



The Meadowlark

Volume 29, No. 8

November 2018

One hundred years ago the *NY Times* printed this headline on the front page of its November 11, 1918 edition:

*ARMISTICE SIGNED, END OF THE WAR!
BERLIN SEIZED BY REVOLUTIONISTS;
NEW CHANCELLOR BEGS FOR ORDER;
OUSTED KAISER FLEES TO HOLLAND*

The Armistice that ended all World War I hostilities between the Allies and Germany was signed in the forest of Compiègne in France at 11 am, Paris time, on November 11, 1918 ("the eleventh hour of the eleventh day of the eleventh month"), marking a victory for the Allies and a complete defeat for Germany.

Here are a few interesting facts about the WWI era:

- In those days no scrap food was wasted. All hotels, restaurants and cafes had large bins into which any waste food was tipped. These were then transported to farms for pig swill. Any cakes that were left over in a shop and going stale were returned to the bakery. The next day they were chopped up and mixed together. That mixture was moistened and baked between two squares of pastry. These were sold as "Nelson Squares" or as they were commonly called, "Door Stoppers."
- Women were not allowed to wear trousers, except in the "Land Army."
- The war was followed by a worldwide flu pandemic, spread by returning troops.



The flu took more lives than the war itself.

- Tanks were initially called "landships." However, in an attempt to disguise them as water storage tanks rather than as weapons, the British decided to code name them "tanks."
- The total cost of WWI for the U.S. was more than \$30 billion.
In addition to remembering WWI this month, we honor all who have served our country in the armed forces. Every person who has given months and years of their lives to protect us deserves our utmost

appreciation. We live in a country that is a beacon to freedom **for the whole world**, thanks to our veterans. Thank you!

- Peter Baer & Pat Mandell

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President's Message

Honor and Remember

The Annual Celebration of Life will be held **Saturday, November 3 at 3 pm in the Auditorium**. This very special and beautiful program is to remember our CM friends who died during the last year. I hope you will attend this most important and moving program.

Also, we will honor our veterans on **Saturday, November 10 at 11 am in the Auditorium**. This is always a standing-room only program to recognize current residents who have served in the Air Force, Army, Coast Guard, Marine Corps, Navy and Merchant Marine. Peter Baer has organized this event and will provide opening remarks. John Haynes will highlight some of our veterans with bios and photos. You will not want to miss this event on the one hundredth anniversary of Veterans Day.

November is also the month we remember and honor our em-

ployees through the Employee Appreciation Fund drive. You will receive a letter explaining this campaign in early November. We all want to show appreciation to our staff for all they do each day to make our lives here at Carolina Meadows special. You know some of our staff, but there are so many whom you may not know, as they work behind the scenes to keep the operation running smoothly. They bring joy, smiles and care to work every day. We want to make Carolina Meadows a great place to work and your generous donation to the Employee Appreciation Fund is a tangible way to say "thank you." Checks will be given to all employees on December 14 following the Employee Holiday Party.

Lastly, I wish you all a Happy Thanksgiving.

-Sam Ligon

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December-January Issue Deadline

Copy for the December-January *Meadowlark* must be submitted by **Monday, November 12**, to Pat Mandell <phbmandell@me.com>, Joanne Cotter <thecotters@me.com> and Dorothy Samitz <dj@samitz.com>. Articles should be submitted as email attachments in MS Word format. Images should be sent in JPG format. Please call Pat at (919) 240-4864 if you have any questions.

MeadowLife: What's been happening at CM?

- "I had to miss the last Residents Association meeting. How do I find out what happened there?" All minutes from RA Meetings going back to 2011 are posted on *MeadowLife*. Click on the Residents Association tab at the top of the Home Page and then on the link to RA Meeting Minutes in the Side Bar.
- "I'd love to know what goes on in the Dining Services Committee meetings." Check out the minutes from those meetings under the "Committees" tab at the top of the *MeadowLife* Home Page. There you'll find links to minutes from all RA Committees.

So, have you finally decided you need access to our *MeadowLife* web site? Or have you lost your password? Forgotten passwords can be retrieved by contacting the *MeadowLife* team at <MeadowLife100@gmail.com>. The same email address should be used by residents without a *MeadowLife* account who wish to gain access. We hope all residents will take advantage of this wonderful resource!

- Dona Fountoukidis

Carolina Meadows Census As of September 30, 2018

Number of Residents	Occupancy Level
Independent Living:	
636	98%
Assisted Living	
63	77%
The Pines*:	
55	74%*
Total on campus:	
754	92%
EA Program:	
78	
Total Residents: 832	
<i>*Includes temporary admission of IL and AL residents.</i>	

NEWS (continued)

Nursing at Carolina Meadows

Working at the Pines, Fairways and Green can be demanding and sometimes sad. So why do people choose to do it and in fact, make a career of it? Let me count the ways.

First, let's clarify those letters on their badges. There are three types of nurses who make up the staff in the Pines, Green and Fairways.

A registered nurse (RN) has more training and education than LPNs and CNAs. They may have earned a certificate, a bachelor's, master's or doctoral degree. An RN supervises other nursing staff. RNs are under the direct supervision of the director of nursing, who in turn is supervised by the skilled nursing administrator. RNs administer medication, prepare IVs, draw blood, give injections, and take vital signs. They assess and strategically develop the patient's plan of care with medical oversight.

The licensed practical nurse (LPN) must have earned a state certificate, generally at a community college. LPNs give direction to CNAs in providing direct bedside care. They may take vital signs such as blood pressure, temperature, heart rate, oxygen level and respiration under the supervision of the RN. They may also give medicine, apply bandages and monitor IVs.

The certified nurse assistant (CNA) helps the LPN/RN. They change beds, bathe and feed patients, walk them, help with personal hygiene, and transport them. Typically, CNA training programs are offered at community colleges.

