

Getting to Know You

Beginning in February the Publicity and Communication Committee will begin to publish every other month (or so), short biographies we hope to get from new members. These are one of the best ways to introduce yourself to other residents. What you say about where you are from, where and what you studied, what you have done, what your hobbies and interests are, how you met your spouse, etc — is information that often leads to new friendships at The Cedars.

It has been nearly five months since the last time these short biographies were collected, so the Committee is eager to contact all new members who have moved in since October. A member from the Committee will contact you. We hope you will be interested in replying to our brief questionnaire. We would very much like a photo as well. If you don't have one, we would be happy to take your picture to accompany your profile. Our aim is to get photos of all members onto the Cedars Connect website.

Here is our first profile, from Anne and William Hoskins who moved into Alexander 215 in October 2022. Anne said, if you want to meet new people in a place like The Cedars, the best way is to get a dog.



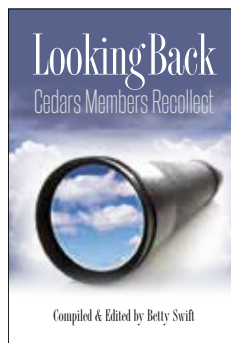
William and I met in our 9th grade home room at EC Glass High School in Lynchburg, VA. William was born in Lynchburg but I came in the 8th grade via Houston, TX; San Diego, CA; and Roanoke, VA. We were married after William graduated from VA Tech and I graduated from Mary Baldwin College. Neither of us had a "real job" but both we and our parents had faith that we could make a good life together and we think that we have.

William's first and last positions were connected with the shoe industry. We first lived in Lynchburg



and after the birth of our two daughters moved first to Columbia, SC and then Charlotte, NC where they grew up and William was over the shoe business for the Belk stores. When the girls were in high school I began working as a legal assistant at a large law firm where I was the paralegal for trust and estate administration. Later William was recruited to build up the business of a shoe company in Maine and we moved there after our daughters were married. I began working during tax season for an accounting firm and continued this when we moved back to Lynchburg to be near our families. After twenty two years in Lynchburg we again moved and this time to The Cedars to be closer to our daughter in Raleigh and more accessible to our daughter in Atlanta. This has been the most wonderful of all our moves!

I have enjoyed playing bridge here and William is enjoying golf croquet and anticipating playing golf on a nearby course as the weather becomes warmer. We both enjoy friendships and being with other members of The Cedars. What you might find surprising is how much we still enjoy each other! *By Anne Hoskins*



Another excellent way to get to know about Cedars residents is **Looking Back**, a book of memoirs written by members. It's \$17.50 and can be purchased from the concierge at the Clubhouse. All sales benefit the Scholarship Program.



FEBRUARY
2023

THE CEDARS POST

FEBRUARY BIRTHDAYS



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LET'S CELEBRATE

VALENTINE'S DAY CELEBRATION WITH JENNIFER CURTIS AND DIALI CISSOKHO

Tuesday, February 14, 3pm Ballroom

Jennifer Curtis is an internationally acclaimed violinist who performs around the globe as a soloist and chamber musician. She's also a composer and improviser. The New York Times described her second solo concert in Carnegie Hall as "one of the gutsiest and most individual recital programs." She was celebrated as "an artist of keen intelligence and taste, well worth watching out for." A renowned korista and percussionist from Senegal, Diali Cissokho moved to the US after years of performing and teaching in Senegal and in Europe. Born into a rich ancestry of Manding griots (jalis), Diali has been playing traditional West African music for as long as he can remember. While his greatest love is the kora, a 21-stringed West African bridge harp, he is also an accomplished singer, songwriter, and percussionist.



PIANO RECITAL WITH MARY SCHOENFELD

A Program of Classical Piano Music

Friday, February 17, 3pm Ballroom

Mary Schoenfeld has a Master's Degree in Piano from The Julliard School of Music and a Master's Degree in Musicology from UNC-CH. Mrs. Schoenfeld has studied and coached with Alton Jones, Istvan Nadas, George Pappastavrou, Frederick Marvin, Adele Marcus and Seymour Bernstein.

