



Fitness Flourishes at the Meadows

The US Centers for Disease Control and Prevention recently reported that life expectancy at birth rose modestly to 78.7 years. The average age of CM residents in Independent Living is 83. Hmm . . . must be the fitness culture! (OK, that's totally unscientific and, in fact, women who live to age 65 have a life expectancy of 85 years and men, 83 years.) However, what is undeniable is the proliferation of fitness opportunities at Carolina Meadows.

Whether you prefer to work out indoors or outdoors, individually or in groups, and whatever your preferred activity or sport, there is something available to meet your needs.

For someone new to exercise, a member of the Wellness staff will provide a free 30-minute consultation that includes a review of your current fitness level and wellness goals and strategies to achieve these goals.

Based upon data provided by residents' use of the check-in system, approximately 34% of Independent Living and Early Advantage residents used the Fitness Center in 2019. An average of 1,480 residents per month check in, either to use the exercise equipment on the floor or to participate in classes in the Exercise Studio.

There are 20 such fitness classes offered weekly, such as Stretch 'n' Tone, Muscle Up, Flex

'n Fit, strength training, tai chi, yoga and more!

The HUR Smart Touch technology strength-training equipment enables users to get a great workout in only 20 minutes, perfect for those who say they haven't sufficient time in a busy day for exercise. Just request an orientation and a staff member can customize the equipment to reflect your needs. Check in with your wristband each time and enjoy your very own workout. There are currently 258 people trained on the HUR equipment.



Guiding this cute penguin down the ski slope makes working on your balance fun.

Residents are also learning to enjoy the HUR balance system, using games to improve their balance. They can also check their weight regularly! Other equipment includes the Keiser stretch station, five treadmills with TVs (for multitaskers), three NuSteps, three recumbent bikes, three spin bikes, and four ellipticals.

Residents in the Fairways, the Pines and the Green also have fit-

ness opportunities. Treadmills, NuSteps, and a Sci-Fit upper/lower body ergometer can be found in the Fairways, as well as other equipment. Classes are also held in the Fairways, the Pines and the Green.

One of the newest offerings is the Parkinson's Wellness Recovery class, which has proved to be very welcome. All of the Wellness team members have completed the instructor training program.

For those who prefer a more individualized approach, personal training sessions are available for a modest fee – in the Fitness Center, the Fairways, the Pines, in the pool and on the golf course. In addition, small-group programs, meeting once a week for 20 minutes, are being organized for those wishing a bit more attention; the fee is less than that for a personal trainer. Residents can also have a fee-for-service one-on-one nutrition counseling session with CM's registered dietitian.

Of course, not all exercise activities take place in the Fitness Center, so it is likely



Or you can relax poolside.

(Continued on p. 2, "Fitness")

President's Message

A year ago, Dr. Donna Miller arrived to be our Medical Director. Many of us have experienced the caring, compassionate and effective way she helps residents and family members. Soon after she arrived, I started hearing her praises from residents. A new resident I met recently spoke of the extraordinary care Dr. Miller and her team provided her and her husband. Just the other day a resident told me about the outstanding service by one of the nurse practitioners. Under Dr. Miller's leadership we are fortunate to have a premier primary health care team that is exceptionally responsive to the variety of needs of our community. Let's all let Dr. Miller and her staff know how much we appreciate them.

Many residents have already been working on the Estate/Tag Sale to be held **March 17 and 18**. It will support worthy causes. Anita Hennis and Barbara Walburn started planning this event

last summer. Employees will likely be the primary customers; but be sure to invite family and friends. Stop by yourself to discover something special! The beautiful jewelry will be displayed and sold in the Marketing Office opposite the Gift Shop. Other donated items will be sold in the Auditorium. There will be bargains galore! To peek at some of the wonderful items, you can see photos on *MeadowLife* under the Residents Association tab by clicking on the right sidebar that says "Community Wide Estate/Tag Sale."

Be sure to complete the Survey of Interest Form distributed to you in February to identify one or more ways you would like to become involved in a standing committee and/or the Gift Shop and Library. Forms are due back **March 13** to Chris Kesner. Volunteering at Carolina Meadows is a great way to meet residents and form new friendships!

- Sam Ligon

(Continued from p. 1, "Fitness")

that more than 34% of CM residents are working out. Many take advantage of the pool, either in organized classes or swimming on their own. Table tennis is available in the basement of the Club Center. In addition, one can go outdoors to enjoy the tennis and pickle ball courts, the croquet court, the golf course, the bocce court and a basketball hoop. The Wellness Department also sponsors a number of outside specialists who offer fee-based programs, such as the Feldenkrais Method® of movement, Pilates Fusion, and Cycle Logic. See Michelle Marino's monthly col-

umn (p. 13) for this month's offerings.

Finally, if you would like to slow down and "smell the roses" in the midst of this fitness frenzy, just join the meditation sessions, offered on Wednesdays and Thursdays. New to meditation? Take advantage of the monthly orientation to meditation. But, whatever you do, check out the many fitness opportunities and contribute to our stellar record of longevity!

- Judith Pulley

(For more fitness photos and fun facts about our Wellness Center staff, see our digital supplement POSTSCRIPTS.)

THE MEADOWLARK
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April Issue Deadline

Copy for the April *Meadowlark* must be submitted by **Thursday, March 12**, to Judith Pulley <yellup310@gmail.com>. Articles should be submitted as email attachments in MS Word format. Images should be sent in JPG format and should not be embedded in articles. Please call Judith at (919) 967-5487 if you have any questions.

Carolina Meadows Census As of January 31, 2020

Number of Residents	Occupancy Level
Independent Living:	
612	96%
Assisted Living	
68	83%
The Pines*:	
66	87%*
Total on campus:	
746	93%
EA Program:	
107	
Total Residents: 853	
<i>*Includes temporary admission of IL and AL residents.</i>	

NEWS (continued)

North Carolina Dining: Biscuits, Barbecue and Beyond

North Carolina Dining is the theme for the Carolina Meadows 2020 UNC-TV fundraising drive. The kickoff began February 24 and the drive and special events go on until March 11. Donations have been coming in and the UNC-TV Donations Box is in the Lobby to receive your contributions.

Come and enjoy an afternoon observing how to make an authentic North Carolina dish.

Chef Jody is leading two cooking demonstrations on southern foods. On **Wednesday, March 4 at 2 pm and again at 3:30 pm in the**

Marketplace, Chef will show us how to make delicious Shrimp and Grits. Then on **Tuesday, March 10 at 2 pm and again at 3:30 pm in the Marketplace**, we will learn how to make another southern specialty, Sweet Potato Biscuits. There is no charge for these demos and no reservations are needed.

Since North Carolina Dining is our special theme this year, the 2020 Silent Auction features gift cards from local restaurants that you can bid on until Tuesday, March 10. The final countdown for the Silent Auction reception begins

on **March 10 at 5 pm in the Club Center Lobby** when the winning bidders will be announced and given their gift cards.

On **Wednesday, March 11** we will celebrate Carolina Meadows Night at the UNC-TV studio and present the donations from Carolina Meadows. Our goal is to raise \$40,000 this year. Please donate and support this annual Residents Association event to keep quality Public TV alive and well in our community. And be sure to watch UNC-TV on the night of March 11.

- UNC-TV Steering Committee

Find Bargains Galore at the Estate/Tag Sale!



Carolina Meadows residents, staff, families and friends are invited to shop for treasures and bargains at the once-in-a-decade community-wide Estate/Gift Sale **in the Auditorium on Tuesday, March 17 and Wednesday, March 18, from 7 am to 5 pm**. Sale proceeds

will be donated to support worthy causes as follows: 1/3 to benefit employees, e.g., with scholarships; 1/3 to Chatham County charities; and 1/3 for campus-wide projects. To view samples of items for sale, go to *MeadowLife* and click on Residents Association, then click on Community-Wide Estate/Tag Sale. For residents living outside Carolina Meadows, use the following link: <<https://www.flickr.com/photos/185478957@N07/>

albums>. For questions, contact Barbara Walburn at (919) 967-6853 or Carol Coile at <coileca@yahoo.com> or (919) 889-4221.

Volunteers are still needed for both days of the sale, working in two-hour shifts. For more information or to volunteer, call or email Polly Moreau. Phone: (919) 942-1878; cell: (919) 606-2932. Email: <pollym723@gmail.com> or <dhmoreau@mindspring.com>.

Chatham County 2020 Primary Election

Tuesday, March 3, 6:30 am – 7:30 pm, Auditorium

Once again Carolina Meadows will be the North Williams voting precinct for Chatham County. You do NOT need a photo ID to cast your ballot in this election. Please be aware that parking at the Club Center may be difficult. If you would like transportation to the Club Center for voting, meals and/or classes, please contact the Transportation office at (919) 370-7121.

There will be NO voter registration on March 3, 2020. If you would like to check your registration (address, etc) go to this website: <<https://vt.ncsbe.gov/RegLkup/>>.

If you would like to see a sample ballot, go to this website: <<https://www.chathamnc.org/government/departments-programs/board-of-elections/2020-election-information-notices>>.

Update on Welcoming Newcomers to Carolina Meadows

The Welcome Committee's charge is to welcome newcomers to Carolina Meadows, both those who are moving to the campus and new Early Advantage (EA) members.

A precinct "Greeter" meets new campus residents shortly after their arrival with a folder of Residents Association information to orient them to campus life. The Greeter also extends hospitality by being available to answer questions, provide introductions to other residents and invitations to dinners and activities.

In line with ideas generated by last year's Connect and Engage Task Force report, the committee's efforts have been expanded. After about three months, new campus residents are offered the option of being matched with a "Welcome Partner," usually based on common interests and/or background. Welcome Partners stay in touch for the remainder of the first year, extending the functions of the Greeter, but more broadly across campus. In collabo-

ration with Resident Services, a new quarterly "Mix and Mingle" for new residents to meet each other will soon be added.

The committee welcomes new EA members by matching them with "Campus Contacts," who introduce them to campus activities, dining venues and residents. The committee also invites both new campus residents and new EA members to a happy hour plus dinner soon after they arrive, allowing them to meet established residents, RA officers and resident members of the Board of Directors. All newcomers are also introduced at a RA monthly meeting, where their photographs and bios are distributed and where they can meet residents at a reception afterwards.