So now, armed with this information, let's meet some of these folks:

Shonette Cobb is an RN and the Director of Nursing at the Pines until the end of the year. She is then entering an administrative licensure pro-



gram to prepare herself to be eligible for a position as a nursing home administrator. Shonette's father died when she was two and her mother worked in a school twelve months a year, so her grandparents took an active part in her upbringing. Her grandfather required peritoneal dialysis, which is done at home, and she took the responsibility to assist him with this, having learned the sterile technique and other skills required. She realized she liked taking care of people with health problems so went to Alamance Community College for her associate's degree in nursing and then to N. C. Agricultural and Technical University for additional training. She received her bachelor's degree from the University of Phoenix and currently is enrolled at Walden University online to get her MSN degree in leadership and management. Shonette has been at Carolina Meadows for four years. Shonette has two daughters and a two-year-old grandchild.

Heinz Sening, an LPN, who works



surgery, rehab, and psychiatry. Heinz came to Lee County with his American wife. Subsequently, they moved to

Carrboro. Carolina Meadows offered his first employment opportunity, and here is where he has stayed. He especially likes working with patients in this setting because he gets to know them for an extended period of time. Heinz runs a tight ship.

Emily Elmore, also an LPN, is the



Care Coordinator in the Green, the memory care unit of the Fairways. Emily received her original training in a facility in

Siler City, where she had an opportunity to experience surgical, pediatric and skilled nursing care. She found that she liked skilled nursing best and came to Carolina Meadows in 1999. She worked at the Pines for many years, where she learned a great deal, before coming to the Green. Emily's two children were born while she has worked here. Emily manages the Green as a family residence with help from a staff that have been with her for years. Like Heinz, she likes getting to know her patients over an extended time and has become very attached to some who required a great deal of help. Emily is an intelligent, empathetic and competent young woman.

- Fran Sherwin

This is the first of several articles we expect to include in the Meadowlark in coming months to acquaint residents with selected nursing staff members—not all—who contribute so profoundly to our lives when we are most vulnerable.

Welcome New Residents

Barbara Davis, EA

Current Residence: Pittsboro, NC
Interests: Reading, travel, gardening, library work, Sudoku, jigsaw puzzles, cooking, choral singing

John Michael (Mike) Davis, EA

Current Residence: Pittsboro, NC
Interests: Jazz pianist, nursing home/retirement community entertainment, choral music, travel, photography

David (Michael) Lovin, EA

Current Residence: Chapel Hill, NC
Interests: Hiking, walking, gardening, reading, meditation, jazz saxophone

Gisela J. Lozada, 1-110

Current Residence: Shreveport, LA
Interests: Reading, music, walking, tai'chi, water aerobics, travel

Constance (Connie) Margolin, EA

Current Residence: Chapel Hill, NC
Interests: Music, singing, opera, nature, travel, white water rafting, design

Jacqueline Resnick, V-103

Last Residence: Chapel Hill, NC
Interests: Knitting, political action, mahjong, scrabble

Michael (Mike) Resnick, V-103

Last Residence: Chapel Hill, NC
Interests: Athletics, running, social action, scientific research

Duncan Smith, EA

Last Residence: Chapel Hill, NC
Interests: Reading, hiking, cooking

Annual Budget Presentations

The CM Board of Directors invites you to attend an open meeting on **Monday, November 19 at 11 am or Tuesday, November 20 at 11 am** in the **Auditorium** for review/discussion of the 2019 Budget. Discussion will include, but not be limited to, income, expenses and financial trends/issues.

On-campus residents will receive a 2019 budget packet in their in-house mailbox on November 15. Early Advantage residents will receive a 2019 budget packet via email on November 15.

Two meetings have been scheduled in order to accommodate all residents; the same items will be covered at each meeting. Thank you!

- Carolina Meadows Administration

Tours of the Fairways, Green, and Pines

Tours of the Fairways, Green, and Pines are offered for all interested residents monthly, on the **third Thursday at 10 am**. The next tour is **November 15**. Sign up in the book by the large calendar board in the Club Center Lobby. Tours are conducted by our HealthCare Ambassadors -- eight retired physicians and nurses who are prepared to give you some in-depth insights into life and health care in our higher levels of care.

IN MEMORIAM

Clyde Martin	P-243
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TALK

Exploring French Indochina (Laos & Vietnam)



Discover the two hidden gems of the former French Indochina, Laos and Vietnam. Join local world travelers, Mark and Julie Lewis (our friends), as they share their adventures in Laos and complet-

ing the journey in the furthest reaches of the Himalayan chain, Hoang Lien mountains of northernmost Vietnam. We'll experience Vientiane, the capital of Laos, and continue the adventure to the beautiful city of Luang Prabang. Finally, we'll end the tour

among the Hmong people of Sa Pa and venture south into Hanoi and the rest of Vietnam. In the **Auditorium at 7:30 pm on Friday, November 16**.

- Subhash Batra

World Affairs

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

November 2: Michael Cotter, "How European Colonialism Shaped the Modern Middle East."

A historical perspective on Western interaction with the Middle East, primarily from WWI to the recent past. Mike Cotter is a resident of Carolina Meadows. He was a Foreign Service Officer with the State Department from 1966 to 1998, serving in South Vietnam, Bolivia, Ecuador, Turkey, Zaire, Chile and Turkmenistan.

November 9: Judith Pulley, "Our Convolved Tax System: Is There a Better Way?"

Last April Judith Pulley presented a critical look at our income tax system, which in 2015 caused American taxpayers to spend over six billion hours preparing their returns, paying over \$10 billion in fees to the tax preparation industry. In this follow-up lecture, she looks at alternative systems that may offer a simpler, fairer and more efficient approach, focusing on New Zealand, whose system is regarded by many as the "gold standard."

November 16: An Interview with Ron Chernov about his biography of Ulysses S. Grant (video).

The interviewer and the author roam through Grant's life, from his graduation from West Point, through the Mexican-American War and his struggle financially in civilian life. The interview addresses his rejoining the army when the Civil War began and moving up the ranks as his armies continually defeated the southern armies. Also discussed is President Lincoln making

him Commander of all the Union troops and Grant serving two terms as President. The interview concludes with an explanation of how Grant made an unwise investment that left him with only \$80.00 and his writing of a two-volume memoir, finished just before he died.

