

THE CEDARS EMPLOYEE APPRECIATION FUND

by Phil Purcell

Now is our only chance this year to show how much we appreciate **all** of our wonderful employees who work so hard to take care of us in these troubled times.

By giving to the Employee Appreciation Fund, we can make countless people happy, especially this year with the coronavirus burden added to our employees' lives in the world outside The Cedars. **Each** and **every** Cedars employee will share in our gifts to the Fund based on the hours they worked wherever they worked: laundry, fine dining, housekeeping, maintenance, programs, DuBose, security or elsewhere. **All will share!**



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

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

Sophie Bonny, hard-working Housekeeping Specialist for more than two years, came to North Carolina in 2007 from her war-torn state of Karen in Burma by way of a refugee camp in Thailand. She has a husband and three children, two boys and a girl, the oldest being eleven. Gifts from the Fund have been very important to Sophie and her family—last year she helped siblings in a refugee camp and was able to buy a computer for her oldest.



Nelson Rodriguez, our stalwart Clubhouse Custodian who has been with us two years, emigrated from El Salvador when he was 15 years old. He works hard doing everything from mopping floors to moving furniture trying to keep the Clubhouse in tip-top condition. Nelson has a wife and three children, two boys and a girl. He is very grateful for his gift from the Fund which he has used to buy presents for his children, send money to his parents in El Salvador and pay bills.



Marissa Thomas, our valued Environmental Services worker who has been with us ten years, arrives at 5:00am to begin her busy day in the laundry using her organizational skills to handle the linens for the DuBose Health Center and the Clubhouse. She has used gifts from the Fund for Christmas presents for her 4-year-old daughter and family and for an emergency fund. Marissa enjoys her work and regards The Cedars as her second family.

We can spread happiness to so many people with our contributions to the Employee Appreciation Fund. The employees' gifts from the Fund in early December mean so much to them and their families. **Thank you one and all for making this happen.**



NOVEMBER
2020

THE CEDARS POST

BIRTHDAYS



Jo Oldham	1
Barbara Burkett	1
John Wrede	1
Peggy Cooper	2
Judith Hollinshead	3
John Stamm.....	3
Betty Neese	3
Juliann Tenney	6
Ann Merklein	7
Kaye Anne Aikins	8
Alex Coffin	10
Jane Hauser	11
Charlotte Battle	12
Rebecca Hoggard	12
Peg Hall.....	14
Pat Beyle	14
Virginia Page	14
Gunda Hasl	14
Carolyn Gard	14
Russell McLauchlan	16
Albert Gard	17
Betty Kenan	19
Aud Ackerman	20
Anne Boyer	21
William George	21
Sally Batholomew	21
Pat Kelley	23
Jody Pagano	23
Mary Gilland.....	24
Arthur Clark	28
Anne Liptzin	28
Tom Kraska	28
Christina Jeffs	29
Sue Arledge	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 (919-537-0126).

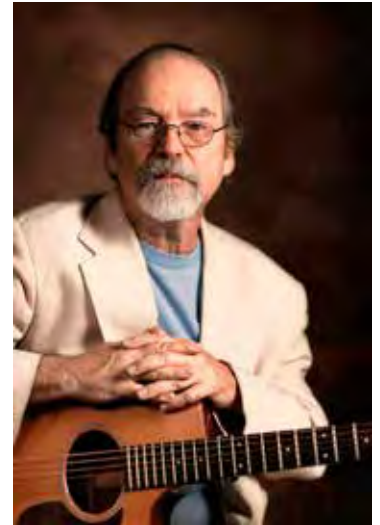
LET'S CELEBRATE (from a safe distance)

CIDER AND SONGS WITH DANNY GOTHAM


Monday, November 9, 2-4pm Great Lawn

Danny Gotham, composer and master of many a stringed instrument, has performed with various bluegrass, folk, jazz, blues, as well as rock groups. He will entertain us on the Great Lawn for 20 Members at a time from 2-2:45pm and again from 3-3:45pm.

Pick up a cup of cider in front of the Clubhouse and relax to an afternoon of music.



