

THE CEDARS EMPLOYEE APPRECIATION FUND

by Phil Purcell

Now is the time! This is our once a year opportunity to show our wonderful Cedars employees how much we appreciate all they have done for us in these pandemic times. They were here for us despite the burdens added to their lives outside The Cedars by the coronavirus.

We can make countless people happy by giving to the Employee Appreciation Fund. Each and every Cedars employee will share in our contributions to the Fund based on the hours they worked wherever they worked: laundry, kitchen, dining rooms, programs, housekeeping, maintenance, DuBose, security or elsewhere. All will share!

How do we go about giving to the Employee Appreciation Fund? By writing a 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:



Pedro Albizu, our stalwart, hardworking building custodian, has been with us five years. He loves the Members and his job and is very grateful for his gifts from the Fund. Pedro has used his gifts every year to help his daughter and four grandchildren in Puerto Rico including their recovery from the devastating Category 5 hurricane that severely damaged their home four years ago. The gifts also made it possible for Pedro to return to Puerto Rico to visit his family.

Julia Guerra, valued Housekeeping Crew Leader, came to The Cedars sixteen years ago from the Dominican Republic by way of New York. She loves her work and is very happy at The Cedars which is a "giant family". Julia has helped her two sons, her mother and her granddaughter with her gifts which also have enabled her to travel to New York to see her family. She emphasizes how much all the Cedars employees appreciate their gifts from the Fund.



Mohamed Elmaghrabi, born and raised in Egypt, has been with us two years as a hard working line cook at DuBose. He and his wife have three children, two boys in college (NC State and Appalachian) and a girl in high school hoping to have a career in epidemiology. Mohamed truly enjoys working at The Cedars and is deeply appreciative of his gifts from the Fund which he has used to help his father and sister in Egypt and his family in the States.

Our contributions to the Employee Appreciation Fund are very important to our employees. I wish each of you could see their joy when they receive their gifts from the Fund.

Thank you one and all for making this happen.



NOVEMBER
2021

THE CEDARS POST

NOVEMBER BIRTHDAYS



Jo Oldham.....	1
Barbara Burkett	1
John Wrede	1
Peggy Cooper	2
Judith Hollinshead	3
Juliann Tenney.....	6
Ann Merklein	7
Alan Stephenson	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
Carolyn Gard.....	14
Russell McLaughlan	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
Carole Bardin	24
Arthur Clark	28
Anne Liptzin.....	28
Tom Kraska.....	28
Christina Jeffs.....	29
SueArledge.....	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

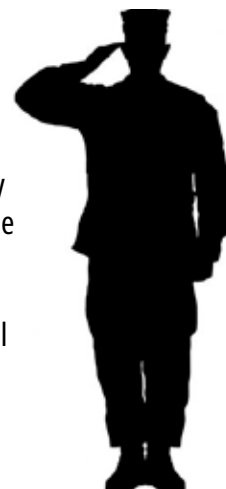
TRIANGLE JEWISH CHORALE Sunday, November 7, 3:30pm Great Lawn

The Triangle Jewish Chorale directed by Lorena Guillen will be singing several numbers written by Jewish composers from the 1930s-60s. Tap your toes or hum along to songs like "Putting on the Ritz", "They All Laughed", "Over the Rainbow", and "Somewhere". Three Cedars Members sing with the Chorale – Mike Liptzin, Bonnie Farb and Mary Ann Freedman. In case of bad weather the performance will move to the Ballroom, masks required.



VETERANS DAY PROGRAM Thursday, November 11, 3pm Ballroom

This year our program will feature a dedication to Cedars Veterans, including presentations from four of our distinguished Veterans from the various services. Each Veteran will share a brief description of his tour of duty and how it influenced his life. The Colors will be presented by The University of North Carolina Naval ROTC Color Guard under the direction of Gunnery Sergeant Robert Weinhardt (Assistant Marine Officer Instructor) and our very own Chet Douglass will lead our Members in singing the National Anthem. MC Bob Rechholtz will provide commentary on the significance of Veterans Day and introduce our Member speakers. Tara Pierce will present the honorary roll call of Cedars residents past and present. Our program will close with a group salute to America led by our distinguished Veteran, Dr. Davis Bingham. A reception will follow in the lower lobby.



