

# THE CEDARS POST



October 2024



*Here for 20 years!*

TOP: BLANCA ALFARO-AYALA / LILLIE BROWN / LEVETTE LAWS BOTTOM: AUDREY MORRIS / NORMAN RASBERRY

## OCTOBER BIRTHDAYS



John Kasson.....	1
Richard Kent.....	2
Norma Kupersmidt.....	2
Connie Eby .....	8
Will Newton .....	8
Prue Meehan.....	12
Emily Furr.....	15
Shirley Little .....	16
Richard Lontz.....	19
Marsha Vick .....	19
Duncan Yaggy .....	19
Donna Byrd .....	20
Danielle Strickman .....	22
Hugh Boyer .....	27
Art Lebo.....	27
Robert Borden.....	29
Nancy Sewall.....	29
James Peacock.....	31

# LET'S CELEBRATE

## ROSH HASHANAH

with Rabbi Jen Feldman of Kehillah Synagogue  
 Tuesday, October 1, 2pm DuBose Activities Room

We will prepare for Rosh Hashanah by singing and reflecting together! We'll hear the sound of the shofar and eat apples and honey to welcome the new year.

## THE CEDARS FAMILY DAY CELEBRATION

Sunday, October 13, 12-3pm Great Lawn (rain date October 20)



Food trucks, live music, and fun for the whole family! Far From Done is a unique band based in the Triangle area of North Carolina. They are known for their all-ukulele performances, featuring a mix of harmonies and pop/rock favorites. All Cedars Members, Family members, Staff and their immediate families welcome.



## CELEBRATING 20 YEARS! MEMBER COCKTAIL PARTY

Thursday, October 24, 5-7pm Great Lawn

Join us in celebrating our 20 year anniversary with cocktails, heavy hors d'oeuvres and the Curtis String Trio. 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.

Sam Gold is Principal Viola of the NC Symphony and David Meyer is a cellist in the symphony and served as principal cellist of the Verbier Festival Orchestra, New World Symphony, Britten-Pears Orchestra, and more.

## HALLOWEEN BALL WITH KATHERINE WHALEN'S JAZZ SQUAD AND BOB'S RETIREMENT PARTY

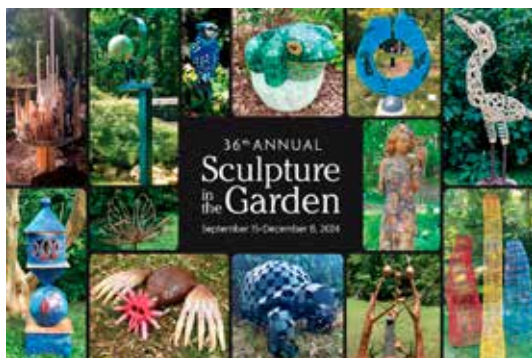
Thursday, October 31, 7-8:30pm Ballroom

Katherine Whalen's Jazz Squad is a musical project led by Katherine Whalen of Squirrel Nut Zippers fame. The Jazz Squad focuses on jazz standards and Prohibition-era music, showcasing Whalen's distinctive, smoky vocals. Her group includes guitarist Austin Riopel, trombonist Danny Grewen and pianist Robert "Griffanzo" Griffin.





# BEYOND THE CEDARS



**THE 36TH ANNUAL SCULPTURE IN THE GARDEN**  
*at UNC Botanical Gardens*  
Monday, October 7, 9:45am Lobby

Sculpture in the Garden unites 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. This year's show features over 80 installations by 66 North Carolina artists. Most sculptures are available for purchase, and a portion of proceeds benefits the North Carolina Botanical Garden. **Register on Cedars Connect October 1 at 9am for transportation, deadline October 6. Cost: \$4.**

