

UNC CLEF HANGERS IN CONCERT

On Wednesday, December 11th at 4pm, the UNC Clef Hangers will present a Holiday Concert in our new Cedars Room (aka the Ballroom). They are UNC's oldest a cappella group, established in 1977, performing to sold-out crowds.

This is an important reminder to all who purchased tickets in July to this event, for those who are on the Waiting List for tickets to this sold-out event, and for those who have tickets and find they cannot attend. If you purchased tickets and find that you cannot attend, you may turn in your tickets to the Concierge (note for Carol McCartney) by Monday, December 9th. You will receive a tax-deductible donation credit and we can resell to the waiting list.

We look forward to welcoming all ticket holders to what promises to be a memorable event. Doors open at 3:30pm. All proceeds from this concert benefit the Cedars Education Program which offers scholarship assistance to all Cedars' employees.



DECEMBER
2024

THE CEDARS POST

HERB LAWTON RETROSPECTIVE AND ART SALE



On Saturday, December 14th, a retrospective of former Member and artist Herb Lawton and a sale of 47 of his paintings will take place in The Clubhouse Cedars Room from 1-4pm. Mark your calendars to attend this event and invite friends and family to join you to enjoy the gallery of Lawton's art. Refreshments will be served.

Herb Lawton (1920-2019), a highly respected architect and artist, lived at

The Cedars from its opening, where he began his second career as an artist. His paintings are impressionistic, with an exquisite use of color. Forty-seven of them will be on sale, priced from \$100-150 during this afternoon event. All proceeds from the sale benefits The Cedars Education Program which offers scholarship assistance to Cedars' employees. You may purchase the art by using Credit Card, Check or Cedars Charge.



DECEMBER BIRTHDAYS



Phyllis Young.....	1
Jerry VanSant.....	6
Kenton McCartney.....	7
Mavis Rochen.....	7
Peggy Thompson.....	8
Norman Elliot.....	9
Richard Mann.....	9
Dennis Caren.....	10
Libby Lefkowitz.....	10
Joe Murphy.....	10
Bea Hughes.....	11
Carol Buxton.....	15
William Furr.....	15
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

MOVIE OF THE MONTH – *MARTHA* Tuesday, December 10, 2pm DuBose Activity Room

This definitive documentary on Martha Stewart pulls back the curtain on one of America's greatest self-made icons, from her start as a teenage model to her stint as a Wall Street stockbroker to her reign as the grand dame of entertaining and good taste. Directed by R.J. Cutler (Elton John: Never Too Late, Billie Eilish: The World's a Little Blurry, The September Issue), Martha draws on hundreds of hours of intimate interviews with Stewart and those from her inner circle, along with Stewart's private archives of diaries, letters, and never-seen-before footage. The film illuminates Stewart's upbringing in a working-class family, compels us to reconsider the scandal that sent her to prison, and heralds her post-prison reinvention as the original influencer who's still captivating new generations of fans. (2024)



KATHERINE WHALEN'S JAZZ SQUAD Tuesday, December 17, 7-8:30pm The Cedars Room

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.

CEDARS SINGERS HOLIDAY CONCERT Thursday, December 19, 2pm or 3:30pm The Cedars Room

The Cedars Singers are back home to sing for you! Join us for our traditional December concert. We'll have lots of diverse music from "O Christmas Tree" to the men doing a jazzy version of "White Christmas." We'll also have a fun Sing-a Long of "Joy to the World."