BEYOND THE CEDARS

Please call Laura at 919-259-7944 or Tara at 919-537-0128 on regular business days if you have signed up for an outing and are unable to attend.

CAROLINA BASKETBALL MUSEUM

Monday, November 8, 9:45am Lobby

The Carolina Basketball Museum is located in the Dean E. Smith Center complex and celebrates the rich history of the



University of North Carolina men's basketball program. The museum opened in 2008 and underwent an extensive refurbishment in 2017. It includes numerous new artifacts, including the ball Luke Maye shot to beat Kentucky in the 2017 NCAA Elite Eight en route to UNC's sixth NCAA title, the shoes Roy Williams wore in the final coaching win of his Hall of Fame career and updated historical panels and video to illustrate the hiring of Hubert Davis as the newest Tar Heel head coach. **Register on Cedars Connect beginning November 1, deadline November 6. Cost: \$4 for transportation. Minimum 6 people.**

SHOPPING TRIP TO VILLAGE DISTRICT

Friday, November 19, 10am Lobby

Get a head start on your holiday shopping! Village District in Raleigh has been a favorite neighborhood destination for shoppers and diners since 1949. There are more than 100 unique and distinctive shops, café and restaurants. We will drop you off downtown and you are free to eat, shop, and experience as you wish until we depart. **Register on Cedars Connect beginning November 1, deadline November 17. Cost: \$12 for transportation. Minimum 6 people.**



ANNOUNCEMENTS

LOW VISION SUPPORT GROUP
Monday, November 1, 11:30am Private Dining Room

Do you suffer from a low vision condition? Come share valuable information and resources with fellow Members at our low vision support group. The group will meet on the first Mondays of the month.

JEWELRY REPAIR WITH EVA MOGENSEN
Friday, November 5, 1-2pm Art Studio

HEALTHY LEARNING LECTURE WITH SELECT REHAB
Eye Health and Low Vision
Friday, November 12, 2pm Ballroom

SEASON TICKET RENEWAL
The NC Symphony will help you with ticket renewal in the Cedars Cardroom on Thursday, November 18th from 10-11:30am.



The first subscription concert in this shortened season will be on December 5th. If you have not yet submitted your subscription form, there is still time to do so. Extra forms are available next to the subscription box in the library or from Connie Eby (919-259-7808 or cteby@mindspring.com). Don't miss a note!

THE CEDARS EVENTS

11/1 MONDAY

- 8:30am Aquafit On Your Own P ■
- 8:30am Cardio Combo B ■
- 9am Library Workday L ■
- 9:30am Balance Basics B ■
- 10am Pilates Fusion with Joan Zoom ■
- 10:15am Balance Challenge B ■
- 10:30am Knit & Stitch CR ■
- 11:30am Tai Chi B ■
- 11:30am Low Vision Support Group PDR ■
- 1pm Poker CR ■
- 1:30pm Play Reading Group Zoom ■

11/2 TUESDAY



Election Day

- 8:30am Total Body Strength & Stretch B ■
- 9:45am Sit & Be Fit B ■
- 10:45am Sit & Be Fit B ■
- 1pm Golf Croquet GL ■

11/3 WEDNESDAY

- 9am Ping Pong B ■
- 9:15am Aquafit P ■
- 10am Open Door Bible Group CR/Zoom ■
- 11am Balance Basics B ■
- 11:45am Balance Challenge B ■
- 12:45pm Duplicate Bridge CR ■

11/4 THURSDAY

- 8:30am Cardio Combo B ■
- 9:30am Sit and Be Fit B ■
- 11am Cedars University B ■
- 1pm Bocce GL ■
- 1:30pm Modern American Canasta CR ■
- 2pm A Good Spy Leaves No Trace Big Oil, CIA Secrets and a Spy Daughter's Reckoning with Richard and Anne Tazewell B ■

11/5 FRIDAY

- 9:15am Aquafit P ■
- 11am Fit Friday: Cardio and Core B ■
- 3pm Classic Canasta CR ■
- 5pm Richard Tazewell-Pianist DL ■