**DUKE SYMPHONY ORCHESTRA: GREAT COLLEAGUES, "GREAT" MUSIC**

*at Baldwin Auditorium*  
Wednesday, October 9, 6:30pm Lobby

The Duke Symphony Orchestra, directed by Harry Davidson, numbers some 80-100 players and draws its membership almost entirely from the student body. The first concert of the season will include Haydn's Sinfonia Concertante and Schubert's Symphony No 9 (The Great). **Free admission. Register on Cedars Connect on October 1 at 9am for transportation, deadline October 8. Cost: \$7 for transportation.**



**UNC SYMPHONY AT UNC MEMORIAL HALL**  
Tuesday, October 22, 6:30pm Lobby



UNC Symphony Orchestra, conducted by Dr. Evan Harger. Program: Jerod Impichchaachaaha' Tate Chokfi', Adolphus Hailstork Three Spirituals, and Antonin Dvorak Symphony No. 9 "From the New World." Tickets can

be purchased online through the Carolina Performing Arts Box Office or at the door. **Register on Cedars Connect October 1 at 9am for transportation, deadline October 21 for transportation, cost \$4.**

**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.



**BROOKLYN RIDER: THE SANDBOX OF INVENTION**  
*at UNC Memorial Hall*  
Sunday, October 6, 2:15pm Lobby

**THE 36TH ANNUAL SCULPTURE IN THE GARDEN**  
*at UNC Botanical Gardens*  
Monday, October 7, 9:45am Lobby

**DUKE SYMPHONY ORCHESTRA**  
*at Baldwin Auditorium*  
Wednesday, October 9, 6:30pm Lobby

**CHAMBER ORCHESTRA OF THE TRIANGLE**  
Sunday, October 20, 2pm Lobby

**UNC SYMPHONY AT UNC MEMORIAL HALL**  
Tuesday, October 22, 6:30pm Lobby

**CAROLINA BALLET**  
Saturday, October 26, 1pm Lobby

**PLAYMAKERS REPERTORY COMPANY**  
Sunday, October 27, 1:30pm Lobby

# THE CEDARS EVENTS

## 10/1 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9am Golf Croquet **GL** ■
- 9:30am Sit & Be Fit **D-AR** ■
- 10:30am Cedars Connect Classes with Paul Boggs** **CL** ■
- 1pm Mah Jongg **CV4** ■
- 1:30pm Mah Jongg **CV2** ■
- 2pm Rosh Hashanah with Rabbi Jen Feldman **D-AR** ■



## 10/2 WEDNESDAY

- Rosh Hashanah Begins*
- 8:30am Bocce **GL** ■
- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **CV4** ■
- 2pm Mah Jongg **CV2** ■

## 10/3 THURSDAY

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

## 10/4 FRIDAY

- 1pm Chess Club **CV2** ■
- 1pm Mexican Train Dominos **CV4** ■
- 1:30pm Men's Bridge Group **CV3** ■
- 3pm Classic Canasta **CV4** ■
- 6pm First Friday Concert with the Jimmy Hayes Band** **GL** ■

## 10/5 SATURDAY

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

## 10/6 SUNDAY

- 11am Interdenominational Service **D-AR** ■
- 2:15pm Brooklyn Rider at UNC Memorial Hall** **LB** ■
- 2:30pm Movie Matinée: The Titans** **D-AR** ■

## 10/7 MONDAY

- 8:30am Cardio Combo **D-AR** ■

- 9:30am Balance Basics **D-AR** ■
- 9:45am Sculpture in the Garden at UNC Botanical Gardens** **LB** ■
- 10am Pilates Fusion with Joan **Z** ■
- 10:15am Balance Challenge **D-AR** ■
- 10:30am Knit & Stitch ■
- 12:30pm Play Reading Group **Z** ■
- 1pm Poker **CV3** ■
- 2pm Chess Club **CV2** ■
- 2pm Mexican Train Dominos **CV4** ■

## 10/8 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9am Golf Croquet **GL** ■
- 9:30am Sit & Be Fit **D-AR** ■
- 10:30am Cedars Connect Classes with Paul Boggs** **CL** ■
- 1pm Mah Jongg **CV4** ■
- 1:30pm Mah Jongg **CV2** ■