The Welcome Committee organizes these welcoming activities. But it is the residents who agree to be precinct Greeters, Welcome Partners, Campus Contacts or to attend Welcome Dinners who make newcomers to Carolina Meadows feel truly connected and engaged.

- Anne Bodner and Barbara Hardin, Co-Chairs, Welcome Committee

Listening Post Coming in April

You talk . . . we listen. The four CM resident directors will meet privately with you, our residents, on April 22 from 10:30 am to noon to hear whatever you may want to discuss. Issues will then be carefully reviewed and may, if warranted, be referred to the Administration or to the full Board. To reserve a 10-minute slot, please call John Gabor at (919) 240-7132 or email <jgabor1933@gmail.com>.

New Residents

Nancy McCoy, EA

Current Residence: Chapel Hill, NC

Interests: Reading, traveling, theater, movies, exercise class, time with family

W.J. (Jim) McCoy, EA

Current Residence: Chapel Hill, NC

Interests: Teaching, reading, traveling, tennis, golf, fishing

You are invited to a

Resident Town Hall Meeting

**Presenters: Kevin McLeod, President and CEO
Ben Cornthwaite, COO**



Topics: Construction Cost of Birchtree, Vacant Seats in the Dining Room, Community Response

Monday, March 9

11 am, Auditorium

Wednesday, March 11

11 am, Auditorium

Two meetings have been scheduled in order to accommodate all residents. It is not necessary to attend both meetings as the same items will be covered at each session.

The meeting will be simulcast in the **Gallery** to **Fairways residents** and in the **Activities Room** to **Pines residents** on **Wednesday, March 11 at 11 am.**

Magnolia Dames Light Up Precinct 11

There was a time, many months ago, when eight women who live by themselves in Precinct 11 would attend the monthly precinct meeting, stay for a few minutes of social time, and then disperse, each going home to eat dinner – alone. In September 2018 that scenario changed when Ginny Berg gathered the women and arranged for dinner in the Courtyard.

As they continued to dine together month after month, they decided they needed a name. They rejected Merry Maidens, Magnolia Gals, Magnolia Madams and settled on “Magnolia Dames” – after all, as so gloriously sung in *South Pacific*, “there is nothing like a dame.” In addition to their monthly dinner date, the group has entertained the entire precinct at cocktail parties.

Along with Ginny, the Dames include Margaret Zircher, Phyllis Kantra, Anne Sessoms, Nancy Dixon, Jean Holcomb, Geri Laport and Audrey Lambert. Natives of the Midwest, New York City and the South, these women exemplify the diversity, talents and unique personalities of dames throughout Carolina Meadows. Threads that tie them are education, travel, family and, as so well put by Nancy, “the best neighbors ever.”

Magnolia Dames seek neither glory nor fame

*Each basks simply in being a dame
Contentment comes from friendship
and fun*

Sharing supper when day is done.

- Phyllis Kantra & Myrna Merron

For a photo of the Magnolia Dames, go to page 14.

TALK

CMU Joins the UNC-TV Fundraiser to Celebrate Our Local Restaurant Scene

When we think of excellence in local fine dining, one name comes to mind: Ben Barker.

Ben created a restaurant in Durham called the “Magnolia Grill” – the go-to place for all of us looking for an amazing combination of creative cuisine and perfect presentation and service.

He also is credited for training and launching the careers of most of the rest of the chefs in the area who have gone on to make the Triangle famous as a great place to eat.

It is eminently appropriate that as part of our UNC-TV celebration of “NC Dining: Biscuits, Barbecue, and Beyond,” CMU would help us explore the “beyond” part by hearing from the best of the best. And what better time to hear from this leader who helped us make the leap into an era of great restaurants than on “leap day,” a **Serendipitous Saturday, February 29.**

Those who know and love the family know of the next generation of Barker restaurants in the wonderful Mercado in Carrboro. Many of you know that Ben’s mother, Jeanette Barker, lives with us in Carolina Meadows. Jeanette has agreed to introduce Ben and, with any luck, reveal a secret or two.

Serendipitous Saturday talks are presented in the **Auditorium** from **10:00 to 11:30 am** unless otherwise announced.

- The CMU Steering Committee

ONEHOPE Wine to Support CM Foundation

Carolina Meadows is pleased to announce ONEHOPE as our new house wine. Many of you have already discovered these wines. What you might not know is that throughout 2020, for every bottle sold at Carolina Meadows, ONEHOPE will make a donation to the Carolina Meadows Foundation Employee Memorial Fund.

Donations to this fund in 2020 will go to the Markus Webb Scholarship Fund in loving memory of Markus, a beloved employee in Dining Services who died in 2019.

- Pat Mandell

IN MEMORIAM

Sam Wilburn 3-110
01-16-2020

Jane Parr F-210
01-26-2020

Frank Press P-215
01-29-2020

Joanne Sneed P-256
02-01-2020

Margaret Knoerr P-260
02-10-2020

Alice Haynes P-224
02-11-2020

Bruce Ladd, Jr. V-331
02-18-2020

CMU

CMU completes its study of New York City and then puts Science on Trial

CMU will continue its three-part study of New York City with "A Times Square Trilogy." Our presenter is former CUNY professor George Lankevich. George did his undergraduate work at Fordham University and graduate work at Columbia University. Until retiring to North Carolina, he was a life-long resident of New York City. He has authored over 30 books on legal topics and the history of New York City.

On **February 24**, George demonstrated his story-telling skills with "Creating Times Square." The trilogy will continue on **March 2 and March 9**, tracing

the evolution of Times Square: "From Glory to Decay . . . and Back. »

After our usual one-week hiatus, CMU will resume with a new three-part course: "Science on Trial." Our instructor will be the redoubtable Harry Dammers. A retired high school science teacher, Harry has captured the hearts and minds of us high-schoolers-at-heart with his plain talk explanations of the full range of science, from the universe to the molecule. He will bring to us a three-part exploration of the history of two great scientific controversies – the trial of Galileo and the trial of Darwinism, the Scopes trial. Harry

will dig into these rich stories on **March 23, March 30 and April 6.**

As a special feature of this series, Harry has also dug into his archives and found his DVD copy of the landmark movie *Inherit the Wind*, featuring Spencer Tracy, Frederic March and Gene Kelly. We will show this movie in the **Auditorium on Thursday, March 26 at 10 am** so that Harry can speak to it as part of his follow-up presentations. The *New York Times* review of the movie exclaimed: "One of the most brilliant and engrossing displays of acting ever witnessed."

CMU Lectures are held in the **Auditorium on Mondays from 1 to 2:30 pm.**

World Affairs

World Affairs meets on **Fridays at 10:30 am in the Auditorium** (unless otherwise noted). The programs for February are:

March 6: Jonathon Oberlander: "The Future of American Health Care"

Jonathon Oberlander is a professor of Health Policy and Medicine and the Chair of the Department of Social Medicine at UNC. Recently he has been working on projects related to health care cost control, implementation of and ongoing political conflicts surrounding the Affordable Care Act and Medicare reform. He seeks to understand how American politics and political institutions shape health care policy and the fate of reform.

March 20: David Sanger's, *The Perfect Weapon: War, Sabotage and Fear in the Cyber Age* (video)

In his latest book, David Sanger, New York Times security correspondent, reveals a world coming face-to-face with the perils of technological revolution. *The Perfect Weapon* is the dramatic story of how great and small powers alike slipped into a new era of constant sabotage, misinformation and fear in which everyone is a target. Sanger's discussion is both fascinating in its details and access and terrifying in its implications.

March 27: Nan Lin: "China: The Great Transformation"

Nan Lin is an emeritus professor of Sociology at Duke University and has received honorary degrees and visiting professorships from numerous Chinese universities. He is most notable for his research on social networks and social capital (the positive product of human interaction to strengthen communities and enhance social

stratification and mobility) in modern Chinese society. His work substantiates the old adage that "it's not what you know but who you know." We will find that China is no exception to that rule. Thus the subject of the presentation: The Great Transformation.

- Dorothy Samitz

Women's Luncheon: Chef Jody

On **Tuesday, March 10 at noon in the Private Dining Room**, Jody McLeod will be speaking to the Women's Luncheon about his career before arriving at Carolina Meadows to become our Executive Chef. An article in the February *Meadowlark* describes his journey. Please come and hear him tell about himself in person.

To sign up for the luncheon, call Jody Hite after March 1.

- Anne Scaff

America the Beautiful

CM Auditorium, March 27, 7:30 pm

Ed Unterberg says, "Our favorite trip was not to some exotic country but an adventure we had in our own United States. We toured several of our great National Parks, from the very first to those that comprise the Grand Circle found in our western states, plus we house-boated on Lake Powell, a lake with more shoreline than California, and had other wonderful stops along the way.



Tetons. Photo by Ed Unterberg

The scenery was incredible and hard to match anywhere in the world. We hope you enjoy our favorite trip."

Men's Breakfast

The Men's Breakfast Group meets at **8:30 am** on the third Wednesday of each month (except July, August and December) in the **Private Dining Room**. Following a buffet breakfast, a speaker, either a Carolina Meadows resident or an outside expert, speaks for about 45 minutes followed by questions. **Please wear your name tag.**

Our next meeting is on **March 18**. Our speaker will be UNC History Professor Dr. Jay Smith who will update us on UNC's handling of football, academic scholarships and the educating of students on football scholarships – the good, the bad and the ugly. In 2015 Dr. Smith co-authored the seminal

Birds of Piedmont North Carolina

On **Tuesday, March 10 at 10 am in the Lecture Hall**, Birders@CM and The Park are sponsoring a lecture by Mary Parker Sonis, a naturalist, photographer and writer based in Carrboro, North Carolina, along one of the more notable creeks in this area, Bolin Creek Carolina North Forest.

You may have seen her wildlife articles and photographs in the *News and Observer*, the *Durham Herald* or other local newspapers. Her photographs have also appeared in *North Carolina Audubon*, *National Audubon*, *The US Fish and Wildlife Service*, *The Red Wolf Coalition*, *The Triangle Land Conservancy* and other wildlife magazines in the US.