November 23: No Program (day after Thanksgiving)

November 30: James Stimson: "The 2018 Election: A Long-Term View"

James Stimson is the Raymond Dawson Distinguished Professor Emeritus at UNC Chapel Hill. CM residents will get a great deal of description about 2018 election results from the media. The speaker will address more political science questions about how well we could have predicted the outcome from leading theories and what the outcome tells us about deeper currents in American politics.

- Dorothy Samitz

Carolina Meadows University (CMU) Continues the Fall Semester

CMU will complete our short course reviewing the "History, Culture, and Current Affairs of East Asia" on **Monday, November 5**. The course is taught by CM's own John Sylvester. As a retired Foreign Service Officer with a long and distinguished career focused on East Asia, John has explored the complex interactions among the major nations of East Asia and, of course, their complex relationships with the USA.

Having already reviewed these challenges in Korea, Vietnam, and China, John will tie things to-

gether in this final session with an examination of Japan.

After a two-week hiatus for Thanksgiving, CMU will return on **Monday, November 26** with a three-week course on a remarkable program in North Carolina to support the resettlement and integration of immigrants and refugees.

This timely course will feature three related presentations. On **November 26**, Session One will delve into "Refugees in the World: Who They Are and How They are Resettled?"

Session Two (**December 3**) will explore "Refugee Resettlement: The Process of Resettling and Key Issues (Education, Health, Employment)."

Session Three (**December 10**) will address "Welcoming and Integration: Community, Housing, and Policy." All three sessions will consider how individuals and groups can get involved.

The course will be taught by Scott Phillips, a native North Carolinian who joined the US Committee for Refugees and Immigrants North Carolina Field Office as Director in November 2015. Before taking on this role, Dr. Phillips worked in the fields of community development, civil rights, and advocacy for over fifteen years.

Dr. Phillips received his Ph.D. in Ethnic Relations from the University of Warwick (Coventry UK), a Certificate in Nonprofit Management from Duke University, a Masters in Political Science and a B.A. in Anthropology, both from Appalachian State University.

All CMU Courses are presented in **the Auditorium (unless announced otherwise) on Mondays from 1:00 to 2:30 pm.**

- CMU Steering Committee

Men's Breakfast

The Men's Breakfast Group meets at **8:30 a.m.** 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.

The speaker for our **November 21** meeting will be Donald Watkins, aka "Captain Don." Don is an active advocate for protecting the quality of Jordan Lake. He will speak about collective efforts such as "Clean Jordan Lake," dedicated to restoring the lake to a healthy and vibrant aquatic resource by removing trash from the shoreline and preventing its recurrence.

- Mike Cotter

Women's Luncheon

Rhonda Wilkerson, educator, storyteller and art collector, will talk about Georgia O'Keeffe at the Women's Luncheon on **Tuesday, November 13**.

Her talk, "A Look at the Work of Georgia O'Keeffe," will connect up with the exhibit of O'Keeffe's work at the North Carolina Museum of Art (NCMA) October 13 – January 20. Professor Wilkerson is a long-time docent at the NCMA, and as an art collector, brings a lively perspective to what promises to be a very interesting exhibit. You won't want to miss her talk!

Lunch is served at **noon in the Private Dining Room**. For reservations, contact Jody Hite (919) 370-7171, or <jody@carolinameadows.net> af-

ter November 1. Space is limited; early reservations are recommended. If you have dietary restrictions or need to cancel a reservation, notify Jody by November 9 to avoid a meal charge to your account.

- Margaret Lospinuso

UNITY Group

Due to busy and conflicting schedules, the UNITY Group regrets to announce that there will be a pause in our programs. The October program was the last for the foreseeable future. It has been a pleasure bringing you many worthwhile speakers. Thanks to all who helped with UNITY and to our faithful and appreciative audiences.

- Joe and Barbara Danos

ARTS

Music at the Meadows In the Auditorium

Dmitri Shteinberg, Pianist Thursday, November 8, 7:30 pm

Recognized as one of North Carolina's most renowned artists, Moscow-born Dmitri Shteinberg earned Bachelors and Master's degrees in piano performance from Tel Aviv University Academy of Music and a doctoral degree from the Manhattan School of Music in New York. He has performed as a soloist and with orchestras worldwide, and as a chamber musician at Carnegie Hall, the Kennedy Center, the Kimmel Center in Philadelphia, and at Alice Tully Hall in New York. He has won more than twenty worldwide competitions. Currently he teaches piano at the North Carolina School of the Arts.

Hooverville Country Band Tuesday, November 13, 7:30 pm

Triangle-based Hooverville blends bold vocal harmonies with original songwriting and a variety of traditional American music sounds to create a distinctive, toe-tapping experience. Founded 20 years ago by John Bemis and Greg Hanson as a blue-grass duo, the band soon added drummer Nathan Logan and bassist Zack Mondry, along with an electrified sound and eclectic instrumentation. They have performed locally to enthusiastic audiences at Cat's Cradle, The Arts Center, Local 506, and Festival for the Eno.

Nancy Green's String Students Concert Sunday, November 18, 2 pm

An international concert and recording artist, Nancy Green is also a brilliant teacher who maintains an active teaching studio in Chapel Hill, North Carolina. This concert will feature performances of Elgar and Dvorak cello concertos by high school seniors preparing for their college auditions.

- Norm Miller

Guitar Recital Featuring Students of Danny Gotham

2 pm Auditorium
Sunday, November 4

Jeff Bianchi, Guitar

10:30 am Auditorium
Thursday, November 8

As a native of Williamson, New York, Jeff began performing at weddings and cafes while still in his teens. The uniqueness of the classical guitar coupled with his professionalism enabled him to stay working over the years. As his skill grew, he gave full concerts throughout western New York. His hard work earned him performances at the Rantucci International Guitar Festival as well as the nationally recognized Ithaca Guitar Festival. Over the course of his 2014-2018 performing seasons, Jeff continued to build momentum on the success of previous years. He performed to many "standing room only" audiences around the country as well as sold out performances in Georgia and Alabama.

Jeff studied at the State University of New York at Fredonia under James Piorkowski. He currently lives in Lanier Harbor (Buford, GA) where his time is devoted solely to his music.

