

SPOTLIGHT ON SHATEEMA JAZEL CREDLE

Written by Judith Bond Bradley for the Communications Committee



We have all received email messages from Shateema, but not many of us know who she is or what she looks like. This article is an introduction to Shateema, who took up the mantle of Office Manager at The Cedars (Sheila's old job) just 6 months ago.

Shateema was born in New York City and moved quite often (including to Queens, Virginia, Brooklyn, New Jersey). She was a good student, graduating valedictorian with honors. She went to Montclair State University in New Jersey and majored in Broadcasting. It was there that she gained experience with interviewing and communication. She had an internship at Radio City Music Hall and was an Administrative Assistant and Coordinator for several organizations (like MTV Networks). She also received a Bachelor of Arts degree in Psychology from Brooklyn College. Her education enabled her to understand and work with people as she "likes to help people." Shateema has two daughters, 8 and 10 years old, who attend our public schools, and has family in the area.

Shateema juggles several activities for us. She is first of all a "communication person." She helps residents meet their needs. She sends out notices of meetings, and other memos, updates our Members Directory, welcomes and meets with new members, and helps make transitions comfortable. She is open to new activities.

Outside of The Cedars, Shateema loves to cook and classifies herself as a "foodie" that enjoys experiencing food from other cultures. She is interested in 'wine tasting', dancing, playing the piano, and golfing (in the future). A 'fun day' would be going to Barnes & Noble, having a coffee, and reading a book. She also does volunteer work as a Group Facilitator at the Orange County Rape Crisis Center.

We are delighted to have Shateema in our community and look forward to working with her and getting to know more about her.



DECEMBER
2023

THE CEDARS POST

DECEMBER BIRTHDAYS



Genevieve Cole.....	5
Joe Grisham.....	5
William Pollitt.....	6
Jerry VanSant.....	6
John Costello.....	7
Kenton McCartney.....	7
Carol Minton.....	7
Mavis Rochen.....	7
Thompson Peggy.....	8
Norman Elliott.....	9
Dennis Caren.....	10
Libby Lefkowitz.....	10
Joe Murphy.....	10
Bea Hughes.....	11
Bob Gackenbach.....	13
Josie Patton.....	13
Carol Buxton.....	15
Bill Furr.....	15
Joan Hoffman.....	17
Sharon Porter.....	18
Joanne Marshall.....	19
Sally Terwey.....	19
Art Werner.....	19
Linda Birnbaum.....	21
Henry Lester.....	21
Tovah Wax.....	21
Mark Kohi.....	22
Karen Brown.....	23
Carol McCartney.....	25
Shirley Emerson.....	29
Dede Hall.....	29
Joe Pagano.....	29
Marian Buhr.....	30

LET'S CELEBRATE

A CAPELLA HOLIDAY CONCERT

Saturday, December 16, 3pm Great Lawn

Meadowmont will be hosting a high school A Capella Holiday Concert on our great lawn.



Massachusetts and New York since 1966. She has studied organ with Lena Gardner, Francesco Esile, Todd Wilson, Frederick Bachhaus, and Dr. Walter Hilse. Margery has studied piano with Brian Dykstra and Neil Rutman. They will perform a program of seasonal favorites, including "We Three Kings of Orient Are," "White Christmas," "Oh Come, O Come, Emanuel," "Deck the Halls," and more.

HOLIDAY PIANO DUETS

with Laurel Siviglia and Margery Gates
Tuesday, December 12, 2pm DuBose Activities Room

Laurel and Margery met at the Chapel Hill Music Teachers Association in 2011 and immediately began working as a piano duet. Laurel has been working as a church organist/choir director in

MOVIE OF THE MONTH - *GOLDA*

Monday, December 18, 2pm DuBose Activities Room

A ticking-clock thriller set during the tense 19 days of the Yom Kippur War. Israeli Prime Minister Golda Meir (Helen Mirren) must navigate overwhelming odds, a skeptical cabinet and a complex relationship with US Secretary of State Henry Kissinger (Liev Schreiber) with millions of lives in the balance. Her tough leadership and compassion would ultimately decide the fate of her nation. (2023)



Veterans Day Honor
Gallery, thank you to
all who served

BEYOND THE CEDARS



HOLIDAY SHOPPING TRIP TO VILLAGE DISTRICT

Wednesday, December 6, 10am Lobby

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. **Register on Cedars Connect beginning December 1 at 9am, deadline December 5. Cost: \$12 for transportation.**