11/6 SATURDAY

- 9am Ping Pong B ■
- 9am Cribbage CL ■

- 11am Accessing UNC Libraries L ■
- 7pm Straight No Chaser at DPAC LB ■ 📍

11/7 SUNDAY

Daylight Saving Time Ends



- 11am Interdenominational Service B ■
- 2:15pm Chamber Orchestra LB ■ 📍

11/8 MONDAY

- 8:30am Aquafit On Your Own P ■
- 8:30am Cardio Combo B ■
- 9am Library Workday L ■
- 9:30am Balance Basics B ■
- 9:45am Carolina Basketball Museum LB ■ 📍
- 10am Pilates Fusion with Joan Zoom ■
- 10:15am Balance Challenge B ■
- 10:30am Knit & Stitch CR ■
- 11:30am Tai Chi B ■
- 1pm Poker CR ■
- 1:30pm Play Reading Group Zoom ■
- 2pm Great Books CL ■
- 3pm 7 Vibrations Music/Cultural Experience/Relaxation and Sounds Therapy Session with Mihika Paranjpe B ■

11/9 TUESDAY

- 8:30am Total Body Strength & Stretch B ■
- 9:45am Sit & Be Fit B ■
- 10:45am Sit & Be Fit B ■
- 1pm Golf Croquet GL ■
- 1pm Let's Talk Cinema Tampopo B ■
- 4:30pm Line Dancing B ■

11/10 WEDNESDAY

- 9am Ping Pong B ■
- 9:15am Aquafit P ■
- 10am Open Door Bible Group CR/Zoom ■
- 11am Balance Basics B ■
- 11:45am Balance Challenge B ■
- 12:45pm Duplicate Bridge CR ■

11/11 THURSDAY

Veterans Day



- 8:30am Cardio Combo B ■
- 9:30am Sit and Be Fit B ■

- 11am Cedars University B ■
- 1pm Bocce GL ■
- 3pm Veterans Day Program B ■

11/12 FRIDAY

- 9:15am Aquafit P ■
- 11am Fit Friday: Barre Fusion B ■
- 2pm Healthy Learning Lecture with Select Rehab B ■
- 3pm Classic Canasta CR ■
- 5pm Richard Tazewell-Pianist DL ■

11/13 SATURDAY

- 9am Ping Pong B ■
- 9am Cribbage CL ■

11/14 SUNDAY

- 11am Interdenominational Service B ■
- 1:30pm PlayMakers LB ■ 📍

11/15 MONDAY

- 8:30am Aquafit On Your Own P ■
- 8:30am Cardio Combo B ■
- 9am Library Workday L ■
- 9:30am Balance Basics B ■
- 10am Pilates Fusion with Joan Zoom ■
- 10:15am Balance Challenge B ■
- 10:30am Knit & Stitch CR ■
- 11:30am Tai Chi B ■
- 1pm Poker CR ■
- 1:30pm Play Reading Group Zoom ■
- 3pm Let's Talk Cinema Tampopo Discussion Zoom ■

11/16 TUESDAY

- 8:30am Total Body Strength & Stretch B ■
- 9:45am Sit & Be Fit B ■
- 10:45am Sit & Be Fit B ■
- 1pm Golf Croquet GL ■
- 4:30pm Line Dancing B ■

11/17 WEDNESDAY

- 9am Ping Pong B ■
- 9:15am Aquafit P ■
- 10am Open Door Bible Group CR/Zoom ■
- 11am Balance Basics B ■
- 11:45am Balance Challenge B ■
- 12:45pm Duplicate Bridge CR ■

11/18 THURSDAY

8:30am Cardio Combo **B** ■
9:30am Sit and Be Fit **B** ■
10am NC Symphony Ticket Renewal **CR** ■
11am Cedars University **B** ■
1pm Bocce **GL** ■
2pm Annual Condo Board/Member Meeting **B/Zoom** ■

11/19 FRIDAY

9:15 Aquafit **P** ■
10am Shopping Trip to Village District **LB** ■ 📄
11am Fit Friday: Strength Circuit **B** ■
3pm Classic Canasta **CR** ■