BEYOND THE CEDARS



VIETRI OUTLET STORE IN HILLSBOROUGH Wednesday, December 4, 10am Lobby

Join other Italiaphiles on a visit to enjoy handcrafted Italian art for the home. From Christmas presents to wedding gifts or items for your own personal pleasure, the Vietri Outlet Store offers handcrafted Italian artisanal products for the home and tabletop. From planters to napkins, tablemats to vases, boxed gifts to

dinnerware and serving dishes, you'll find prices that start at 40% below retail. The deals are incredible! And since the outlet store is newly expanded with products that range from a few dollars on upward, all budgets can find something special. Italian antipasti will be served while Cedars' guests shop, and the bus will return in time for everyone to have lunch back home. Frances Gravely, Vietri co-founder and past Vice President of Brand Development, will accompany the trip and entertain the bus with stories of Vietri's beginnings en route to the Outlet. Guaranteed to be a fun and easy adventure to Italia! **Register on Cedars Connect for transportation, cost: \$12.**

DUKE SYMPHONY ORCHESTRA: MUSIC OF REFLECTION *at Baldwin Auditorium* Wednesday, December 4, 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 second concert of the season will have two pieces by Vaughan Williams: *The Lark Ascending* and *Symphony No 5*. **Free admission. Register on Cedars Connect for transportation, cost: \$7.**



PRIME TIME PLAYERS PRESENT: *THAT '70S CHRISTMAS SHOW* *at the Seymour Center* Friday, December 6, 1:15pm Lobby

They agree to get celebrity Candy Williams out of retirement to recreate her long-forgotten TV Christmas special. They offer songs and old-fashioned radio plays for her approval, but she has

something else in mind: a groovy play set in the 70's with a bunch of dancing Santas. You'll enjoy seeing Mary Freedman as Candy Williams, Karen Cooper on the piano and Joan Ontjes as Musical Director. Free to attend, but donations are accepted. **Register on Cedars Connect 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.



VIETRI OUTLET STORE IN HILLSBOROUGH Wednesday, December 4, 10am Lobby

DUKE SYMPHONY ORCHESTRA *at Baldwin Auditorium* Wednesday, December 4, 6:30pm Lobby

NC SYMPHONY AT UNC MEMORIAL HALL Thursday, December 5, 6:45pm Lobby

PRIME TIME PLAYERS *at the Seymour Center* Friday, December 6, 1:15pm Lobby

HANDEL'S MESSIAH *at Duke Chapel* Saturday, December 7, 2pm Lobby

PLAYMAKERS Sunday, December 8, 1:30pm Lobby

THE CEDARS EVENTS

12/1 SUNDAY

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

12/2 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 **CL** ■
 12:30pm Play Reading Group z ■
 1pm Poker **CV3** ■
 2pm Chess Club **CV2** ■
 2pm Mexican Train Dominos **CV4** ■

12/3 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** ■

12/4 WEDNESDAY

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

12/5 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 Modern American Canasta **CV3** ■
 3pm Scrabble **CV4** ■
 6:45pm NC Symphony at UNC **LB** 🚶 ■

12/6 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** ■
 1:15pm Prime Time Players **LB** 🚶 ■
 1:30pm Men's Bridge Group **CV3** ■
 3pm Classic Canasta **CV4** ■

12/7 SATURDAY

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

12/8 SUNDAY

11am Interdenominational Service **D-AR** ■
 1:30pm PlayMakers **LB** 🚶 ■

12/9 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 **CL** ■
 12:30pm Play Reading Group z ■
 1pm Poker **CV3** ■
 2pm The Cedars Lecture Series **D-AR** ■
 2pm Chess Club **CV2** ■
 2pm Mexican Train Dominos **CV4** ■

12/10 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
 9:30am Sit & Be Fit **D-AR** ■
 1pm Golf Croquet **GL** ■
 1pm Mah Jongg **CV4** ■
 1:30pm Mah Jongg **CV2** ■
 2pm Monthly Movie – *Martha* **D-AR** ■

12/11 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
 1pm Party Bridge **CV4** ■
 1pm Bocce **GL** ■
 2pm Mah Jongg **CV2** ■
 4pm UNC Clef Hangers Concert **TCR** 🚶 ■

