

THE CEDARS EMPLOYEE APPRECIATION FUND

By Phil Purcell

Every December, The Cedars Employee Appreciation Fund on your behalf gives monetary gifts to all Cedars employees to tell each and every one of them how much we appreciate all they do for us. As we all know, tipping is not allowed, so this is the one and only way we can give them monetary gifts. The Fund has been important in attracting and keeping our wonderful employees.

Ever since the Fund came into being two months after The Cedars opened its doors in August 2004, Cedars Members have contributed generously. In 2004, the few Members living here contributed \$35,903 for gifts to 145 employees. Last year, Members contributed \$403,924 for gifts to 379 employees. Where are all these employees and what do they do?

Although Activities is the smallest department with three employees, it provides a wide range of educational, cultural, musical, fitness, and entertainment programs of different levels designed to have something for everybody.

Security has 14 security officers, seven full time and seven part time, working on foot and in the famous red truck patrolling our campus 24/7 making sure it is safe. Did you know the entire security team has been trained and has the capability to assist you with minor emergency maintenance issues in your home during off business hours?

Our eight Plant Services personnel handle all kinds of maintenance issues from building issues to making sure our non-personal residential equipment is in top condition. If something doesn't work, contact them, they will fix it or get it fixed.

Environmental Services has 45 employees to take care of us. Our Villas, Verandas, Clubhouse and DuBose are kept clean by ten custodians. 28 housekeeping specialists work diligently to keep our homes and DuBose rooms clean and change our bed linens weekly. How many loads of sheets, pillowcases and towels do you think five hardworking laundry specialists wash and neatly fold every week? About 60 big loads for the Members plus six for DuBose and two for Dining.

We are driven in Cedars cars to doctor's appointments, the grocery store, voting, airport and countless other places by our four drivers and dispatcher. They also take us places in our two buses. And they have had no fender benders or speeding tickets!

While we see Dining's five hostesses, 50 servers and five managers, we don't see 18 cooks and five dishwashers busily preparing food and cleaning up. The large, diverse team ranging from high school students to career employees all care greatly about providing an outstanding dining experience. Daily, 300 to 350 lunches and dinners are served, 120 of which are delivered to Members homes.

The DuBose Health Center employs 35 nurses and 40 CNA's, some full time, some part time, along with a support staff of 35 dining staff, eight housekeepers, numerous activity staff and administrators, for 24/7 care of the 65 resident Members. In addition, our Home Care department employs two nurses and 90 CNA's in part time jobs.

Making all of these moving parts work efficiently together for our benefit are the 20 members of our Administrative staff including Accounting, Human Resources and Concierges. They deal with today's fast-changing business environment and need for quality employees in a tight labor market with HR handling recruiting and employee compensation and benefits.

There are a lot of employees doing a lot for us. Contributing to the Employee Appreciation Fund is our once a year chance to give these employees a meaningful holiday gift. Our goal for this year is \$415,000. Let's make it happen!



OCTOBER
2022

THE CEDARS POST

OCTOBER BIRTHDAYS



Philip Purcell.....	2
Richard Kent.....	2
Norma Kupersmidt.....	2
Virginia Banks.....	3
Camilla Rushbrooke.....	5
Linda Luftig.....	5
Richard Lee.....	7
Connie Eby.....	8
James Lee Burney.....	8
Willoughby Newton.....	8
Florence Fradin.....	10
Joyce Sprouse.....	11
Charlotte Frech.....	11
Prudence Meehan.....	12
Emily Furr.....	15
Shirley Little.....	16
Bob Lontz.....	19
Duncan Yaggy.....	19
Marsha Vick.....	19
Donna Byrd.....	20
Phyllis Hunter.....	23
Katherine Burk.....	23
John Leonard.....	24
Rom Colindres.....	25
Paige Barnett.....	25
William McCoy.....	26
Ellyn Easterling.....	27
Art Lebo.....	27
Hugh Boyer.....	27
Don Fang.....	28
William McLendon.....	29
Nancy Sewall.....	29
Robert Borden.....	29
James Peacock.....	31

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

FAR FROM DONE

Thursday, October 27, 7pm Ballroom

Far From Done are five guys (and a drummer girl) having fun making music with their ukuleles! Expect the unexpected as the music you hear will most certainly burst all assumptions you will have. They have all played in traditional bands throughout their lives and now enjoy the challenge of creating a full sound with small instruments. Anticipate a joyous evening of music!