11/20 SATURDAY

9am Ping Pong **B** ■
9am Cribbage **CL** ■
11am Accessing UNC Libraries **L** ■
1pm Carolina Ballet **LB** ■ 📄

11/21 SUNDAY

11am Interdenominational Service **B** ■

11/22 MONDAY

8:30am Aquafit On Your Own **P** ■
8:30am Cardio Combo **B** ■
9am Library Workday **L** ■
9:30am Balance Basics **B** ■
10am Pilates Fusion with Joan **Zoom** ■
10:15am Balance Challenge **B** ■
10:30am Knit & Stitch **CR** ■
11:30am Tai Chi **B** ■
1:30pm Play Reading Group **Zoom** ■

11/23 TUESDAY

8:30am Total Body Strength & Stretch **B** ■
9:45am Sit & Be Fit **B** ■
10:45am Sit & Be Fit **B** ■
1pm Golf Croquet **GL** ■
4:30pm Line Dancing **B** ■

11/24 WEDNESDAY

9am Ping Pong **B** ■
9:15am Aquafit **P** ■
10am Open Door Bible Group **CR/Zoom** ■
11am Balance Basics **B** ■

11:45am Balance Challenge **B** ■
12:45pm Duplicate Bridge **CR** ■

11/25 THURSDAY

Thanksgiving



11/26 FRIDAY

3pm Classic Canasta **CR** ■

11/27 SATURDAY

9am Ping Pong **B** ■
9am Cribbage **CL** ■

11/28 SUNDAY

Hanukkah Begins
11am Interdenominational Service **B** ■



11/29 MONDAY

8:30am Aquafit On Your Own **P** ■
8:30am Cardio Combo **B** ■
9am Library Workday **L** ■
9:30am Balance Basics **B** ■
10am Pilates Fusion with Joan **Zoom** ■
10:15am Balance Challenge **B** ■
10:30am Knit & Stitch **CR** ■
11:30am Tai Chi **B** ■
1:30pm Play Reading Group **Zoom** ■

11/30 TUESDAY

8:30am Total Body Strength & Stretch **B** ■
9:45am Sit & Be Fit **B** ■
10:45am Sit & Be Fit **B** ■
1pm Golf Croquet **GL** ■
4:30pm Line Dancing **B** ■

Channel 24 is offline. During this time, all in-house programming will be suspended.

POOL CLOSED FOR AQUATIC THERAPY

Mondays, 1-4pm

Wednesdays, 1-4pm

Fridays, 1-4pm

GET INVOLVED

ACCESSING UNC LIBRARIES

Saturdays, November 6 & 20, 11am Library

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

GREAT BOOKS

Monday, November 8, 2pm Classroom

A Passion in the Desert by Honoré de Balzac

MEMBER DISPLAY CASE

If you have a collection of treasures you'd like to share for our Member display case located in the upper level of the Clubhouse, please call Laura Booker at 919-259-7944.



Young Artist Series with Tre Voce



THE WORLD'S GREATEST GEOLOGICAL WONDERS: 36 SPECTACULAR SITES
 Taught by Michael E. Wysession, Ph.D. Professor, Washington University in St. Louis
 Thursdays through January 13, 11am Ballroom

Yellowstone, the Grand Canyon, Mount Fuji, the Galapagos Islands. These natural wonders are on everyone's list of must-see attractions that are both spectacular and geologically fascinating. But what of Ha Long Bay, the Columbia Glacier, Erta Ale lava lake, and the Great Blue Hole? They also belong on the list, along with more than 200 other sites, both famous and obscure, that are well worth a visit to see breathtaking vistas combined with the grandeur of geological forces in action.