New Reads

If you liked the novel *Pachinko*, a 2017 National Book Award finalist, you may very well enjoy *If You Leave Me*, a new acquisition in the CM library. *Pachinko*, which is about three generations of an extended Korean family headed by a very strong woman who overcomes enormous difficulties, was set initially on the Korean peninsula and then in Japan during the first half of the 20th century. *If You Leave Me*, also about several generations of a Korean family, takes place mostly after the division into North and South Korea during the decades of the '50s and

Broadway Bound

7 pm Auditorium
Thursday, November 15

This show will be based on "The Greatest Showman," a recent movie musical that came out in 2017 about the life of PT Barnum. Students will be singing and dancing to a variety of songs from movie musicals that celebrate marching to your own drum and being true to yourself!

Some songs include: The Greatest Show, This Is Me, Over the Rainbow, Try Everything, Faith, Time Warp and other inspiring anthems! Beyond Broadway Studio's Company Troupe is comprised of 32 students from the fifth to the eighth grade who have a strong desire to be on stage, building their own confidence and performance skills while bringing joy to others!

'60s. The three protagonists in this novel, a love triangle, deal with limited success during the emergence of Korea as a modern industrial nation.

Were you focused primarily on your career, raising a family and caring for aging parents in the decades since 1960? I was, and although I always read the newspaper and watched news programs on TV, I didn't absorb everything that was going on during the Vietnam war and the events leading up to the Nixon impeachment. Seymour Hersh, one of the greatest reporters over almost six decades, informed us of all the important events during those years. In his latest book, a memoir entitled *Reporter*, he describes first-hand meetings with pretty much every major figure here and abroad. And he does it in a conversational style, so as you read,

MET Opera on Demand

The Magic Flute (from December 2006)

1pm LECTURE HALL (please note change in location)

Wednesday, November 28

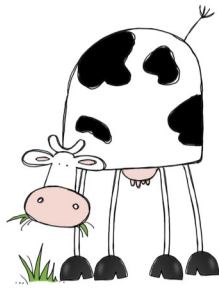
1 hour, 52 minutes

This was the groundbreaking broadcast that launched the Met's heralded Live in HD series, seen by opera lovers in movie theaters around the world. Adults and children alike were enchanted by the whimsical humor and breathtaking puppetry of Julie Taymor's hit production, presented in a shortened English-language version. Under the baton of Maestro James Levine, a winning ensemble cast – including Nathan Gunn, Ying Huang, Matthew Polenzani, Erika Miklosa, and René Pape – brings fresh life to Mozart's timeless fairy tale.

you feel you are getting the inside story, which of course you are. I tend to read novels, as a form of escape, but this book held my interest much the way the plots of novels do.

Did you become a *Downton Abbey* fan a few years ago when it was such a popular Masterpiece program on TV? If so, you might like reading *Those Wild Wyndhams*, a biography of three very wealthy sisters who lived during the waning years of Britain's imperial century, the period depicted in *Downton Abbey*. The subject of a famous painting by John Singer Sargent, these beautiful women lived to preserve a vanishing way of life. The characterizations of the sisters in this work of non-fiction are more complex and interesting than the sisters in *Downton Abbey*.

- Fran Sherwin, Book Collection Group



"I'm in the Moo'd for..." The Cream of Our Crop

The Book Sale Committee has been gathering books ever since last June, thanks to generous donations by long-time Carolina Meadows residents and folks who've newly arrived. After sorting through pile after pile of books, committee members have selected the cream of the crop for the upcoming Holiday Book Sale in the **Auditorium**. There are books in excellent condition, recent best sellers, award winning fiction and non-fiction, which will delight – whether you're buying books for yourself or to give as gifts. The Holiday Book Sale dates and hours are:

- **Tuesday, November 27** **11 am-7 pm**
- **Wednesday, November 28** **9 am-7pm**
- **Thursday, November 29** **9 am-1 pm**

As usual, books are dirt cheap, \$2 for hardcover books, \$1 for paperbacks, with some specialty books priced individually.

So take a piece of advice from our friend Elsie, the cow in our illustration. If you're "in the moo'd " for some great reads, get to the sale early and pick the creamiest, sweetest and best of the harvest. If you think, "Why should I take advice from a cow?" it's because she's outstanding in her field.

P.S. Elsie also reminds you to **keep donating books!**

- Ruth Leopold

An Upcoming Pewter and Silver Exhibit

Who doesn't love looking at well-crafted pieces of pewter and silver and imagining how they were used? Or who owned them? Or who made them? As it happens, several residents of Carolina Meadows have interesting pieces they have inherited or collected, and they are willing to share them with the community in the **November display case exhibit in the Club Center Lobby**.

The wedding cup in the accompanying photograph, for example, will be on loan from the owners, who write, "The wedding cup is an old design, though of modern manufacture. At the wedding the bride fills the small cup with wine, then tilts up the figure so that the skirt of the figure becomes a cup (the little cup rotates so the wine doesn't spill), and the groom drinks from the larger cup. It was a present when we got married, and yes, we did drink from it then."

- Beverly Patterson



Short Short Stories for Seniors

A recently published book, *The Mighty Ant: An Anthology of Short Stories for Seniors*, will be introduced on **Friday, November 16 at 3 pm in the Fairways Gallery**. The book consists of more than 50 stories of 750 words or less designed for people who may have difficulty following longer narratives. The book's editor, Jessica Bryan, and several other of the more than 30 authors represented in the book, including Carolina Meadows' Bill Powers, will read their stories. Ms. Bryan will explain how she came to write the book and also present some of the many ways that it can be used to trigger a conversation with older people.

Copies of *The Mighty Ant* will be available for purchase at \$15. All proceeds from the sale of the book go to the Chatham County Council on Aging. Please come!

- Community Outreach Committee

Book Group



The book group's selection for November is *To Siri with Love* by Judith Newman. The discussion will take place in the **Lecture Hall at 2 pm on Wednesday, November 21**.

Holiday Books

An assortment of holiday books will be available in the **Library** around Thanksgiving. They will be shelved on the back of the bookcase closest to the windows. Happy holidays and happy reading!

Thanksgiving Delights

On Thanksgiving Day we're thankful for
Our blessings all year through,
For residents we dearly love,
For great staff, old and new.