MOVIE OF THE MONTH - TÁR

Monday, February 20, 2pm Ballroom

In the male-dominated world of classical music, Lydia Tár is a star. But as the first female director of a major orchestra prepares to record a symphony, she confronts the changing nature of power, its impact, and durability in our modern world. Starring Cate Blanchett, Mark Strong and Julian Glover. (2022)



FAT TUESDAY - MARDI GRAS CELEBRATION

Tuesday, February 21, 3pm Ballroom

Enjoy the sounds of Bourbon St. as we celebrate Fat Tuesday with the Decatur Street Beat Dixieland Band. Band members include Dick Sloane (trombone), Keith Longmire (clarinet and saxophone), Irv Eisen (tuba) and

Dan Cunningham (singer, banjo, guitar and washboard). Come dressed in Mardi Gras colors of purple, gold and green and wear your favorite mask!

LET'S CELEBRATE



We are excited to tell you about a “bonus” Classical Concert which will be held on February 5th in The Cedars Ballroom. The concert is open to the entire Cedars community.

It will be free for all subscribers and cost \$20.00 for others who wish to attend. Subscribers will receive a new pass in their mailboxes. Non-subscribers can just sign a form at the door, charging \$20.00 to their Cedars bill. The concert will feature **Mimi Solomon on piano and Nick DeEugenio on violin**. Both of these musicians are currently on the faculty of UNC Chapel Hill and have performed previously at the Cedars. Mimi’s career has been as a chamber musician, soloist, and teacher. She has performed in the U.S., China, Japan, and Europe. Nicholas’s career has been as a chamber musician, leader, and soloist. Together with Mimi, Nicholas created the project, “Unraveling Beethoven” which was recorded on an

award-winning album released in 2018. The program will include music by **Mozart, Bach, Bonds, and Ravel**. Doors to the concert will open at 2:45. **The concert will begin at 3:00 pm** and last for about an hour without an intermission. If you have any questions, please contact Nancy Buell at nhbuell@gmail.com or 617-699-6193.



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


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
Pole Walking.....	Joan Ontjes	919-219-5128

THE CEDARS EVENTS

2/1 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**  ■

2/2 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** ■

2/3 FRIDAY

- 9:15 Aquafit **P** ■
- 11am Fit Friday: Barre Fitness **B** ■
- 1pm Great Decisions Discussion **B** ■
- 3pm Classic Canasta **CR** ■
- 5pm Richard Tazewell - Pianist **DL** ■

2/4 SATURDAY

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

2/5 SUNDAY

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


2/6 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 Chess Club **CL** ■
- 2pm Book Chat **CR** ■


2/7 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 Valentine Origami s ■

- 4:30pm Line Dancing **B** ■
- 6:30pm Great Decisions Lecture **UNC LB**  ■

2/8 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**  ■

2/9 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 LTC film *Mank* Followed by
- 3:45pm Discussion led by Linda Luftig **B** ■
- 5pm Robert Griffin - Pianist **DL** ■

2/10 FRIDAY

- 9:15 Aquafit **P** ■
- 11am Fit Friday: Cardio and Core **B** ■
- 1pm Great Decisions Discussion **B** ■
- 3pm Classic Canasta **CR** ■


2/11 SATURDAY

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

2/12 SUNDAY

- 11am Interdenominational Service **B** ■

2/13 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 **B** ■
- 12:30pm Play Reading Group **Z** ■
- 1pm Poker **CR** ■
- 2pm Chess Club **CL** ■
- 2pm Chapel Hill Bus Tour **LB**  ■


2/14 TUESDAY

Happy Valentine's Day!

- 8:30am Total Body Strength & Stretch **B** ■
- 9:45am Sit & Be Fit **B** ■
- 10:45am Sit & Be Fit **B** ■
- 1pm Golf Croquet **GL** ■
- 3pm Valentine's Day Celebration with Jennifer Curtis and Diali Cissokho **B** ■



2/15 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**  ■

2/16 THURSDAY

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

2/17 FRIDAY

- 9:15am Aquafit **P** ■
- 3pm Classic Canasta **CR** ■
- 3pm Piano Recital with Mary Schoenfeld **B** ■

2/18 SATURDAY

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

2/19 SUNDAY

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

2/20 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 **B** ■
- 12:30pm Play Reading Group **Z** ■

