

WE CAN'T SEE 'EM ALL, BUT THEY ARE HERE

by Phil Purcell

All of our employees are here working hard for us everyday during the COVID-19 pandemic; however, we don't see most of them because they are working behind the scenes. And they really are all here because none of them have been furloughed or let go. Many are not doing what they used to do—209 out of 425 employees (full time, part-time and on-call) have been re-purposed and re-trained. So what are our employees doing? Let's look at a few snippets.

Security, in addition to all its other duties, is manning the checkpoint at the main entrance to The Cedars after initially having the checkpoint at the Barbee Chapel entrance with our other two entrances closed. We never had a checkpoint before. Everything needs a name; how about "Checkpoint Daniel"? Amazon, FedEx and UPS are checked in and directed to the Clubhouse by Security where the drivers unload all of their packages, 60 to 100 a day, including everything from books to a bed and a desk. After being unloaded, all packages are sanitized and distributed to the Members by employees from several different departments.

Transportation has added grocery shopping at Harris Teeter (nearly 100 orders a week) and medication pickups to its usual duties so we do not have to leave the campus to get what we need. They even take packages to the UPS store for us.

Programs amazingly came up with things to do that didn't require getting together. Not only was the great Quest for the elusive 30 numbered signs randomly hidden all over the campus a lot of fun, it was good exercise walking through every bit of 47 acres time and time again trying to find those doggone signs. On Channel 24 and Zoom, they have presented informative programs featuring Sara and other staff members who keep us up to date on COVID-19 and other important matters. Members meetings are on Channel 24 and Zoom as well. And how about those Encouragement Rocks around the fountain in the middle of the Great Lawn that our employees decorated with encouraging words!

Plant Services finds itself handling more and more TV and internet issues as Members are staying home a lot more now and are spending more time watching TV and getting on the internet. Many times, it is a teaching moment for Plant Services and a learning experience for Members. There also is more time to work on preventative maintenance.

The return of full service housekeeping has been slow as the number of COVID-19 cases in North Carolina has escalated rapidly, increasing the likelihood of our employees being exposed to the virus. Keeping foremost in mind the safety of the Members and our employees, **Environmental Services** is working diligently—wearing masks—to provide as much service as is deemed safe by State and County authorities and our medical director. The return to regular cleaning every week as it used to be is on the horizon. The housekeeping team sanitizes everything in sight, every hour in the Villas, Verandas, Clubhouse and the Health Center. And sanitizing surfaces is important; the UNC Family Health Center proudly states its "surfaces are wiped frequently throughout the day." We do a tad better.

Fine Dining has performed admirably adjusting to the new normal of being a brown bag cooking and delivery service. They even organized an outdoor six-foot distancing ice cream social. The kitchen staff has been divided into teams so if a member of one team became infected, only his or her team has to be quarantined, not the whole kitchen staff which would be a disaster. As suppliers slowly adjusted to COVID-19 and deliveries became more certain, the menu has expanded. Filet mignon now appears on



SEPTEMBER
2020

THE CEDARS POST

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BIRTHDAYS



Carol Price	2
Gilland Wilmot	2
Victoria Neunert	4
Betty White	5
Bobby Judd	5
Nancy Sprinkle	9
Thomas Wolf	10
Tamara Jackson	11
Margo Fischer	14
Dwight Morris	15
Simone Rosse	15
Virginia Wood	17
Elise Guthridge	18
Lillian Bremer	18
Herbert Rochen	19
Robert Price	21
William Jr. Pereira	22
Valma Cornell	22
Betty Swift	23
Vicky Hendel	24
Jim Bethune	24
Wyndham Robertson	25
Betty Kirwan	25
Johanne Miller	26
Mark Reed	26
Bill Loeser	26
LuAnn Engelman	27
Judith Bradley	27
Bernice Wheeler	28
Richard Orcutt	30
Ken Updegrave	30

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

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the menu from time to time and the chocolate flourless torte has become a Cedars classic. The wait team is without tables to wait on so they make deliveries of dinners as one would expect and are otherwise busy during the day sanitizing the Clubhouse and elsewhere, and sanitizing and delivering packages



to the Members. Did you see the team painting the patio chairs?