12/12 THURSDAY

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

12/13 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** ■

12/14 SATURDAY

10am Cribbage **CL** ■
 1:30pm Modern American Canasta **CV2** ■
 12:30pm Duplicate Bridge **D-AR** ■
 1pm Herb Lawton Retrospective and Sale **TCR** ■
 2pm Mexican Train Dominos **CV4** ■

12/15 SUNDAY

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

12/16 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 **CL** ■
 12:30pm Play Reading Group z ■
 1pm Poker **CV3** ■
 2pm Chess Club **CV2** ■
 2pm Mexican Train Dominos **CV4** ■

12/17 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
 9:30am Sit & Be Fit **D-AR** ■
 1pm Golf Croquet **GL** ■
 1pm Mah Jongg **CV4** ■
 1:30pm Mah Jongg **CV2** ■
 7pm Katherine Whalen's Jazz Squad **TCR** ■

12/18 WEDNESDAY

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

12/19 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 Modern American Canasta **cv3** ■
- 2pm The Cedars Singers
Holiday Concert **TCR** ■
- 3pm Scrabble **cv4** ■
- 3:30pm The Cedars Singers
Holiday Concert **TCR** ■

12/20 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** ■

12/21 SATURDAY

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

12/22 SUNDAY

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

12/23 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 **cl** ■
- 12:30pm Play Reading Group z ■
- 1pm Poker **cv3** ■
- 2pm Chess Club **cv2** ■
- 2pm Mexican Train Dominos **cv4** ■

12/24 TUESDAY

Christmas Eve



12/25 WEDNESDAY

*Merry Christmas!
Chanukah Begins*

1pm Bocce **GL** ■



12/26 THURSDAY

- 1pm Golf Croquet **GL** ■
- 1:30pm Modern American Canasta **cv3** ■
- 3pm Scrabble **cv4** ■

12/27 FRIDAY

- 1pm Chess Club **cv2** ■
- 1pm Mexican Train Dominos **cv4** ■
- 1:30pm Men's Bridge Group **cv3** ■
- 3pm Classic Canasta **cv4** ■

12/28 SATURDAY

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

12/29 SUNDAY

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

12/30 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 **cl** ■
- 12:30pm Play Reading Group z ■
- 1pm Poker **cv3** ■
- 2pm Chess Club **cv2** ■
- 2pm Mexican Train Dominos **cv4** ■
- 2pm Holiday Music with
Ward Mann **D-AR** ■

12/31 TUESDAY

- New Year's Eve*
- 1pm Golf Croquet **GL** ■
 - 1pm Mah Jongg **cv4** ■
 - 1:30pm Mah Jongg **cv2** ■



ANNOUNCEMENTS

**JEWELRY REPAIR WITH
EVA MOGENSEN**
Friday, December 6, 2-3pm Art Studio

**CEDARS PORCH
COLLECTION**
Monday, December 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
Monday, December 9, 10am
Camden Villa 2nd Floor

*A Continuity of Parks and Letter to a
Young Lady in Paris* by Julio Cortazar

**SHABBAT SERVICE LED BY
CONNIE MARGOLIN**
Friday, December 13, 4pm DuBose
Conference Room (2nd Fridays)



**We enjoyed exploring *Dürer to
Matisse: 400 Years of European
Prints* at the Ackland Art Museum**

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

ART CLASSES AND WORKSHOPS ARE BACK IN THE CLUBHOUSE ART STUDIO!

ON-GOING ART CLASS WITH NERYS LEVY

The Class meets every second and fourth Tuesday of the month from 10am until Noon at The Cedars. The next session will be Tuesday, December 10th when we will meet in the Art Studio in the Clubhouse. Do come join us! The Art Class is open to newbies and experienced artists alike. Nerys is experienced at giving one-on-one instruction in a class situation. Artists are encouraged to work in their preferred medium/ media. Materials are provided each time or artists may bring their own. Each session is a stand alone, so participants do not have to sign up for a series. Nerys is a member artist of FRANK Gallery. She has travelled the world from the Arctic to the Antarctic working mostly on site and her work sells nationwide and beyond. Her website is www.neryslevy.com. Nerys wants her classes to be an enriching experience for everyone. When the weather permits, the group works outside, "plein air". The class includes occasional local field trips (e.g. NC Botanical Gardens, Frank Gallery). The cost of the class is \$20 a session payable to Nerys Levy at the session. **Contact Paula Sloan 919-812-5002 or paula.sloan07@gmail.com for further information.**

