

SPOTLIGHT ON GAVIN LOCKLEAR

Written by Weezie Oldenburg for the Publicity and Communications Committee

Although Gavin Locklear has been with us as Administrator of DuBose Health Center since September of 2021, with Covid-19 and limited gathering and masking, many of us may not recognize our new leader and what he brings with him to our community.

Gavin was born and raised in Pembroke, North Carolina into a family with deep roots in the community. As an only child of working parents, he had the advantage of close ties with two sets of grandparents. This serves him well as insight into an aging population. His mother was involved with the management of a local medical practice, which opened his awareness to that aspect of health care as a career.

Attending East Carolina University in Greenville, North Carolina, he earned a Bachelor of Science in Public Health Studies with a concentration in Community Health in 2016. This was followed by a Master of Public Health in the Brody School of Medicine, East Carolina University with a Concentration in Administration in 2019.



Gavin's experience is wide ranging. Beginning in 2014, he served as an Undergraduate Assistant in the Center for Health Disparities at East Carolina followed by a Health Center Connection internship at Duke Raleigh Hospital. In 2017/2018 he became the Administrator in Training at Scotia Village Retirement Community in Chapel Hill. Prior to coming to The Cedars, Gavin was Nursing Home Administrator at Carol Woods Retirement Community also in Chapel Hill.

Having been in our general area since 2017, Gavin is at home in the community and has an easy commute down Hwy 55 from Durham. Gavin's father introduced him to golf at an early age and they still play as often as they can. Locally he and friends have ample opportunity to play as well. Gavin also enjoys weight lifting as exercise.

We are fortunate to have Gavin Locklear in the leadership at The Cedars. His life experience and training bring special insight to his important contribution to our community.



JANUARY
2023

THE CEDARS POST

LET'S CELEBRATE



MOVIE OF THE MONTH *TOP GUN: MAVERICK* (2022)

Thursday, January 5, 2pm Ballroom

Top Gun: Maverick is an action drama film that is a sequel to the 1986 film *Top Gun* with Tom Cruise reprising his starring role as the naval aviator Maverick. The film is directed by Joseph Kosinski and written by Ehren Kruger, Eric Warren Singer, and Christopher McQuarrie from a story by Peter Craig and Justin Marks, which is based on the characters of the original film created by Jim Cash and Jack Epps Jr. After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it. The film was widely praised by critics, with many calling it better than the original. Also starring Miles Teller, Jennifer Connelly, Val Kilmer and Ed Harris.



Jean Glover.....	1
Marcia Hanson.....	2
Carolyn Lontz.....	2
Bonnie Simms.....	2
Frank Buell.....	3
Lucy Aldridge.....	4
Charles Baker.....	5
Tom Clegg.....	6
Betsy Terrell.....	8
Al Lebeau.....	10
Hope Councill.....	11
Catherine Holland.....	11
Dorsey Whitehead.....	11
Robert Jolls.....	17
Roberta Bender-Crumpton.....	18
Linda Saaremaa.....	18
Carol Murphy.....	21
Mary Jo Pringle.....	22
Carl Hiemstra.....	23
Jane Saye.....	23
Stephen Schaeffer.....	23
John Schwab.....	23
Spurgeon Thurston.....	24
Anne Wagg.....	25
Andonette McMahon.....	26
Kathryn Green.....	29
Marjorie White.....	29
John Aldridge.....	31
Joyce Hoffman.....	31
Karen Kilara.....	31



ETHAN USLAN— RAGTIME/JAZZ/ SILENT FILM PIANIST

Monday, January 30, 2pm Ballroom

Ethan Uslan is a ragtime/jazz pianist from Charlotte, NC. He has performed all over the world, including France, Ireland, Italy, Netherlands, and even Texas. He has been hailed in the Chicago Tribune as having a “vivid musical imagination” and a “deep understanding of far-flung performance practices.” Ethan enjoys playing ragtime, New Orleans jazz and swing.