## 10/9 WEDNESDAY

- 8:30am Bocce **GL** ■
- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **CV4** ■
- 2pm Mah Jongg **CV2** ■
- 6:30pm Duke Symphony Orchestra** **LB** ■

## 10/10 THURSDAY

- 8:30am Cardio Combo **D-AR** ■
- 9am Golf Croquet **GL** ■
- 9:30am Sit and Be Fit **D-AR** ■
- 11am Cedars University **D-AR** ■
- 1pm Let's Talk Cinema Film Ghostlight Followed by Discussion** **D-AR** ■
- 1:30pm Modern American Canasta **CV3** ■
- 3pm Scrabble **CV4** ■

## 10/11 FRIDAY

- Yom Kippur Begins*
- 9:30am Balance Basics **D-AR** ■
- 10:15am Balance Challenge **D-AR** ■
- 10:50am Fit Friday: Strength and Conditioning **D-AR** ■
- 1pm Chess Club **CV2** ■
- 1pm Mexican Train Dominos **CV4** ■
- 1:30pm Men's Bridge Group **CV3** ■
- 3pm Classic Canasta **CV4** ■



## 10/12 SATURDAY

- 10am Cribbage **CV2** ■

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

## 10/13 SUNDAY

- 11am Interdenominational Service **D-AR** ■
- 12pm The Cedars Family Day** **GL** ■
- 2:30pm Movie Matinée: The Addams Family** **D-AR** ■

## 10/14 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** ■
- 10:30am Knit & Stitch ■
- 12:30pm Play Reading Group **Z** ■
- 1pm Poker **CV3** ■
- 2pm Chess Club **CV2** ■
- 2pm Mexican Train Dominos **CV4** ■

## 10/15 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9am Golf Croquet **GL** ■
- 9:30am Sit & Be Fit **D-AR** ■
- 10:30am Cedars Connect Classes with Paul Boggs** **CL** ■
- 1pm Mah Jongg **CV4** ■
- 1:30pm Mah Jongg **CV2** ■
- 2pm The Playmaker: The Story of Paul Green with Marcia Warren and DG Martin** **D-AR** ■

## 10/16 WEDNESDAY

- 8:30am Bocce **GL** ■
- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **CV4** ■
- 2pm Mah Jongg **CV2** ■

## 10/17 THURSDAY

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

## 10/18 FRIDAY

- 9:30am Balance Basics **D-AR** ■
- 10:15am Balance Challenge **D-AR** ■

10:50am Fit Friday: Strength and Conditioning **D-AR** ■  
1pm Chess Club **cv2** ■  
1pm Mexican Train Dominos **cv4** ■  
1:30pm Men's Bridge Group **cv3** ■  
3pm Classic Canasta **cv4** ■

### 10/19 SATURDAY

10am Cribbage **cv2** ■  
1:30pm Modern American Canasta **cv2** ■  
12:30pm Duplicate Bridge **D-AR** ■  
2pm Mexican Train Dominos **cv4** ■

### 10/20 SUNDAY

11am Interdenominational Service **D-AR** ■  
2pm Chamber Orchestra **LB** 🎷 ■  
2:30pm Movie Matinée: Radio **D-AR** ■

### 10/21 MONDAY

8:30am Cardio Combo **D-AR** ■  
**9am Early Voting Day**  
9:30am Balance Basics **D-AR** ■  
10am Pilates Fusion with Joan z ■  
10:15am Balance Challenge **D-AR** ■  
10:30am Knit & Stitch ■  
**11am Early Voting Day**  
12:30pm Play Reading Group z ■  
**1pm Early Voting Day**  
1pm Poker **cv3** ■  
2pm Chess Club **cv2** ■  
2pm Mexican Train Dominos **cv4** ■

