100-125 returns each per year.

WHY? Why invest so much time and effort each year??

They both love helping moderate income people save appreciable sums of money they'd have to pay otherwise, plus finding errors on prior year returns done elsewhere that refund some needed money to them. They both enjoy the work as well and are simply delighted to make a real difference in the lives of their moderate-income clients, which they definitely do!

Both Art and Don have been recognized for the length and quality of their services, each having received the prestigious Leading Age Public Service Award. We can only look at their 50 years of combined and dedicated service with awe and disbelief—and then give them an enthusiastic round of applause for their extraordinary efforts! Heroes? They truly are!

### Scheduling Note

This edition of *The Cedars Post* was planned, designed and printed before knowing the future of our programs and operations in light of the Coronavirus (COVID-19). We have decided to print this edition in hopes of being able to resume programming sometime in April.

Should we have to cancel any of these programs, we will do our best to keep you informed and reschedule as we can.

—The Cedars Programs Team  
3/10/2020

*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:

### Great Decisions Lecture

at Carol Hall UNC

Tuesday, April 7, 6:30pm Lobby

### The Band's Visit

at DPAC

Thursday, April 9, 6:30pm Lobby

### The Metropolitan Opera *Tosca*

at Silverspot Cinema

Saturday, April 11, 12:15pm Lobby

### PlayMakers

Sunday, April 12, 1:30pm Lobby

### A Raisin in the Sun

at Raleigh Little Theater

Sunday, April 12, 2pm Lobby

### Dining Out! Thai Station Restaurant

Tuesday, April 14, 5:15pm Lobby

### Carolina Ballet

Saturday, April 18, 1pm Lobby

### NC Symphony

at UNC Memorial Hall

Tuesday, April 21, 6:45pm Lobby

### Chapel Hill Garden Tour

Saturday, April 25, 12:30pm Lobby

# Beyond the Cedars

## The Metropolitan Opera — *Tosca*

at Silverspot Cinema

Saturday, April 11, 12:15pm Lobby

Soprano Anna Netrebko, whom the New York Times hailed as “magnificent” when she made her role debut as Tosca in 2018, returns as Puccini’s explosive diva, back by popular demand. Tenors Najmiddin Mavlyanov and Brian Jagde alternate as the idealistic painter Cavaradossi, and baritones George Gagnidze and Michael Volle complete the opera’s fatal love triangle as the sinister Scarpia. Bertrand de Billy conducts Sir David McVicar’s stunning production. Sign up at the Concierge Desk beginning April 1, deadline April 8. Cost: \$29 for ticket and transportation. Maximum 14 people.



## Dining Out! Thai Station Restaurant

Tuesday, April 14, 5:15pm Lobby

Newly opened in Carrboro, Thai Station is simply the go-to-restaurant for people seeking to enjoy the best of freshly made Thai dishes. Their friendly staff will serve you everything from Thai appetizers, noodle soups, curry/hot pots, seafood, and more. Sign up at the Concierge Desk beginning April 1, deadline April 10. Cost: \$4 for transportation. Bring money for food and drinks. Minimum 6 people. Maximum 10 people.

## Chapel Hill Garden Tour

Saturday, April 25, 12:30pm Lobby

Join us for the Chapel Hill Garden Tour by Cedars bus. You have an opportunity to visit several special gardens in the area sponsored by The Chapel Hill Garden Club. The NC Botanical Garden has been the major recipient of proceeds from the biennial tour since its inception in 1996 receiving over \$240,000. Enjoy a variety of gardens including the newly renovated

Ronald McDonald House courtyard, as well as a garden with a lovely lake view and the gardens of our neighbors at The Dubose House. Comfortable shoes are essential as the gardens are designed for active walkers in mind. This tour may be difficult to navigate with walkers. Tickets will be available for purchase (\$25) in the upstairs lobby on April 3rd and 4th from 4-6pm or email Sue Tiedeman at [stziedeman@gmail.com](mailto:stziedeman@gmail.com). Sign up for the bus (cost: \$5) at the Concierge Desk beginning April 1, deadline April 22. Maximum 12 people.