We're thankful for the Activities
that offer much to do,
Resident Services and Security—
Oh what a crew.

We're grateful for our landscape team,
The beauty all around,
For arms to hug, and laughs to share,
Never a worry or a care.

For Social Work and Plant Ops too,
Nurses, docs and CMU.
Drivers, Fitness, Marketing,
Admin, Home Care, fine dining.

The list of all we're grateful for
Would fill a great big book;
Our thankful hearts find new delights
Everywhere we look.

- Ben Cornthwaite

A Voices Shout

Tick Tock, Tick Tock,
time's quickly running out.
That's why November's *Meadowlark*
contains this VOICES shout.

Our editors announce this call
for your poem, essay, story.
So get to work, don't hesitate—
publication brings great glory.

On *MeadowLife* and outside mailroom
our submission rules are found;
and you can also read them
in old VOICES beautifully bound.

The final date we will accept
is **the 31st of December.**
If you place this notice on your desk,
It will help you to remember.

- Myrna Merron

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

Washington Black by Esi Edugyan
Saving Beck by Courtney Cole
The 7 ½ Deaths of Evelyn Hardcastle by Stuart Turton
The Tuscan Child by Rhys Bowen
The Only Story by Julian Barnes
Treacherous Is the Night by Anna Lee Huber
Transcription by Kate Atkinson
Miss Kopp Just Won't Quit by Amy Stewart
Lake Success by Gary Shteyngart
The Mermaid and Mrs. Hancock by Imogen Hermes Gowar
John Woman by Walter Moseley
Dear Evelyn by Kathy Page
Jane Doe by Victoria Helen Stone
Little Comfort by Edwin Hill
City of Ink by Elsa Hart
Grace by Paul Lynch

Large Print

The Cuban Affair by Nelson DeMille
Crash and Burn by Fern Michaels
Unbound by Stuart Woods
In the Middle of Winter by Isabel Allende

Mystery

Dark Tide Rising by Anne Perry
A Borrowing of Bones by Paula Munier

A Forgotten Place by Charles Todd
Sunrise Highway by Peter Blauner

Biography/Biography Collection

The Wild Wyndhams by Claudia Renton
Fly Girls by Keith O'Brien
Janet, Jackie and Lee by J. Randy Taraborrelli

Non-Fiction

The Soul of America by Jon Meacham

New Library DVDs

Three Identical Strangers, 2018, PG-13

This critically acclaimed documentary tells the true story of three strangers who are reunited by astonishing coincidence, after being born identical triplets, separated at birth, and adopted by three different families. However, their happy reunion leads them, ultimately, to discover a long-held secret that affects their lives.

The Good Lie, 2014, PG-13

Based on the true story of the "Sudanese lost boys" who immigrated to Kansas, this "heartbreaking, hopeful" film features Reese Witherspoon as the woman who helped the boys make the difficult transition to life in America.

Dancing in Jaffa, 2014, NR

Ballroom dancer Pierre Dulaine, born in Jaffa to an Irish father and Palestinian mother, visits a Jaffa classroom to teach pre-teen Jewish and Palestinian children to dance together as couples in this "watchable and relevant" documentary.

Cold Mountain, 2003, R

At the end of the Civil War, a soldier undertakes a perilous journey back home to North Carolina to be reunited with his sweetheart. This film, based on the book of the same name, stars Jude Law, Nicole Kidman, and Renee Zellweger.

An Unfinished Life, 2014, PG-13

Jennifer Lopez plays a down-on-her-luck woman who moves, with her daughter, to her estranged father-in-law's (Robert Redford) ranch. The latter is bidding his time, while caring for his longtime injured ranch hand Morgan Freeman. In the course of this "heartfelt" film, all their lives will be changed. - Andrea Miller

In Memory of Burt Reynolds Films for November 2018

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 it is always wise to check Meadowliffe or the bulletin board on Friday or Saturday.

November 3 *Smokey and the Bandit* (1977)

1 hour, 36 minutes – Rated PG
Burt Reynolds, Sally Field, Jackie Gleason

A racecar driver named Bandit makes a bet that he can transport an illegal shipment of beer from Texas to Atlanta in less than 28 hours. Along the way, he picks up a reluctant bride-to-be whose future father-in-law is Sheriff "Smokey" Justice.

November 10 *Boogie Nights* (1997)

2 hours, 35 minutes – Rated R
Burt Reynolds, Mark Wahlberg, Heather Graham, Julianne Moore
A well-endowed busboy is taken in by a tight-knit group of 1970s porn actors and transforms himself into skin flick celebrity Dirk Diggler.

Dirk's rising star shrinks, however, when he becomes intoxicated by success, drugs, and delusions of grandeur.

November 17 *Deliverance* (1972)

1 hour, 45 minutes – Rated R
Burt Reynolds, Jon Voight, Ned Beatty
Four city-dwelling friends take a canoeing trip down a Georgia river, but what starts out as a light-hearted adventure becomes a voyage into the heart of darkness when redneck locals descend on the group and force them to kill or be killed.

November 24 *Gator* (1976)

1 hr, 56 min – Rated PG13
Burt Reynolds, Jack Weston, Lauren Hutton
Burt Reynolds reprises his role as Gator, an ex-criminal-turned-crime-fighter, in this 1976 sequel to the movie *White Lightning*. This time around, Gator's after a band of corrupt politicians whose machinations must come to an end.

Tuesday at the Movies

2 pm Auditorium

Tuesday, November 13

The Glass Bottom Boat

1949 – Not Rated – 1 hour, 56 minutes

Engineer Bruce Templeton (Rod Taylor) makes quite a catch when he reels in public-relations worker and part-time mermaid Jennifer Nelson (Doris Day). Smitten with the costumed cutie, Bruce commissions Jennifer to write his biography. But through a series of misunderstandings, he comes to believe she's a Russian spy intent on stealing scientific secrets. A comic pleasure cruise, this light-hearted romance also features some great musical numbers.