HALLOWEEN BALL WITH THE KEVIN VAN SANT ENSEMBLE

Monday, October 31, 7pm Ballroom

Wear your favorite mask and dance to the sounds of the Kevin Van Sant Ensemble for our first Halloween Ball. Guitarist Kevin Van Sant has been a mainstay of the Triangle NC jazz scene for over 20 years. He has performed internationally for concerts and festivals and is the jazz guitar instructor at Duke University. Joining him on stage for this performance is a collective of accomplished, first-call musicians who are regarded among the finest on their respective instruments in the region. Special guest vocalist for the evening will be Angela Bingham. The group will be performing primarily songs from the Great American Songbook, compositions known from Broadway and film from the 1930's through the 1960's.



ROBERT GRIFFIN JAZZ PIANIST

Thursdays, October 6 & 20, 5pm Dining Lobby

RICHARD TAZEWEILL PIANIST

Fridays, October 14 & 28, 5pm Dining Lobby

BEYOND THE CEDARS



THE 34TH ANNUAL SCULPTURE IN THE GARDEN AT NC BOTANICAL GARDEN Tuesday, October 11, 9:45am Lobby

Since 1988, Sculpture in the Garden has united the work of local artists with the native plant landscapes of the North Carolina Botanical Garden. Together, they invite you to experience art, the

natural world, and the relationship between the two in a new way. From steel to ceramic, tiny to massive, and abstract to figurative, there's something for everyone. Most sculptures are available for purchase, and a portion of proceeds benefits the North Carolina Botanical Garden. Sculpture in the Garden is entirely outdoors and spread out across their display gardens. **Register on Cedars Connect beginning October 1, deadline October 9. Cost: \$4 for transportation. Maximum 13 people.**



STATE FARMER'S MARKET IN RALEIGH Wednesday, October 19, 10am Lobby

Considered one of the nation's best and most modern markets, the 30,000-square-foot State Farmers Market positively dazzles with specialty shops, restaurants and produce stands. Shoppers can browse and take home everything from fresh fruits and vegetables to meat and

dairy products and even beautiful plants and gifts. With so much here, you could spend part of the day wandering from one friendly vendor to the next and also enjoy lunch at one of the eateries. **Register on Cedars Connect beginning October 1, deadline October 17. Cost: \$12 for transportation. Maximum 13 people.**



MAKE IT TO THE BUS ON TIME

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.



UNC SOCCER MATCH VS. WAKE FOREST Thursday, October 6, 6:30pm Lobby

THE 34TH ANNUAL SCULPTURE IN THE GARDEN AT NC BOTANICAL GARDEN Tuesday, October 11, 9:45am Lobby

DUKE SYMPHONY ORCHESTRA AT BALDWIN AUDITORIUM Wednesday, October 12, 6:30pm Lobby

PLAYMAKERS REPERTORY COMPANY Sunday, October 16, 1:30pm Lobby

NC SYMPHONY AT UNC MEMORIAL HALL Tuesday, October 18, 6:45pm Lobby

STATE FARMER'S MARKET IN RALEIGH Wednesday, October 19, 10am Lobby

CAROLINA BALLET Saturday, October 22, 1pm Lobby

BILL T. JONES/ARNIE ZANE COMPANY AT UNC MEMORIAL HALL Saturday, October 29, 7:15pm Lobby