## Why Good Posture Matters

“Stand up straight.” That’s timeless advice we’ve probably all heard at one time or another. It’s worth heeding. Good posture is important to balance: by standing up straight, you center your weight over your feet. This also helps you maintain correct form while exercising, which results in fewer injuries and greater gains.

Not an athlete? It still pays to have good balance. Just walking across the floor or down the block requires good balance. So do rising from a chair, going up and down stairs, toting packages and even turning to look behind you.

Poor posture isn’t necessarily a bad habit, either. Physical reasons for poor posture include:

**Inflexible muscles** that decrease range of motion (how far a joint can move in any direction). For example, overly tight, shortened hip muscles tug your upper body forward and disrupt your posture. Overly tight chest muscles can pull your shoulders forward.

**Muscle strength** affects balance in a number of ways. The “core muscles” of the back, abdominals and pelvis form a sturdy central link between your upper and lower body. Weak core muscles encourage slumping, which tips your body forward and thus off balance. Strong lower leg muscles also help keep you steady when standing.

The good news: You can improve your posture with a few simple exercises. Balance-specific workouts address posture and balance problems with exercises that build strength where it counts and stretches that loosen tight muscles. And increasing core strength and flexibility can help you improve your posture noticeably.

Good posture means:



- ❖ chin parallel to the floor
- ❖ shoulders back and down
- ❖ abdominal muscles braced
- ❖ hips and knees even and pointing straight ahead
- ❖ body weight distributed evenly on both feet

—Source: Harvard Health Publishing

There are many opportunities to improve your posture here at The Cedars, including group exercise classes, workouts in the fitness room and physical therapy. Contact Julie Hardison, Fitness Coordinator, at 919-259-7922 with questions.



From  
Carolyn  
Taff

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

### DPAC

919-680-2787, Durham

**Riverdance** Fri. 4/17-Sun. 4/19,  
varying times

**Escape to Margaritaville** “Feel-good musical.” Featuring original songs and Jimmy Buffett classics. Tues. 4/28-Sun. 5/3, varying times

### Duke Chapel

919-684-4444, Durham

### **Multivalence The Mass**

**and its Music** Music from around the globe, and Beethoven’s Mass in C Major w/Duke Chapel Choir & Chamber Orch. Sat. 4/4, 6pm pre-concert lecture, 7:30pm concert

### Duke Energy Center for the Performing Arts

919-996-8700, Raleigh

### **An Intimate Evening With**

**David Foster** Hitman Tour 16 time Grammy winning songwriter Performing his songs w/4 piece band, guest singers. He has written and/or produced for Josh Groban, Barbra Streisand, Michael Buble, Whitney Houston Tues. 4/28, 8pm

Hill Hall, UNC Moeser Auditorium  
919-843-3333, Chapel Hill

### **UNC Opera**

Meredith Monk’s “Atlas” Sat. 4/4, 8pm; Sun. 4/5, 3pm

**James Miller, flute** Aaron Copland & more Tues. 4/7, 7:30pm

**Carolina Choir & UNC Chamber Singers** Thurs. 4/16, 7:30pm

**UNC Glee Club** Sun. 4/19, 7:30pm

**UNC Jazz Band** w/ Gabe Evans piano Sat. 4/25, 8pm

**Carolina Bluegrass Band** Sun. 4/26, 7:30pm

### Memorial Hall, UNC

919-843-3333, Chapel Hill

**UNC Wind Ensemble & UNC Symphonic Band** w/concerto winners Tues. 4/21, 7:30pm

**UNC Symphony Orchestra** Percussion “Concerto for Puerto Rico” & Sibelius Symphony #2

Wed. 4/22, 7:30pm



## April Birthdays

Jeane Suddarth .....	1
John Toscano .....	2
Sheppard Zinovoy .....	2
Gaylen Bradley .....	2
Dorothy Neter .....	3
Joan Ontjes .....	3
Thelma Baker .....	6
Joy Metelits .....	8
Marion Waters .....	9
Sandy Wetmore .....	10
Liz Sarfati .....	10
John Spitznagel .....	11
Nancy Boger .....	12
Stephen Metelits .....	12
Virginia Glenn .....	12
Karen Cooper .....	13
Jean Nuzum .....	14
Clara Zinovoy .....	14
Barbara Loda .....	15
Bill Kirwan .....	15
Davis B. Bingham .....	18
Elizabeth Martin.....	19
Premila Rao .....	20
Willard Patton .....	20
James Allen .....	22
Bernice Daw .....	22
Chester Douglass .....	26
Phyllis Becker .....	29