VETERANS
thank you for your
service



A SALUTE TO OUR VETERANS

Wednesday, November 11, 3:30-4:30pm
Front of Clubhouse

Join us as we honor all those who have served in the Armed Forces on Veteran's Day. We will gather (socially distanced) at the front of the Clubhouse for wine and refreshments as we pay special tribute to our 45 living Veterans.

BISCUIT DAY

Friday, November 13, 9am Bladen Villa



The annual tradition of Biscuit Day will commence on Friday, November 13. Calling all of our beloved four-legged friends of The Cedars to gather in front of the Bladen Villa for a group picture and flying biscuits from Mary Ann Van Kampen's balcony. All nice pups welcome!

FITNESS

Strength Training is Essential for Arthritis

Yes, you'll get stronger and more toned—but those aren't the only reasons to strength train. Scientists continue to discover benefits of strength (or resistance) training. It can be done using light hand weights, elastic bands or even your own body weight. Here are five more good reasons to start.

It reduces pain. A small study, published in the July 2012 *International Journal of Preventive Medicine*, found that men with rheumatoid arthritis affecting their knees had a 23 percent reduction in pain intensity after following a three-day-a-week strength training program for eight weeks. Other studies show strength training relieves the pain of osteoarthritis and fibromyalgia, too.

It increases range of motion. Another study, published in the December 2011 *Journal of Strength and Conditioning Research*, found that participants who practiced resistance training three days a week for five weeks had the same flexibility improvements as those who did a regular stretching routine.

It blasts calories—even when you're not working out. Muscle burns calories, so adding muscle mass naturally amps up your calorie burn. In fact, an analysis of several studies, reported in the July-August 2012 *Current Sports Medicine Reports*, shows the number of calories you burn at rest rises about 7 percent after several weeks of resistance training.

It boosts bone density. Women lose up to 50 percent of their bone tissue in their lifetime, about half of it within 10 years after menopause. By age 65 or 70, men begin to lose bone mass at the same rate as women, according to the National Institute of Health. Lifting weights can help slow that loss and increase bone density, according to a 2015 review in the scientific journal of the American Physical Therapy Association.



OUTDOOR SMALL GROUP EXERCISE CLASSES with Julie

October 19 – November 20



Seated Strength and Stretch

Mondays, 9:30am, 10:30am and 11:30am

—OR—

Standing Strength and Stretch

Fridays, 9:30am, 10:30am and 11:30am

Reservations are required for these classes.

Email or call Julie Hardison to request your preferred class time for the 5-week session: jhardison@cedarsofchapelhill.com or 919-259-7922.



It can help prevent falls. Strengthening the leg and core muscles can keep you upright by improving your stability.

Opportunities for strength training at The Cedars include outdoor small group classes and exercise videos on Channel 24 and Zoom, as well as using weight machines and free weights in the fitness room. Contact Julie Hardison at 919-259-7922 with questions.