### 10/22 TUESDAY

9am Golf Croquet **GL** ■  
**10:30am Cedars Connect Classes with Paul Boggs cl** ■  
1pm Mah Jongg **cv4** ■  
1:30pm Mah Jongg **cv2** ■  
**2pm The Cedars Lecture Series D-AR** ■  
**6:30pm UNC Symphony at UNC LB** 🎷 ■

### 10/23 WEDNESDAY

8:30am Bocce **GL** ■  
10am Open Door Bible Group **D-AR/Zoom** ■  
1pm Party Bridge **cv4** ■  
2pm Mah Jongg **cv2** ■

### 10/24 THURSDAY

8:30am Cardio Combo **D-AR** ■  
9am Golf Croquet **GL** ■

9:30am Sit and Be Fit **D-AR** ■  
11am Cedars University **D-AR** ■  
1:30pm Modern American Canasta **cv3** ■  
3pm Scrabble **cv4** ■  
**5pm Celebrating 20 Years! Member Cocktail Party GL** ■

### 10/25 FRIDAY

9:30am Balance Basics **D-AR** ■  
10:15am Balance Challenge **D-AR** ■  
10:50am Fit Friday: Strength and Conditioning **D-AR** ■  
1pm Chess Club **cv2** ■  
1pm Mexican Train Dominos **cv4** ■  
1:30pm Men's Bridge Group **cv3** ■  
3pm Classic Canasta **cv4** ■

### 10/26 SATURDAY

10am Cribbage **cv2** ■  
1:30pm Modern American Canasta **cv2** ■  
12:30pm Duplicate Bridge **D-AR** ■  
**1pm Carolina Ballet LB** 🎷 ■  
2pm Mexican Train Dominos **cv4** ■

### 10/27 SUNDAY

11am Interdenominational Service **D-AR** ■  
**1:30pm PlayMakers LB** 🎷 ■  
**2:30pm Movie Matinee: Bettlejuice D-AR** ■

### 10/28 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** ■  
10:30am Knit & Stitch ■  
12:30pm Play Reading Group z ■  
1pm Poker **cv3** ■  
2pm Chess Club **cv2** ■  
2pm Mexican Train Dominos **cv4** ■  
**3:30pm Finishing Touches Program D-AR** ■

### 10/29 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■  
9am Golf Croquet **GL** ■  
9:30am Sit & Be Fit **D-AR** ■  
**10:30am Cedars Connect Classes with Paul Boggs cl** ■  
1pm Mah Jongg **cv4** ■  
1:30pm Mah Jongg **cv2** ■

### 10/30 WEDNESDAY

8:30am Bocce **GL** ■  
10am Open Door  
Bible Group **D-AR/Zoom** ■  
1pm Party Bridge **cv4** ■  
2pm Mah Jongg **cv2** ■

### 10/31 THURSDAY



*Happy Halloween!*

8:30am Cardio Combo **D-AR** ■  
9am Golf Croquet **GL** ■  
9:30am Sit and Be Fit **D-AR** ■  
11am Cedars University **D-AR** ■  
1:30pm Modern American Canasta **cv3** ■  
**2pm Members Meeting D-AR** ■  
3pm Scrabble **cv4** ■  
**7pm Halloween Ball and Bob's Retirement Party B** ■

### ANNOUNCEMENTS

**JEWELRY REPAIR WITH EVA MOGENSEN**  
Friday, October 4, 2-3pm  
DuBose Elm Dining Room



### **CEDARS PORCH COLLECTION**

Monday, October 14, 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.

### **SEASON TICKETS AND TRANSPORTATION**

If you previously signed-up for bus transportation to NC Symphony, Ballet, and Playmakers, Laura Booker has the lists of attendees. If you need to sign-up or make changes, please contact Laura at 919-259-7944.