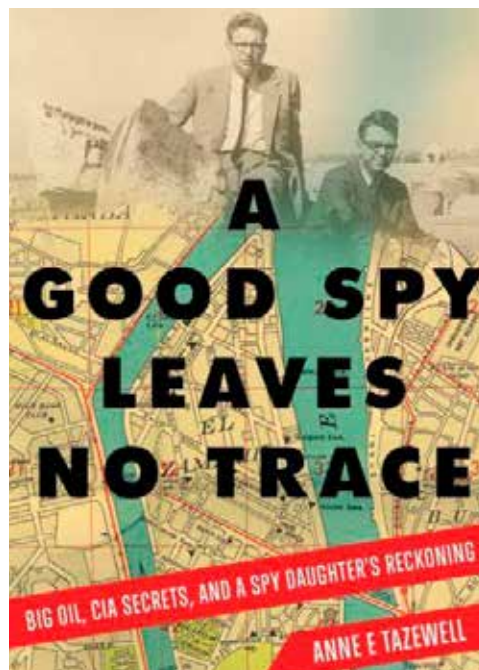
Whether you are planning your next vacation or exploring the world from home, you owe it to your planet to know the places that make it exceptional throughout the solar system. *The World's Greatest Geological Wonders: 36 Spectacular Sites* is your gateway to an unrivaled adventure. In 36 lavishly illustrated half-hour lectures that are suitable for nonscientists and geology enthusiasts alike, Professor Michael E. Wysession introduces you to Earth's most outstanding geological destinations.

LEARNING OPPORTUNITIES

A GOOD SPY LEAVES NO TRACE BIG OIL, CIA SECRETS AND A SPY DAUGHTER'S RECKONING

with Richard and Anne Tazewell
 Thursday, November 4, 2pm Ballroom

Join Richard and Anne Tazewell for a music enhanced book reading event. *A Good Spy Leaves No Trace Big Oil, CIA Secrets and a Spy Daughter's Reckoning* is part ghost story, part secret political history, part call to action and part memoir. It is an investigation of loss, love, oil, and the alternatives, a story both personal and political. Clean energy expert Anne E. Tazewell excavates the life of her absent father, a WWII espionage hero, philosopher, CIA agent and Middle East oil consultant in the 1950s & 60s. Impeccably researched and heartfelt, *A Good Spy* is a fast moving, multigenerational story about family, a riveting exploration of how the past can influence the present in unanticipated ways. **Books will be available for purchase (\$15) and signing after the event.**



7 VIBRATIONS MUSIC/CULTURAL EXPERIENCE/RELAXATION AND SOUNDS THERAPY SESSION

with Mihika Paranjpe
 Monday, November 8, 3pm Ballroom



Seven Vibrations is a practice that takes a holistic approach towards wellness. In the current post pandemic situation, we are still facing uncertainty and increased anxiety. At Seven Vibrations, sound, music, and vibrations can heal physical, mental, and emotional stressors. Mihika, the founder of Seven Vibrations was born in a musical family from India. She has been a musician for over two decades. She composes meditative music with her soft voice and many musical instruments. She uses her knowledge of music and vibrational sound therapy in sound healing. The frequencies of musical notes and sound instruments such as Therapeutic Tibetan singing bowls are highly effective in balancing our energy centers – the chakras. In her sound healing session, you will experience peacefulness and calmness with positive energy.

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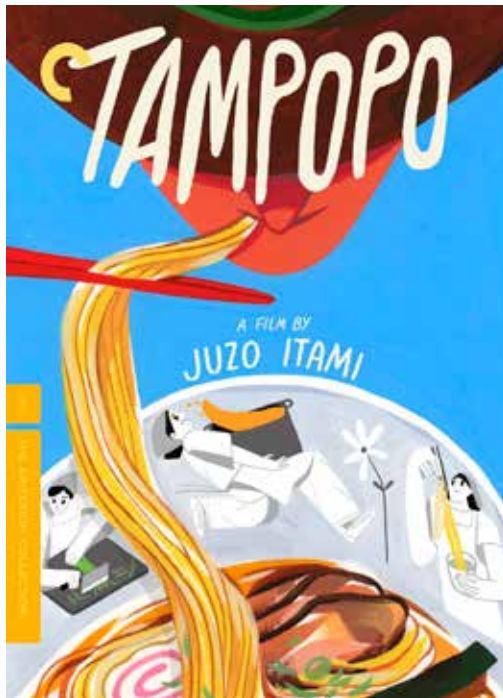
LET'S TALK CINEMA