1pm Poker CR ■
2pm Chess Club CL ■
2pm Movie of the Month - *Tár* B ■

2/21 TUESDAY

8:30am Total Body Strength & Stretch B ■
9:45am Sit & Be Fit B ■
10:45am Sit & Be Fit B ■
1pm Golf Croquet GL ■
3pm Mardi Gras Celebration B ■
6:30pm Great Decisions Lecture
UNC LB 📍 ■

2/22 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 📍 ■

2/23 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 ■

2/24 FRIDAY

9:15am Aquafit P ■
11am Fit Friday: Strength Circuit B ■
3pm Classic Canasta CR ■
1pm Great Decisions Discussion B ■
5pm Richard Tazewell - Pianist DL ■

2/25 SATURDAY

9am Ping Pong B ■
9am Cribbage CL ■

2/26 SUNDAY

11am Interdenominational Service B ■

2/27 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 ■
2pm Chess Club CL ■
3:30pm Finishing Touches Café B ■

2/28 TUESDAY

8:30am Total Body Strength & Stretch B ■
9:45am Sit & Be Fit B ■
10:45am Sit & Be Fit B ■
1pm Golf Croquet GL ■
1:30pm Gregg Art Museum LB 📍 ■
4:30pm Line Dancing B ■
6:30pm Great Decisions Lecture
UNC LB 📍 ■

ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, February 3, 2-3pm
Art Studio

CEDARS PORCH COLLECTION

Monday, February 13, 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

Monday, February 13, 2pm
Classroom

To Room Nineteen by Doris Lessing

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

HOW WINSTON CHURCHILL CHANGED THE WORLD

Taught by Michael Shelden,
PhD Professor, Indiana State
University

Thursdays through February 16,
11am Ballroom

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.

THE WONDERS OF AMERICA'S STATE PARKS

Taught by Joe Yogerst,
University of Oregon

Thursdays, February 23
through May 11 Ballroom



Joe Yogerst, a writer for National Geographic Books, has spent his career exploring the amazing natural and historic landmarks on display at state parks. And in *The Wonders of America's State Parks*, he guides you on a riveting adventure through more than 100 state wilderness areas stretching from New England to the Pacific Northwest to the Hawaiian Islands. You'll learn how these state parks came into existence, what makes them such a special part of America's story, and how to maximize your experience, whether you're looking for historical insights, panoramic views, or a rejuvenating hike. Mr. Yogerst's 24 lectures will infuse you with the same enthusiasm he shares for these awesome natural, historical, and recreational wonders.

LEARNING OPPORTUNITIES

BOOK CHAT WITH BOOKSELLERS FROM FLYLEAF

Monday, February 6, 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.



VALENTINE ORIGAMI WORKSHOP WITH BARBARA PEARL

Tuesday, February 7, 1pm Art Studio

Celebrate Valentine's Day in this fun-filled hands-on creative origami workshop with award winning educator Barbara Pearl. Discover how to make one-of-a-kind valentines to surprise, entertain, and delight family and friends. Learn the art of Japanese paper folding to wear, give as a gift, or display - transform an ordinary "peace" of paper into the extraordinary. Materials and supplies provided. No experience required. **Register on Cedars Connect, deadline February 5. Maximum 10 people.**

LET'S TALK CINEMA

Mank (2020)

Thursday, February 9, 1:30pm Film Followed
by 3:45pm Discussion led by Linda Luftig in the
Ballroom

There are many who believe that *Citizen Kane* was the greatest film ever made. Let's Talk Cinema is going to let you decide. On February 9th we will watch and discuss *Mank*, based on the true story of screenwriter Herman Mankiewicz who in 1940, together with director Orson Welles, worked on the script for *Citizen Kane*. Then on March 23rd we will watch *Citizen Kane* together and come to our own conclusions. *Mank* was nominated for 10 Academy Awards including Best Picture, Best Director (David Fincher), Best Actor (Gary Oldman), Best Supporting Actress (Amanda Seyfried) and more. Sharply written (by Fincher's father Jack Fincher), and brilliantly performed, *Mank* peers behind the scenes of *Citizen Kane* to tell an old Hollywood story that could end up being a classic in its own right.