Mary will entertain us with her photography and storytelling about birds and their behavior. If you have stopped birding or have difficulty using binoculars, here is an opportunity to see the birds in

our area on a large screen and hear interesting commentary about each species.

Please join us to learn about the Birds of Piedmont North Carolina.

- Margaret Scott

Meet the Author And the Silent Spoke by Amy L.

Greeson

**Thursday, March 12, 10:30 am,
Lecture Hall**

Amy, a graduate of UNC-Chapel Hill Eshelman School of Pharmacy and a member of the Pharmacy School's Alumni Board of Directors, has traveled extensively to study indigenous healing methods and plant-based medicine. She has led expeditions to the Amazon, Madagascar, Papua New Guinea and the Republic of the Congo to bring awareness of indigenous cultures and their environments and to further research in the pursuit of novel medical treatments. Her hardback book will be available for purchase at \$28.94 (tax included). Checks or cash preferred, credit payment also available.

- Michelle Marino

book *Cheated* on the 2010 academic scandal that marred Tar Heel athletics' reputation. A revised and expanded edition was published last November.

- Michael Cotter

March Philosophy Group

12:30 pm, Lecture Hall

March 6: The cognitive psychology of religion

-Is religion good or bad for us psychologically?

-What is religion?

March 20: Microaggressions

-What are they?

-Are they a real problem?

- Marlene Appley

Meadows Democrats

The Meadows Democrats will host Sydney Batch, House District 37, on **Friday, March 27 at 4 pm in the Auditorium**. Her topic will be "Turning Out the Minority Vote." Although in her first term in the House, she recently testified to Congress on the importance of paid family leave. Representative Batch is an attorney, wife, parent and small business owner. There will be refreshments following the presentation. This meeting is open to all CM residents.

- Judy Tilson

ARTS

Music at the Meadows in the Auditorium

Bennett Quartet, Classical Strings

March 10, 7:30 pm

The Bennett Quartet comprises violinists Bob Anemone and Erin Zehngut, violist Sam Gold and Cellist Kirsten Jerme. All have enjoyed notable success in the music world. The Bennett Quartet's previous appearances at Carolina Meadows were enthusiastically received.

Gospel Jubilators, Spiritual Choir

March 24, 7:30 pm

Using "only the instruments God gave them," the Gospel Jubilators have kept the jubilee tradition alive for almost 40 years. Jubilee singing reached its height of popularity in the 1930s and 40s, but was rejuvenated in 1972 in response to the growing commercialization of gospel music. The all-male vocal group performs a cappella music with rare purity and soul.

- Norm Miller

Piano Recital featuring students of Florence Ko

**2 pm and 4 pm Auditorium
Sunday, March 1**

Yale Out of the Blue a Capella Group

**2 pm Auditorium
Friday, March 20**

Yale Out of the Blue is Yale University's award-winning co-ed a cappella singing group. The group performs a diverse repertoire of contemporary music using only their voices – no traditional instruments or artificial effects whatsoever!

Art in the Meadows

Artist of the Month Exhibit in Art Studio: Joan Meade, "Paintings and Poetry." Artist Reception **Sunday**

**March 15, 3:30-5:30 pm in the
Art Studio.** Joan works in sculp-

tural acrylics, with texture, color and shapes giving a three-dimensional effect. Each painting in the exhibition is accompanied by a quoted poem or saying celebrating the glory of nature.

Classes:

Chinese Brush Paintings – Six Wednesdays, March 18, 25, April 1, 15, 22 & 29; 10:30 am-noon

Taught by Jinxiu Zhao (Alice), cost \$90. All skill levels, including beginners. Chinese brushes and newsprint available for purchase if needed. For more details and sign up, see the activities book in Club Center Lobby, or contact Margaret Zircher (919) 967-1102. (For more about Alice, see p. 21.)

Watercolor "Seminar"- Thurs- days, 10-11:30 am, Art Studio.

Bring paintings you have finished

or are working on to share with the group for comments and shared learning.

Intergenerational Art Project

with UNC Students: It is said that art helps us identify with one another and expand our notion of we! As part of the UNC Arts Across Ages Seminar, Carolina Meadows is hosting an art workshop in our Art Studio on **March 26**. We are recruiting residents to participate in a fun and easy poured acrylic art project alongside UNC students.

The focus is to share an arts experience and make connections to each other through the arts and across the ages. No art experience or talent is required! The project will begin with lunch, explore a new art medium and conclude with a dialogue around the experience. Estimated time frame is **12:45-3 pm**. Limited spots available; please sign up in the Activities Book. Contact Amy Gorely at (919) 370-7213 for more information.

- Margaret Zircher

Met Opera on Demand

1 pm, Auditorium

Wednesday, March 18 (3 hours)

Manon (from October 2019)

A graduate of the Met's Lindemann Young Artist Development Program, Lisette Oropesa has had a meteoric career around the world. During the 2019-20 season, she returned to the Met stage to star in her largest role with the company to date, the heroine of Massenet's *Manon*. As the young ingénue, Oropesa delivers a stunning performance. Recorded as part of the Met's *Live in HD* series, this performance also features tenor Michael Fabiano and baritone Artur Ruciński.

Book Group

Where the Crawdads Sing, a beautifully written coming-of-age novel set in rural North Carolina, will be the focus of the Book Group discussion at **2 pm on March 18 in the Lecture Hall**. The protagonist is shaped by two opposing forces. Abandoned, ridiculed and betrayed by the developed world, she is nurtured, enriched and sheltered in the natural world, the coastal marshes near her home. Whether you love or hate the long-time *New York Times* best seller, and whether you have read the book or not, you are welcome to join us.

- Jean Gilles

New Books Added to Library Collection

Check the New Book Acquisitions on a Library sidebar on *MeadowLife* for a complete listing of new books added to the Library each week.

Fiction

The Spy of Venice by Benet Bran-dreth

American Dirt by Jeanine Cum-mins

Little Gods by Ming Jin

Hunter Killer by Brad Taylor

Lady Clementine by Marie Bene-dict

The Dearly Beloved by Cara Wall

A Small Town by Thomas Perry

Naked Came the Florida Man by Tim Dorsey

A Long Petal of the Sea by Isabel Allende

Large Print

The Rain Watcher by Tatiana de Rosnay

Kingdom of the Blind by Louise Penny

The Fox by Frederick For-syth

Mystery

When You See Me by Lisa Gardner

Many Rivers to Cross by Peter Rob-inson

When Old Midnight Comes Along by Loren D. Estleman

Hindsight by Iris and Roy Johan-sen

Treason by Stuart Woods

The Siberian Dilemma by Martin Cruz Smith

Westside by W.M. Akers

A Divided Loyalty by Charles Todd

Golden in Death by J.D. Robb

Biography/Biography Collec-tion

Uncanny Valley by Anna Wiener

Imperfect Union by Steve Inskeep

The Yellow House by Sarah M. Broom

A Bookshop in Berlin by Francoise Frenkel

River of Fire by Sister Helen

Prejean

Lincoln's Spies by Douglas Waller

Non-Fiction

Tightrope by Nicholas Kristof and Sheryl W. Dunn

DVDs for the Library

Purchased with CM funds:

The Good Liar, R, 2019, Career con-man, Ian McKellan, sets his sights on wealthy widow, Helen Mirren, in a "suspenseful drama about the secrets people keep and the lies they live."

Knives Out, PG-13, 2019, (97% on *Tomatometer*), PG-13, a fun, mod-ern-day murder mystery where everyone is a suspect, starring Christopher Plummer and Daniel Craig.

The Usual Suspects, R, 1995, (96% positive audience score), Kevin Spacey won an Academy Award for his performance in this classic film full of "layers of deceit, twists, and violence."

Where's My Roy Cohn? PG-13, 2019. This documentary chroni-cles the life of Roy Cohn, who origi-nally served as Chief Counsel for Senator Joseph McCarthy's Com-mittee that investigated Com-munism in the 1950s.

Dangerous Liaisons, R, 1998. Based on the 18th Century French novel, two former lovers (Glenn Close and John Malkovich) agree to a cruel wager about his being able to seduce an innocent young girl (Uma Thurman) before she weds. *Mansfield Park*, PG-13, 1999. Based on the Jane Austen novel, this film follows a poor 10-year-old girl, Fanny Brice, from the time she was sent to live with her rich aunt, until the time she grows up and flour-ishes in that wealthy society.

Donated DVDs:

Labyrinth of Lies, R, 2015, Set in Germany in 1958, this film traces the effort of one man who "forces an entire country to face its past." *As You Like It*. NR, 1978, The Shakespeare play, produced by the BBC, and starring Helen Mir-ren.

Orange is the New Black, NR, 2013 TV production, This first season of the "heartbreaking and hilarious"- - but often explicit and shocking--series about women in prison re-ceived positive reviews, with one critic calling it "a new definition of television excellence."

The Good German, R, 2007, This film noir, set in Berlin after World War II, stars George Clooney and Cate Blanchett.

The Shaw Festival: Behind the Cur-tain, NR, 2013, Documentary fol-lowing the production of a play from the original reading of the script to the staging of the play at a Summer Festival in Ontario, Canada.

Tuesday at the Movies

2 pm Auditorium

Tuesday, March 10

Gold Diggers of 1933

1959 – Not Rated – 1 hr, 36 min . Hollywood's musical master Bus-by Berkeley choreographed this lavish comedy starring Joan Blondell, Ruby Keeler and Aline MacMahon as three showgirls looking for financial backing for a new production. A young song-writer (Dick Powell) offers to put up the cash, but when his blue-blooded family discovers what he's up to, they plot to ruin his plans. This hit film was selected to the National Film Registry.

(Continued on p. 10, "Tuesday")

(Continued from p. 9, "Tuesday")

CMU Movie Presentation

10 am Auditorium

Thursday, March 26

Inherit the Wind

Shown in conjunction Harry Dammers March CMU talks "Science on Trial"

1960 – Not Rated – 2 hr, 8 min

Spencer Tracy, in an Oscar-nominated role, and Fredric March square off as opposing attorneys Henry Drummond and Matthew Harrison Brady, respectively, in this blistering courtroom drama about the famed 1925 "Scopes Monkey Trial," in which a Tennessee teacher was taken to task for teaching Darwinism in the classroom. The film also earned Oscar nods for its editing, screenplay and cinematography. Gene Kelly co-stars as a newspaper reporter.