Tampopo (Dandelion), 1985

Tuesday, November 9, 1pm Ballroom

Monday, November 15, 3pm Discussion via Zoom led by Linda Luftig

Tampopo has been called the first "Ramen" Western, a play on the Italian Spaghetti Westerns. Thanks to Director Juzo Itami's sharp, satirical edge, Tampopo is a funny, sexy, affectionate celebration of food and its influence on Japanese culture. The main story is about a trucker who rides into town like a modern-day Shane to help Tampopo set up the perfect ramen restaurant. "One of the most gleefully unconventional, joyfully anarchic, and thoroughly original films of the 1980's." Rotten Tomatoes rating: 100. In Japanese with English subtitles. Streaming on HBO Max, Apple TV, Vudu, YouTube, Amazon Prime, Google Play



**REGULAR GROUP
ACTIVITIES CONTACT
INFORMATION**

- BocceSue Pendergrass
919-247-7451
- Classic Canasta Sally Sullivan
919-489-6446
- CribbageMalcolm Jackson
919-951-7626
- Duplicate BridgeBetty White
919-967-4064
- Early BirdsJoan Bingham
919-968-3213
- Golf CroquetJoe Murphy
843-957-0674
- Interdenominational Service Nancy Cobey
919-259-7048
- Knit & StitchMargaret Rook
919-292-1497
- Library WorkdayNancy Lebo
919-259-7330
- Mah JonggSara Kittner
919-969-6822
- Memoir Writing Group.....Nancy Lebo
919-259-7330
- Mexican Train DominosSally Sullivan
919-489-6446
- Modern American..... Bonnie Farb
Canasta 561-613-7509
- Open Door Bible Study ...Nancy Cobey
919-259-7048
- Ping PongPat Kelley
919-489-0053
- Play Reading Group... Sue Bielawski
919-933-4428
- Poker.....Richard Orcutt
919-259-7533

MISSING A DAILY PRINT NEWSPAPER IN CHAPEL HILL?

Here are some options for local news delivered to your email inbox:

1. Chapel Hill Town e-news:
<https://www.townofchapelhill.org/government/newsroom/chapel-hill-eneews>
2. Chapelboro (WCHL): <https://chapelboro.com/insider>
3. The Local Reporter: <https://thelocalreporter.press/>

Each of these sources offers free email subscriptions and will bring local news to your inbox once or twice a week.

—The Publicity and Communications Committee

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

EXERCISE OPTIONS ON YOUTUBE

While a full schedule of group fitness classes is offered in the ballroom and pool, many Members prefer to exercise in their homes. Until our community Channel 24 is operational, Members may choose to follow exercise videos on YouTube. There are many geared toward seniors of all fitness levels with goals of improving strength, stamina, mobility and flexibility.

A variety of formats, both seated and standing, allows everyone to exercise at their own pace.

The following list includes experienced YouTube instructors who specialize in senior fitness:

- Senior Fitness with Meredith
- SilverSneakers
- HASfit
- Jessica Smith
- Jenny McLendon
- Lesley Sansone
- More Life Health Seniors



YouTube fitness videos are free, vary in length from 10-60 minutes and include walking workouts, yoga, balance, weight training, body weight training, Pilates, dance and more. Trying new workouts is a great way to increase fitness levels and stay motivated!



Rom and Mely Colindres
225 Cedar Club Circle

Tony and Holly Wilson
414 Cedar Berry Lane

Bill and Paige Barnett
312 Cedar Berry Lane

Richard and Linda Lee
432 Cedar Berry Lane

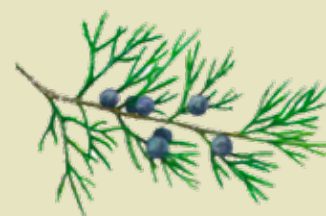
John and Catherine Schwab
109 Cedar Pond Lane



Katie Ziglar, Director of the Ackland Art Museum, shared highlights about the Ackland's collection.



Docent tour of *Buddha and Shiva, Lotus and Dragon: Masterworks from the Mr. and Mrs. John D. Rockefeller 3rd Collection at Asia Society* at the Ackland Art Museum.



The Cedars Club, Inc.

100 Cedar Club Circle, Chapel Hill NC 27517

- Editor..... Laura Booker, 919-259-7944
- In-House TVChannel 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