Because families cannot visit Members in the **DuBose Health Center**, a parade of families in their cars was organized to slowly drive by the DuBose front entrance where their family members in DuBose who were outside could see them and wave to them, an emotional time for all. 24 families participated. Family Zoom conversations with families are arranged for Members in DuBose who do not have their own computers.

To safely and better serve independent living Members, the Director of Home Care and Clinic, two registered nurses and the Medical Records Coordinator have moved their offices to the Clubhouse from DuBose. To maintain that separation, none of them go to DuBose any more.

Sara, Sam and the Directors are resolutely keeping The Cedars going forward through the many different and difficult impacts of COVID-19 on The Cedars and the myriad of statutes, rules, regulations, orders, restrictions and guidances of the Federal, State and local governments, the CDC, OSHA, et al. The health and safety of the Members is the



on the dining patio compliments of our fine dining team!

BOATS AND FLOATS

Friday, September 4, 11am-1pm

Cedars Pond/Dining Patio

Come join us for high speed boat races across the Cedars Pond while enjoying root beer floats





**“WALK EVERYWHERE”
FOR ALZHEIMER’S
2020!**

*13th Annual Casual for a
Cause Community Walk
and Hot Dog Fundraiser*

**Friday, September 25, 10am Community Walk
11am-1pm Hot Dog Fundraiser**

The world may look a little different right now, but one thing hasn’t changed: our commitment to ending Alzheimer’s disease!

This year, Walk to End Alzheimer’s® is everywhere: on every sidewalk, track, trail and at The Cedars!

While this year’s 13th Annual Casual for a Cause event will not be the same, our mission is and as a community we hope you will continue to support us in the fight to end Alzheimer’s! Here’s how we plan to support and celebrate this great cause in 2020...

Day: Friday, September 25th

Theme: Let’s Color our Community Purple! The color purple has been symbolic in the fight against Alzheimer’s for many years, so let’s show our support by coloring our campus purple. How?

Show us your purple!!! Decorate your doors, your buildings, your pups and yourselves on Friday, September 25th. Prizes awarded for our biggest purple supporters.



Event: Community Walk & 13th Annual Casual for a Cause Hot Dog Fundraiser! Meet us at the Clubhouse as we take one socially distanced and highly spirited lap around the great lawn as a community in the fight against Alzheimer’s!

Time: 10:00am Community Walk

11am-1pm Hot Dog Fundraiser, pick up and carry out a traditional hot dog lunch, available for a small donation to Alzheimer’s. 100% of the proceeds will be donated to the Alzheimer’s Association (\$5 for 1 hot dog, chips and a drink. \$8 for 2 hot dogs, chips and a drink).

Mission: Raise funds in the fight against Alzheimer’s disease!!!

2020 Goal: \$4,200...we can do it, stronger together!

If you cannot attend but would like to make a donation please contact Tara Pierce, 919-537-0128 or tpierce@cedarsofchapelhill.com. Checks can be made payable to the Alzheimer’s Association. Together we can end Alzheimer’s Disease!



PORCH NEWS...AT THE CEDARS

PORCH tells us that the lines at their food distribution sites remain long. Thankfully, the People Offering Relief for Chapel Hill-Carrboro Homes continue to rise to the occasion during this unparalleled crisis for so many living in the Chapel Hill-Carrboro community. PORCH has provided an abundance of fresh, nutritious produce, milk, and eggs for a record-high 490 families enrolled in their Food for Families program. The children in these families have been identified by school district social workers as being at high risk for food insecurity. Ninety percent of PORCH clients live below the poverty level and many have lost jobs or shifts during the pandemic.

PORCH continues to help those in need on many levels. Because it is still not safe for us here at The Cedars to restart our porch-to-porch food collections, for anyone with food they wish to give to a Food Pantry, we have worked out a relationship to send it directly to the Interfaith Council Food Pantry in Chapel Hill with the help of fellow Member and neighbor Sally Terway. Definitely let her know should you want to do this. PORCH works with IFC and is happy for us to send any food or personal care items to them directly until we can return to regular operations.