ACTIVITIES

Well-being and Engagement

This month the Well-being and Engagement Committee is focusing on gratitude. This is a great time of year to reflect on all of the things, people, services and blessings that we are thankful for. We will have blank note cards available in the CC Lobby this month and invite you to write a thank you to someone important to you. Participate in employee recognition to recognize an employee for their exceptional performance. On **Wednesday, November 14 from 10 am to 2 pm, stop by the Auditorium** to paint "Gratitude Rocks." These will again be spread throughout campus to brighten someone's day. Here are a few additional suggestions for cultivating gratitude.

- Notice your day-to-day world from a point of gratitude and be amazed at all the goodness we take for granted.
- Keep a gratitude journal. All it requires is noting one or more things you are grateful for.
- Identify something or someone with a negative trait, switch it in your mind to a positive trait!
- Gratitude requires humility, which is defined as "being modest and respectful." Explore where it fits in your life.
- Give at least one compliment daily.
- Try not to complain, criticize or gossip for one week.

Lastly, thank you to everyone who has supported our committee and its programs this year. Whether you painted a birdhouse, helped package food, or took the time to read the monthly articles, we appreciate it.

Restaurant Review: Copa in Durham

"What's with the restaurant's name?" You're bound to ask; we all do. It's simply the name of the restaurant owner, Cuban-born Roberto Copa Matos. "So what's it like?" is the usual follow up, easily answered since the food and ambience are fresh and inviting, an impression that hints of more visits to come.

Copa features Cuban cuisine in a crisp, fresh environment with large open windows to the outdoors, blue and white floral tiles on the polished floor, classic bentwood chairs, and framed line art drawings on the walls. The drawings, by a Cuban artist, form a mosaic to tell the story of food brought from farm to table. In short, it's a place to relax both body and mind while you await your order in comfort and anticipation, which is soon rewarded.

Some of us ordered the classic Cuban sandwich of pulled pork on excellent house-made Cuban bread. This distinctive bread differs from other breads in using lard or vegetable oil in the mix, then baked in long, baguette-like layers. All sandwiches come with a choice of salad, black beans or plantain chips fried in house-rendered lard. The pork, tender and succulent in its special bread, is one of two other options, ground beef or roasted chicken.

You might try the Havana sandwich with roast pork, house-cured ham, cheese, pickle, and mojo sauce that contains garlic, olive oil and spices. There's also the El Cany, named for a Cuban town renowned for its avocados that includes pork, avocado, cheese and mojo sauce.

If your diet demands a challenge, you could order up the "una

completa" with a choice of slow-cooked roast pork, ground beef, or roast chicken with black beans, oven roasted sweet plantains and rice.

Copa adheres to the "soil to table" concept of produce grown on his farm in Hillsborough. You can taste the quality of home grown food in the fresh flavors that might say: Picked today before you decided to come here. And now aren't you glad you did?

- Dorothy Mahan

Community Gardening

By the end of November, all gardeners who had raised plots this past summer will have had the opportunity to renew their garden plots for 2019. Other interested residents can now apply for one plot or for one half of a plot. Some gardeners choose to share a plot with another person. A full garden plot is about four feet in width and sixteen feet in length.

Hard copies of the 2019 raised bed application are available in the notebook (Golf, Sports, and Community Gardeners) on the shelf opposite the door to the Auditorium, or you can email Alan Tom <alantom@mindspring.com> to have him send you a copy of the application. While completed applications are due by November 20, residents can apply any time during the year for garden space which might come open.

Gardeners are expected to keep their raised beds tended over the entire summer and cleaned up after the growing season is over. In the fall, some gardeners do plant greens, which can be harvested as the weather cools and may winter over and continue to yield greens the following spring.

- Alan Tom and Margy King

November Activities

Sign up in the sign-up book:

Chamber Orchestra of the Triangle

Sunday, November 18

Deadline: Monday, November 12

Cost: \$44 per person Load: 2 pm

Funky Lunch Bus! to Kanki

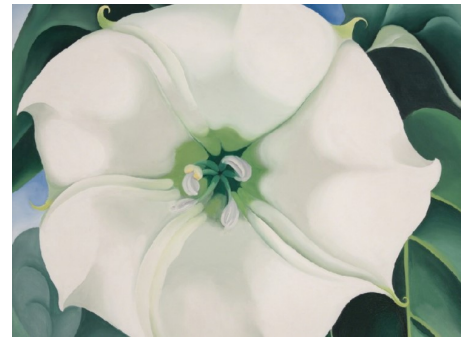
Wednesday, November 14

Deadline: Monday, November 12

Cost: \$8.00 per person + lunch on your own

Load: 11 am

Shopping to follow



NCMA – The Beyond: Georgia O'Keeffe and Contemporary Art

Thursday, December 6

Deadline: Thursday, November 8

Cost: \$18 per person for members; \$33 non-members

Load: 10:30 am

Lunch on your own at Amedeo's

Special Events

VOTING – General Election

6:30 am – 7:30 pm Auditorium

Tuesday, November 6

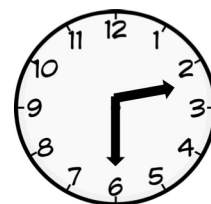
NEW TIME

Pottery / Ceramics Classes

WEEKLY, FRIDAYS AT 2:30 TO 5:00 pm

In the Ceramic Studio in the basement

Sign up in Activities Book



Community Outreach Committee Corner

In October, **Habitat for Humanity** had a truck here on October 9. Generous residents donated items until it was about one third full! Thanks to everyone who helped. Please watch for announcements letting you know when the truck will be here again.

On the third day of the school supplies campaign, the storage closet was filling up and by the last day of the drive, it was twice as full! On September 27, we loaded everything into the truck of a very grateful **Communities in Schools (CIS)** representative from Chatham County, including the \$5,423 donated by residents. This was a record outpouring of support by our residents, and it is much appreciated by CIS! Thanks to our residents and staff for their support!