Resource: *Arthritis Today Magazine*

The Heron at Reflection Pond
by Bill McLendon

THE CEDARS EVENTS

11/1 SUNDAY

Daylight Saving Time Ends

9am Cardio & Core with Julie Channel 24 ■

11am Cardio & Core with Julie Channel 24 ■

1pm Cardio & Core with Julie Channel 24 ■

3pm Cedars Cinema Channel 24 ■

11/2 MONDAY

9am Walking Workout with Julie Channel 24 ■

10am Pilates Fusion with Joan Zoom ■

11am Walking Workout with Julie Channel 24 ■

1:30pm Play Reading Group Zoom ■

3pm Cedars University Channel 24 ■

11/3 TUESDAY

Election Day

9am Band Strength with Julie Channel 24 ■

11am Band Strength with Julie Channel 24 ■

1pm Band Strength with Julie Channel 24 ■

1pm Golf Croquet Great Lawn ■

2pm *Ken Burns: The Roosevelts Episode 5* Channel 24 ■

4:30pm Line Dancing with Bruce Zoom ■

7:45pm Cedars Cinema Channel 24 ■

11/4 WEDNESDAY

9am Walking Workout with Julie Channel 24 ■

10am The Open Door Bible Study Zoom ■

11am Walking Workout with Julie Channel 24 ■

1pm Let's Talk Cinema—*Once Upon a Time in Hollywood* Channel 24/Zoom ■

4pm Let's Talk Cinema Discussion Zoom ■

7:45pm Cedars Cinema Channel 24 ■

11/5 THURSDAY

9am Cardio & Core with Julie Channel 24 ■

11am Cardio & Core with Julie Channel 24 ■

1pm Bocce Great Lawn ■

2pm *Ken Burns: The Roosevelts Episode 5* Channel 24 ■



11/6 FRIDAY

9am Sit & Be Fit with Julie Channel 24 ■

10am Body Sculpt with Joan Zoom ■

11am Sit & Be Fit with Julie Channel 24 ■

7:45pm Cedars Cinema Channel 24 ■

11/7 SATURDAY

9am Sit & Be Fit with Julie Channel 24 ■

11am Sit & Be Fit with Julie Channel 24 ■

1pm Sit & Be Fit with Julie Channel 24 ■

3pm Cedars Cinema Channel 24 ■

7:45pm Cedars Cinema Channel 24 ■

11/8 SUNDAY

9am Cardio & Core with Julie Channel 24 ■

11am Cardio & Core with Julie Channel 24 ■

1pm Cardio & Core with Julie Channel 24 ■

3pm Cedars Cinema Channel 24 ■

11/9 MONDAY

9am Walking Workout with Julie Channel 24 ■

10am Pilates Fusion with Joan Zoom ■

11am Walking Workout with Julie Channel 24 ■

1:30pm Play Reading Group Zoom ■

2pm *Cider and Songs with Danny Gotham* Great Lawn ■

3pm Cedars University Channel 24 ■

11/10 TUESDAY

9am Band Strength with Julie Channel 24 ■

11am Band Strength with Julie Channel 24 ■

1pm Band Strength with Julie Channel 24 ■

1pm Golf Croquet Great Lawn ■

2pm *Ken Burns: The Roosevelts Episode 6* Channel 24 ■

4:30pm Line Dancing with Bruce Zoom ■

7:45pm Cedars Cinema Channel 24 ■

11/11 WEDNESDAY

Veterans Day

9am Walking Workout with Julie Channel 24 ■

10am The Open Door Bible Study Zoom ■



11am Walking Workout with Julie Channel 24 ■

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

3:30pm A Salute to Our Veterans Front of Clubhouse ■

7:45pm Cedars Cinema Channel 24 ■

11/12 THURSDAY

9am Cardio & Core with Julie Channel 24 ■

11am Cardio & Core with Julie Channel 24 ■

1pm Bocce Great Lawn ■

2pm *Ken Burns: The Roosevelts Episode 6* Channel 24 ■

11/13 FRIDAY

9am Annual Biscuit Day Bladen Building ■

9am Sit & Be Fit with Julie Channel 24 ■

10am Body Sculpt with Joan Zoom ■

11am Sit & Be Fit with Julie Channel 24 ■

7:45pm Cedars Cinema Channel 24 ■

11/14 SATURDAY

9am Sit & Be Fit with Julie Channel 24 ■

11am Sit & Be Fit with Julie Channel 24 ■

1pm Sit & Be Fit with Julie Channel 24 ■

3pm Cedars Cinema Channel 24 ■

7:45pm Cedars Cinema Channel 24 ■

11/15 SUNDAY

9am Cardio & Core with Julie Channel 24 ■

11am Cardio & Core with Julie Channel 24 ■

1pm Cardio & Core with Julie Channel 24 ■

3pm Cedars Cinema Channel 24 ■

11/16 MONDAY

9am Walking Workout with Julie Channel 24 ■

10am Pilates Fusion with Joan Zoom ■

11am Walking Workout with Julie Channel 24 ■

1:30pm Play Reading Group Zoom ■

4pm *An Interview with the Owners of Alazar Press: Publisher of Children's Books* Hosted by Rich Hendel with Joe and Rosemarie Gulla Channel 24/Zoom ■