Films for March 2020

Shows start at 7:15 pm in the Auditorium

Besides free popcorn, we are offering another incentive: Those who wish to talk about the movie they have just seen, come down front during the credits and we'll talk about it.

You are choosing the movie. There is a box on the table in back into which you can put your recommendations. However, be advised that if it is not available on Netflix or in our library, does not have subtitles, or if it has been shown recently, we will not show it.

Caveat: Occasionally the scheduled movie does not arrive or there is something wrong with the DVD, so check *MeadowLife* or the bulletin board on Friday or Saturday.

March 7 *All That Jazz* (1979)

2 hrs, 3 min – Rated R

Roy Scheider, Jessica Lange
Bob Fosse's Oscar-winning autobiographical film celebrates the raunchy underbelly of show business. Successful director-choreographer Joe Gideon (Roy Scheider) is at the top of the Broadway heap. But he stands powerless as his world slowly collapses around him. His obsession with work has almost destroyed his personal life, and only his bottles of Dexedrine keep him going. Soon, it's clear Gideon will have to make a choice -- his art or his life.

March 14 *Stan and Ollie* (2018)

1 hr, 37 min – Rated PG

Steve Coogan, John C. Reilly
With their glory days as Hollywood's premier comedy team long behind them, Stan Laurel and Oliver Hardy begin a 1953 farewell tour of England and Ireland, reminding audiences – and themselves – of the magic of their partnership.

March 21 *Pain and Glory* (2019)

1 hr, 52 min – Rated R – Spanish with English subtitles

This layered drama centers on Salvador Mallo, an aging filmmaker looking deep within his soul as he attempts to recapture the creative spirit that once inspired him. As he surveys his life, Salvador is haunted by memories of his first love.

March 28 *Monster's Ball* (2001)

1 hr, 51 min – Rated R

Halle Berry, Billy Bob Thornton, Heath Ledger
Death row in the Louisiana State Penitentiary is the hothouse backdrop for this hard-hitting drama about a racist prison guard who falls in love with the African American wife of a condemned man he helped execute.

ACTIVITIES

Recycling News

The Recycling and Conservation Committee has updated its webpage (it's under the "Committees" tab on *MeadowLife*) with new information on egg crates, wearable and unwearable clothing, used cooking oil and composting. What has not changed yet is what we can say about recycling alkaline batteries because Plant Operations is currently reevaluating how to do it.

Please don't forget that the committee can no longer accept foam egg crates in the Residents Business Center. Paper and recyclable plastics only. Tell your egg source that you don't want eggs in foam or buy local eggs from Carolina Meadows Home Shopping. They will arrive in recyclable cartons.

Meanwhile, the good news from our most frequent Waste Industries picker-upper is that we are recycling well as a community, better than the local apartment complexes he visits – we burden him with less trash and food-contaminated containers. Where we can improve is to keep plastic bags out of our independent living bins. **So we ask you again to keep plastic bags out of our recycling stream.**

There is also good news about recycling plastic in North Carolina. We are not as affected by China's rejection of US recycled goods as are other states because we have more and more plants collecting and remanufacturing recycled plastic right here. No need to worry that what you recycle is festering in a dump somewhere in the third world.

- Judith Ferster, Recycling and Conservation Committee

Community Outreach Corner

Thanks to those who donated warm clothing for our winter clothing drive! Your donations were taken to PACE (Programs of All-inclusive Care for the Elderly).

Thanks to Literacy volunteers: Mary Morrow's student, Yienia Jaramillo, achieved citizenship and will be celebrated soon. Marge Miles tutored her students when Mary was away.

Events:

April 29, 11 am - 2 pm: Chatham Literacy's Spring for Literacy Luncheon at Governor's Club. Award winning author Mrs. Cassandra King Conroy will speak. Tickets went on sale February 15 and sell out quickly. Chatham Literacy has Raffle Tickets on sale now for a luxury three-night four-day getaway to the Beaufort area with a tour of the Pat Conroy Literary Center. The tickets are \$100 each and only 250 will be sold. Contact <<https://chathamliteracy.org/>> or call (919)214-1269.

Summer 2020: Do you love children? Do you have ideas for creative intergenerational events at Carolina Meadows? The Community Outreach Committee is recruiting residents to help plan a one-day summer camp at Carolina Meadows in partnership with the Boys and Girls Club of Central Carolina. Contact Amy Gorely <amy@carolinameadows.net> or Judy Jones <jjonesae@gmail.com> if you could help!

Donating:

Don't forget your donations of pharmacy items to the Chatham Cares Community Pharmacy. Faith Hairston in the Clinic accepts donations and/or you can contact Lynn Ogden at (919) 968-6910.

Volunteering: Scroggs Elementary: Sales and Marketing Coordinator Brittney Edwards, told us about an opportunity to volunteer at Scroggs Elementary School in Southern Village. They need volunteers to read to students in the After School Program from 4-4:30 pm. From 3:30-5:00 pm volunteers could get involved in craft projects, sharing a talent, etc. Thursdays are reserved for clubs and board games. If you are interested in going to read to students as a start, please contact Ginny Berg <ginnyberg@bellsouth.net> or Judy Jones <jjonesae@gmail.com>. We are willing to drive some volunteers down to Scroggs and enjoy reading to some small groups of students! Let's do this!!

CORA: The CORA Food Pantry in Pittsboro needs volunteers. Go to the following website to sign up for volunteering. A staff member will contact you and help to arrange training. Contact Lydia Berrong at (919) 240-7577 for further information. <<https://www.corafoodpantry.org/>>

Habitat for Humanity can always use volunteers. Contact Rachel Horowitz at (919) 542-0794, ext. 228 or <rachelh@chathamhabitat.org>.

- Judy Jones

St. Patrick's Day Sing-along

Yes, the Auditorium will be bustling with the Estate/Tag Sale on Tuesday, March 17, but that won't stop us from celebrating St. Patrick's Day. Please join us in the **Board Room at 2 pm** to sing along with our old Irish favorites such as *When Irish Eyes are Smiling*, *Danny Boy* and *Cockles and Mussels*. Green punch and shamrock cookies will be served.

Parkinson's Focus Group

Much interest has been expressed in having more services available at Carolina Meadows specifically focused on those living with Parkinson's disease. In response, we are organizing a focus group to hear what your specific requests are so that services and program offerings can be tailored to meet your needs.

Please call Robin McCoy, Social Worker, at (919) 370-7177 or Michelle Marino, Wellness Services Manager, at (919) 370-7114 to sign up. This meeting will be held in the **Board Room on Tuesday, March 3, from 11:30 am until 1 pm** with a box lunch being served. Spaces are limited to 15 participants, so please RSVP soon.

Please consider joining this Parkinson's focus group and make your voice be heard!

- Robin McCoy

Calling All Bridge Players

There are many bridge games going on all over campus. There is one game on two Saturday afternoons per month that is looking for more residents to join. It is a relaxed and friendly group playing party bridge rules and provides a very pleasant way to make new friends. Men and women, singles or couples, are welcome at **1 pm in the Game Room on the second and fourth Saturdays** of the month. Please call LaVonne Leinfelder at (919) 370-9168.

Rabbit, Rabbit

On **March 1**, Rabbit, Rabbit Day falls on a Sunday. **The Marketplace** will be open, but the "bar" will be closed so *byob*. It is fun meeting our new friends and we hope to see you again. This time we will know your name! Bring a friend and join the fun, beginning at **5 pm**.

Genealogy Group

Accessing Your Computer DNA

The DNA process to establish family connections has grown rapidly, primarily due to the proven success of the genealogical search. We are pleased to welcome two of our former guest speakers, Mary Ann Loss and Ginger Smith, to our meeting on **March 3 at 2 pm in the Board Room**. They have offered their hands-on assistance on DNA programs, including help in "color coding" your matches. This will help provide members a better understanding of the multitude of DNA matches.

Participants need to bring their laptops to the meeting. If one does not possess a laptop, the information on how to access home computers will also be offered. We are aware that providing our DNA has become a strong connecting mechanism in identifying family roots and active family connections. Members who have become active within their own family connections via DNA may explain how and why they determined the importance of testing with one of the established genealogy sources.

- Ruth Muller

Display Cabinet

March will feature Peter Baer's amazing collection of cookbooks with such categories as Southern Regional Cooking and North Carolina Cooking. Many will coordinate with the UNC-TV fundraising theme – North Carolina Dining: Biscuits, Barbecue, and Beyond.

Not to be missed – *Sweetie Pie's Cookbook: Soulful Southern Recipes*. Peter will have some cookbooks for you to examine and perhaps take one home and try a new recipe.

- Betty Lindsay

Women's Golf

Welcome to all women golfers who are CM residents, on the wait/ready list or are Early Advantage members. We invite you all to our spring luncheon meeting on **March 31 at noon in the Private Dining Room**.

Our season begins the first week of April. We will decide at the meeting if we should continue to play on Tuesdays or change to Mondays.

Please join us to hear about our fun rounds. For further information call Joan Kastel (919) 933-3181 or <Jhkastel@gmail.com>.

March Activities

**Sign up in the sign-up book:
Funky Lunch Bus!**

Wednesday, March 18

TBD

Deadline: **Monday, March 16**

Load: **11 am**

**Chamber Orchestra of the Triangle – Beethoven is Knocking
Sunday, March 22**

Deadline: **Monday, March 16**

Cost: approx. \$44 per person

Load: **2:15 pm**

**Ackland Art Museum Special
Tour – Yayoi Kusama: Open the
Shape Called Love and
Toriawase**

Thursday, March 26

Deadline: **Friday, March 20**

Cost: approx. \$9.50 per person-

Load: **1:30 pm**

Join Linda Carl, docent, for a tour of Ackland Art Museum's two current exhibits: "Yayoi Kusama: Open the Shape Called Love" and "Toriawase." Kusama is one of the most admired of all contemporary artists for her specially lit environments. The Ackland exhibit focuses on early intimate aspects

of her works including her "dot" and "net paintings." Toriawase is a Japanese concept that loosely means to combine objects with exquisite care. This superb installation meets this goal with its combination of Japanese modern art and ceramics.