THE CEDARS EVENTS

10/1 SATURDAY

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

10/2 SUNDAY

11am Interdenominational Service **B** ■

10/3 MONDAY

8am Open Art Studio **S** ■
8:30am Aquafit On Your Own **P** ■
8:30am Cardio Combo **B** ■
9:30am Balance Basics **B** ■
10am Pilates Fusion with Joan **Z** ■
10:15am Balance Challenge **B** ■
10:30am Knit & Stitch **CR** ■
11:30am Tai Chi with Nina **B** ■
12:30pm Play Reading Group **Z** ■
1pm Poker **CR** ■
2pm **Finishing Touches: Transitions**
LifeCare 101 B ■

10/4 TUESDAY

Yom Kippur
10am-4pm Covid-19 Booster Clinic **DL** ■
4:30pm Line Dancing **B** ■

10/5 WEDNESDAY

9am Ping Pong **B** ■
9:15am Aquafit **P** ■
10am Open Door Bible Group **CR/Zoom** ■
10:30am Balance Basics **B** ■
11:15am Balance Challenge **B** ■
12:45pm Duplicate Bridge **CR** ■

10/6 THURSDAY

8:30am Cardio Combo **B** ■
9:30am Sit and Be Fit **B** ■
11am Cedars University **B** ■
1pm Golf Croquet **GL** ■
1:30pm Modern American Canasta **CR** ■
2pm Chess Club **CL** ■
2pm Documentary Film Club - *The Times of Harvey Milk* **B** ■
5pm Robert Griffin -Pianist **DL** ■
6:30pm UNC Soccer Match Vs. Wake Forest ■

10/7 FRIDAY

9:15 Aquafit **P** ■
11am Fit Friday: Cardio and Core **B** ■
3pm Classic Canasta **CR** ■

10/8 SATURDAY

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

10/9 SUNDAY

11am Interdenominational Service **B** ■

10/10 MONDAY

8am Open Art Studio **S** ■
8:30am Aquafit On Your Own **P** ■
8:30am Cardio Combo **B** ■
9:30am Balance Basics **B** ■
10am Pilates Fusion with Joan **Z** ■
10:15am Balance Challenge **B** ■
10:30am Knit & Stitch **CR** ■
11:30am Tai Chi with Nina **B** ■
12:30pm Play Reading Group **Z** ■
1pm Poker **CR** ■

10/11 TUESDAY

8:30am Total Body Strength & Stretch **B** ■
9:45am Sit & Be Fit **B** ■
9:45am **NC Botanical Garden Trip LB** ■
10am **Nerys Levy Plein Air Art Class** ■
10:45am Sit & Be Fit **B** ■
1pm Golf Croquet **GL** ■
2pm **2023 Budget Presentation B** ■
4:30pm Line Dancing **B** ■

10/12 WEDNESDAY

9am Ping Pong **B** ■
9:15am Aquafit **P** ■
10am Open Door Bible Group **CR/Zoom** ■
10:30am Balance Basics **B** ■
11:15am Balance Challenge **B** ■
12:45pm Duplicate Bridge **CR** ■
6:30pm **Duke Symphony Orchestra LB** ■

10/13 THURSDAY

8:30am Cardio Combo **B** ■
9:30am Sit and Be Fit **B** ■
11am Cedars University **B** ■
1pm Golf Croquet **GL** ■
1:30pm Modern American Canasta **CR** ■

2pm Chess Club **CL** ■
3pm **DFC The Times of Harvey Milk**
Discussion led by Joan Widdifield **Zoom** ■
5pm Robert Griffin - Pianist **DL** ■

10/14 FRIDAY

9:15 Aquafit **P** ■
11am Fit Friday: Barre Fusion **B** ■
2pm **Alaska and the Canadian Rockies**
with Phil Purcell **B** ■
3pm Classic Canasta **CR** ■
5pm Richard Tazewell - Pianist **DL** ■

10/15 SATURDAY

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

10/16 SUNDAY

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

10/17 MONDAY

8am Open Art Studio **S** ■
8:30am Aquafit On Your Own **P** ■
8:30am Cardio Combo **B** ■
9:30am Balance Basics **B** ■
10am Pilates Fusion with Joan **Z** ■
10:15am Balance Challenge **B** ■
10:30am Knit & Stitch **CR** ■
11:30am Tai Chi with Nina **B** ■
12:30pm Play Reading Group **Z** ■
1pm Poker **CR** ■
2pm **Book Chat with Jamie Fiocco CR** ■