RICHARD TAZEWELL
PIANIST
Fridays, January 6 & 20, 5pm
Dining Lobby

ROBERT GRIFFIN
JAZZ PIANIST
Thursdays, January 12 & 26, 5pm
Dining Lobby

LEARNING OPPORTUNITIES

GREAT DECISIONS PROGRAM 2023

For over 60 years the Foreign Policy Association has sponsored the Great Decisions program to help Americans gain a better understanding of significant world issues. The program begins in late January with lectures at UNC on Tuesday evenings (Cedars bus to campus, see page 7 for sign up) and discussions the following Friday afternoons at 1pm in the Cedars Ballroom to view a DVD that came with the material for that issue. This is a 20 to 25 minute presentation by several experts, shedding further light and opinion on the issue. After the DVD, we have a discussion period, when we take the opportunity to discuss the topic. You may attend the lectures, the discussion group only, or both lecture and discussion group, as you wish. **Register on Cedars Connect beginning January 2, deadline January 27 for the briefing book (cost: \$29, only one per couple is required).** Following are the topics of this year's lectures: *Energy Geopolitics • War Crimes • China and the U.S. • Economic Warfare • Politics in Latin America • Global Famine • Iran at a Crossroads • Climate Migration.*



Docent tour of *Drawn to Life: Master Drawings from the Age of Rembrandt* at the Ackland

SUDOKU PUZZLE

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

Puzzle rating: **Easy**

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

Puzzle by websudoku.com

MAKE IT TO THE BUS ON TIME

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



SHOPPING TRIP TO FLYLEAF BOOKS

Thursday, January 12, 1:30pm Lobby

CHAMBER ORCHESTRA

Sunday, January 15, 2pm Lobby

REPLACEMENTS, LTD

Wednesday, January 18, 9:30am Lobby

UNC WOMEN'S BASKETBALL GAME

Sunday, January 22, 3:15pm Lobby

PLAYMAKERS

Sunday, January 29, 1:30pm Lobby

NC SYMPHONY AT UNC

Sunday, January 29, 6:45pm Lobby

GREAT DECISIONS LECTURE AT UNC MURPHY HALL

Tuesday, January 31, 6:30pm Lobby

THE CEDARS EVENTS

Happy New Year!



1/1 SUNDAY

11am Interdenominational Service **B** ■

1/2 MONDAY

8:30am Aquafit On Your Own **P** ■
 10am Pilates Fusion with Joan **Z** ■
 10:30am Knit & Stitch **CR** ■
 11am Low Vision Support Group **CL** ■
 12:30pm Play Reading Group **Z** ■
 1pm Poker **CR** ■
 1:30pm Chess Club **CL** ■

1/3 TUESDAY

8:30am Total Body Strength & Stretch **B** ■
 9:45am Sit & Be Fit **B** ■
 10:45am Sit & Be Fit **B** ■
 1pm Golf Croquet **GL** ■
 2pm Caregivers' Support Group **PDR** ■
 4:30pm Line Dancing **B** ■

1/4 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** ■

1/5 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 **Movie of the Month – Top Gun: Maverick** **B** ■

1/6 FRIDAY

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

1/7 SATURDAY

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

1/8 SUNDAY

11am Interdenominational Service **B** ■

1/9 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** ■
 1:30pm Chess Club **CL** ■
 2pm **Stamp Collecting Show and Tell with Gordon Duff** **B** ■

1/10 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** ■

1/11 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** ■

1/12 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** ■
 1:30pm **Shopping Trip to Flyleaf Books** **LB** ■
 5pm **Robert Griffin - Pianist** **DL** ■

1/13 FRIDAY

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

1/14 SATURDAY

9am Ping Pong **B** ■

9am Cribbage **CL** ■

1/15 SUNDAY

11am Interdenominational Service **B** ■
 2pm **Chamber Orchestra** **LB** ■

1/16 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** ■
 12:30pm Play Reading Group **Z** ■
 1pm Poker **CR** ■
 1:30pm Chess Club **CL** ■
 1:30pm **DFC Film Three Identical Strangers** Followed by 3:15pm Discussion led by Joan Widdifield **B** ■

1/17 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** ■

1/18 WEDNESDAY

9am Ping Pong **B** ■
 9:15am Aquafit **P** ■
 9:30am **Replacements, LTD** **LB** ■
 10am Open Door Bible Group **CR/Zoom** ■
 10:30am Balance Basics **B** ■
 11:15am Balance Challenge **B** ■
 12:45pm Duplicate Bridge **CR** ■
 4pm **Yoga with Scott** **B** ■