Opportunities:

The Literacy Council FUND-raiser will be held on **Monday, November 19 from 7 to 9 pm at the Pittsboro Roadhouse in Chatham County**. Bring all of your visiting relatives and friends to a great evening of entertainment, music, dinner and dancing. For a \$20 donation you'll swing the night away to the exciting Triangle Jazz Orchestra's 20-member swing-era band. Friends and family can remember the event in Queen Bee Rentals fabulous photo booth with props and free pictures to take home. Don't dance? Don't worry! Several free dance lessons will be held through the evening. Or you can just listen and enjoy dinner. Advance registration is required for Literacy Swings and can be made online at [\[www.chathamliteracy.org\]](http://www.chathamliteracy.org) or by calling (919) 542-6424. Make dining reservations directly by calling



Pat Dowdy, Pharmacy Technician, with CM Resident Joan Ogden

(919) 542-2432. The Roadhouse will help Chatham Literacy by donating 10% of all event-related food and beverage sales.

Joan Ogden delivers our monthly donations to Pat Dowdy, the Pharmacy Technician in Siler City at **Chatham Cares Community Pharmacy**. Pat very much appreciates our variety of "drug store items" and they do not linger long on her shelves! But we have noticed that the quantity of our donations has diminished since our magnificent response to their request for toothbrushes.

We hope you will continue to reach out to the Pharmacy with your generous help to Chatham County. Please remember they need your unopened, off-the-shelf meds, aspirin, and vitamins, as well as your old hardware, such as crutches, canes, ice coolers for surgically repaired joints, etc. You may take your donations to Pat Collins in our Carolina Meadows Clinic; she has graciously agreed to receive your donations. Thanks to all of you who have donated! Please keep Joan busy driving down to Siler City!

Is it time to make room in your crowded closet? We're here

to help you with our annual **Warm Clothing Drive** to benefit Chatham County Council on Aging. Donations may be made from **November 15 to January 15**. Please bring your gently used coats, jackets, sweaters, vests, hats, scarves, and gloves to the marked container in the Residents' Business Office. Call Marie Lauria (919) 942-4612 with any questions.

If you would like to volunteer in a **Chatham County school**, the Chatham

County Schools Administration recommends contacting each school individually to determine their volunteer needs. The following website has the online application, the handbook and the contact information for each school. [\[www.chatham.k12.nc.us/Page/21004\]](http://www.chatham.k12.nc.us/Page/21004). Seven out of the 18 schools take less than 30 minutes travel time. For more information, contact Lynn Ogden at (919) 968-6910.

The Chapel Hill-Carrboro Schools have a website where you can find the needs of individual teachers and schools. There is a great need for people who can work with English as a Second Language students. There is also a need for library volunteers, math tutors, etc. You can find more information on their website, [\[www.chccs.org/volapp\]](http://www.chccs.org/volapp). If you prefer a paper application form contact Judy Jones at (919) 444-5602.

The **Rise Against Hunger** great event is coming back! The most likely date is **December 5 in the afternoon**. We will need "all hands-on deck" to pack meals for distribution to needy countries.

- Judy Jones

Sustainability Planning at Carolina Meadows



As you know from the September Residents Association meeting, Carolina Meadows has incorporated environmental sustainability into its Guiding Principles with the approval of the relevant Resident Association committees, management, and the Board of Directors.

CEO Kevin McLeod invited the Energy and Environment Working Group (EEWG) to participate in this important effort on campus and to join with the Kendal chain of CCRCs, which is outstanding in energy and sustainability, in presenting a workshop at the national Leading Age conference in October 2019. It has also been invited to write in the Sustainability Column of NorCCA's newsletter, *Hotline*.

In pursuit of those initiatives, the EEWG, which is a subcommittee of the Buildings, Grounds, and Safety Advisory Committee, proposes transforming itself into the Residents Sustainability Working Group.

We have posted a more detailed account of how Carolina Meadows arrived at this sustainability effort on our web page, [<https://meadowlife.org/committees/energy-and-environment-working-group>] and



Fall is here (& Welcome!) And the Gift Shop welcomes you with New Selections:

Ponchos, pashminas and mufflers
Wristlets, small cross body leather purses
One of a kind jewelry
Top quality "reversible" umbrellas.

Also:

- Amazing, delicate Pop Up greeting cards
- Attractive Journals or notebooks
- New selection of bistro towels
- Medicare card plastic sleeves
- Handicap placard holders
- Long handled ice cream scoops and other gifts
- New supply of LED 3-way desk lamps.

Start holiday shopping now for best selections with our prices hard to beat!

Holiday Lobby Sale: Friday **November 16** 10-2PM

Holiday card sale will start **November 8** 10-2PM.

(Stop by before or after the Resident's Association Meeting)

we invite all residents to think with us about the next steps in making Carolina Meadows a more sustainable community. We have created a listserv for the exchange of ideas on all three prongs of sustainability - environmental, social, and economic.

We are preparing a detailed campus sustainability strategy and program (CaSSP), which we will circulate and discuss as we prepare for a month-long exploration in February of what sustainability means here with lectures, videos, and meetings. Meanwhile, you can

view icons of the three dimensions of sustainability on the chest of drawers outside the Welcoming Center (formally known as Sun-Trust Bank).

To join the new Google Group of the Residents Sustainability Working Group (RSWG) contact manager Frans Verhagen at <gaia1@rcn.com> or other members of the present RSWG: Judith Ferster, Dan Tunstall, Norm Miller, and Irma Stein.

- Frans Verhagen

Winter Visitors Bird Walk

This fall, the birds have been migrating from further north or passing through to their southern wintering grounds. Tom Driscoll, past president of New Hope Audubon Society, will lead a bird walk on the Carolina Meadows campus on **Saturday, December 1** to look for our winter visitors.

Gather in the **Club Center Lobby at 8:30 am**. No experience required. Bring binoculars if you have them. Golf carts are welcome. Tom will help us learn about the birds in our neighborhood at this interesting time of the migration cycle.

- Coordinators for *Birders@CM*:
Margaret Scott and Margaret Wainwright

Jewelry Design and Repair 1 - 4 pm Art Studio Monday, November 5, and Tuesday, November 20

For all experienced jewelry makers, open classes are \$10 per afternoon.

Jewelry repairs may be dropped off at any time between 1 - 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.

AIM
Art in the Meadows
November Artist of the
Month: November 14-
December 31, "It's all in the
family"
DVD on Composition:
Wednesday, November 7,
Art Studio, 2 pm
Art Studio open every
Wednesday, 9 am-5 pm.