PORCH has also been providing grocery gift cards to extend their reach, working with community partners. PORCH is ever grateful for our financial support in lieu of our monthly PORCH food collection. All of our donations are much needed and put to important use. You can donate here:

<https://chapelhill.porchcommunities.org/donate/> or mail a check to PORCH Chapel Hill-Carrboro, PO Box 16363, Chapel Hill, NC 27516-6363. If you have questions, please contact Cedars PORCH Coordinator Joy Metelits: 919-933-0724, joymetelits@gmail.com. If you are on Facebook, you can experience some wonderful “feel good” moments by visiting PORCH’s Facebook page, PORCH Chapel Hill Carrboro.



THE CEDARS EVENTS

9/1 TUESDAY

- 9am Band Strength Channel 24 ■
- 11am Band Strength Channel 24 ■
- 1pm Band Strength Channel 24 ■
- 3pm *Voter Education Program: General Election, 2020* with the League of Women Voters Zoom/Channel 24 ■
- 4:30pm Line Dancing with Bruce Zoom ■
- 7:45pm Cedars Cinema Channel 24 ■

9/2 WEDNESDAY

- 9am Warm Weather Walking Workout Channel 24 ■
- 10am The Open Door Bible Study Zoom ■
- 11am Warm Weather Walking Workout Channel 24 ■
- 7:45pm Cedars Cinema Channel 24 ■

9/3 THURSDAY

- 9am Cardio & Core Channel 24 ■
- 11am Cardio & Core Channel 24 ■
- 2pm *Ken Burns: Prohibition Part 1* Channel 24 ■

9/4 FRIDAY

- 9am Sit & Be Fit Channel 24 ■
- 10am Body Sculpt with Joan Zoom ■
- 11am Sit & Be Fit Channel 24 ■
- 11am Boats & Floats Pond/Dining Patio ■
- 7:45pm Cedars Cinema Channel 24 ■

9/5 SATURDAY

- 9am Sit & Be Fit Channel 24 ■
- 11am Sit & Be Fit Channel 24 ■
- 1pm Sit & Be Fit Channel 24 ■
- 3pm Cedars Cinema Channel 24 ■
- 7:45pm Cedars Cinema Channel 24 ■

9/6 SUNDAY

- 9am Cardio & Core Channel 24 ■
- 11am Cardio & Core Channel 24 ■
- 1pm Cardio & Core Channel 24 ■
- 3pm Cedars Cinema Channel 24 ■

9/7 MONDAY

- Labor Day*
- 9am Warm Weather Walking Workout Channel 24 ■
- 10am Pilates Fusion with Joan Zoom ■
- 11am Warm Weather Walking Workout Channel 24 ■

3pm Cedars University Channel 24 ■

9/8 TUESDAY

- 9am Band Strength Channel 24 ■
- 11am Band Strength Channel 24 ■
- 1pm Band Strength Channel 24 ■
- 2pm *Ken Burns: Prohibition Part 2* Channel 24 ■
- 4:30pm Line Dancing with Bruce Zoom ■
- 7:45pm Cedars Cinema Channel 24 ■

9/9 WEDNESDAY

- 9am Warm Weather Walking Workout Channel 24 ■
- 10am The Open Door Bible Study Zoom ■
- 11am Warm Weather Walking Workout Channel 24 ■
- 3pm Live Broadcast with Sara Flynn Loy Channel 24/Zoom ■
- 7:45pm Cedars Cinema Channel 24 ■

9/10 THURSDAY

- 9am Cardio & Core Channel 24 ■
- 11am Cardio & Core Channel 24 ■
- 2pm *Ken Burns: Prohibition Part 2* Channel 24 ■

9/11 FRIDAY

- 9am Sit & Be Fit Channel 24 ■
- 10am Body Sculpt with Joan Zoom ■
- 11am Sit & Be Fit Channel 24 ■
- 7:45pm Cedars Cinema Channel 24 ■

9/12 SATURDAY

- 9am Sit & Be Fit Channel 24 ■
- 11am Sit & Be Fit Channel 24 ■
- 1pm Sit & Be Fit Channel 24 ■
- 3pm Cedars Cinema Channel 24 ■
- 7:45pm Cedars Cinema Channel 24 ■