1/19 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** ■
 1:30pm **Let's Talk Cinema Film Hit the Road** Followed by 3:15pm Discussion led by Linda Luftig **B** ■

1/20 FRIDAY

9:15am Aquafit **P** ■
 11am Fit Friday: Zumba **B** ■

3pm Classic Canasta **CR** ■
5pm Richard Tazewell - Pianist **DL** ■

1/21 SATURDAY

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

1/22 SUNDAY

11am Interdenominational Service **B** ■
3:15pm UNC Women's
Basketball Game **LB** 🚶 ■

1/23 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** ■
12:30pm Play Reading Group **Z** ■
1pm Poker **CR** ■
1:30pm Chess Club **CL** ■
4pm Finishing Touches Death Café **B** ■

1/24 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** ■

1/25 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** ■
4pm Yoga with Scott **B** 🚶 ■

1/26 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 Members Meeting **B** ■
5pm Robert Griffin - Pianist **DL** ■

1/27 FRIDAY

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

1/28 SATURDAY

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

1/29 SUNDAY

11am Interdenominational Service **B** ■
1:30pm PlayMakers **LB** 🚶 ■
6:45pm NC Symphony @ UNC **LB** 🚶 ■

1/30 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** ■
12:30pm Play Reading Group **Z** ■
1pm Poker **CR** ■
1:30pm Chess Club **CL** ■
2pm Ethan Uslan - Ragtime/Jazz/ Silent
Film Pianist **B** ■

1/31 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** ■

ANNOUNCEMENTS

LOW VISION SUPPORT GROUP

Monday, January 2, 11am Classroom

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, January 6, 2-3pm Art Studio

CEDARS PORCH COLLECTION

Monday, January 9, 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.

GET INVOLVED

GREAT SHORT STORIES

The Blue Hotel by Stephen Crane

Monday, January 9, 2pm Classroom

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.



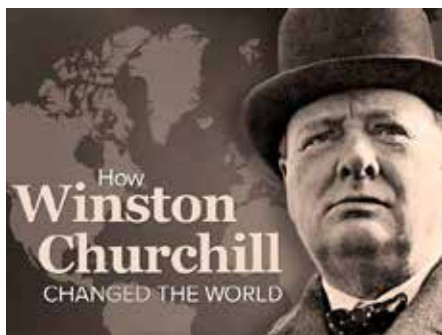
A wonderful afternoon at Bob Slater's holiday model train show!

Lectures on DVD

HOW WINSTON CHURCHILL CHANGED THE WORLD

Taught by Michael Shelden,
PhD Professor, Indiana State
University

Thursdays through February 16



In *How Winston Churchill Changed the World*, enjoy a thorough, multifaceted exploration of Churchill's life, accomplishments, complexities, and legacies. Over the span of 24 lectures that unfurl like a great story, you will delve into Churchill's military leadership during World War I and World War II; his personal relationships with family and friends; his abiding passion for history, literature, and public speaking; and his political relationships with historical giants like Franklin Delano Roosevelt, Joseph Stalin, and Queen Elizabeth II. With Professor Shelden as your authoritative guide, you'll embark on an unforgettable adventure through the 20th century in the footsteps of the one man who helped not just Great Britain but all of humanity prevail during violent, dangerous times.

Professor Shelden provides a biographer's keen insights into Churchill and uses this course to help you arrive at an amazing conclusion: No matter how much you reveal about the man, Churchill in every way lives up to his legend.

LEARNING OPPORTUNITIES



STAMP COLLECTING

with Gordon Duff

Monday, January 9, 2pm Ballroom

Stamp Collecting is a "show and tell" of one person's approach to the hobby. First, a brief overview of collecting followed by some stamps Gordon finds interesting, what and why he collects, and what it is all worth. He has been collecting stamps on and off for the last 40 years.

DOCUMENTARY FILM CLUB

Three Identical Strangers (2018)

Monday, January 16, 1:30pm Film Followed by
3:15pm Discussion led by Joan Widdifield in the
Ballroom

Three Identical Strangers is documentary film directed by Tim Wardle. It's about the lives of Edward Galland, David Kellman, and Robert Shafran, a set of identical triplet brothers adopted as infants by separate families. Combining archival footage, re-enacted scenes, and present-day interviews, it recounts how the triplet brothers discovered one another by chance in New York in 1980 at age 19. Their public and private lives in the years that followed, and their eventual discovery that their adoption had been part of an undisclosed scientific "nature versus nurture" study of the development of genetically identical siblings raised in differing socioeconomic circumstances. Also available for streaming on Hulu, Amazon Prime and Apple TV.



