

# SPOTLIGHT ON HOT STUFF: NOT TO BE MISSED

by Rich Hendel and Sally Senner for the Publicity and Communications Committee

It all began sometime in early 2015 when the Cultural Arts Committee had idea to put on a Cedars talent show. Pat Beyle, head of the committee, was asked to produce it. After the last performance, Jane Hauser came Pat with a suggestion they might do a show together with fewer people. Pat had taught music in the Chapel Hill schools, and Jane was a public storyteller. Jane drafted her sister Mary Crabill (a Member at the time) who had also performed. They knew they wanted to have songs, so needing someone to accompany them, convinced pianist Karen Cooper to join the team.



Off the four of them went to Jane's beach house and came up with the idea of doing a sort of knock off of the old TV comedy Laugh-In. On that show there was a segment with a wall of little windows. One window would open, someone would pop out, tell a hilarious lame joke, close the window, and others would pop open with someone telling more 'awful' jokes. What Pat, Jane, and Mary envisioned was kind of the same with perhaps even worse jokes, corrupted popular songs (including one by Tom Lehrer), self-deprecating poetry about aging decolletage and fading memory, and much other silliness. That first show in 2015 entitled: *Hot Stuff: Three Women Whose Ages Are Higher Than Their Thermostats* was such a success there was a full house for two shows. Encouraged by this, the four of them shamelessly put together a new show the next year called *Double Hot Stuff* which was again a two-show sell-out. News of the show



reached other area CCRCs, so Hot Stuff went on the road touring to Carolina Meadows, Carol Woods, and The Forest at Duke. For *Hot Stuff: Triple By-Pass* in 2018, the group drafted in Hunnell Lopez to sing "Don't Worry, Be Happy" with the ladies as back-up singers called the Hunettes. Stephen Deal and Tina Giralt became hilarious versions of Sonny and Cher (the vision of Stephen with Sonny Bono-hair was a sight difficult to erase from your mind), and the crew from

maintenance did a takeoff on the Village People's Y.M.C.A. song. *Hot Stuff: Last Call* in 2019 was their final performance. It was again a sold-out performance, literally — this was the first time they charged a small fee. \$4,000 was raised in aid of the Scholarship Fund. Knowing this was to be the final Hot Stuff, tickets were scarce, causing one desperate, ticketless-Member to try to force her way in. Luckily, Pat Beyle's son-in-law, a documentary film producer, had learned of the show and came to record it. The nationally recognized documentary was called *The Show Must Go On* and will be shown in September on PBS. Watch out for the date in Chit Chat. It is definitely not to be missed. You don't even need a ticket.



SEPTEMBER  
2022

THE  
CEDARS  
POST

## SEPTEMBER BIRTHDAYS



Carol Price.....	2
Wilmot Gilland.....	2
John Falletta.....	3
Victoria Neunert.....	4
Eldon Senner.....	4
Priscilla Taylor.....	4
Betty White.....	5
Bobby Judd.....	5
Nancy Sprinkle.....	9
Tom Wolf.....	10
Linda Lee.....	10
Tamara Jackson.....	11
James Crumpton.....	12
Linda Pendray.....	13
Dwight Morris.....	15
Simone Rosse.....	15
Virginia Wood.....	17
Elise Guthridge.....	18
Lillian Bremer.....	18
Herbert Rothen.....	19
Robert Price.....	21
Ann Oliver.....	21
William Jr. Pereira.....	22
Valma Cornell.....	22
Betty Swift.....	23
David Judkins.....	23
Vicky Hendel.....	24
Jim Bethune.....	24
Karla Moellerine.....	24
Wyndham Robertson.....	25
Betty Kirwan.....	25
Duane Bartholomew.....	25
Johanne Miller.....	26
Mark Reed.....	26
Bill Loeser.....	26
LuAnn Engelman.....	27
Judith Bradley.....	27
Bernice Wheeler.....	28
Eugene Bozyski.....	29
Suzan Cheek.....	30
Marjorie Coward.....	30
Richard Orcutt.....	30
Ken Updegrave.....	30