9/13 SUNDAY

- 9am Cardio & Core Channel 24 ■
- 11am Cardio & Core Channel 24 ■
- 1pm Cardio & Core Channel 24 ■
- 3pm Cedars Cinema Channel 24 ■

9/14 MONDAY

- 9am Warm Weather Walking Workout Channel 24 ■
- 10am Pilates Fusion with Joan Zoom ■
- 11am Warm Weather Walking Workout Channel 24 ■

1:30 pm Play Group Zoom ■

3pm Cedars University Channel 24 ■

9/15 TUESDAY

- 9am Band Strength Channel 24 ■
- 11am Band Strength Channel 24 ■
- 1pm Band Strength Channel 24 ■
- 2pm *Ken Burns: Prohibition Part 3* Channel 24 ■
- 4:30pm Line Dancing with Bruce Zoom ■
- 7:45pm Cedars Cinema Channel 24 ■

9/16 WEDNESDAY

- 9am Warm Weather Walking Workout Channel 24 ■
- 10am The Open Door Bible Study Zoom ■
- 11am Warm Weather Walking Workout Channel 24 ■
- 1pm Let's Talk Cinema *Chinatown* Channel 24 or streaming ■
- 3:15pm Let's Talk Cinema Discussion Zoom/Channel 24 ■
- 7:45pm Cedars Cinema Channel 24 ■

9/17 THURSDAY

- 9am Cardio & Core Channel 24 ■
- 11am Cardio & Core Channel 24 ■
- 2pm *Ken Burns: Prohibition Part 3* Channel 24 ■

9/18 FRIDAY

- Rosh Hashanah*
- 9am Sit & Be Fit Channel 24 ■
- 10am Body Sculpt with Joan Zoom ■
- 11am Sit & Be Fit Channel 24 ■
- 7:45pm Cedars Cinema Channel 24 ■

9/19 SATURDAY

- 9am Sit & Be Fit Channel 24 ■
- 11am Sit & Be Fit Channel 24 ■
- 1pm Sit & Be Fit Channel 24 ■
- 3pm Cedars Cinema Channel 24 ■
- 7:45pm Cedars Cinema Channel 24 ■

9/20 SUNDAY

- 9am Cardio & Core Channel 24 ■
- 11am Cardio & Core Channel 24 ■
- 1pm Cardio & Core Channel 24 ■
- 3pm Cedars Cinema Channel 24 ■