■ Fitness

■ Learning

■ Entertainment

11/17 TUESDAY

9am Band Strength with Julie Channel 24 ■
11am Band Strength with Julie Channel 24 ■
1pm Band Strength with Julie Channel 24 ■
1pm Golf Croquet Great Lawn ■
4:30pm Line Dancing with Bruce Zoom ■
7:45pm Cedars Cinema Channel 24 ■

11/18 WEDNESDAY

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

11/19 THURSDAY

9am Cardio & Core with Julie Channel 24 ■
11am Cardio & Core with Julie Channel 24 ■
1pm Bocce Great Lawn ■
2pm Annual Condo Board/Members Meeting Channel 24/Zoom ■

11/20 FRIDAY

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

11/21 SATURDAY

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

11/22 SUNDAY

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

11/23 MONDAY

9am Walking Workout with Julie Channel 24 ■
10am Pilates Fusion with Joan Zoom ■

11am Walking Workout with Julie Channel 24 ■

1:30pm Play Reading Group Zoom ■
3pm Cedars University Channel 24 ■

11/24 TUESDAY

9am Band Strength with Julie Channel 24 ■
11am Band Strength with Julie Channel 24 ■
1pm Band Strength with Julie Channel 24 ■
1pm Golf Croquet Great Lawn ■
4:30pm Line Dancing with Bruce Zoom ■
7:45pm Cedars Cinema Channel 24 ■

11/25 WEDNESDAY

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

11/26 THURSDAY

Happy Thanksgiving!

9am Cardio & Core with Julie Channel 24 ■
11am Cardio & Core with Julie Channel 24 ■
1pm Bocce Great Lawn ■
7:45pm Cedars Cinema Channel 24 ■

11/27 FRIDAY

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

11/28 SATURDAY

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

11/29 SUNDAY

9am Cardio & Core with Julie Channel 24 ■
11am Cardio & Core with Julie Channel 24 ■
1pm Cardio & Core with Julie Channel 24 ■

3pm Cedars Cinema Channel 24 ■

11/30 MONDAY

9am Walking Workout with Julie Channel 24 ■
10am Pilates Fusion with Joan Zoom ■
11am Walking Workout with Julie Channel 24 ■
1:30pm Play Reading Group Zoom ■
3pm Cedars University Channel 24 ■

CEDARS INFORMATION

*Live Broadcast with
Sara Flynn Loy
Wednesday, November 11,
3pm Channel 24/Zoom*

*Annual Condo Board/Members
Meeting
Thursday, November 19,
2pm Channel 24/Zoom*



CONTACT INFORMATION

*Member and Instructor-Led
Zoom Events*

Play Reading Group Sue Bielawski
919-933-4428

Memoir Writing Group Nancy Lebo
919-259-7330

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

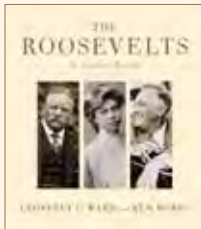
Line Dancing Bruce Gillooly
b.gillooly@earthlink.net

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.*

**THE ROOSEVELTS:
AN INTIMATE HISTORY**
A Film by Ken Burns
Tuesdays & Thursdays through
November 12, 2pm Channel 24

The Roosevelts: An Intimate History chronicles the lives of Theodore, Franklin and Eleanor Roosevelt, three members of the most prominent and influential family in American politics. It is the first time in a major documentary television series that their individual stories have been interwoven into a single narrative. It is an intimate human story about love, betrayal, family loyalty, personal courage and the conquest of fear.