CHEESE/WINE CLASS AT THE CHEESE SHOP IN CARRBORO

Wednesday, December 13, 2:45pm Lobby

As the cold weather sets in, come and have a couple of glasses of wine and learn about and taste some special cheeses for the entertaining season that will not only wow and impress but be absolutely delicious. Stevie, co owner of The Cheese Shop and head monger will tell the stories of the cheese and lead the tasting while Glasshalfull will provide a couple of great pairing wines to taste and you will leave smiling. **Register on Cedars Connect beginning December 1 at 9am, deadline December 11. Cost: \$40 for class/tasting and transportation. Maximum 13 people.**



BLOW UP II: INFLATABLE CONTEMPORARY ART

at the Gregg Museum of Art & Design in Raleigh
Thursday, December 14, 1:30pm Lobby

BLOW UP II: Inflatable Contemporary Art explores the imaginative ways

that air is used as a medium to create large-scale sculptures. The artists in *BLOW UP II* translate everyday materials and imagery into larger-than-life, yet nearly lighter-than-air art that is rich with meaning, resulting in a wide array of works that are figurative, conceptual, or abstract. Inflatable works are often initially regarded as whimsical or humorous, yet they can convey serious critiques of pop-culture, social norms, or the politics of space. This exhibition explores the complex relationship between the familiarity of the material and serious commentary, encouraging dialogues that promote reinterpretation. **Register on Cedars Connect beginning December 1 at 9am, deadline December 12. Cost: \$12 for docent tour and transportation. Maximum 12 people.**

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 or call the Concierge at 919-259-7937.



HANDEL'S MESSIAH

at Duke Chapel

Saturday, December 2, 2pm Lobby

HOLIDAY SHOPPING TRIP TO VILLAGE DISTRICT

Wednesday, December 6, 10am Lobby

DUKE SYMPHONY ORCHESTRA

at Baldwin Auditorium

Wednesday, December 6, 6:30pm Lobby

CHEESE/WINE CLASS AT THE CHEESE SHOP IN CARRBORO

Wednesday, December 13, 2:45pm Lobby

BLOW UP II: INFLATABLE CONTEMPORARY ART

at the Gregg Museum of Art & Design
Thursday, December 14, 1:30pm Lobby

12/1 FRIDAY

9:30am Balance Basics **D-AR** ■
 10:15am Balance Challenge **D-AR** ■
 11am Fit Friday: Barre Fusion **D-AR** ■
 1pm Chess Club **CV2** ■
 1pm Mexican Train Dominos **CV4** ■
 1:30pm Men's Bridge Group **CV3** ■
 3pm Canasta **CV4** ■

12/2 SATURDAY

10am Cribbage **CV2** ■
 1:30pm Modern American Canasta **CV2** ■
 12:30pm Duplicate Bridge **D-AR** ■
 2pm Hand Canasta **CV3** ■
 2pm Mexican Train Dominos **CV4** ■
 2pm Handel's Messiah at
 Duke Chapel **LB** 📍 ■

12/3 SUNDAY

11am Interdenominational Service **D-AR** ■
 2:30pm Movie Matinée:
Miracle on 34th Street **D-AR** ■

12/4 MONDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Balance Basics **D-AR** ■
 10am Pilates Fusion with Joan **Z** ■
 10:15am Balance Challenge **D-AR** ■
 11:30am Tai Chi with Nina **D-AR** ■
 12:30pm Play Reading Group **Z** ■
 1pm Poker **CV3** ■
 2pm Chess Club **CV2** ■
 2pm Mexican Train Dominos **CV4** ■

12/5 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
 9:30am Sit & Be Fit **D-AR** ■
 1pm Golf Croquet **GL** ■
 1:30pm Mah Jongg **CV2** ■
 2pm Holiday Origami Workshop with
 Barbara Pearl **D-AR** 📍 ■

12/6 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
 10am Holiday Shopping Trip to Village
 District **LB** 📍 ■
 1pm Party Bridge **CV4** ■
 2pm Mah Jongg **CV2** ■
 6:30pm Duke Symphony Orchestra **LB** 📍 ■