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

# LET'S CELEBRATE

**MARGARET ROOK'S 16TH ANNUAL WATERMELON PARTY**  
 Sunday, September 11, 4-6pm Dining Patio (Rain Date: September 18)



## MOVIE OF THE MONTH

*The Duke*

Monday, September 19, 2pm Ballroom



In 1961, Kempton Bunton, a 60-year old taxi driver, stole Goya's portrait of the Duke of Wellington from the National Gallery in London. It was the first (and remains the only) theft in the Gallery's history. Kempton sent ransom notes saying that he would return the painting on condition that the government agreed to provide television for free to the elderly. What happened next became the stuff of legend. Only 50 years later did the full story emerge, a startling revelation of how a good man set out to change the world and in so doing saved his son and his marriage to Dorothy Bunton. Starring Jim Broadbent and Helen Mirren. (2021)

## LAST DAY OF SUMMER DANCE PARTY

*with Ambassadors Big Band*  
 Sponsored by the Activities Committee  
 Thursday, September 22, 6:30-8pm Ballroom

It's the last day of summer, so why not dance! The Ambassadors have been a fixture in swing-era dance music in the Chapel Hill community since 2003. Under the direction of Larry Triplett, the Ambassadors revive and recreate the big band music of the Swing Era. Dedicated to the performance of America's greatest popular standards, the Ambassadors Big Band consists of 5 saxophones, 4 trumpets, 4 trombones, full rhythm section and 2 popular area vocalists, Raleigh Mann and Shelly McVicker. The ensemble specializes in performing arrangements to the timeless swing music of such great Big Band leaders as Count Basie, Artie Shaw, Glenn Miller, Benny Goodman, Tommy Dorsey, Duke Ellington, and many others. This versatile band offers a diverse playlist to accommodate the many styles of dance, including the Lindy, Fox Trot, Peabody, Cha-Cha, Tango, Meringue and more.



**ROBERT GRIFFIN**  
 JAZZ PIANIST  
 Thursdays, September 1 & 15, 5pm  
 Dining Lobby

**RICHARD TAZEWELL**  
 PIANIST  
 Fridays, September 23 & 30, 5pm  
 Dining Lobby



# BEYOND THE CEDARS

## PAPERHAND PUPPET STUDIO IN SAXAPAHAW

Wednesday, September 21, 1pm Lobby

In 1998 Paperhand Puppet Intervention's directors Donovan Zimmerman and Jan Burger met and began a collaboration of epic proportions. Since then they have been using papier-mâché, cardboard, bamboo, your old house paints, cloth, and other assorted junk to create incredible giant puppets, masks, shadow plays and spectacle performances for all ages. Register on Cedars Connect beginning September 1 (registration begins at 9am), deadline September 18. Cost: \$12 for tour and transportation. Maximum 12 people.



## ROY LICHTENSTEIN: HISTORY IN THE MAKING, 1948 – 1960

at the Nasher Museum of Art at Duke University

Tuesday, September 27, 1pm Lobby

*Roy Lichtenstein: History in the Making, 1948 – 1960* is the first major museum exhibition to investigate the early work of one of the most celebrated American artists of the 20th century. The exhibition tells the overlooked story of Lichtenstein's early career and establishes a deeper understanding of postwar American art. The landmark exhibition features loans from museum and private collections, presenting about 90 works from the artist's fruitful formative years. Many of the paintings, drawings, sculptures and prints will be on public view for the first time. Register on Cedars Connect beginning September 1 (registration begins at 9am), deadline September 22. Cost: \$12 for docent tour and transportation. Maximum 12 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.



## CROCE PLAYS CROCE

at The Carolina Theatre

Thursday, September 8, 7pm Lobby

## PLAYMAKERS REPERTORY COMPANY

Sunday, September 11, 1:30pm Lobby

## PAPERHAND PUPPET STUDIO IN SAXAPAHAW

Wednesday, September 21, 1pm Lobby

## NC SYMPHONY

Thursday, September 22, 6:45pm Lobby

## CAROLINA BALLET

Saturday, September 24, 1pm Lobby

## CHAMBER ORCHESTRA

Sunday, September 25, 2pm Lobby

## ROY LICHTENSTEIN: HISTORY IN THE MAKING, 1948 – 1960

at the Nasher Museum of Art

Tuesday, September 27, 1pm Lobby

## GET INVOLVED

### 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.

### GREAT SHORT STORIES

Monday, September 12, 2pm Classroom

*The Lottery* by Shirley Jackson

# THE CEDARS EVENTS

## 9/1 THURSDAY

- 8:30am Cardio Combo **B** ■
- 9am Golf Croquet **GL** ■
- 9:30am Sit and Be Fit **B** ■
- 11am Cedars University **B** ■
- 1:30pm Modern American Canasta **CR** ■
- 2pm Chess Club **CL** ■
- 5pm Robert Griffin - Pianist **DL** ■