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

## Grandmother Tea

with Jane Hauser

Thursday, April 2, 3pm Fountain View Room

"Sons branch out, but one women leads to another." — Margaret Atwood

Ladies, let's honor and remember our grandmothers by sharing stories about them. Please bring a picture and a memento of one of your grandmothers to our tea and sharing circle. If you do not remember your grandmother but had an important older mentor in your life, then substitute her for a grandmother. Please call Jane Hauser at 919-259-7676 for more information. Sign up at the Concierge Desk. Maximum 10 people.



## Passover Seder

Thursday, April 9, 6pm Formal Dining Room



*"In every generation, each of us should feel as though we ourselves had gone forth from Egypt."*

An opportunity to partake in Seder together on the second night of Passover. We will use the Neter family Haggadah and learn the Sloan family's unique finale to Seder. Do you have a special Passover tradition you would like to contribute? RSVP by April 2nd to Paula Sloan at 919-812-2002 or paula.sloan07@gmail.com. Reserved seating only.

## Easter Egg Hunt

Sunday, April 12, 2pm Great Lawn

*Members' grandchildren are welcome!*



### Robert Griffin—Jazz Pianist

Thursdays, April 9 & 23,  
5pm Dining Lobby



### Richard Tazewell—Pianist

Friday, April 17, 5pm  
Dining Lobby



## Cedars Spring Home Tour

Sunday, April 19, 2-5pm

We have always said that our Members make this the beautiful community that it is, but what about their homes? With over 30 different floor plans to choose from, our Members have created some lovely places to call home, but few of us have seen what can be done in the different spaces. From beautifully appointed furnishings to artwork that some museums would love to have as part of their collections—come see what some of our Members have done to make their Villa, Veranda or Cottage a home. **Sign up at the Concierge Desk beginning April 1, deadline April 10.** This is designed to be a walking tour but transportation is available if necessary. Please indicate if you need transportation upon signing up. The tour will be limited to 30 people.

## Fred Moyer Jazz Trio: “The Great Jazz Pianists”

Sunday, April 19, 7:30pm Ballroom

Frederick Moyer, piano; Lowell Ringel, bass and Bob Savine, drums will play note-for-note transcriptions of some of their favorite jazz trios. Frederick Moyer has performed with most of the major orchestras of the US (Boston, Philadelphia, Cleveland, Baltimore, Minnesota, etc.) as well as orchestras throughout six continents. In recital he moves seamlessly from classical music to jazz. His programs are innovative and entertaining while always exhibiting the highest musicianship. You will also see his “MoyerCam” in action, which allows virtually everyone in the audience a great view of the hands.

## Popcorn and a Movie — *Parasite*

Thursday, April 23, 2pm Ballroom

Meet the Park family, the picture of aspirational wealth. And the Kim family, rich in street smarts but not much else. The Kim children expediently install themselves as tutor and art therapist to the Parks. Soon, a symbiotic relationship forms between the two families. When a parasitic interloper threatens the Kims’ newfound comfort, an underhanded battle for dominance breaks out.

## Country Music Jamboree

with *The Cedars Singers*

Wednesday, April 29, 2pm & 4pm Ballroom

Davis Bingham’s Cedars Singers go country. The Singers and fabulous soloists present an afternoon of country music favorites: “Stand By Your Man,” “I Saw the Light, Crazy,” “Country Roads,” “Your Cheatin’ Heart,” “I’ll Fly Away,” and a dozen more with the wonderful Joy Douglass at the piano. There will even be an audience sing-along. Two identical performances: the first at 2pm, the second at 4pm.