CEDARS UNIVERSITY

Lectures on DVD

**THE GREAT TOURS:
FRANCE THROUGH
THE AGES**

*Taught by Professor John
Greene, PhD, University of
Louisville*

**Mondays through December 7, 3pm
Channel 24**

LEARNING OPPORTUNITIES

LET'S TALK CINEMA

Once Upon a Time In Hollywood, 2019

Wednesday, November 4, 1pm film on Channel 24, 4pm discussion via Zoom led by Linda Luftig

Nominated for 10 Academy Awards, the film is about Rick Dalton, a faded Hollywood star and his stunt double, Cliff Booth. Their relationship is at the core of this movie; they are both struggling in a Hollywood that finds them irrelevant. It's 1969, during the final years of Hollywood's Golden Age. *Once Upon a Time...* is Tarrantino's nostalgic, fairy-tale of a film about Hollywood in that era: the movies, the television, the vintage cars and the famous restaurants, with the Manson Gang and Sharon Tate thrown in for good measure. Written and directed by Quentin Tarrantino. Starring Leonardo di Caprio, Brad Pitt and Margot Robbie. *(If you miss the film on Channel 24, stream it on Amazon Prime Video, YouTube, HBOMax, Google Play Movies & TV, Vudu, or iTunes. Each service charges a small fee. Watch the film on your own schedule.)*



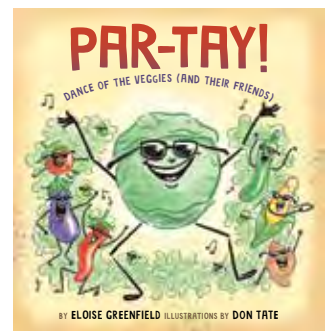
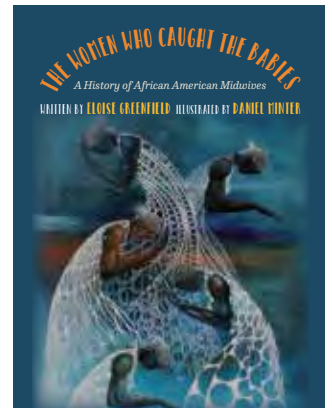
**AN INTERVIEW WITH THE OWNERS OF ALAZAR PRESS:
PUBLISHER OF CHILDREN'S BOOKS**

Hosted by Rich Hendel with Joe and Rosemarie Gulla

Monday, November 16, 4pm via Zoom Invite; also Channel 24

Joe and Rosemarie Gulla are owners of Alazar Press, a children's book publisher in Carrboro, NC. They began publishing at the urging of the noted African American author and illustrator Ashley Bryan. They have worked with some of the most important authors and illustrators of children's books. Many of their titles deal with the lives of African American children. Recent books of theirs

are *The Women Who Caught the Babies*, about African American midwives, and *PAR-TAY*, a fable about vegetables who have a party in the fridge as soon as the homeowners are away. In their forthcoming season they will publish a story about a Jewish girl who goes on an archaeological dig in Israel and another about a black girl who is in her first play at school.



The Big Chill

Tuesday, November 3 & Saturday, November 7, 7:45pm • Sunday, November 8, 3pm • R



After years apart, a group of idealistic former college buddies (William Hurt, Kevin Kline, Glenn Close, JoBeth Williams, Mary Kay Place, Tom Berenger and Jeff Goldblum) who've followed divergent paths as adults reunite at the funeral of one of their own, reconnecting and reminiscing while a soundtrack of 1960s hits plays in the background. The ensemble performance in this Oscar-nominated dramatic comedy reflected the period's baby boomer angst. (1983) SUBTITLES NOT INCLUDED

Funny Face

Wednesday, November 4 & Friday, November 6, 7:45pm • Saturday, November 7, 3pm • NR



Fred Astaire's inimitable dancing feet come full circle in George and Ira Gershwin's airy musical gambol about high-fashion photography in Paris, co-starring a luminous Audrey Hepburn as a newly discovered fashion model. (1957)

City Slickers

Tuesday, November 10 & Saturday, November 14, 7:45pm • Sunday, November 15, 3pm • PG-13



For a change of pace, three amigos facing midlife crises sign on for a fortnight cattle drive through the Colorado hills. The urbanites' survival depends on a leathery trail boss who doesn't cotton to greenhorn city slickers. Starring Billy Crystal, Daniel Strern and Bruno Kirby. (1991) SUBTITLES NOT INCLUDED

Saving Private Ryan

Wednesday, November 11 & Friday, November 13, 7:45pm • Saturday, November 14, 3pm • R