## 9/2 FRIDAY

- 9:15am Aquafit **P** ■
- 10am NC Symphony Season Ticket Renewal **CR** ■
- 11am Fit Friday: Barre Fusion **B** ■
- 3pm Classic Canasta **CR** ■

## 9/3 SATURDAY

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

## 9/4 SUNDAY

- 11am Interdenominational Service **B** ■

## 9/5 MONDAY

Labor Day  
All fitness classes  
cancelled



- 8:30am Aquafit On Your Own **P** ■
- 10am Pilates Fusion with Joan **Z** ■
- 10:30am Knit & Stitch **CR** ■
- 1pm Poker **CR** ■

## 9/6 TUESDAY

- 8:30am Total Body Strength & Stretch **B** ■
- 9am Golf Croquet **GL** ■
- 9:45am Sit & Be Fit **B** ■
- 10:45am Sit & Be Fit **B** ■
- 2pm Mah Jongg **CR** ■
- 3pm *Blown Away - Season 2* with Eileen & Brown Council **B** ■

## 9/7 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** ■

## 9/8 THURSDAY

- 8:30am Cardio Combo **B** ■
- 9am Golf Croquet **GL** ■
- 9:30am Sit and Be Fit **B** ■
- 11am Cedars University **B** ■
- 1pm Learning to Abstract **S** ■
- 1:30pm Modern American Canasta **CR** ■
- 2pm Chess Club **CL** ■
- 7pm Croce Plays Croce **LB** ■

## 9/9 FRIDAY

- 9:15 Aquafit **P** ■
- 11am Fit Friday: Strength Circuit **B** ■
- 3pm Classic Canasta **CR** ■

## 9/10 SATURDAY

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

## 9/11 SUNDAY

- 11am Interdenominational Service **B** ■
- 1:30pm PlayMakers **LB** ■
- 4pm Margaret Rook's 16th Annual Watermelon Party Dining Patio ■

## 9/12 MONDAY

- 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** ■
- 3pm Can You Judge a Book By the Cover? with Sonya Bonczek, Kim Bryant and Jamie Fiocco **B** ■

## 9/13 TUESDAY

- 8:30am Total Body Strength & Stretch **B** ■
- 9am Golf Croquet **GL** ■
- 9:45am Sit & Be Fit **B** ■
- 10:45am Sit & Be Fit **B** ■
- 2pm Mah Jongg **CR** ■

## 9/14 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** ■

## 9/15 THURSDAY

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

## 9/16 FRIDAY

- 9:15 Aquafit **P** ■
- 11am Fit Friday: Zumba **B** ■
- 3pm Classic Canasta **CR** ■

## 9/17 SATURDAY

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

## 9/18 SUNDAY

- 11am Interdenominational Service **B** ■

## 9/19 MONDAY

- 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 Movie of the Month - *The Duke* **B** ■

## 9/20 TUESDAY

- 8:30am Total Body Strength & Stretch **B** ■
- 9am Golf Croquet **GL** ■
- 9:45am Sit & Be Fit **B** ■
- 10:45am Sit & Be Fit **B** ■
- 2pm Mah Jongg **CR** ■
- 4:30pm Line Dancing **B** ■

## 9/21 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** ■  
1pm Paperhand Puppet Tour **LB** 🪑 ■

## 9/22 THURSDAY

8:30am Cardio Combo **B** ■  
9am Golf Croquet **GL** ■  
9:30am Sit and Be Fit **B** ■  
11am Cedars University **B** ■  
1:30pm Modern American Canasta **CR** ■  
2pm Chess Club **CL** ■  
6:30pm Last Day of Summer Dance Party with Ambassadors Big Band **B** ■  
6:45pm NC Symphony **LB** 🪑 ■

## 9/23 FRIDAY

9:15 Aquafit **P** ■  
1pm The Cedars Community Health Fair: Touchdown to Better Health! **B** ■  
3pm Classic Canasta **CR** ■  
5pm Richard Tazewell - Pianist **DL** ■