10/18 TUESDAY

8am-4pm Flu Shot Clinic **B** ■
6:45pm **NC Symphony at UNC LB** ■

10/19 WEDNESDAY

9am Ping Pong **B** ■
9:15am Aquafit **P** ■
10am **State Farmer's Market**
Raleigh LB ■
10am Open Door Bible Group **CR/Zoom** ■
10:30am Balance Basics **B** ■
11:15am Balance Challenge **B** ■
12:45pm Duplicate Bridge **CR** ■

10/20 THURSDAY

8:30am Cardio Combo **B** ■
9:30am Sit and Be Fit **B** ■
11am Cedars University **B** ■
1pm Golf Croquet **GL** ■
1:30pm Let's Talk Cinema Film *Petite Maman* Followed by 3pm Discussion led by Linda Luftig **B ■**
1:30pm Modern American Canasta **CR** ■
2pm Chess Club **CL** ■
5pm Robert Griffin - Pianist **DL** ■

10/21 FRIDAY

9:15 Aquafit **P** ■
11am Finishing Touches: Estate Planning Workshop **B ■**
3pm Classic Canasta **CR** ■

10/22 SATURDAY

9am Ping Pong **B** ■
9am Cribbage **CL** ■
1pm Carolina Ballet **LB ■**

10/23 SUNDAY

11am Interdenominational Service **B** ■
3pm Classical Concert Series **B** ■

10/24 MONDAY

8am Open Art Studio **S** ■
8:30am Aquafit On Your Own **P** ■
8:30am Cardio Combo **B** ■
9:30am Balance Basics **B** ■
10am Pilates Fusion with Joan **Z** ■
10:15am Balance Challenge **B** ■
10:30am Knit & Stitch **CR** ■
12:30pm Play Reading Group **Z** ■
1pm Poker **CR** ■
4pm Finishing Touches Café **B** ■

10/25 TUESDAY

8:30am Total Body Strength & Stretch **B** ■
9:45am Sit & Be Fit **B** ■
10am Nery Levy Air Art Class **S ■**
10:45am Sit & Be Fit **B** ■
1pm Golf Croquet **GL** ■
1pm FUNctional Origami with Barbara Pearl **S ■**
2pm Rehab Lecture with Joe Abernethy **B ■**
4:30pm Line Dancing **B** ■

10/26 WEDNESDAY

9am Ping Pong **B** ■
9:15am Aquafit **P** ■
10am Open Door Bible Group **CR/Zoom** ■
10:30am Balance Basics **B** ■
11:15am Balance Challenge **B** ■
12:45pm Duplicate Bridge **CR** ■

10/27 THURSDAY

8:30am Cardio Combo **B** ■
9:30am Sit and Be Fit **B** ■
11am Cedars University **B** ■
1pm Golf Croquet **GL** ■
1:30pm Modern American Canasta **CR** ■
2pm Chess Club **CL** ■
2pm Member Meeting **B ■**
7pm Far From Done Ukulele Band **B ■**

10/28 FRIDAY

9:15 Aquafit **P** ■
10am American Red Cross - Community Blood Drive **B ■**
3pm Classic Canasta **CR** ■
5pm Richard Tazewell - Pianist **DL ■**



10/29 SATURDAY

9am Ping Pong **B** ■
9am Cribbage **CL** ■
7:15pm Bill T. Jones/Arnie Zane Company at UNC **LB ■**

10/30 SUNDAY

11am Interdenominational Service **B** ■

10/31 MONDAY

Halloween

8am Open Art Studio **S** ■
8:30am Aquafit On Your Own **P** ■
8:30am Cardio Combo **B** ■
9:30am Balance Basics **B** ■
10am Pilates Fusion with Joan **Z** ■
10:15am Balance Challenge **B** ■
10:30am Knit & Stitch **CR** ■
12:30pm Play Reading Group **Z** ■
1pm Poker **CR** ■
7pm Halloween Ball with The Kevin Van Sant Ensemble **B ■**