LET'S TALK CINEMA

Hit the Road (2021)

Thursday, January 19, 1:30pm Film Followed
by 3:15pm Discussion led by Linda Luftig in the
Ballroom

Hit the Road is writer/director Panah Panahi's masterful feature debut. It follows a family of four on a mysterious road trip in the countryside outside of Tehran, Iran. A melancholy film laced with the comedic antics of an impossibly cute six-year-old trickster. The family's secret destination is slowly revealed. The film premiered at the 2021 Cannes Film Festival and won top prizes at the BFI London Film Festival and the Singapore International Film Festival. Persian with English Subtitles. Streaming on Amazon Prime.

BEYOND THE CEDARS

SHOPPING TRIP TO FLYLEAF BOOKS

Thursday, January 12, 1:30pm Lobby

Flyleaf Books is an independent bookstore located in Chapel Hill featuring new and used books as well as a large children's section. They also have a nice gift section including jigsaw puzzles, boxed cards, journals and more. **Register on Cedars Connect beginning January 2, deadline January 10. Cost: \$4 for transportation.**



REPLACEMENTS, LTD Wednesday, January 18, 9:30am Lobby

Replacements, Ltd. is the world's largest retailer of old and new china, crystal, silver and collectibles with more than 11 million pieces of

inventory from more than 450,000 patterns in a warehouse the size of eight football fields. Replacements is a one-of-a-kind shopping destination you won't find any place else in the world. **Register on Cedars Connect for each lecture you'd like to attend beginning January 2, deadline 48 hours before each lecture. Cost: \$15 for transportation. Minimum 6 people.**

GREAT DECISIONS PROGRAM 2023 LECTURES AT UNC

The program begins in late January with lectures at UNC Murphy Hall on Tuesday evenings (Cedars bus to campus) departing the Lobby at 6:30pm. Schedule is always subject to change. **Register on Cedars Connect for each lecture you'd like to attend, deadline 48 hours before each lecture. Cost: \$4 for transportation.**

- January 31 — *Energy Geopolitics*
- February 7 — *Global Famine*
- February 21 — *War Crimes*
- February 28 — *Climate Migration*
- March 7 — *China and the United States*
- March 21 — *Iran at a Crossroads*
- March 28 — *Latin American Politics*
- April 4 — *Economic Warfare*



REGULAR GROUP ACTIVITIES CONTACT INFORMATION

- Chess ClubCarol Downs
703-282-6191
- 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
- Memoir Writing Group.....Nancy Lebo
919-259-7330
- Mexican Train Dominos....Sally 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
- Pole Walking.....Joan Ontjes
919-219-5128

FITNESS ARTICLE

BETTER HEALTH WITH YOGA

Yoga offers physical and mental health benefits for people of all ages. Regardless of your level of expertise, if you're practicing regularly, you can feel better from head to toe. Here are some of the ways that yoga can improve your health:

- **Yoga improves strength, balance and flexibility.** Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.
- **Yoga helps with arthritis and back pain relief.** Stretching eases pain and improves mobility in people with lower back pain.
- **Yoga benefits heart health.** Regular yoga practice can reduce levels of stress and body-wide inflammation, contributing to healthier hearts.
- **Yoga can mean more energy and brighter moods.** You may feel increased mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings after getting into a routine of practicing yoga.
- **Yoga helps you manage stress.** According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.

Source: HOPKINSMEDICINE.ORG



The Cedars Club, Inc.

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Dining Reservations 919-259-7932
Work Orders 919-259-7918
Security 919-883-7666
Transportation..... 919-259-7740



MAT YOGA AT THE CEDARS

Wednesdays, January 18-February 22, 4-5pm Ballroom

Join instructor Scott Campbell for a six-week session of mat yoga. These classes will be suitable for Members who are able to perform yoga while standing and on a mat. **Cost: \$60 for the six-week session, payable by cash or check to Scott Campbell. Contact Julie Hardison at 919-259-7922 to register, deadline January 12. Minimum 5 people, maximum 15 people.**

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