Lectures on DVD

**THE CONCERTO**

Taught by Robert Greenberg, Ph.D. Professor, San Francisco Performances

Thursdays through February 13, 11am DuBose Activities Room



In this series of 24, 45-minute lectures, Professor Robert Greenberg gives you a guided tour of the concerto from its conception as a child of Renaissance ideals, through its maturation in the Classical age, its metamorphosis in the Romantic era, and its radical transformation in the 20th century. The course closes with a look into the future at concerto composers who are now in mid-career and poised to carry this vibrant musical tradition well into the 21st century. These lectures are musically rich, including selections from nearly 100 concerti representing more than 60 composers—from Gabrieli to Gershwin, from Schumann to Shostakovich.

Dr. Robert Greenberg is Music Historian-in-Residence with San Francisco Performances and a Steinway Artist. A graduate of Princeton University, Professor Greenberg holds a Ph.D. in Music Composition from the University of California, Berkeley.

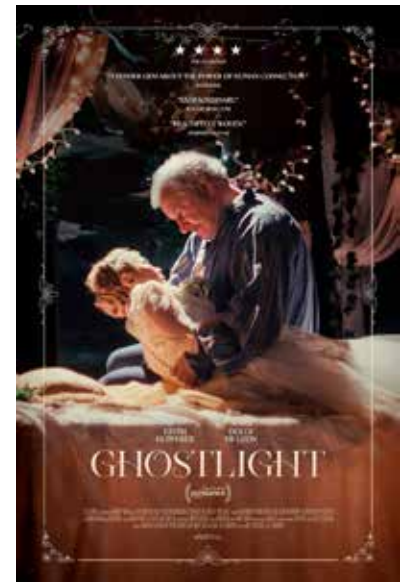
**LEARNING OPPORTUNITIES**

**LET'S TALK CINEMA**

*Ghostlight* (2024)

Thursday, October 10, 1pm Film Followed by Discussion led by Linda Luftig in the DuBose Activities Room

Although this is small film with actors you may never have heard of, it elicits a HUGE emotional response. *Ghostlight* is deeply moving and superbly acted. When construction worker, Dan finds himself drifting from his wife and daughter, he discovers community and purpose in a local theater's production of *Romeo and Juliet* where the drama onstage begins to mirror his own life. This fine grained study of grief and art's restorative power had the 2024 Sundance Film Festival weeping and laughing. 100% on Rotten Tomatoes. Also streaming on Apple TV and Amazon Prime.



**THE PLAYMAKER: THE STORY OF PAUL GREEN WITH MARSHA WARREN AND DG MARTIN**

Thursday, October 15, 2pm DuBose Activities Room

This documentary takes a deep dive into the life, creative work and social justice advocacy of the Pulitzer Prize-winning playwright Paul Green. A native son of North Carolina and a champion for racial equality, Green went to Broadway and back with a dream that someday he could write a new ending for the Old South. Following the film, Marsha Warren and DG Martin will further explore the remarkable legacy of Paul Green and his family connections to The Cedars. They will also have available newly published copies of *Paul Green: North Carolina Writers on the Legacy of the State's Most Celebrated Playwright*. **Books will be sold for \$19.95 payable by check to The Paul Green Foundation.**

**THE CEDARS LECTURE SERIES HOSTED BY DICK ISABEL WITH JACK LAWN**

Tuesday, October 22, 2pm DuBose Activities Room

This month's speaker will be Jack Lawn, former FBI agent, who spoke last October on the FBI investigation into the assassination of President Kennedy. Jack's topic for this October will be *Our Drug War in Mexico*.



# FITNESS ARTICLE

We are thrilled to share that The Cedars of Chapel Hill will soon be partnering with the National Institute for Fitness and Sport (NIFS), a nationally recognized leader in fitness and wellness programming for seniors. NIFS specializes in creating innovative, evidence-based programs that cater to the unique needs of older adults, focusing on improving strength, balance, and overall well-being. Their approach blends fun and fitness, helping Members live healthier, more active lifestyles.

With this exciting partnership, our Members can look forward to a variety of new and engaging wellness activities, services, and programs. NIFS brings a wealth of knowledge in creating inclusive programs designed to boost confidence, prevent falls, and enhance physical and mental health. Their offerings are designed to empower you to stay active and independent while enjoying a vibrant community life.