ANNOUNCEMENTS

LOW VISION SUPPORT GROUP

Monday, October 3, 11am Classroom

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, October 7, 2-3pm Art Studio

CEDARS PORCH COLLECTION

Monday, October 17, 8:30am

Food should be out for pickup by 8:30am on Front Porches or Veranda Parking Lot Bench, or you can leave a check anytime with the Clubhouse Concierge. Questions, contact Joy Metelits at 919-933-0724.

SELECT REHAB

The Use of External Aides and Resources for Executive Functioning with Joe Abernethy

Tuesday, October 25, 2pm Ballroom

For more information contact the Rehab Department at 919-259-7907

AMERICAN RED CROSS-COMMUNITY BLOOD DRIVE

Friday, October 28, 10am-3pm Ballroom

GET INVOLVED

GREAT SHORT STORIES

Tuesday, October 11, 1pm Classroom

How I Contemplated the World
by Joyce Carol Oates

MEMBER DISPLAY CASE

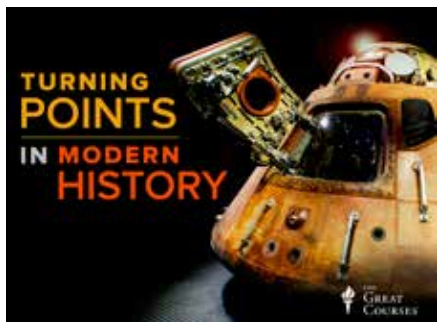
If you have a collection of treasures you'd like to share for our Member display case located in the upper level of the Clubhouse, please call Laura Booker at 919-259-7944.

Lectures on DVD

TURNING POINTS IN MODERN HISTORY

Taught by Dr. Vejas Gabriel Liulevicius, University of Tennessee, Knoxville

Thursdays through November 17, 11am Ballroom



Turning Points in Modern History takes you on a far-reaching journey around the globe—from China to the Americas to New Zealand—to shed light on how two dozen of the top discoveries, inventions, political upheavals, and ideas since 1400 shaped the modern world. Taught by award-winning history professor Vejas Gabriel Liulevicius of the University of Tennessee, Knoxville, these 24 thought-provoking lectures start in the early 15th century and culminate in the age of social media to reveal astounding threads that weave through the centuries. You'll also witness turning points with repercussions we can only speculate about because they are still very much in the process of turning.

Dr. Vejas Gabriel Liulevicius earned his B.A. from the University of Chicago and his Ph.D. from the University of Pennsylvania. After receiving his doctorate, Dr. Liulevicius served as a postdoctoral research fellow at the Hoover Institution on War, Revolution, and Peace at Stanford University. Professor Liulevicius has won many awards and honors, including the University of Tennessee's Excellence in Teaching Award and a National Endowment for the Humanities Fellowship. At the university he teaches courses on modern German history, Western civilization, European diplomatic history, Nazi Germany, World War I, war and culture, 20th-century Europe, nationalism, and utopian thought.

LEARNING OPPORTUNITIES

DOCUMENTARY FILM CLUB

The Times of Harvey Milk (1984)

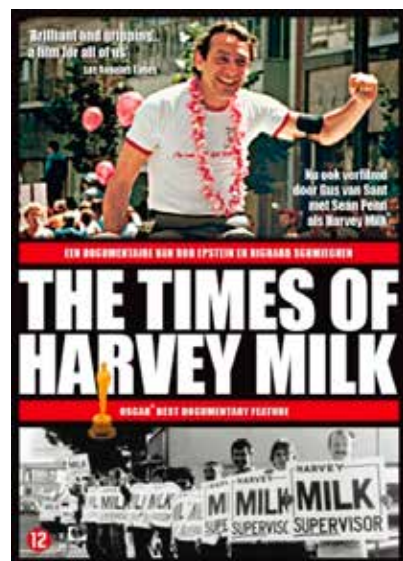
Film Screened Thursday, October 6, 2pm Ballroom

Thursday, October 13, 3pm Discussion via Zoom led by Joan Widdifield

A true twentieth-century trailblazer, Harvey Milk was an outspoken human rights activist and one of the first openly gay U.S. politicians elected to public office; even after his assassination in 1978, he continues to inspire disenfranchised people around the world.