9/21 MONDAY

9am Warm Weather Walking Workout Channel 24 ■

10am Pilates Fusion with Joan Zoom ■

11am Warm Weather Walking Workout Channel 24 ■

1:30 pm Play Group Zoom ■

3pm Cedars University Channel 24 ■

9/22 TUESDAY

9am Band Strength Channel 24 ■

11am Band Strength Channel 24 ■

1pm Band Strength Channel 24 ■

2pm Ken Burns: The Dust Bowl Part 1 Channel 24 ■

4:30pm Line Dancing with Bruce Zoom ■

7:45pm Cedars Cinema Channel 24 ■

9/23 WEDNESDAY

9am Warm Weather Walking Workout Channel 24 ■

10am The Open Door Bible Study Zoom ■

11am Warm Weather Walking Workout Channel 24 ■

3pm Live Broadcast with Sara Flynn Loy & EAF Representatives Channel 24/Zoom ■

7:45pm Cedars Cinema Channel 24 ■

9/24 THURSDAY

9am Cardio & Core Channel 24 ■

11am Cardio & Core Channel 24 ■

2pm Ken Burns: The Dust Bowl Part 1 Channel 24 ■

9/25 FRIDAY

9am Sit & Be Fit Channel 24 ■

10am Body Sculpt with Joan Zoom ■

11am Sit & Be Fit Channel 24 ■

7:45pm Cedars Cinema Channel 24 ■

9/26 SATURDAY

9am Sit & Be Fit Channel 24 ■

11am Sit & Be Fit Channel 24 ■

1pm Sit & Be Fit Channel 24 ■

3pm Cedars Cinema Channel 24 ■

7:45pm Cedars Cinema Channel 24 ■

9/27 SUNDAY

Yom Kippur

9am Cardio & Core Channel 24 ■

11am Cardio & Core Channel 24 ■

1pm Cardio & Core Channel 24 ■

3pm Cedars Cinema Channel 24 ■

9/28 MONDAY

9am Warm Weather Walking Workout Channel 24 ■

10am Pilates Fusion with Joan Zoom ■

11am Warm Weather Walking Workout Channel 24 ■

1:30 pm Play Group Zoom ■

3pm Cedars University Channel 24 ■

9/29 TUESDAY

9am Band Strength Channel 24 ■

11am Band Strength Channel 24 ■

1pm Band Strength Channel 24 ■

2pm Ken Burns: The Dust Bowl Part 2 Channel 24 ■

4:30pm Line Dancing with Bruce Zoom ■

7:45pm Cedars Cinema Channel 24 ■

9/30 WEDNESDAY

9am Warm Weather Walking Workout Channel 24 ■

10am The Open Door Bible Study Zoom ■

11am Warm Weather Walking Workout Channel 24 ■

7:45pm Cedars Cinema Channel 24 ■

CONTACT INFORMATION

Member and Instructor-Led Zoom Events

Play Group Sue Bielawski
919-933-4428

Memoir Writing Group Nancy Lebo
919-259-7330

The Open Door Bible Study Nancy Cobey
919-259-7048

Line Dancing Bruce Gillooly
b.gillooly@earthlink.net

Body Sculpt and Pilates Fusion Classes
Joan Widdifield
joan.zumba@gmail.com

If there are other Member-Led Zoom Groups meeting that are open to all Members, please contact the programs department so we may share this information.



Cedars Members leave behind personal treasures and memoirs of COVID-19 in hopes of brighter days ahead.

Richard Zettle with Davis Landscape assists Member Stephen Metelits at our time capsule event.

CEDARS UNIVERSITY

Lectures on DVD

THE GREAT TOURS: FRANCE THROUGH THE AGES

Taught by Professor John
Greene, PhD, University of
Louisville

Mondays, September 7-November 23
Channel 24

France is the world's most visited destination for travelers. From the beloved city of Paris—a global archetype of beauty, romance, and fine living—to the sunshine and lavender fields of Provence, the medieval splendor of Carcassonne and Avignon, the glittering seaside life of the Côte d'Azur, and more, France ignites the imagination and dazzles the senses like no other country on Earth.

John Greene is a Professor of French at the University of Louisville, where he also serves as director of the Introductory French Program. He earned a PhD in French from the University of Wisconsin–Madison after completing his undergraduate studies at Goldsmiths, University of London. At the University of Louisville, in addition to teaching language, literature, civilization, and culture courses, Professor Greene teaches business French, French cinema, and a theater practicum that emphasizes language acquisition through performance. He has developed and taught graduate seminars that focus on Paris, French society and class structure, and Enlightenment material culture.

LEARNING OPPORTUNITIES

VOTER EDUCATION PROGRAM: 2020 GENERAL ELECTION with the League of Women Voters (Orange, Durham and Chatham Counties) Tuesday, September 1, 3pm via Zoom Invite; also Channel 24

The League of Women Voters is a nonpartisan political organization that encourages the informed and active participation of citizens in government. The League influences public policy through education and advocacy. You must pre-register to receive your Zoom invitation to this event by 5pm on August 31. To register please go to <https://forms.gle/GDiMRbTkoLDzEjsNA>.

Agenda for this program:

- ❖ Who can vote?
- ❖ Challenges to voting in November 2020
- ❖ Voter registration
- ❖ Vote absentee by mail: Procedure and challenges
- ❖ Vote in person: Procedure and challenges
- ❖ VOTE 411.org
- ❖ How can you help promote voting?