**Durham Savoyards present
Gilbert and Sullivan's Patience
Saturday, March 28**

Deadline: **Friday, March 6**

Cost: approx. \$48 per person

Load: **6 pm**

Ongoing Events

Jewelry Design and Repair

1-3 pm

Art Studio

Monday, March 2

For all experienced jewelry makers. Open classes are \$10 per afternoon. Jewelry repairs may be dropped off at any time between 1 and 3 pm on the scheduled monthly open classes.

If you would like to have a beginner's session, please contact Eva directly at (919) 797-0289.

**Speed Friending – A new way to
meet people here at Carolina
Meadows**

2 pm Game Room

Friday, March 6

Whether you have been at CM for many years or only a few months, it can be difficult to meet people unless someone introduces you. You may want to get to know someone better whom you have seen in one of your classes or volunteer activities or find some folks with common interests. Try this enjoyable "getting-to-know-you game" yourself or bring a friend or neighbor so you can both expand your connections

(Continued on p. 13, "Activities")

(Continued from p. 12, "Activities")

here in our Carolina Meadows home. Please sign up in the Activities Sign-up Book.

- Karen Monaco & Kris Snyder,
Wellbeing & Engagement Committee

African Drum Circle Class with Diali Cissokho
3-4 pm Board Room
Fridays, March 13 & 27
\$15 per class

Join Senegalese musician Diali Cissokho for a lively 5-week beginner djembe drumming class! Diali is from a "griot" family, the musicians of West Africa tasked with passing down the history of their communities through song. Diali relocated to the US in 2010 and brought with him a vast knowledge of traditional and contemporary West African Music, which he loves to share with groups of all ages and experience levels. No experience necessary. Drums provided.

Tea and Conversation
3-4 pm Marketplace
Tuesday, March 17

Wellness Corner

Connecting with Food and Nutrition

Nutrition is all around us. It provides energy for our day, brings us together at mealtimes, fuels our workouts, and helps us be strong and healthy. Celebrate how nutrition affects your life and connect with food by celebrating National Nutrition Month (NNM). NNM is a campaign that promotes healthy eating habits and nutrition education. Carolina Meadows understands the importance of nutrition and staffs a full-time dietitian to provide individual and group nutrition counseling and develop wellness events for all residents and employees.

Kick off National Nutrition Month bright and early on **March 2 from 7-9 am in the Auditorium** with Jillian, Carolina Meadows' Registered Dietitian Nutritionist (RDN). Learn about whole grains while enjoying delicious protein-packed pancakes. Then on **March 17 from 3-4 pm** sit down with Jillian to celebrate St. Patrick's Day and NNM **in the Marketplace**. Enjoy tea, scones, and conversation

while learning about green tea. Continue connecting with nutrition at *Nutrition Jeopardy* on **March 27, 2-3 pm in the Auditorium**. Sit down with friends and peers and test your nutrition knowledge.

- Jillian Schoening, RDN

Chatham County Senior Games: Registration is now open! Applications are available in the Fitness Center for sports and silver arts. This year Carolina Meadows will be hosting croquet on Monday, April 27 and men's bocce on Tuesday, April 28. We would love to have some new faces this year!

The Blood Connection Campus Blood Drive, Tuesday, March 10 in the Board Room: Appointments available from **noon-5 pm**. All donors will receive a \$20 visa credit. Contact Michelle at (919) 370-7114 for an appointment.

New Class offering: Pilates Fusion combines Pilates and

(Continued on p. 14, "Wellness")

A Host of Golden Daffodils

Come and visit The Park to welcome Spring and enjoy the early blooms of a "host of golden daffodils." Follow the welcoming signs on Hawthorne Drive to lead you to The Park. Across from the vegetable gardens a gentle woodland path takes you past a dark still pond. Stop and listen to the gentle melodies of wind chimes as a light breeze rustles through the tall pine trees.

As you walk uphill into The Park, the dynamic sculpture "Skyward" welcomes you. Along

the gravel pathway, the display of hundreds of daffodils with their bright yellow blossoms waving in a gentle breeze announces the arrival of spring. Relax in the pergola to admire these early blooms close at hand and stroll past the Yoshino cherry tree, ready to open its clusters of delicate pink flowers.

The Park welcomes you to enjoy an early Spring show!

- Taimi Anderson



(Continued from p. 13, "Wellness")

strength training for an intense workout that will lengthen and tone your body. Modifications and progressions are offered for beginners to feel successful and for seasoned Pilates enthusiasts to feel challenged. You will see improvements in your posture, balance, strength and flexibility. We will use 9" Bender balls, gliders, weights and other small equipment. **Free Class- Friday, March 6, 1 pm, Exercise Studio. Six-week series to follow, March 13 through April 17.** Cost \$35 billed to your CM account. Register for series in Wellness Book.

Awareness Through Movement® Class: Say Goodbye to Lower Back Pain. Seven Mondays, 10:45–11:45 am, March 16–April 27 in the Exercise Studio. The Feldenkrais Method® of movement education teaches global, holistic answers to spinal problems. You'll experience some simple practices and routines that will unload and decompress your spine, relax excessive muscle tension and spasms, restore your posture and natural curves of the spine, improve your strength and flexibility and change your movement habits. You must be able to get down to, up from, and lie comfortably on the floor. Cost is \$40 billed to your CM account.

Nia Moving to Heal is ideal for people who are just starting with exercise and want a fun, joyful way to get active. We spend 30 minutes dancing on the floor and 15 minutes moving in a chair. Eight-week series will be held **March 25–May 27** (no class 4/8 or 5/6), **11:30 am -12:15 pm.** Cost is \$30 for series.



March Madness is upon us

When you need a break, stop by the *GIFT SHOP* for

- **Congenial conversation (basketball and otherwise)**
- **Convenient shopping**
- **Conspicuous savings**
- **Creative displays**
- **Crucial items (hearing aid batteries and Pictorial Resident Directories) and other things...**
- **Central to your well-being (a new blouse, snazzy socks or a Snickers candy bar)**



Your GIFT SHOP
knows how to
Score



The Magnolia Dames (See story on p. 5.) (Photo by John Haynes)

Chef Jody Wins Chef Competition!

On Saturday, February 22, The International Casino Night took place in Raleigh to benefit Transitions Guiding Lights, a one-

stop resource for Triangle-area caregivers. Guiding Lights mission is to provide family and professional caregivers the information,

resources and training they need to provide the highest quality and most compassionate caregiving possible. As one of the sponsors, Carolina Meadows was well represented at the event.

In accord with its theme, there were casino tables throughout the venue. But the highlight of the event was the Chef Challenge, in which chefs from Atria Oakridge, Carolina Meadows, The Forest at Duke, The Templeton of Cary, and Waltonwood Lake Boone participated.

Each chef prepared one hors d'oeuvre and one dessert. Those in attendance had the pleasant task of sampling the small plates prepared by the contestants.

Carolina Meadows Chef Jody McLeod offered fresh shucked cold water oysters on a bed of black sand risotto with baby micro greens with lemon sea foam, as well as pina colada scallop with luxardo mousse and dried pineapple. Both were not only delicious, but also beautifully presented.

Tasty dishes available at other chefs' tables included melted Swiss raclette cheese with Spanish serrano ham and a lamb dish, plus desserts ranging from parfaits to chocolate bark.

Carolina Meadows sponsored two tables attended by residents, staff and family and friends of the CM dining team.

To our delight, Chef Jody was the winner selected by the three professional chefs/judges and received the Silver Spoon Award, which is based on taste, presentation and creativity. Of course, we already knew that Jody was the best!



The CM Team with the Silver Spoon Award: Patricia Musson, Tristan Parks, Executive Chef Jody McLeod and Tyler Margagliotti



Attendees enjoyed the many small plates at gaily decorated tables and mingled among the casino tables.

- Judith Pulley

POSTSCRIPTS

Our Wellness Center Staff



L to R: Nancy Alton, James Ruffin, Michelle Marino, Kim Conway

Nancy Alton, Active Aging Specialist

Nancy received her BS in Physical Education and Health/Fitness Management at Northern Michigan University. She has had roles on the US National Ski Patrol and the International Flag Football Team. She is an American College of Exercise certified Personal Trainer, A Matter of Balance and Parkinson's Wellness Recovery Instructor and TPI Level 3 Golf Coach.

"My favorite season is summer because I can cruise the NC Inter-coastal Waterway and motorcycle along its shores. The hobby that I could never give up is EXERCISE.

Kim Conway, Fitness Associate

Kim is a certified trainer with the National Federation of Professional Trainers, American Sports and Fitness Association, Silver Sneakers, and the Parkinson's Wellness and Recovery Program.

"I was first runner up in the Miami Crystal Light Dance Aerobic championships and I was a student of Ruth Foreman, the well-known stage actress."

Michelle Marino, Wellness Services Manager

Michelle has been with Carolina Meadows for over 15 years. She received her BS from Slippery Rock University in Exercise Science with a minor in Gerontology and is currently certified as an International Fitness Trainers of America Personal Trainer, Athletics and Fitness Association of America Group Exercise Instructor and is a registered yoga instructor, Quit Smart Smoking Cessation, Parkinson's Wellness Recovery program and A Matter of Balance leader.

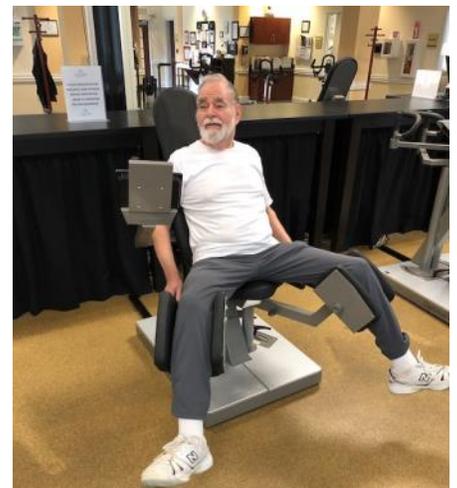
"My favorite summer job was being a lifeguard. I played fast-pitch softball in college as a catcher."