The Times of Harvey Milk is a 1984 American documentary film that premiered at the Telluride Film Festival, the New York Film Festival, and the Castro Theatre in San Francisco. The film

was directed by Rob Epstein, produced by Richard Schmiechen, and narrated by Harvey Fierstein, with an original score by Mark Isham. The film won the Academy Awards for Best Documentary Feature in 1985 and was awarded the Special Jury Prize at the first Sundance Film Festival among other awards. Available on HBO Max, The Criterion Channel, VUDU, Prime Video, Vudu Movie & TV Store or Apple TV or your Roku device.



ALASKA AND THE CANADIAN ROCKIES with Phil Purcell

Friday, October 14, 2pm Ballroom & ch 1341

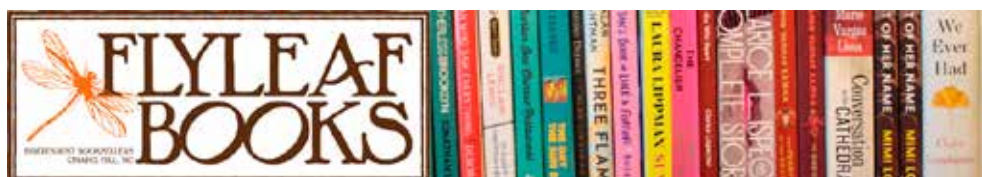
Soaring mountain peaks, glistening glaciers, dense forests, moose, black bears catching salmon, humpback whales, bald eagles, Iditarod sled dogs, lumberjacks, ski planes, float planes, helicopters, railroad

dome cars, all make for a fascinating adventure in the vast, open landscapes of the northwest part of North America. Enjoy traveling with Phil Purcell through majestic and rugged scenery.

BOOK CHAT WITH BOOKSELLERS FROM FLYLEAF

Monday, October 17, 2pm Cardroom

Jamie Fiocco from Flyleaf Books in Chapel Hill will be on hand to share recommendations for great reads in various genres, including historical fiction, history, science, children's books, cooking and other staff favorites.



LEARNING OPPORTUNITIES



LET'S TALK CINEMA

Petite Maman (2021)

Thursday, October 20, 1:30pm Film Followed by
3pm Discussion led by Linda Luftig Ballroom

A magical story of a film. Following the death of her beloved grandmother, 8-year-old Nelly accompanies her parents to her mother's childhood home to begin the difficult process of cleaning out its contents. As Nelly explores the house and nearby woods, she is immediately drawn to a neighbor child her own age who is building a hut of branches. What follows is a tender tale of childhood grief, memory, and connection. Writer/Director Celine Sciamma (*Portrait of a Lady on Fire*) has crafted a clever,

deeply moving and emotionally resonant exploration of intergenerational connection and loss, with moments of startling insight. The film is a small wonder! In French with English subtitles. Rotten Tomatoes Score 97.



FUNCTIONAL ORIGAMI WORKSHOP

with Barbara Pearl

Tuesday, October 25, 1pm Art Studio

Discover the art and beauty of Japanese paper folding and how to create models that have a useful and practical purpose including a bookmark, picture frame, bowl, and more to share with family and friends, give as one-of-a-kind gifts, or display! Learn to transform the ordinary into the extraordinary. Visit Barbara's website at www.mathinmotion.com. All are welcome, no experience necessary and materials are provided. **Register on Cedars Connect beginning October 1, deadline October 23. Maximum 10 people.**