12/7 THURSDAY

Hanukkah Begins
 8:30am Cardio Combo **D-AR** ■
 9:30am Sit and Be Fit **D-AR** ■
 11am Cedars University **D-AR** ■
 1pm Golf Croquet **GL** ■
 1:30pm American Canasta **CV3** ■
 2pm Select Rehab Lecture **D-AR** ■
 3pm Scrabble **CV4** ■

12/8 FRIDAY

9:30am Balance Basics **D-AR** ■
 10:15am Balance Challenge **D-AR** ■
 11am Fit Friday: Cardio & Core **D-AR** ■
 1pm Chess Club **CV2** ■
 1pm Mexican Train Dominos **CV4** ■
 1:30pm Men's Bridge Group **CV3** ■
 3pm Canasta **CV4** ■

12/9 SATURDAY

10am Cribbage **CV2** ■
 1:30pm Modern American Canasta **CV2** ■
 12:30pm Duplicate Bridge **D-AR** ■
 2pm Hand Canasta **CV3** ■
 2pm Mexican Train Dominos **CV4** ■

12/10 SUNDAY

11am Interdenominational Service **D-AR** ■
 2pm Scholarship Program Art Home
 Tour, Artisan Gallery and Bake Sale ■
 2:30pm Movie Matinée:
A Christmas Story **D-AR** ■

12/11 MONDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Balance Basics **D-AR** ■
 10am Pilates Fusion with Joan **Z** ■
 10:15am Balance Challenge **D-AR** ■
 11:30am Tai Chi with Nina **D-AR** ■
 12:30pm Play Reading Group **Z** ■
 1pm Poker **CV3** ■
 1pm Let's Talk Cinema Film *Close*
 Followed by Discussion **D-AR** ■
 2pm Chess Club **CV2** ■
 2pm Mexican Train Dominos **CV4** ■

12/12 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
 9:30am Sit & Be Fit **D-AR** ■
 1pm Mah Jongg **CV4** ■



1pm Golf Croquet **GL** ■
 1:30pm Mah Jongg **CV2** ■
 2pm Holiday Piano Duets **D-AR** ■

12/13 WEDNESDAY

1pm Party Bridge **CV4** ■
 2:45pm Cheese/Wine Class at The
 Cheese Shop **LB** 📍 ■
 2pm Mah Jongg **CV2** ■

12/14 THURSDAY

1pm Golf Croquet **GL** ■
 1:30pm American Canasta **CV3** ■
 1:30pm Blow Up II at
 Gregg Museum **LB** 📍 ■
 3pm Scrabble **CV4** ■

12/15 FRIDAY

9:30am Balance Basics **D-AR** ■
 10:15am Balance Challenge **D-AR** ■
 11am Fit Friday: Zumba **D-AR** ■
 1pm Chess Club **CV2** ■
 1pm Mexican Train Dominos **CV4** ■
 1:30pm Men's Bridge Group **CV3** ■
 3pm Canasta **CV4** ■

12/16 SATURDAY

10am Cribbage **CV2** ■
 1:30pm Modern American Canasta **CV2** ■
 12:30pm Duplicate Bridge **D-AR** ■
 2pm Hand Canasta **CV3** ■
 2pm Mexican Train Dominos **CV4** ■

12/17 SUNDAY

11am Interdenominational Service **D-AR** ■
 2:30pm Movie Matinée:
It's A Wonderful Life **D-AR** ■

12/18 MONDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Balance Basics **D-AR** ■
 10am Pilates Fusion with Joan **Z** ■
 10:15am Balance Challenge **D-AR** ■
 11:30am Tai Chi **D-AR** ■
 12:30pm Play Reading Group **Z** ■
 1pm Poker **CV3** ■
 2pm Movie of the Month – *Golda* **D-AR** ■
 2pm Chess Club **CV2** ■
 2pm Mexican Train Dominos **CV4** ■

12/19 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
9:30am Sit & Be Fit **D-AR** ■
1pm Mah Jongg **CV4** ■
1pm Golf Croquet **GL** ■
1:30pm Mah Jongg **CV2** ■

12/20 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
1pm Party Bridge **CV4** ■
2pm Mah Jongg **CV2** ■

12/21 THURSDAY

8:30am Cardio Combo **D-AR** ■
9:30am Sit and Be Fit **D-AR** ■
11am Cedars University **D-AR** ■
1pm Golf Croquet **GL** ■
1:30pm American Canasta **CV3** ■
3pm Scrabble **CV4** ■