James Ruffin, Fitness Associate

James has been with Carolina Meadows for over 15 years. He is certified as a Master Personal Trainer and as a Parkinson's Wellness Recovery Instructor. He specializes in functional strength training. He has experience from Duke Medical Center and Triangle Orthopedics working with the Rehabilitation Departments. He holds a Criminal Justice degree from Knoxville College, Tennessee.

"I practice martial arts. I'm a history buff."

Fitness Can Be a Family Affair



Both Allan and Naomi Eckhaus can be found in the Fitness Center almost every day.

Celebrating the Judys/Judiths at CM

What's in a name? On January 31 nine of the ten CM ladies bearing the name "Judith," "Judy" or "Judi" met at the home of Judy Jones for the second annual celebration of their mutual names. Since all of our "J's" (with one exception) were born during the 1940s, the heyday of Judy Garland's career, it is tempting to ascribe the choice of name to her

popularity. But, whatever the impetus, most of them are happy with their names, though some insist upon being called "Judith" rather than the diminutive "Judy or Judi."

Perhaps it is time for other similarly named residents to get together. What about Anns/Annes? Elizabeths/Bettys? Bobs/Roberts, Jacks/Johns?

- Judith Pulley



David Duddles and Michael Gates enjoy a game of croquet.



The tennis courts also provide the venue for pickleball.



Some of the J's - L to R: Judith Topper, Judy Jones, Judi Lillley, Judy Tilson, Judi Bowen and Judy Bauman



Classes such as stretch 'n' tone are a terrific way to exercise and socialize at the same time.



On February 12, residents gathered in the Auditorium to celebrate PAL-entine's Day with a dance. Music was provided by the Triangle Jazz Orchestra. Beer and wine, as well as chocolate kisses, were provided.



Chocolate kisses

Launch of UNC-TV Fundraiser: Biscuits, Barbecue and Beyond

Residents gathered in the Club Center Lobby on February 24 to celebrate the launch of the UNC-TV fundraiser with wine and sparkling cider with bluegrass music provided by Jason and the G Runs.

They then proceeded to the Marketplace or the Pub or Court-

yard for a feast of southern cooking. In the Marketplace the Pig Pickin' whole cooked hog, Lexington chicken, Mac and cheese, southern collards, fried okra, peach cobbler and pig pickin' cake.

Meanwhile, in the Pub and the Courtyard diners had a choice of such southern specialties as col-

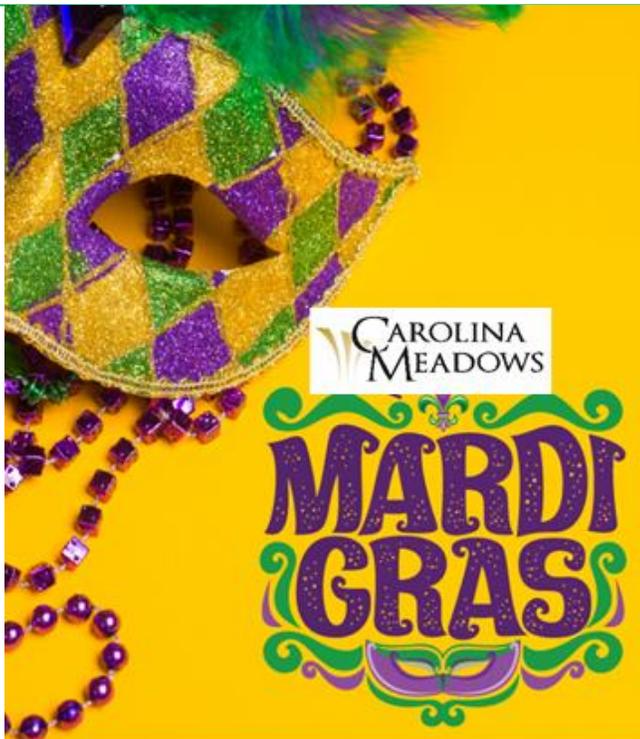
lard greens stuffed with rice and walnuts, Cheerwine braised pork shank, southern tomato pie, and deconstructed shrimp and grits. Desserts included Pepsi float and Atlantic Beach Pie.

Delicious!

- Judith Pulley



Mardi Gras Madness



The evening began with New Orleans-inspired entrees in the Club Center. Some got into the spirit by wearing their masks to dinner.



Kris Snyder and Jody Hite were ready in the Auditorium for the dancing to begin.

Music was provided by Peter Lamb and the Wolves.



Many listened to the music appreciatively, enjoying beer, wine, beignets and king cake, while others took to the dance floor.



Naomi Eckhaus and John Haynes displayed perfect form.



Save the Date

J Jill is coming to Carolina Meadows

Fashion Show and Lunch

Wednesday, April 29

Auditorium

Why Volunteer?

The Residents Association Executive Committee recently created a task force to increase resident participation on RA committees and activities. Let's see what some of our residents say about why they volunteer:

"I like living here because in so many ways, the residents 'run the place!' I mean this very respectfully. I want to live in a place where there is activity and enthusiasm, opinions and influence. And so, I feel the need to contribute to that by volunteering."

"Volunteering takes me out of my own tiny world and brings something good to others – a win/win for all."

"When we moved in, our reception from both staff and residents was overwhelmingly positive on all levels. It was simply a wonderful community that was made all the more wonderful because the residents were so engaged. Most communication at first was with precinct members and we quickly realized that while these interactions were beneficial, we suffered from lack of engagement with others. The best way to assure that CM would continue to be so sensitive to the needs of the community was to make sure we actively participated. Volunteering accomplished both these goals. Thus, we volunteer to meet and engage all segments of the community and actively participate in the maintenance of the com-

munity spirit so beneficial to all. We feel it is only then that you have truly joined CM."

"I enjoy working with other people to make things happen that are important to the group. Few things give me greater pleasure than being part of a dedicated team working toward a common goal."

"I really have within me the desire to give back. I feel that I have been blessed in so many ways and I like giving to others in the community."

"I am doing what I do at CM as 'payback.' When my husband and I were researching CCRCs and became serious about committing to Carolina Meadows, we presented our extensive list of detailed questions to several residents. Those residents spent considerable time responding. Their efforts made an impression on us. Once we moved to CM, I vowed that I would contribute time as payback to others going through the serious business of transitioning to a CCRC."

"The potential of CM is residents will live a longer, healthier, more fulfilling and thus happier life. The reality is you MUST engage the community to fully benefit and the best way to do that is to volunteer."

- Compiled by Dixie Spiegel

Dwell in Possibility

The way technology has made personalization and customization the norm is a double-edged sword. Much of the technology that provides these options also tracks our preferences. The consequences perpetuate a cycle of filter bubbling. Self-indulgence feels good yet may be at the expense of equitability. We don't have to be subjected to much outside or beyond our liking and thinking. Our limited perspective is highlighted when we view life from a narrow lens of self-fulfillment and our worldview shrinks.

As a Connecticut transplant living and working in the Triangle, I'm often asked who my team is. People view me with a side eye, suspicious of my lack of position when they learn I don't have a preferred team. Some have refused to continue conversation, insisting I declare loyalty to a blue on the spot.

I hold firm to my right to seek entertainment from various teams and not proclaim allegiance to just one. I counter and ask if perhaps they might consider the benefit to objectivity . . . even for just one game. The request is usually dismissed with indignation. In the world of basketball, loyalty and unwavering support are commendable. March Madness will soon be in full swing. Faithful fans will demonstrate their preferences as most of us do for many things.

We start our day, awakened by a personalized alarm and possibly a playlist. Did you sleep on a mattress programmed to your desired firmness? Is your coffeemaker set to your preference?

(Continued on p. 21, "Dwell")

(Continued from p. 20, "Dwell")

My thermostat is set to adjust temperatures according to my lifestyle. My car seat has memory settings that recognize me as the driver. My mobile phone assumes I am on my way to work, providing an estimated time of arrival and lets me know traffic is light. My drive is enhanced by my pre-set radio stations. What are your favorite settings that cater to your mood or ideology? How about the abundance of media and the options to specify the genre or theme to your liking?

We don't often choose to leave our comfort zone. The ability to tailor our resources may provide a false sense of security. We can get caught up in an isolated existence where diversity is diminished and opportunity for growth no longer plausible. The challenge is to pause and reflect on our choices. Maybe consider an alternative. Start small. Try something new. Be open to dwell in possibility.

- Laura Begin, LCSW, CT

Jinxu Zhao (Alice) to Teach Six Week Chinese Brush Painting Class Starting March 18

Humble, reserved, private, effusive, disciplined and accomplished are a few words that come to mind when considering Jinxu Zhao (Alice). Her name in Chinese is translated to mean 'the bright future, land of charming and beautiful landscape.' Her name is most fitting. For the last seven years Alice has been teaching the art of Chinese brush painting at OLLI. Her students return semester after semester to refine their touch with black ink and round tipped animal-hair brushes seeking perfection. Alice immigrated to the United States in 1994, 19 years ago, bringing with her a passion for traditional Chinese art forms. As a girl she grew up in the city of Wuhan in Hubei Province in Central China. Art has always been a part of her and she attributes her artistic eye to her parents. Her father, a city leader, was also a master calligrapher and encouraged her artistic talents throughout her childhood. "My mother was an accountant, but she loved to cut paper with sharp scissors into tiny designs creating little people, animals, and birds. As a teenager, I sometimes watched my mother doing paper cutting and was amazed at the magic simple scissors could make. When I was 18, I was chosen, one of eight people from my city, to display my paper cutting creation at the National Gallery of Art in Beijing." Her creation was also exhibited in ten of China's largest cities requiring that she cut ten more identical copies of the original within a month! The exhibition was the last art show conducted by Chairman Mao's wife, Jiang Qin, near the end of the Cultural Revolution in China.