SUDOKU PUZZLE

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating: **Evil**

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

Puzzle by websudoku.com

REGULAR GROUP

ACTIVITIES CONTACT INFORMATION

Chess Club	Carol Downs	703-282-6191
Classic Canasta	Sally Sullivan	919-489-6446
Cribbage	Malcolm Jackson	919-951-7626
Duplicate Bridge	Betty White	919-967-4064
Early Birds	Joan Bingham	919-968-3213
Golf Croquet	Joe Murphy	843-957-0674
Interdenominational Service	Nancy Cobey	919-259-7048
Knit & Stitch	Margaret Rook	919-292-1497
Library Workday	Nancy Lebo	919-259-7330
Memoir Writing Group.....	Nancy Lebo	919-259-7330
Mexican Train Dominos	Sally Sullivan	919-489-6446
Modern American.....	Bonnie Farb	561-613-7509
Open Door Bible Study ...	Nancy Cobey	919-259-7048
Ping Pong	Pat Kelley	919-489-0053
Play Reading Group...	Sue Bielawski	919-933-4428
Poker.....	Richard Orcutt	919-259-7533

FITNESS ARTICLE

STAND UP FOR BETTER HEALTH

Being a couch potato has long been known to threaten a person's health. But now researchers are discovering that it's more dangerous than previously thought.

Our bodies are programmed to move. When we spend most of our waking hours sitting, our health suffers in various ways. Examples...

- **Sluggish central nervous system.** Sitting causes your central nervous system to slow down, leading to fatigue. Three weekly sessions of low-intensity exercise, such as walking at a leisurely pace, which stimulates the central nervous system, reduced fatigue by 65% after six weeks, according to one study.
- **Weakened muscles.** Sitting weakens your muscles (especially those that support posture and are used to walk) and stiffens joints, leading to a hunched posture and increased risk for back and joint pain.
- **Poor fat burning.** The walls of your capillaries are lined with lipoprotein lipase, an enzyme that breaks down certain fats in the bloodstream. Sit for a few hours, and these enzymes start switching off. Sit all day, and their activity drops by 50%.
- **Increased heart risks.** Sitting for long periods, even in people with healthy weight, will have negative effects on blood sugar and blood fat levels, which may contribute to diabetes and heart disease.

Fortunately, the dangers of prolonged sitting can be countered by engaging in simple, low-intensity movement throughout the day. With a little forethought, it's possible to significantly raise your activity level without stepping foot in a gym...

Stand up and walk around. Do this every time an advertisement comes on the TV.

Stand up when you answer the phone. If possible, pace around your home for the duration of the call.

Follow the 10-minute rule. Whenever you're sitting, get up for ten minutes every hour to stretch your back and legs. Use this time to perform tasks that can be done while standing.

Take the stairs. Avoid the elevator when going to different floors of a building.

Park your car a distance from your destination. Even a few extra steps can add up to a healthier you.



Stephen Schaffer and Richard Dabney
125 Cedars Breeze Circle



Wonderful tour of Paperhand
Puppet Studio in Saxapahaw.

CLASSICAL CONCERT SERIES

The Calichi Trio will be performing for us on **Sunday, October 23** in the Cedars auditorium at 3:00pm. The group includes three wonderful musicians. **Violinist** Hsiao-mei Ku is a Professor of the Practice of Music and is the longest-serving Duke Music faculty member in the trio. **Cellist** Caroline Stinson is an Associate Professor of the Practice of Music and is the director of the Chamber Music Program. Both of these talented musicians are members of the Ciompi Quartet. **Pianist** Ieva Jokubaviciute is new to Duke Music, joining last year as an Associate Professor of the Practice of Music. Auditorium doors will open at **2:30pm**. **Subscribers** remember to bring your season pass. **Non-Subscribers and guests** can pay for this performance and purchase a prorated subscription, at the door. If you have any questions, please contact Nancy Buell at 617-699-6193 or nhbuell@gmail.com.

CEDARS
CLASSICAL
CONCERT SERIES



The Cedars Post is published monthly for the purpose of advertising on and off campus activities.