12/22 FRIDAY

11am Fit Friday: Strength Circuit **D-AR** ■
1pm Chess Club **CV2** ■
1pm Mexican Train Dominos **CV4** ■
1:30pm Men's Bridge Group **CV3** ■
3pm Canasta **CV4** ■

12/23 SATURDAY

10am Cribbage **CV2** ■
1:30pm Modern American Canasta **CV2** ■
12:30pm Duplicate Bridge **D-AR** ■
2pm Hand Canasta **CV3** ■
2pm Mexican Train Dominos **CV4** ■

12/24 SUNDAY

Christmas Eve

11am Interdenominational
Service **D-AR** ■

2:30pm Movie Matinée:
White Christmas **D-AR** ■



12/25 MONDAY

Merry Christmas!

1pm Poker **CV3** ■
2pm Chess Club **CV2** ■
2pm Mexican Train Dominos **CV4** ■



12/26 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
9:30am Sit & Be Fit **D-AR** ■
1pm Mah Jongg **CV4** ■
1pm Golf Croquet **GL** ■
1:30pm Mah Jongg **CV2** ■

12/27 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
1pm Party Bridge **CV4** ■
2pm Mah Jongg **CV2** ■

12/28 THURSDAY

8:30am Cardio Combo **D-AR** ■
9:30am Sit and Be Fit **D-AR** ■
11am Cedars University **D-AR** ■
1pm Golf Croquet **GL** ■
1:30pm American Canasta **CV3** ■
3pm Scrabble **CV4** ■

12/29 FRIDAY

9:30am Balance Basics **D-AR** ■
10:15am Balance Challenge **D-AR** ■
11am Fit Friday: Barre Fusion **D-AR** ■
1pm Chess Club **CV2** ■
1pm Mexican Train Dominos **CV4** ■
1:30pm Men's Bridge Group **CV3** ■
3pm Canasta **CV4** ■

12/30 SATURDAY

10am Cribbage **CV2** ■
1:30pm Modern American Canasta **CV2** ■
12:30pm Duplicate Bridge **D-AR** ■
2pm Hand Canasta **CV3** ■
2pm Mexican Train Dominos **CV4** ■

12/31 SUNDAY

New Year's Eve

11am Interdenominational
Service **D-AR** ■



ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, December 1, 2-3pm
DuBose Elm Dining Room

SELECT REHAB LECTURE

Thursday, December 7, 2pm DuBose
Activities Room

*The Plan for Parkinson's: Improving
functional outcomes with an integrated
exercise approach.*

CEDARS PORCH COLLECTION

Monday, December 11, 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

SHABBAT SERVICE LED BY CONNIE MARGOLIN

Friday, December 8, 4pm DuBose
Conference Room (2nd Fridays)

GREAT SHORT STORIES

Monday, December 11, 10am
Camden Villa 2nd Floor

Who Is It Can Tell Me Who I Am?
by Gina Berriault

Lectures on DVD

**MUSEUM MASTERPIECES:
THE NATIONAL GALLERY,
LONDON**

Taught by Catherine B. Scallen, Ph.D. Professor, Case Western Reserve University
**Thursdays through January 4th,
 11am DuBose Activities Room**



Of all the world's great art museums, the National Gallery, London is the only place where you can truly grasp the breathtaking scope of European painting between 1200 and 1900. Established in 1824, the National Gallery was commissioned as the people's museum—a cultural institution meant to reflect the artistic legacy both of Great Britain and of the European continent. Inside its halls are more than 2,500 European paintings by some of Western civilization's greatest masters, including Titian, Rubens, and Rembrandt.

Today, the National Gallery is one of the top five tourist attractions in the United Kingdom. Each year, more than 5 million people explore the gallery's impressive collections, including its renowned and respected holdings in Italian Renaissance art and 17th-century Dutch and Flemish painting. To browse through the hallways and wings of the National Gallery is to witness the powerful evolution both of European painting and the European history that it represents.

LEARNING OPPORTUNITIES

**HOLIDAY ORIGAMI
WORKSHOP**

with Barbara Pearl
**Tuesday, December 5, 2-3:30pm
 DuBose Activities Room**

Learn how to make one-of-a-kind holiday origami ornaments, and more to give as one-of-a-kind gifts, decorate, entertain, or display.