## ANNOUNCEMENTS

### Jewelry Repair with Eva Mogenson

Friday, April 10, 1-2pm Art Studio

### Cynthia’s Taylor Shop Services

Wednesdays, 9-9:30am Art Studio

Cynthia Lennon provides quality and affordable alterations.

### Adaptive Equipment/Home Equipment and Occupational Therapy Overview (*What does OT do?*)

with the Rehab Staff

Thursday, April 16, 2pm Ballroom

### Walk with a Doc

Saturday, April 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, April 20, 3pm Classroom

# April 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



### 4/1 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

### 4/2 Thursday

8am Art Open Studio **S**  
 8:45am Bones, Brains and Balance **B**  
 9:45am Sit and Be Fit **B**  
 11am Cedars University **B**  
 11:30am Aquatic Therapy **P**  ♣  
 1pm Bocce **GL**  
 3pm *Grandmother Tea* **FV DR**   
 4pm Scrabble **CR**

### 4/3 Friday

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

### 4/4 Saturday


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

### 4/5 Sunday



3pm & 7:45pm Cedars Cinema CHANNEL 24

### 4/6 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 Tai Chi **B**  
 11:30am Aquatic Therapy **P**  ♣  
 1pm Poker **CR**  
 1:30pm Play Reading Group **CL**


### 4/7 Tuesday

8:45am Bones, 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* **LB**   
 7:45pm Cedars Cinema CHANNEL 24



### 4/8 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


### 4/9 Thursday

8am Art Open Studio **S**  
 8:45am Bones, 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—*All About My Mother* **B**  
 4pm Scrabble **CR**  
 5pm *Robert Griffin—Jazz Pianist* **DL**  
 6:30pm *The Band's Visit At DPAC* **LB** 



### 4/10 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 & Stretch Class **B**  
 11:30am Aquatic Therapy **P**  ♣  
 1pm Jewelry Repair **S**  
 4:30pm Happy Hour **BAR**  
 7:45pm Cedars Cinema CHANNEL 24

### 4/11 Saturday

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



### 4/12 Sunday

1:30pm *PlayMakers* **LB**   
 2pm Easter Egg Hunt **GL**  
 2pm *A Raisin in the Sun at the Raleigh Little Theater* **LB**   
 3pm & 7:45pm Cedars Cinema CHANNEL 24

### 4/13 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 *Ackland Art Museum with Katie Ziglar* **B**

### 4/14 Tuesday

8:45am Bones, 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**  
 5:15pm *Dining Out! Thai Station* **LB**   
 7:45pm Cedars Cinema CHANNEL 24

### 4/15 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

#### 4/16 Thursday

8am Art Open Studio **S**  
8:45am Bones, 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**

#### 4/17 Friday

8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
10:30pm Shadowboxing Class **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Party Bridge **CR**  
4:30pm Happy Hour **BAR**  
5pm Richard Tazewell—Pianist **DL**  
7:45pm Cedars Cinema CHANNEL 24

#### 4/18 Saturday

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

#### 4/19 Sunday

2pm Cedars Spring Home Tour  
3pm & 7:45pm Cedars Cinema CHANNEL 24  
7:30pm Fred Moyer Jazz Trio **B**

#### 4/20 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 Tai Chi **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Poker **CR**

1:30pm Play Reading Group **CL**  
3pm *Living with Loss: Grief Support with Mitzi Quint* **CL**

#### 4/21 Tuesday

8:45am Bones, Brains and Balance **B**  
9:45am Sit and Be Fit **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Golf Croquet **GL**  
2pm Mah Jongg **CR**  
6:45pm *NC Symphony at UNC* **LB** 📖  
7:45pm Cedars Cinema CHANNEL 24

#### 4/22 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

#### 4/23 Thursday

8am Art Open Studio **S**  
8:45am Bones, Brains and Balance **B**  
9:45am Sit and Be Fit **B**  
11am Cedars University **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Bocce **GL**  
2pm *Popcorn and a Movie—Parasite* **B**  
4pm Scrabble **CR**  
5pm Robert Griffin—Jazz Pianist **DL**