BEYOND THE CEDARS



CHAPEL HILL HISTORIC BUS TOUR with Cliff Butler Monday, February 13, 2pm Lobby

Join Cliff Butler on The Cedars bus for a historic tour around Chapel Hill. Cliff will share his 60 years of knowledge and history about the town we all call home. Learn how sacrificing daughters brought wealth to The University

of North Carolina. What are Chapel Hill's links to John D. Rockefeller and the Duke's of Durham. Why did the New York Yankees play UNC in baseball? Did one of the Morehead Scholars become a stripper and porn star? What is Chapel Hill's tie to the movie *Blow*. Cliff will be offering tours on February 13 and March 13. **Register on Cedars Connect beginning February 1, deadline February 9. Cost: \$12 for tour. Maximum 12 people.**

GREGG MUSEUM OF ART & DESIGN IN RALEIGH Tuesday, February 28, 1:30pm Lobby

With approximately six new exhibitions each year, there is almost always something new to see at the Gregg. *True Likeness* presents an exhibition of contemporary portraits from diverse makers in a variety of media including video, photography, painting, collage, installation, sculpture, printmaking, and drawing. Artists, some familiar, others more on the fringe of the art world, hail from all over the United States. Their own identities, and those presented through their works, provide a snapshot of who we are as a country.

Curated by Mark Sloan, *This is Not: Aldwyth* in Retrospect celebrates the life and work of the one-name artist, Aldwyth. Now in her late eighties, the artist surveys the constellation of influences that have brought her this far. Aldwyth has lived and worked in the same octagonal studio/house at the edge of a salt marsh on a small island adjacent to Hilton Head Island, South Carolina, since 1980. This retrospective takes measure of her entire artistic output from 1953 to present, highlighting the points at which her fascinations have evolved into obsessions. **Register on Cedars Connect beginning February 1, deadline February 23. Cost: \$12 for docent tour and transportation.**



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.



GREAT DECISIONS LECTURE AT UNC Tuesday, February 7, 6:30pm Lobby

CAROLINA BALLET
Saturday, February 11, 1pm Lobby

CHAPEL HILL HISTORIC
BUS TOUR
with Cliff Butler
Monday, February 13, 2pm Lobby

CHAMBER ORCHESTRA
Sunday, February 19, 2pm Lobby

GREAT DECISIONS
LECTURE AT UNC
Tuesday, February 21, 6:30pm Lobby

GREGG MUSEUM OF ART &
DESIGN IN RALEIGH
Tuesday, February 28, 1:30pm Lobby

GREAT DECISIONS
LECTURE AT UNC
February 28, 6:30pm Lobby

FITNESS ARTICLE

WHY GOOD POSTURE MATTERS

“Stand up straight.” That’s timeless advice we’ve probably all heard at one time or another. It’s worth heeding. Good posture is important to balance: by standing up straight, you center your weight over your feet. This also helps you maintain correct form while exercising, which results in fewer injuries and greater gains.

Not an athlete? It still pays to have good balance. Just walking across the floor or down the block requires good balance. So does rising from a chair, going up and down stairs, toting packages and even turning to look behind you.

Poor posture isn’t necessarily a bad habit, either. Physical reasons for poor posture include:

- Inflexible muscles that decrease range of motion (how far a joint can move in any direction). For example, overly tight, shortened hip muscles tug your upper body forward and disrupt your posture. Overly tight chest muscles can pull your shoulders forward.

- Muscle strength affects balance in a number of ways. The “core muscles” of the back, abdominals and pelvis form a sturdy central link between your upper and lower body. Weak core muscles encourage slumping, which tips your body forward and thus off balance. Strong lower leg muscles also help keep you steady when standing.

The good news: You can improve your posture with a few simple exercises. Balance-specific workouts address posture and balance problems with exercises that build strength where it counts and stretches that loosen tight muscles. And increasing core strength and flexibility can help you improve your posture noticeably.

Good posture means:

- Chin parallel to the floor
- Shoulders back and down
- Abdominal muscles braced
- Hips and knees even and pointing straight ahead
- Body weight distributed evenly on both feet

- Source: Harvard Health Publishing

There are many opportunities to improve your posture here at The Cedars, including group exercise classes, workouts in the fitness room and physical therapy. Contact Julie Hardison, Fitness Coordinator, at 919-259-7922 with questions.



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