As U.S. troops storm the beaches of Normandy, three brothers lie dead on the battlefield, with a fourth trapped behind

enemy lines. Ranger Capt. John Miller and seven of his men are ordered to penetrate German-held territory and bring the man home. Starring Tom Hanks, Tom Sizemore and Matt Damon. (1998)



Rocky

Tuesday, November 17 & Saturday, November 21, 7:45pm • Sunday, November 22, 3pm • PG



When world heavyweight boxing champ Apollo Creed announces he'll give an unknown fighter a shot at the title as a publicity stunt, his handlers pick palooka Rocky Balboa, an uneducated collector for a Philadelphia loan shark. Starring Sylvester Stallone, Talia Shire and Burt Young. (1976)

Rain Man

Wednesday, November 18 & Friday, November 20, 7:45pm • Saturday, November 21, 3pm • R



Fast-talking yuppie Charlie Babbitt is forced to slow down when he embarks on a life-changing cross-country odyssey with the brother he never knew he had, an autistic savant named Raymond who's spent most of his life in an institution. Starring Dustin Hoffman and Tom Cruise. (1988)

Little Women

Tuesday, November 24 & Saturday, November 28, 7:45pm • Sunday, November 29, 3pm • PG



Louisa May Alcott's beloved novel comes to life in this sensitive, soulful adaptation. Four sisters and their mother battle life's vicissitudes in Civil War-era America after their father leaves to join the conflict. Starring Susan Sarandon, Winona Ryder and Kirsten Dunst. (1994) SUBTITLES NOT INCLUDED

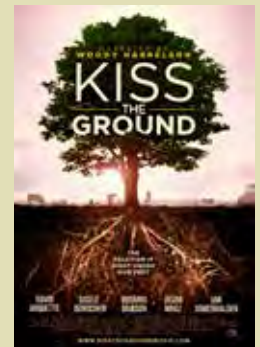
Big Night

Wednesday, November 25 & Friday, November 27, 7:45pm • Saturday, November 28, 3pm • R



Despite its superb cuisine, an Italian restaurant run by immigrant brothers verges on bankruptcy. But the siblings risk it all to save their bistro when they get the chance to cook up a feast for bandleader Louis Prima. Starring Stanley Tucci, Tony Shalhoub and Isabella Rossellini. (1996)

KISS THE GROUND
Wednesday,
November 18,
3pm Channel 24



Kiss the Ground is a full-length documentary that sheds light on an alternative approach to farming called "regenerative agriculture" that has the potential to balance our climate, replenish our vast water supplies, and feed the world. Narrated and featuring Woody Harrelson, *Kiss the Ground* is an inspiring and groundbreaking film that reveals the first viable solution to our climate crisis. *Kiss the Ground* reveals that, by regenerating the world's soils, we can completely and rapidly stabilize Earth's climate, restore lost ecosystems and create abundant food supplies. Using compelling graphics and visuals, along with striking NASA and NOAA footage, the film artfully illustrates how, by drawing down atmospheric carbon, soil is the missing piece of the climate puzzle.

ANNOUNCEMENTS



A special treat completes our virtual Fall series. Beginning the week of November 16, Christopher Jacobson will perform on the Duke University Chapel Flentrop organ, built and installed in 1976. This magnificent instrument has 5,033 pipes controlled by four manuals plus foot pedals. Jacobson has been organist at Duke Chapel since 2014. He has performed widely throughout the United States and in Europe and is a 2017 Grammy nominated organist.

Subscribers will receive the private YouTube link on November 16; they may then watch the presentation at any time during the following week. Call or email Connie Eby for further information (919-259-7808).

NEW MOVE INS

Patricia "Pat" Jarrett
107 Cedar Pond Lane

Arthur and Gretchen Aylsworth
108 Cedar Pond 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

WE DID IT FOR ALZHEIMER'S!!!

Team Cedars officially raised more money for Alzheimer's than ever before... \$4,241.00!!!
Thank you one and all and congratulations!



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**

Answers available at the Concierge Desk

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

Puzzle by websudoku.com