#### 4/24 Friday

8:45am Water Exercise **P**  
9am Ping Pong **B**  
9:45am Water Exercise **P**  
11am TGIF Class **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
4:30pm Happy Hour **BAR**  
7:45pm Cedars Cinema CHANNEL 24

#### 4/25 Saturday

9am Ping Pong **B**  
9am Cribbage **CL**  
12:30pm Chapel Hill Garden Tour **LB** 📖  
3pm & 7:45pm Cedars Cinema CHANNEL 24

#### 4/26 Sunday

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

#### 4/27 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 Tai Chi **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Poker **CR**  
3pm *Who's Doing the Cooking? An Interview with Master Chefs with Rich Hendel* **B**

#### 4/28 Tuesday

8:45am Bones, 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

#### 4/29 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**  
2pm *Country Music Jamboree* **B**  
4pm *Country Music Jamboree* **B**  
7:45pm Cedars Cinema CHANNEL 24

#### 4/30 Thursday

8am Art Open Studio **S**  
8:45am Bones, Brains and Balance **B**  
9:45am Sit and Be Fit **B**  
11am Cedars University **B**  
11:30am Aquatic Therapy **P** 📖 ♣️  
1pm Bocce **GL**  
3pm *The Cedars Spotlight Series with Stan Friedland* **B**  
4pm Scrabble **CR**

♣️ 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**



### **Let's Talk Cinema — *All About My Mother***

*Discussion led by Linda Luftig*  
Thursday, April 9, 2pm Ballroom

Arguably the best film of famed Spanish director Pedro Almodovar. Winner of an Academy Award for Best Foreign Language Film. Almodovar weaves together a magnificent tapestry of femininity with an affectionate wink to classics of theater and cinema in this poignant story of love, loss and compassion. A balance between tragedy and soap opera, it is at the same time achingly funny. In an instant, nurse and single-mother Manuela loses her teenage son. Grief-stricken she sets out to search for the boy's long-lost father in Barcelona in a world of transgender sex workers, stars of the stage and an incredibly beautiful young Penelope Cruz who plays a pregnant, HIV-positive nun. In Barcelona, Manuela creates a one-of-a-kind surrogate family of her own. In Spanish with English subtitles. (1999)

### **The Ackland Art Museum**

*with Katie Ziglar, Director*

Monday, April 13, 3pm Ballroom

The Ackland Art Museum is Chapel Hill's local art museum with a global perspective. Situated on the edge of UNC's campus, just behind Top of the Hill restaurant off of Franklin St, the Ackland offers 200 public programs per year, a permanent collection of 19,000 pieces from around the world and 10-12 major exhibitions throughout the year. The collection features artists like Degas, Matisse, Picasso, Rodin, Rubens and Rembrandt, as well as more modern and contemporary art by Barkley Hendricks, Sean Scully and Andy Warhol. Come learn some of the secrets of how the Ackland does what it does and what's in store for its future from Director Katie Ziglar.

**Reception to follow the lecture in the upstairs lobby hosted by Anne Liptzin and Jody Pagano.**



### **Who's Doing the Cooking? An Interview with Master Chefs**

*with Rich Hendel*

Monday, April 27, 3pm Ballroom

The Triangle has become a culinary mecca with new fine restaurants opening seemingly every week. In this ever-competitive world, there are two local restaurants that have made their mark: Elaine's and Oakleaf. In this, the second interview with interesting North Carolinians, we will talk with Bret Jennings (Elaine's) and Brendan





Cox (Oakleaf) about the business of being a chef and running a fine restaurant. Some of the things we will discuss are: How does someone learn to be a chef? Is it necessary to go to culinary school? Why would a chef want to own his own restaurant? How does a chef decide on a menu and how often should it change? What about current food trends, like meatless meat? How do you hire and train a staff? How do you manage fussy eaters and difficult patrons? How important are reviewers?