THE CEDARS LECTURE SERIES HOSTED BY DICK ISABEL Monday, December 9, 2pm DuBose Activity Room

This month's speaker will be The Cedar's President, Perry Aycock, and the topic will be... *The Cedars: Past, Present and Future.*

LET'S TALK CINEMA

Touch (2024)

Thursday, December 12, 1pm Film Followed by Discussion led
by Linda Luftig in the DuBose Activity Room



A romantic and thrilling story that spans several decades and continents. *Touch* follows one widower's emotional journey to find his first love who disappeared 50 years ago before his time runs out. *Touch* is a profoundly moving drama about love in its many forms. "Its sensibility is as exquisitely tender as the flutter of a butterfly wing." In English, Japanese and Icelandic with English subtitles. 93 Rotten Tomatoes. Streaming on Netflix, Amazon Prime and Apple+TV



SAVE THE DATE!

Armchair Travel:
A Kenya - Tanzania Safari
with Phil Purcell
Monday, January 13, 2pm
The Cedars Room



The incredible Bouncing Bulldogs brought their talent to us in November

Beautiful fall day for a tour of historic Ayr Mount in Hillsborough



Honoring all of our Members who served at our Veterans Day 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**

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

Puzzle by websudoku.com

- REGULAR GROUP ACTIVITIES CONTACT INFORMATION**
- Bocce Barbara Putney
919-942-9581
 - 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
Canasta 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

FITNESS ARTICLE

TIPS TO HELP YOU STAY IN SHAPE DURING THE HOLIDAYS

1. EXERCISE. If you are in a regular workout routine, kick it up by adding 15 extra minutes of cardio three times per week. If you don't regularly exercise, try taking two or three 10-minute walks per day at least three times per week. Adding in some exercise will help to balance out the extra calories consumed over the holidays as well as lower stress levels associated with a busy schedule.

2. SNACK SMART. Eat small but nutritious, well-balanced snacks between meals to prevent sugar cravings. Examples might be an apple and string cheese or one-fourth cup of almonds and fruit.

3. CONTROL PORTIONS. Fill your plate with vegetables, fruit and lean proteins. Enjoy small servings of favorite holiday dishes and desserts so that you don't feel deprived and don't gain excess pounds.

4. DRINK LOTS OF WATER. Water is essential for good health, but can also help prevent overeating. It is possible to feel hungry when you are dehydrated, so drinking water can alleviate hunger pangs.

5. LIMIT ALCOHOL INTAKE. Not only is alcohol itself high in calories, but it also diminishes your sense of control when it comes to eating. The more you drink, the more inclined you'll be to reach for the fattening foods and desserts at holiday parties.

6. WATCH YOUR SURROUNDINGS. Don't choose to socialize right by the buffet table, since that leads to unconscious snacking. Grab a small, healthy plate of food and take a seat. Eat slowly and enjoy each bite.

7. TAKE TIME TO RELAX. Get enough sleep and try to find some "you time" so that your stress levels don't get too high. Stress can cause overeating and other unhealthy physical issues.

8. DON'T GIVE UP. If you do splurge one night, start fresh the next day. People make the mistake of letting one bad night turn into a bad week or even a bad month. Keep a positive attitude and know that every day is a new opportunity to eat well and exercise. The holidays do only come once a year, but make this the year that losing weight isn't your number one New Year's resolution.

- Excerpts from sheknows.com and momitforward.com



The Cedars Club, Inc.

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Security 919-883-7666
Transportation..... 919-259-7740



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