Brighten the holidays with the joy of origami to share with family and friends. Discover the beauty and mystery of origami, the art of Japanese paper folding with Barbara Pearl, award winning educator/ author -- all it takes is a "peace" of paper. Celebrate the holidays! Supplies included. **Register on Cedar Connect, deadline December 4. Maximum 8 people.**

**THE CEDARS
CONNECT
WEBSITE FOR
DUMMIES**

Join dummy-in-front Jack Pendray in an exploratory tour of the Cedars Connect website, poking into the

nooks and crannies of the website's different functions and features. This session assumes that you already know how to open the website, <https://cedarsconnect.com>, in a browser on your preferred device. The first class will be held Tuesday, December 5 at 10am on the 3rd Floor of the Camden Villa. This class will be followed by two classes on Tuesday, December 12, and Thursday, December 14 at 10am. **Sessions will be limited to five people. Please sign up for your preferred class on Cedars Connect beginning December 1 or contact Tara Pierce to reserve a space at 919-537-0128, tpierce@cedarsofchapelhill.com.**

LET'S TALK CINEMA

Close, 2022

**Monday, December 11, 1pm Film Followed by
 Discussion Led by Linda Luftig in the
 DuBose Activities Room**

Close is a tender and powerfully acted look at childhood innocence lost. Leo and Remi are two 13-year-old best friends whose seemingly unbreakable bond is suddenly, tragically torn apart. Winner of the Grand Jury Prize at the Cannes Film Festival as well as nominated for Best International Film at the Academy Awards. *Close* is an emotionally transformative and unforgettable portrait of the intersection of friendship and love, identity and independence, and heartbreak and healing. Also streaming on Amazon Prime and Apple+





SCHOLARSHIP PROGRAM

Mark your calendars!



Sunday, December 10th

2:00pm - 4:00pm

ART HOME TOUR

Featuring 5 Diverse Art Collections and a Working Art Studio. Tickets are \$25.00 (Purchase in the Clubhouse during lunch & dinner hours & on December 10th in Davidson Lobby)

2:00pm - 5:00pm

ARTISAN GALLERY and BAKE SALE

Davidson Lobby First Floor

(No ticket required)

Refreshments

For questions call Anne Boyer at 919-259-7800.

All Proceeds Benefit the Scholarship Program.



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: **Hard**

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

Puzzle by websudoku.com

REGULAR GROUP ACTIVITIES CONTACT INFORMATION

Chess ClubCarol Downs
703-282-6191

Classic Canasta Sally Sullivan
919-903-8077

CribbageMalcolm Jackson
919-951-7626

Duplicate BridgeBetty White
919-967-4064

Early BirdsJoan Bingham
919-968-3213

Interdenominational Service Nancy Cobey
919-259-7048

Knit & StitchMargaret Rook
919-292-1497

Mah JonggNorma Kupersmidt
919-724-9070

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

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

FITNESS ARTICLE

TIPS FOR STAYING HEALTHY DURING THE HOLIDAYS

The holidays can be a joyous time of year shared with family and friends, but they can also cause stress as we struggle to keep up with demands and expectations. It is important for us to relax and take good care of ourselves. The following tips can help to increase energy and reduce stress, this season and all year long.

- Don't set unrealistic exercise goals. Aim to complete 20 minutes instead of an hour. Every little bit does count.
- Take a walk with a friend or family member. Walking and talking burns extra calories and reduces stress levels.
- Get more out of errands. When you go to the mall or grocery store, park toward the back of the lot and walk the extra distance. Walk inside for a lap or two before you start shopping.
- Take the stairs whenever you can.
- Be active while watching TV. Use hand weights, march in place (while standing or sitting) or do a stretching routine.
- Don't try to lose weight during the holidays. If you enjoy your favorite foods in small portions, you won't feel deprived.
- Drink seven or eight 8 ounce glasses of water a day. Although the cold weather may make you less inclined to drink water, it is just as important in the winter as it is during the summer. Water may help satiate your appetite since thirst is often mistaken for hunger.
- Laugh. Laughing is a great tension reliever. It burns calories, reduces stress and usually means that you are enjoying yourself.

Happy holidays!

Sources: MayoClinic.com and
American Council on Exercise



The Cedars Club, Inc.

100 Cedar Club Circle, Chapel Hill NC 27517

Editor..... Laura Booker, 919-259-7944
In-House TVChannel 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
Transportation..... 919-259-7740