## The Cedars Spotlight Series

with Stan Friedland  
Thursday, April 30, 3pm Ballroom

The Spotlight will again be turned on to illuminate the remarkable life of one of The Cedars most beloved Members. Call him "The Music Man of The Cedars" if you will, and prepare to enjoy this program. Put this date down on your calendar right now so as not to miss it!"

## Kudos to...

- ☞ Cedars Connect Ambassadors, Joan Bingham, Donna Byrd and Gordon Duff for their endless hours of work, feedback and support with the new Cedars Connect website
- ☞ Stan Friedland for his *Director's Speak Series* and *Cedars Spotlight Programs*
- ☞ Rich Hendel for his Interview Series featuring local talent in our community
- ☞ Jody Pagano and Anne Liptzin for sponsoring The Ackland Art Museum Lecture
- ☞ Sally Sullivan and friends for coordinating The Cedars Spring Home Tour
- ☞ The Cedars Singers for their Country Music Jamboree concert

## Great Get-Aways

- ✦ Historic Savannah, GA  
April 20-23
- ✦ *Mama Mia!* Temple Theater, Sanford, NC  
May 1
- ✦ Norfolk, VA and the 2020 NATO Fest International Tattoo  
May 2-4
- ✦ The Grand Old Lady Hotel, Balsam Gap, NC and the Great Smoky Mountain Railroad  
May 26-29
- ✦ Summertime at the Barter Theater. Abingdon, VA  
June 24-26
- ✦ Music in the Mountains Flat Rock Playhouse and Brevard Music Festival Concert  
August 1-3

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.

## 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

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

Puzzle by websudoku.com



# CEDARS Cinema

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

## **Harriet**

Tuesday, April 7 & Saturday, April 11, 7:45pm  
Sunday, April 12, 3pm · PG-13  
Based on the life of an American freedom fighter, *Harriet* tells the tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Starring Cynthia Erivo and Leslie Odom Jr. (2019)

## **Wait Until Dark**

Wednesday, April 8 & Friday, April 10, 7:45pm  
Saturday, April 11, 3pm · NR  
Audrey Hepburn portrays Susy Hendrix, a blind woman terrorized by a criminal (Alan Arkin) who's after a stash of heroin that was planted in her apartment without her knowledge. (1967)

## **Bombshell**

Tuesday, April 14 & Saturday, April 18, 7:45pm  
Sunday, April 19, 3pm · R

This fact-based drama focuses on a cadre of female Fox News employees who help depose CEO Roger Ailes after several of them, including news anchor Megyn Kelly, accuse him of repeated sexual harassment. Starring Charlize Theron, Nicole Kidman and Margot Robbie. (2019)

## **A New Leaf**

Wednesday, April 15 & Friday, April 17, 7:45pm  
Saturday, April 18, 3pm · G  
Self-centered New York playboy Henry Graham schemes to marry a wealthy woman, and then kill her. But when his new bride proves to be an innocent klutz, Henry starts to change. Soon Henry is disposing of his self-serving ways instead of his wife. Starring Walter Matthau and Elaine May. (1971) SUBTITLES NOT INCLUDED

## **Richard Jewell**

Tuesday, April 21 & Saturday, April 25, 7:45pm  
Sunday, April 26, 3pm · R  
Richard Jewell is the security guard who reports finding the device at the 1996 Atlanta bombing—his report making him a hero whose swift actions save countless lives. But the law enforcement wannabe becomes the FBI's number one suspect, his life ripped apart. Starring Sam Rockwell and Kathy Bates. (2019)

## **Splash**

Wednesday, April 22 & Friday, April 24, 7:45pm  
Saturday, April 25, 3pm · PG-13  
Tom Hanks stars as workaholic Allen Bauer, who's convinced he can't fall in love until he's rescued from a boating accident by the woman of his dreams, a mermaid named Madison (Daryl Hannah). SUBTITLES NOT INCLUDED (1984)