## 9/24 SATURDAY

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



## 9/25 SUNDAY

*Rosh Hashanah*

11am Interdenominational Service **B** ■  
2pm Chamber Orchestra **LB** 🪑 ■  
3pm Classical Concert Series **B** ■

## 9/26 MONDAY

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** ■  
4pm Finishing Touches Death Café **B** ■

## 9/27 TUESDAY

8:30am Total Body Strength & Stretch **B** ■  
9am Golf Croquet **GL** ■  
9:45am Sit & Be Fit **B** ■  
10am Nerys Levy Air Art Class s 🪑 ■  
10:45am Sit & Be Fit **B** ■  
1pm Roy Lichtenstein: History in the Making at the Nasher **LB** 🪑 ■  
2pm Mah Jongg **CR** ■  
4:30pm Line Dancing **B** ■

## 9/28 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** ■

## 9/29 THURSDAY

8:30am Cardio Combo **B** ■  
9am Golf Croquet **GL** ■  
9:30am Sit and Be Fit **B** ■  
11am Cedars University **B** ■  
1:30pm Modern American Canasta **CR** ■  
2pm Chess Club **CL** ■  
2pm Members Meeting **B** ■

## 9/30 FRIDAY

9:15 Aquafit **P** ■  
11am Fit Friday: Barre Fusion **B** ■  
3pm Classic Canasta **CR** ■  
5pm Richard Tazewell - Pianist **DL** ■



## ANNOUNCEMENTS



### SEASON TICKET RENEWAL

Friday, September 2, 10-11:30am  
Cardroom

Staff from the NC Symphony will assist with ticket renewal.

### JEWELRY REPAIR WITH EVA MOGENSON

Friday, September 2, 2-3pm  
Art Studio

### CAREGIVERS' SUPPORT GROUP WITH DANA BRINSON

Tuesday, September 6, 2pm  
Private Dining Room

To join the group, please contact Tara Pierce at [tpierce@cedarsofchapelhill.com](mailto:tpierce@cedarsofchapelhill.com) or 919-537-0128.

### LOW VISION SUPPORT GROUP

Monday, September 12, 11am  
Classroom

### CEDARS PORCH COLLECTION

Monday, September 19, 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.

Wonderful outing to the Gregg Museum of Art & Design in Raleigh.

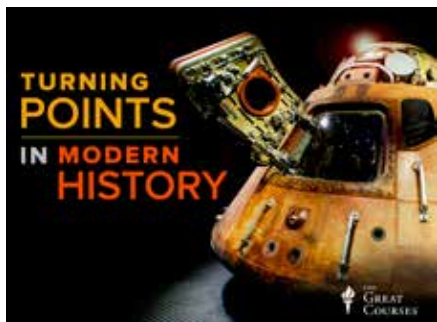


Lectures on DVD

**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**



**BLOWN AWAY - SEASON 2**

*with Eileen & Brown Council*

Tuesday, September 6, 3pm Ballroom

Eileen & Brown Council (Brown is the son of Members Hope and Fred Council) will be giving a slide presentation about the

challenges and triumphs of their second sailing season on their boat "Blown Away". There will be time at the end for questions and answers. We hope you will join us! (Refer to the flyer you received in your pigeonhole for more details about this program.)

**CAN YOU JUDGE A BOOK BY THE COVER?**

*with Sonya Bonczek, Kim Bryant and Jamie Fiocco*

Monday September 12, 3pm Ballroom



It seems everyone involved in publishing a book has an idea what the cover should look like. The author has probably been thinking about the design all while writing the book. The publicity department knows it will have to figure out the best way to market the book. The design department will have to consider the often conflicting desires of the author with those of the publicity department, and somehow create an appropriate design. But the real test of the cover design is when a book is in the bookstore or appears as a little image on an Amazon page. UNC Press publicity director Sonya Bonczek; Kim Bryant, head of design at UNC Press; and Jamie Fiocco, owner of Flyleaf Books will talk about the fraught business of design for book covers, why they work, and sometimes don't.