LET'S TALK CINEMA

Chinatown (1974)

**Wednesday, September 16, 1pm film on
Channel 24 • 3:15pm discussion via Zoom
led by Linda Luftig**

A landmark movie in the film noir tradition, Roman Polanski's *Chinatown* stands as a true screen classic. Jack

Nicholson is private eye Jake Gittes in the murky moral climate of sunbaked, pre-war Southern California. Hired by a beautiful socialite (Faye Dunaway) to investigate her husband's extra-marital affair, Gittes is swept into a maelstrom of double dealings and deadly deceptions, uncovering a web of personal and political scandals that come crashing together for one, unforgettable night in Chinatown. Co-starring film legend John Huston and featuring an Academy Award-winning script by Robert Towne. Frequently listed as one of the greatest films of all time. (*If you miss the film on Channel 24, stream it on Amazon Prime Video, YouTube, Google Play Movies & TV, Vudu, iTunes, Hulu, Sling TV, or Starz.*)



Our Zoom
concert with
Ethan Uslan

Seabiscuit

Tuesday, September 1
& Saturday, September 5,
7:45pm • Sunday,
September 6, 3pm • PG-13
A knobble-kneed colt



becomes a winning thoroughbred at the hands of its owner, its unorthodox trainer and its jockey, a half-blind ex-prizefighter, in this Depression-era drama based on the true story of champion Seabiscuit. Starring Tobey Maguire and Jeff Bridges. (2003)

Shirley Valentine

Wednesday, September 2
& Friday, September 4,
7:45pm • Saturday,
September 5, 3pm • R



Pauline Collins reprises a role she originated onstage in this Academy Award-nominated drama about Shirley Valentine, a housewife who decides in her middle age that there's more to life than stifling domesticity. An unplanned trip to Greece expands her horizons in ways she could never have predicted, allowing her to fall in love again beyond the bounds of marriage, find herself and grab the reins of her future. (1989)

Bull Durham

Tuesday, September 8
& Saturday, September 12,
7:45pm • Sunday,
September 13, 3pm • R



The perennially pitiful Durham Bulls ink pitching phenom "Nuke" LaLoosh (Tim Robbins), a gifted but undisciplined rookie, in hopes that he'll usher the team to victory. But it's up to seasoned bush-league catcher "Crash" Davis (Kevin Costner) to keep him in line. Meanwhile, a winsome groupie (Susan Sarandon) who confers sexual favors on a new player each season chooses Nuke as this year's beneficiary. The problem is, she's more attracted to Crash. (1988)

The Call of the Wild

Wednesday, September 9 & Friday, September 11,
7:45pm • Saturday, September 12, 3pm • PG
A blend of live action and digital animation bring to life Jack London's classic tale of a

canine who's stolen from his California home and ends up as a sled dog in Alaska, where he becomes prospector John Thornton's steadfast companion. Starring Harrison Ford. (2020)



Leave Her to Heaven

Tuesday, September 15
& Saturday, September 19,
7:45pm • Sunday,
September 20, 3pm • NR



This 1946 Academy Award winner stars Gene Tierney as Ellen Berent, a woman who bedazzles writer Richard Harland (Cornel Wilde) when the two meet on a train. Their courtship is sweet and swift, leading to a hasty marriage, but sadness displaces the joy when a series of tragedies befalls the couple. Could these horrid events have anything to do with Ellen's all-consuming jealousy? (1945) SUBTITLES NOT INCLUDED

Terms of Endearment

Wednesday, September 16
& Friday, September 18,
7:45pm • Saturday,
September 19, 3pm • PG



James L. Brooks directs this Academy Award-winning drama that follows widowed Aurora (Shirley MaLaine) and her daughter, Emma (Debra Winger), through the years as they support each other through relationships with various men and deal with heartbreaking tragedy. This warm, offbeat adaptation of Larry McMurtry's novel won five Oscars, including Best Picture, Best Actress (MaLaine), Best Director and Best Supporting Actor (Jack Nicholson). (1983) SUBTITLES NOT INCLUDED

The Booksellers

Tuesday, September 22
& Saturday, September 26,
7:45pm • Sunday,
September 27, 3pm
• NR