## **Dark Waters**

Tuesday, April 28 & Saturday, May 2, 7:45pm  
Sunday, May 3, 3pm · PG-13  
Inspired by a shocking true story, a tenacious attorney uncovers a dark secret that connects a growing number of unexplained deaths to one of the world's largest corporations. In the process, he risks everything—future, his family, and his own life—to expose the truth. Starring Mark Ruffalo, Anne Hathaway and Tim Robbins. (2019)

## **A Beautiful Day in the Neighborhood**

Wednesday, April 29 & Friday, May 1, 7:45pm  
Saturday, May 2, 3pm · PG  
After a jaded magazine writer, Tom Junod, is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about kindness, love and forgiveness from America's most beloved neighbor. Starring Tom Hanks and Matthew Rhys. (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

### 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

### Bones, 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, April 4 & 18, 11am Library

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

### Great Books

Monday, April 13, 2pm Classroom

*The Collectors*

by Rohinton Mistry



Sunday, April 26, 3pm Ballroom

Founded in 2006, **The Vivaldi Project**, with Elizabeth Field and Allison Edberg Nyquist, violins, and Stephanie Vial, cello, is a premier period instrument ensemble dedicated to presenting 17th and 18th century string repertoire. The group takes its name from the virtuoso and innovative composer Antonio Vivaldi in recognition of his pivotal position between Baroque and Classical composers. This noted trio will bring our season to a close. **Doors open at 2:30pm.** If you have questions, please contact Connie Eby (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



**In-House TV**      **CHANNEL 24**

Reception .....

Concierge .....

Fax .....

Spa & Salon .....

Dining Reservations .....

Work Orders .....

Security .....

Editor .....

Graphic Designer .....

919-259-7000

919-259-7937

919-259-7001

919-259-7940

919-259-7932

919-259-7918

919-883-7666

Laura Booker

919-259-7944

Debb Hepp

919-260-4495

# CALENDAR *at a Glance*

date	day	activity	time	location
4/2	Thursday	Cedars University <i>Great Presidents</i>	11am	Ballroom
4/2	Thursday	<i>Grandmother Tea</i> with Jane Hauser	3pm	Dining
4/7	Tuesday	Great Decisions Lecture at UNC	6:30pm	Lobby
4/9	Thursday	Cedars University <i>Great Presidents</i>	11am	Ballroom
4/9	Thursday	Let's Talk Cinema <i>All About My Mother</i>	2pm	Ballroom
4/9	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
4/9	Thursday	Passover Seder	6pm	Dining
4/9	Thursday	The Band's Visit at DPAC	6:30pm	Lobby
4/10	Friday	Great Decisions Discussion	10:30am	Cardroom
4/11	Saturday	The Metropolitan Opera <i>Tosca</i>	12:15pm	Lobby
4/12	Sunday	PlayMakers	1:30pm	Lobby
4/12	Sunday	Easter Egg Hunt	2pm	Great Lawn
4/13	Monday	Ackland Art Museum with Katie Ziglar	3pm	Ballroom
4/14	Tuesday	Dining Out! Thai Station Restaurant	5:15pm	Lobby
4/16	Thursday	Cedars University <i>Great Presidents</i>	11am	Ballroom
4/17	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
4/18	Saturday	Carolina Ballet	1pm	Lobby
4/19	Sunday	Cedars Spring Home Tour	2pm	Cedars Campus
4/19	Sunday	Fred Moyer Jazz Trio	7:30pm	Ballroom
4/21	Tuesday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
4/23	Thursday	Cedars University <i>Great Presidents</i>	11am	Ballroom
4/23	Thursday	Popcorn and a Movie <i>Parasite</i>	2pm	Ballroom
4/23	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
4/25	Saturday	Chapel Hill Garden Tour	12:30pm	Lobby
4/26	Sunday	2019/20 Classical Concert Series	3pm	Ballroom
4/27	Monday	<i>Who's Doing the Cooking? An Interview with Master Chefs</i> with Rich Hendel	3pm	Ballroom
4/29	Wednesday	Country Music Jamboree with The Cedars Singers	2&4pm	Ballroom
4/30	Thursday	The Cedars Spotlight Series with Stan Friedland	3pm	Ballroom