A few years later, Jinxu Zhao had a "nian hua" (a detailed brush painting with color) of groups of young children celebrating Children's Day, awarded for its excellence and chosen to be on display at the Hubei Province Art Gallery. She smiled as she recalled the children listening to a story, waving their hands to catch Jinxu Zhao's attention. "Paint me! Paint me!" "I painted the ones with the most expressive faces, the most unique."

Alice loves teaching; besides OLLI she teaches at the Chapel Hill Zen Center and conducts private lessons in her home. She is honored to share her gift with others and is impressed with her student's passion, diligence, and dedication. She finds pleasure and many rewards from seeing the growth of her students and appreciates the fact that they are eager to learn. She admires and respects the fact that in America some people continue to learn into their golden years: unafraid and interested. When asked what people would be most surprised to learn about you she said, "that she had never gardened before; she had no idea about growing things." Her students began to bring her native North Carolina plants, seeds, and ideas. She now spends as much time in the garden as she does with a paintbrush in her hand! An artist's work is a good measure of personality. Alice's kind, respectful, and gentle spirit is indeed reflected in her many paintings of nature: serene, simple, and beautiful.

- Adapted from an article by Lynn Lothman, for Olli at Duke



Jinxu Zhao



In Case You Missed It

Summaries of some lectures presented during the past month

The Groundwater Approach:

Building a Practical Understanding of Structural Racism

On Wednesday, January 29 CM staff and residents filled the Auditorium for a half-day of “Groundwater Training,” presented by the Racial Equity Institute. What is the meaning of “Groundwater”? It is a metaphor for structural racism.

The Fish: As an REI white paper explains, “If you have a lake and one fish is floating belly-up dead, it makes sense to analyze the fish. What is wrong with it? Image the fish is one student failing in the educational system. We’d ask: Did it study hard enough? Is it getting the support it needs at home?”

The Lake: “But if you come out to that same lake and *half* the fish are floating belly-up dead, what should you do? This time you’ve got to analyze the lake. Imagine the lake is the education system and *half* the students are failing. This time we might ask: Might the system itself be causing such consistent, unacceptable outcomes for students? If so, how?”

The Groundwater: “Now... picture five lakes around your house, and in *each and every* lake half the fish are floating belly-up dead! What is it time to do? We say it’s time to analyze the groundwater. How did the water in all these lakes end up with the same contamination? On the surface the lakes don’t appear to be connected, but it’s possible – even likely – that they are.... This time we can imagine half the kids in a given region are failing in the education system, half... suffer from ill

health, half are performing poorly in the criminal justice system, half are struggling in and out of the child welfare system, and it’s often the same kids in each system!”



Deborah Stroman

The trainers, Deborah Stroman and Terrence Young, provided numerous graphic examples of differential outcomes for whites and blacks, even when controlling for socio-economic status. African Americans are:

2.3 times more likely to experience infant death.

1.9 times more likely to die of diabetes.

1.5 times more likely to be below “proficient” in reading in the 4th grade.

3.7 times more likely to be suspended in K-12.

2.7 times more likely to be searched on a traffic stop (even though whites are far more often found to be carrying contraband).

7.0 times more likely to be incarcerated as adults.

Some specific examples:

The Center for Investigative Reporting found that “African Americans and Latinos continue to be routinely denied conventional mortgage loans at rates far higher than their white counterparts. This modern-day redlining persisted in 61 metro areas even when controlling for applicants’ income, loan amount, and neighborhood, according to a mountain of Home Mortgage Disclosure Act records analyzed.”

In their 2015 study of education and discipline, Stanford psychologists Jennifer Eberhardt and Jason Okonofua presented teachers with written vignettes of student misbehavior. The vignettes were identical except that half had “black-sounding” names and half had “white-sounding” names. Teachers of all races said that (fictitious) students with black-sounding names were more disruptive, more likely to be repeat offenders, and more appropriately labelled as “troublemakers.”

It is the hope of REI trainers that these and many observations offered at the session help participants understand that racial inequity cannot be explained by behavioral or cultural differences between racial groups. Rather, systems and systems representatives treat people differently based on race regardless of their culture and regardless of how people behave.

- Judith Pulley

Remembering the Greensboro Sit-ins

Sixty years ago, four very scared students from North Carolina A&T State University, after purchasing some paper and pencils, began a sit-in at the lunch counter at a Greensboro Woolworths store. This was not a spur-of-the-moment decision; they had been talking about it for days. To their surprise, their brave action caught fire, leading to a gathering of 1,000 people in downtown Greensboro and in other cities across the state. Within weeks, the movement spread to 54 cities across the nation.

Thus began the lecture by resident and distinguished civil rights historian William Chafe at a Serendipitous Saturday on February 1, the anniversary of the Greensboro sit-in. The action of these four students was as momentous as Rosa Park's refusal to take a seat at the back of the bus and Martin Luther King's March on Washington. It was pivotal to the adoption of civil rights legislation in 1964 and 1965.

However, black resistance to discrimination has a long history and Chafe took his audience on an informative tour. During the Civil War, an escaped slave with 4,000 others met with a Union recruiter in New Bern. They offered to fight, but on their terms – the right to vote, serve on juries, run for office, jobs and equal pay. The recruiter agreed and more than 10,000 former slaves signed up. Unfortunately, things did not turn out as promised as, after a period of legal racial equality and biracial governments in the southern states, Rutherford B. Hayes promised to end Reconstruction, thereby securing enough southern electoral votes to be named president.

Still blacks' efforts to secure their rights continued, often in cooperation with whites, with movements as the Virginia Readjuster movement, the Populist movement, and the Fusion movement in North Carolina. The challenge to the white establishment posed by the Fusionists led to the Wilmington Race Riot of 1898, followed by the enactment of Jim Crow laws in North Carolina and then throughout the other southern states. By 1901 only 5% of black men were authorized to vote in the south.

The NAACP, led by W.E.B. Du Bois, was established in 1909. With the coming of World War I, determined to show their patriotism, a higher percentage of blacks than whites joined the army. But their return to civilian life was followed by race riots during the 1920s. The New Deal did not immediately hold out much promise for reform, as Franklin Roosevelt was dependent upon southern Democrats. However, Eleanor Roosevelt was a force of her own, establishing a "black cabinet" of ten African American leaders who became a voice for black interests. When A. Philip Randolph, President of the Brotherhood of Sleeping Car Porters, met with FDR and threatened a march on Washington, Roosevelt issued an executive order establishing the Fair Employment Practices Commission, which opened government jobs that proliferated during World War II.

Once again, when war came, blacks joined up in large numbers, experienced humiliation at boot camps in the US, but discovered what it was like to be treated decently when posted abroad in

England and France. During and after the war the NAACP stepped up its campaign to increase membership. Ella Baker of Warrenton, NC, was a pivotal figure, organizing chapters throughout the South and raising membership by 1,000%. Importantly, she also created NAACP youth groups, to which some of the Greensboro four belonged.

President Harry Truman established the Civil Rights Commission, whose excellent recommendations were ignored. But Thurgood Marshall led the legal fight that ended the "white primary" in the South and resulted in the unanimous victory in the Brown decision in 1954, which overthrew *Plessy v. Ferguson* and the "separate but equal" doctrine. Actual desegregation was slow in coming, especially as President Dwight Eisenhower failed to support it.

Young blacks in Greensboro, with supportive teachers at Dudley High School and the Shiloh Baptist Church, finally decided that waiting six years was enough. And so four of them agreed to "sit in" at the Greensboro Woolworths.

Eight weeks later, Ella Baker, then with the Southern Christian Leadership Conference, convened students at Shaw University, resulting in the formation of the Student Non-Violent Coordinating Committee. What followed was the Freedom Summer, Black Power, and civil rights legislation and affirmative action. Quite an achievement for four young men who just asked for a cup of coffee!

As this history demonstrates, North Carolina played a substantial role – both positive and negative – in the civil rights movement.

- Judith Pulley

The Scott Dynasty and the Branchhead Boys

Louisiana had the Longs, Virginia the Byrds, Massachusetts the Kennedys, and North Carolina had the Scotts – all political dynasties.

In the first of three lectures for CMU on North Carolina politics, former *News and Observer* columnist Rob Christensen kept his audience in rapt attention as he told the story of the Scott family – W. Kerr Scott, his brother Ralph, son Bob and granddaughter Meg Scott Phipps.

Their political machine, dubbed the Branchhead Boys, reflected their followers, rural grassroots voters who lived at the heads of tributaries throughout the heart of North Carolina.

North Carolina at that time was two-thirds rural and most families had lived in the state for generations. The largest city, Charlotte, had a population of just 134,000.

Rural life was difficult, lacking basic services. In 1935, just 11% of American farms had electricity; in North Carolina, just 3% had electricity. In towns where electricity was provided, it was unreliable, sometimes off several hours a day.

In 1945, just 5% of North Carolina families had telephone service; sometimes a town had just one phone, perhaps in the general store. Only South Carolina had fewer phones.

Most roads were dirt roads, kicking up dust in hot weather and impassible with mud after heavy rains. In 1949, with 62,000 miles of state roads, only 16,000 were hard surface, generally arteries between towns. This lack of services was not just inconvenient; it was often the difference between life and death as people tried to get help during emergencies.

The Scotts were dairy farmers in Alamance County at a time when North Carolina politics were dominated by state legislators who looked out for the interests of urban elites and determined the state's governors. In order to overcome their influence, Kerr Scott went around them, appealing directly to unrepresented country people, holding rallies in rural gathering places, and started a movement that was both populist and progressive.



Elected Agricultural Commissioner in 1936, Kerr Scott went on to be elected governor in 1948 and US Senator in 1954.

Once in office, he saw to it that paved roads were constructed around the state and power lines extended to rural areas. His son Bob Scott served as governor from 1969 to 1973.

The Scott machine remained strong enough to launch the careers of Terry Sanford and Jim Hunt. However, by the 1960s, the appeal of the movement was declining. North Carolina was changing, becoming more affluent (ironically, partly because of the progressive policies of the Scotts) and urban.

The tensions of the 1960s – civil rights demonstrations, inte-

gration, the Vietnam War, campus unrest, school prayer, abortion – began to drive voters in a more conservative direction, ultimately resulting in the rise of the Republican Party in a state that had long been a one-party (Democratic) state.