**LET'S TALK CINEMA**

*Parallel Mothers (2021)*

Thursday, September 15, 1pm Film Followed by Discussion led by Linda Luftig Ballroom

In Pedro Almodovar's 22nd feature film, he continues to advocate for the oppressed, this time the victims of Spanish national atrocities. Set in 2016, *Parallel Mothers* follows Janice (Penelope Cruz), a professional photographer in her 40s who begins a casual fling with a forensic anthropologist, Arturo. Nine months later she is in a Madrid hospital's maternity ward giving birth. Her roommate, 20 years her junior, is also without a partner.

The two women quickly bond and become fast friends, each the mother of a baby girl. Penelope Cruz is sensational in Almodovar's latest melodrama, one that juxtaposes motherhood and the historical past of a nation to uncover their sorrows and secrets. Written and Directed by Pedro Almodovar. In Spanish with English subtitles. The film is also streaming on Hulu and Amazon Prime.

# THE CEDARS COMMUNITY HEALTH FAIR

*Touchdown to Better Health!*

Friday, September 23, 1-4pm Lower Level Clubhouse

Are you ready for some football? Let's kickoff the 2022 Football Season to better health. Proudly wear your favorite team jersey and visit with our preferred health service providers as part of The Cedars Annual Community Health Fair.

Visit every table and walk away with expert advice, free services, take home goodies and so much more! Services will include...



- ❖ blood pressure checks
- ❖ health screenings
- ❖ chair massages
- ❖ assistive communications
- ❖ custom foot assessments
- ❖ urgent care services information
- ❖ road and fire safety
- ❖ nutrition services
- ❖ voter registration, and much more!

Services and screenings provided by: UNC Wellness, UNC Urgent Care at Farrington Road, Salvation Army, Scott Insurance, Fleet Feet, Select Rehab, American Red Cross, Verity Asset Management, The Cedars Clinic and Home Care, The Cedars Health and Safety Committee, Chapel Hill Police Department, Chapel Hill Fire Department, Voter Registration and much more.

**Now is your chance to score a Touchdown to Better Health!**



## 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**

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

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
Mah Jongg .....	Sara Kittner	919-969-6822
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

## WORK OUT WITH CHANNEL 1340

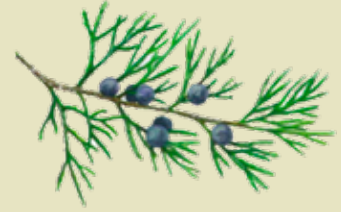
Cedars Members have access to a community wellness television channel – 1340. A variety of fitness videos makes exercising at home an option for those who prefer to do so. New videos have been added to the lineup this month.



The following schedule will be shown seven days a week:

- 8am.....Morning Meditation - NEW**
- 9am.....Band Strength Workout (seated and standing versions demonstrated)**
- 10am.....Rotating specialty class - NEW**
- 11am.....Sit and Be Fit - NEW**
- 12pm.....Cardio and Core - NEW**
- 1pm.....Walking Workout (seated and standing versions demonstrated)**
- 4pm.....Yoga - NEW**

Contact Julie Hardison at 919-259-7922 with questions.



The Cedars Club, Inc.

100 Cedar Club Circle, Chapel Hill NC 27517

- Editor..... Laura Booker, 919-259-7944
- In-House TV .....Channel 1340
- Cedars Live TV.....Channel 1341
- 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



A Cedars favorite, the award winning Vega String Quartet will be the first of our three-concert fall series, performing on Sunday, September 25 at 3pm in The Cedars Auditorium. The quartet is Quartet-in-Residence at Emory University. The New York Times raved that “[the Quartet’s] playing had a kind of clean intoxication to it, pulling the listener along...the musicians took real risks in their music making.” They perform both nationally and internationally and are frequent guests at numerous music festivals. Recently the Quartet had its debut at Amsterdam’s famed Concertgebouw, a multi-city tour of Denmark, with performances at venues such as the Royal Danish Conservatory, and appearances at El Paso Pro Musica and the Sitka Music Festival.

Subscribers, please join us for this outstanding performance. Remember to bring your season pass. Auditorium doors will open at 2:30pm. If you have questions, please contact Nancy Buell at 617-699-6193 or nhbuell@gmail.com.

If you have not subscribed to this fall’s Classical Concert Series yet, there is still time to do so. In addition to the September concert by the Vega String Quartet, the three concert series also includes performances by the outstanding Calichi Trio on Sunday, October 23 and the Fred Moyer Jazz Trio on Sunday, November 20. You will find a sign-up form and drop box in the Cedars library.



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