A lively tour of New York's book world, populated by an assortment of obsessives, intellectuals, eccentrics and dreamers, past and present: from the Park Avenue Armory's

annual Antiquarian Book Fair, where original editions can fetch hundreds of thousands of dollars; to the Strand and Argosy bookstores, still standing against all odds; to the beautifully crammed apartments of collectors and buyers. (2020) SUBTITLES NOT INCLUDED

Patriots Day

Wednesday,
September 23 &
Friday, September 25,
7:45pm • Saturday,
September 26, 3pm • R



A tragic bombing near the finish line at the 2013 Boston Marathon sets off a citywide manhunt for the perpetrators. With residents devastated by the events, Sgt. Tommy Saunders and the Boston Police Department zero in on two suspects. Starring Mark Wahlberg and Kevin Bacon. (2016)

The Hundred-Foot Journey

Tuesday, September 29
& Saturday, October 3,
7:45pm • Sunday,
October 4, 3pm • PG



Relocating from India to a quiet village in the south of France, chef Hassan Kadam and his family open a restaurant called Maison Mumbai. But when their business starts to thrive, a competing restaurateur launches a war between the eateries. Starring Helen Mirren and Om Puri. (2014)

Best in Show

Wednesday,
September 30 &
Friday, October 2,
7:45pm • Saturday,
October 3, 3pm • PG-13



Master mockumentarian Christopher Guest (Waiting for Guffman) is at it again with this snarky send-up of canine culture that traverses the galloping neuroses surrounding one highly competitive dog show in Pennsylvania. Talented improvisers Parker Posey, Eugene Levy, Michael McKean and Catherine O'Hara elevate this satire to the stuff of genius. (2000)

ANNOUNCEMENTS

CEDARS CLASSICAL CONCERT SERIES GOES FORWARD

By now all of you should have received a flyer and subscription form for the fall part of our season. We are presenting it in two parts with the hope that by spring we can gather. Our wonderful musicians are tech savvy so we are the lucky ones. Enjoy! Questions, contact Pat Beyle at 919-942-1281.



NEW MOVE INS

- Alex and Sonia Coffin
514 Cedar Club Circle
- Bob and Bonnie Farb
633 Cedar Club Circle
- Albert and Carolyn Gard
518 Cedar Club Circle
- Richard and Margaret Dwane
233 Cedar Berry Lane



The Cedars Club, Inc.
100 Cedar Club Circle, Chapel Hill NC 27517

- 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
- Designer Debb Hepp, 919-260-4495

FITNESS

Walk Everywhere



Walking is one of the simplest ways to stay healthy and fit, but sometimes obstacles such as inclement weather, heat and humidity, and lack of access to the gym prevent us from engaging in this effective form of exercise. At The Cedars, there are ways to walk safely without leaving your building or venturing very far from it. Climbing stairs and walking in building hallways or on sidewalks can improve strength and stamina.

Listed below are measurements from Cedars buildings and sidewalks. Hallway and sidewalk distances are from one end to the other. Number of stairs are from the ground floor to the top.

- VILLAS** Alexander, Bladen, Davidson, Macon *hallways*----- .04 mile and 78 stairs
- VILLAS** Camden and Forsyth *hallways* ----- .02 mile and 78 stairs
- GREAT LAWN** *one lap around* ----- .25 mile
- VERANDAS** Avery, Burke, Cumberland *sidewalk from Avery to Cumberland facing Cedar Berry Lane* ----- .10 mile and 57 stairs
- VERANDA** Moore *sidewalk to Cedar Meadows Lane* ----- .13 mile and 36 stairs
- VERANDA** Davie *sidewalk from garage to Cedar Berry Lane* ----- .17 mile and 59 stairs
- CEDAR BERRY LANE** *front entrance to Green Cedar Lane* ----- .30 mile
- CEDAR POND LANE** *Green Cedar Lane to Pine Needle Lane* ----- .12 mile
- CEDAR MEADOWS LANE**----- .13 mile
- POOL** *length (100 laps = one mile)*----- .01 mile

Try walking in some of these areas to get ready for the “Walk Everywhere” Walk to End Alzheimer’s here at The Cedars on September 25. Show your support as we “color the community purple” for this great cause.

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**

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

Puzzle by websudoku.com