Christensen admitted that, like all political machines, the Scott machine benefitted from patronage and corruption. Nevertheless, for all their faults, they vastly improved the lives of rural people.

- Judith Pulley

The Paradox of Tar Heel Politics

In his second of three lectures on NC politics for CMU, Rob Christensen both entertained and educated his audience with an outline of what he calls “the paradox of Tar Heel politics.”

As he said in his previous talk, North Carolina was a poor state. In 1900 it was the most rural state in the South, except for the Ozarks in Arkansas and the Mississippi delta.

But by 2000 the state was renowned for its schools, its university, its banking industry and the Research Triangle Park. It elected both Jesse Helms and Jim Hunt. It was the only southern state to vote for Barack Obama in 2008, but then voted for Donald Trump in 2016.

How do we explain this transformation and its paradoxical politics? Christensen outlined three major philosophical streams in NC politics.

(Continued on p. 25, “Paradox”)

(Continued from p. 24, "Paradox")

Business progressivism: Unlike other southern states during the 1920s, North Carolina increased spending and went into debt to strengthen UNC, develop roads, and make other improvements. This was a poor state trying to lift itself up by its bootstraps.

Although set back by the Great Depression, North Carolina leaders resumed this strategy, raising taxes to invest in those things that would attract business to the state. This included an investment in the arts with the NC Museum of Art, the NC Symphony and the North Carolina School of the Arts.

By 1962 the National Geographic called NC the "Dixie dynamo." These leaders were not liberals or reformers. They worked to keep down racial unrest and were anti-union. They could best be characterized as "boosters," both progressive and conservative.

Conservatism: North Carolina was composed of small towns and rural communities whose citizens were culturally conservative.

Jesse Helms used this to his advantage when he challenged the state establishment and supported Ronald Reagan's primary campaign in 1976. Although Reagan did not get the nomination that year, he did in 1980, owing his rescue in 1976 to Jesse Helms.

As the state grew increasingly conservative, the Republicans triumphed in the 2010 election and, with the power of redistricting, set the stage for long-term dominance.

Populism: The impact of the Great Depression set the stage for populism. Between 1929 and 1933, 215 banks failed. Thousands

lost their farms; 39 counties declared bankruptcy. Disheartened and discontented, people were open to populists who captured their sense of grievance and entertained them in hard times.

Robert Rice ("Buncombe Bob") Reynolds was the ultimate populist. Five times married, once to a Ziegfeld Follies girl and then a millionaire, Reynolds challenged former governor and sitting senator Cameron Morrison, a business progressive.

Reynolds charged Morrison, who stayed at the Mayflower Hotel in Washington, with eating caviar, which he called "red Russian fish eggs," saying that good old North Carolina hen eggs were not good enough for him. He also claimed that Morrison ate eggs Benedict, which were prepared in another room by Benedictine monks. Obviously, not a man of the people.

Elected in 1932 and again in 1938, Reynolds continued to entertain his constituents with his high jinks. When Jean Harlow was sent by her studio to Washington to pose with senators in order to publicize her latest film, Reynolds saw an opportunity. An onlooking reporter asked him why he didn't kiss her. Harlow said he probably didn't have the nerve. So Reynolds gave her a big, juicy kiss, as her amused co-star Robert Taylor looked on.

To the delight of his constituents back home, Reynolds proclaimed that, having kissed her, he could state definitively that the lips of North Carolina women were sweeter.

Ah, the paradox of North Carolina politics!

- Judith Pulley



March 2020 Meadowlark

DAY	DATE	TIME	EVENT	LOC	PAGE
Sat.	Feb. 29	10:00 AM	Serendipitous Saturday: Ben Barker of Magnolia Grill	AUD	5
Sun.	1	2 & 4 PM	Piano Recital: Students of Florence Ko	AUD	8
		5:00 PM	Rabbit, Rabbit (<i>byob</i>)	MKT	11
Mon.	2	7:00 AM	Connecting with Food and Nutrition	AUD	13
		1:00 PM	CMU: "Times Square"	AUD	6
		1:00 PM	Jewelry Design and Repair	AS	12
Tues.	3	6:30 AM	Chatham County 2020 Primary Election (to 7:30 pm)	AUD	3
		11:30 AM	*Parkinson's Focus Group	BR	11
		2:00 PM	Genealogy Group	BR	12
Wed.	4	2:00 PM	Cooking Demonstration: Shrimp and Grits	MKT	3
		3:30 PM	Cooking Demonstration: Shrimp and Grits	MKT	3
Thurs.	5	10:00 AM	Watercolor "Seminar" (every Thursday)	AS	8
		1:30 PM	Residents Council	BR	NBA
Fri.	6	10:30 AM	World Affairs: "The Future of American Health Care"	AUD	6
		12:30 PM	Philosophy Group: "The cognitive psychology of religion"	LH	7
		1:00 PM	Pilates and Fusion	ES	13
		2:00 PM	Speed Friending	GR	12
Sat.	7	7:15 PM	Saturday Film: <i>All That Jazz</i>	AUD	10
Mon.	9	11:00 AM	Resident Town Hall Meeting	AUD	4
		1:00 PM	CMU: "Times Square"	AUD	6
Tues.	10	10:00 AM	"Birds of Piedmont NC"	LH	7
		12:00 PM	*Women's Luncheon: Chef Jody	PDR	6
		12:00 PM	*Campus Blood Drive	BR	13
		2:00 PM	Cooking Demonstration: Sweet Potato Biscuits	MKT	3
		2:00 PM	Tuesday Movie: <i>Gold Diggers of 1933</i>	AUD	9
		3:30 PM	Cooking Demonstration: Sweet Potato Biscuits	MKT	3
		5:00 PM	Countdown for Silent Auction	CCL	3
		7:30 PM	Music@Meadows: Bennett Quartet, Classical Strings	AUD	8
Wed.	11	11:00 AM	Resident Town Hall Meeting (Simulcast to Fairways/Pines)	AUD	4
		5:00 PM	Music in the Marketplace	MKT	NA
		7:00 PM	Carolina Meadows Night: UNC-TV	UNC-TV	3
Thurs.	12	10:30 AM	Meet the Author: Amy Greeson, <i>And the Silent Spoke</i>	LH	7
		1:30 PM	Residents Association Meeting	AUD	NA
Fri.	13	1:00 PM	*Pilates and Fusion	ES	14
		3:00 PM	African Drum Circle Class	BR	13
Sat.	14	1:00 PM	Party Bridge (also March 28)	GR	11
		7:15 PM	Saturday Film: <i>Stan and Ollie</i>	AUD	10
Sun.	15	3:30 PM	Artist of the Month Reception: Joan Meade	AS	8
Mon.	16	10:45 AM	Awareness Through Movement Class	ES	14
Tues.	17	7:00 AM	Estate/Tag Sale (to 5 pm)	AUD	3
		2:00 PM	St. Patrick's Day Sing-along	BR	11

March 2020 Meadowlark

		3:00 PM	Tea and Conversation	MKT	13
Wed.	18	7:00 AM	Estate/Tag Sale (to 5 pm)	AUD	3
		8:30 AM	*Men's Breakfast: Dr. Jay Smith, <i>Cheated</i>	PDR	7
		10:30 AM	*Chinese Brush Paintings class	AS	8
		11:00 AM	*Funky Lunch Bus	CCL	12
		1:00 PM	Met on Demand: <i>Manon</i>	AUD	8
		2:00 PM	Book Group: <i>Where the Crawdads Sing</i>	LH	8
Fri.	20	10:30 AM	World Affairs: "War, Sabotage and Fear in Cyber Age"	AUD	6
		12:30 PM	Philosophy Group: "Microaggressions"	LH	7
		1:00 PM	*Pilates and Fusion	ES	14
		2:00 PM	Yale Out of the Blue a Capella Group	AUD	8
Sat.	21	7:15 PM	Saturday Film: <i>Pain and Glory</i>	AUD	10
Sun.	22	2:15 PM	*COT: "Beethoven is Knocking"	CCL	12
Mon.	23	10:45 AM	Awareness Through Movement Class	ES	14
		1:00 PM	CMU: "Science on Trial"	AUD	6
Tues.	24	7:30 PM	Music@Meadows: Gospel Jubilators	AUD	8
Wed.	25	10:30 AM	*Chinese Brush Paintings class	AS	8
		11:30 AM	Nia Moving to Heal	ES	14
		5:00 PM	Music in the Marketplace	MKT	NA
Thurs.	26	10:00 AM	Special Film Showing for CMU: <i>Inherit the Wind</i>	AUD	10
		12:45 PM	*Intergenerational Art Project	AS	8
		1:30 PM	*Ackland Special Tour: Yayoi Kusama	CCL	12
Fri.	27	10:30 AM	World Affairs: "China: The Great Transformation"	AUD	6
		1:00 PM	*Pilates and Fusion	ES	14
		2:00 PM	Play <i>Nutrition Jeopardy</i>	AUD	13
		3:00 PM	African Drum Circle Class	BR	13
		4:00 PM	Meadows Democrats: Sydney Batch, House District 37	AUD	7
		7:30 PM	Travel Adventures: "America the Beautiful"	AUD	7
Sat.	28	7:15 PM	Saturday Film: <i>Monster's Ball</i>	AUD	10
		6:00 PM	*Durham Savoyards: Gilbert & Sullivan's <i>Patience</i>	CCL	12
Mon.	30	10:45 AM	Awareness Through Movement Class	ES	14
		1:00 PM	CMU: "Science on Trial"	AUD	6
Tues.	31	12:00 PM	*Women's Golfers' Luncheon	PDR	12

*Requires Sign Up

AS: Art Studio AUD: Auditorium

BR: Board Room

CCL: Club Center Lobby

CCRR: Club Center Rec. Room

CRAC: Conf. Rm., Activity Ctr.

CYD: Courtyard

DR: Dining Room ES: Exercise Studio

FC: Fitness Center

FG: Fairways Gallery

FLR: Fairways Living Room

GR: Game Room

MKT: Marketplace

AG: Art Gallery