As we move forward, NIFS will be leading the effort to recruit and hire a new wellness team member to carry on the excellent foundation that Julie has built. We understand the importance of finding the right person to continue supporting our community's fitness goals, and we are committed to ensuring a smooth transition. You will see the NIFS team around the community in the weeks ahead, as we work to welcome this new team member and get to know them.

While we are eager to embrace this new chapter, we also want to take a moment to acknowledge and celebrate Julie, who has been a cornerstone of our wellness initiatives for many years. Julie has decided to retire, and although she will be dearly missed, we wish her all the best in her next chapter. We are excited about the future of fitness and wellness at The Cedars of Chapel Hill and can't wait to share more details about the programs coming soon. Stay tuned for updates.

## CALLING ALL CLASSICAL MUSIC FANS!

The Cedars Classical Concert Series is back this year and it promises to be bigger and better than ever! The classical concert committee has scheduled a series of five fabulous concerts at The Cedars. The first four concerts, beginning in November, will be performed by a variety of talented professional artists who will be coming here from all over the country. The final concert will be performed by a talented group of local young musicians. The series will be available to the first 125 Cedars Members and preferred guests who subscribe.

The schedule is as follows:



- **Sunday, May 4, 2025 at 3pm**  
*YOUNG ARTISTS GROUP*
- **Monday, November 11, 2024 at 4pm**  
*EUCLID STRING QUARTET*
- **Sunday, March 2, 2025 at 3pm**  
*SPENCER MYER, PIANO*
- **Sunday, January 26, 2025 at 3pm**  
*SUMMIT PIANO TRIO*
- **Sunday, April 6, 2025 at 3pm**  
*SERVIRE VOCAL GROUP*

You can check out these musicians and groups on Google and YouTube if you want to learn more about them or listen to some of their music. You won't want to get closed out of this concert series, so subscribe now and mark the dates listed above on your calendars. **Registration forms have been placed in your cubbies and can be found on Cedars Connect as well. Turn your forms into the Concierge. If you have any questions, contact Pat Beyle at (919) 636-1846 or 1114sophie@gmail.com.**

## REGULAR GROUP ACTIVITIES CONTACT INFORMATION

Bocce .....	Ellen Herron 252-646-2930
Chess Club .....	Carol Downs 703-282-6191
Classic Canasta .....	Sally Sullivan 919-903-8077
Cribbage .....	Malcolm Jackson 919-951-7626
Duplicate Bridge .....	Betty White 919-967-4064
Early Birds .....	Joan Bingham 919-968-3213
Golf Croquet .....	Bill Kerwin 828-506-3990
Interdenominational Service .....	Nancy Cobey 919-619-4534
Knit & Stitch .....	Margaret Rook 919-292-1497
Mah Jongg .....	Norma Kupersmidt 919-724-9070
Memoir Writing Group.....	Nancy Lebo 919-259-7330
Mexican Train Dominoes .....	Mary Ann Van Kampen 919-943-8670
Modern American.....	Bonnie Farb 561-613-7509
Open Door Bible Study ...	Nancy Cobey 919-619-4534
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



## Here for 19 years!

What better way to show our appreciation to all of our employees than contributing to **The Cedars Employee Appreciation Fund**. Our contributions are the only way we can give monetary gifts to our employees as tipping is not permitted. Our gifts are a very important part in attracting employees to The Cedars and in retaining them. Last year, \$507,291 was contributed for gifts to 398 employees. **Our 2024 goal is \$520,000**. You can give our employees a meaningful gift by contributing to The Cedars Employee Appreciation Fund. **Let's do it!**

TOP: ABI RUBIO / BRIAN LEONARD / ALISHA WILLIAMS / LETICIA RIVERA / TINA GIRALT / ISABEL DIAZ  
BOTTOM: KARLENE SPINA / MARIA IVY

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