Wellness Corner

Sharing Stories from Our Lives. Tuesday, November 6, at 3 pm in the Game Room. On the first Tuesday of each month, you will have an opportunity to share stories on a particular topic, which will be announced in advance. Our topic for November 6 will be, "A Turning Point in My Life." Join us for some interesting stories. Story telling circles are a great opportunity to get to know people and to make connections. Contact Vivienne Jacobson, the group's facilitator, if you have any questions.

Beginner Meditation offered weekly at 10-10:30 am on **Wednesdays in the Lecture Hall beginning November 7.** Meditation is a simple practice available to all, which can reduce stress, increase calmness and clarity and promote happiness. Learning how to meditate is straightforward, and the benefits can come quickly. Like any skill, you get out of it what you put into it. During these sessions, we will offer basic tips to get you started and allow you to experience brief periods of meditation. Take a deep breath, and get ready to relax.

Awareness Through Movement® Class. Free Your Upper Back, Neck, and Shoulders. Six **Mondays, 10:45 - 11:45 am, November 12 - December 17.** Every day we do a myriad of tasks that put stress and strain on the muscles of our neck, shoulders, and upper back: sitting at a computer, driving a car, even talking on the phone. Of course, the culprit is not the task itself, but rather the way in which we perform it, using poor posture and ineffi-

cient movement patterns. In this series of classes, you will explore movement strategies that will ease muscular tension in the upper back, neck, and shoulders, enabling daily tasks to be performed with comfort, ease and fluidity. Cost is \$30 for series. Register in the Wellness Book today.

Annual Turkey Trot on Wednesday, November 7. Meet in the CC Lobby at noon for either a ½ mile or one-mile community walk. Follow the Turkey!

Wellness Education: Exploring Natural Solutions and Essential Oils to Support Overall Health and Well-being. Wednesday, November 28 at 10:30 am in the Board Room. Taught by Melissa Larson, Oncology nurse with a passion for helping people learn how to incorporate natural solutions to meet their health goals. She will be teaching a class on the basics of using essential oils. Some questions she will address: What are Essential Oils? Where do they come from? Why does quality matter? How can they be used to in a simple way to enhance health? You'll walk away with some basic principles and feel confident in using essential oils.

Nia Dance: Next Series on Wednesdays: November 7 through December 19. Meet in the **Exercise Studio 11:30 am - 12:15 pm.** Sensory-based movement practice engages and integrates body, mind, emotions, and spirit with music and 52 moves inspired by martial arts, dance, and healing arts. Appropriate for all fitness levels and can be done seated. Special holiday price \$25 for series. Register in the Wellness Book today!

NOVEMBER 2018

DAY	DATE	TIME	EVENT	LOC	PAGE
Thurs.	1	1:30 PM	Council Meeting	BR	NA
Fri.	2	10:30 AM	World Affairs: "European Colonialism & Middle East"	AUD	5
Sat.	3	3:00 PM	Annual Celebration of Life	AUD	2
		7:15 PM	Saturday Films: <i>Smokey and the Bandit</i>	AUD	10
Sun.	4	2:00 PM	Students of Danny Gotham Guita Recital	AUD	6
Mon.	5	1:00 PM	CMU: "History, Culture, Current Affairs of East Asia"	AUD	5
		1:00 PM	Jewelry Design and Repair	AS	14
Tues.	6	6:30 AM	Voting (until 7:30 pm)	AUD	11
		3:00 PM	Sharing Stories from Our Lives	GR	14
Wed.	7	10:00 AM	Beginner Meditation	LH	14
		11:30 AM	*Nia Dance	ES	14
		12:00 PM	Annual Turkey Trot	CCL	14
		2:00 PM	Art in the Meadows: DVD on Composition	AS	14
Thurs.	8	10:00 AM	Gift Shop Holiday Card Sale (to 2 pm)	CCL	13
		10:30 AM	Jeff Bianchi, Guitar	AUD	7
		1:30 PM	Residents Association Meeting	AUD	NA
		7:30 PM	Music @ Meadows: Dmitri Shteinberg, Pianist	AUD	6
Fri.	9	10:30 AM	World Affairs: "Our Convoluted Tax System"	AUD	5
Sat.	10	11:00 AM	Veteran's Day Commemoration	AUD	2
		7:15 PM	Saturday Films: <i>Boogie Nights</i>	AUD	10
Mon.	12	10:45 AM	*Awareness Through Movement	ES	14
Tues.	13	12:00 PM	*Women's Luncheon: "The Work of Georgia O'Keeffe"	PDR	6
		2:00 PM	Tuesday Movie: <i>The Glass Bottom Boat</i>	AUD	10
		7:30 PM	Music @ Meadows: Hooverville Country Band	AUD	6
Wed.	14	All day	AIM: November Artist of the Month (until Dec. 31)	AS	14
		10:00 AM	Beginner Meditation	LH	14
		10:00 AM	Well-being: Paint "Gratitude Rocks" (to 2 pm)	AUD	10
		10:30 AM	*NCMA: "The Beyond: Georgia O'Keeffe"	CCL	11
		11:00 AM	*Funky Lunch Bus! To Kanki	CCL	11
		11:30 AM	*Nia Dance	ES	14
Thurs.	15	10:00 AM	*Fairways, Green, and Pines Tour	CCL	4
		7:00 PM	Broadway Bound	AUD	7
Fri.	16	10:00 AM	Gift Shop Holiday Lobby Sale (until 2 pm)	CCL	13
		10:30 AM	World Affairs: Ron Chernov, Ulysses Grant Biog. (video)	AUD	5
		3:00 PM	<i>The Mighty Ant: An Anthology of Short Stories for Seniors</i>	FG	8
		7:30 PM	Travel Adventures: French Indochina	AUD	4
Sat.	17	7:15 PM	Saturday Films: <i>Deliverance</i>	AUD	10
Sun.	18	2:00 PM	Nancy Green's String Students Concert	AUD	6
		2:00 PM	*Chamber Orchestra of the Triangle	CCL	11
Mon.	19	10:45 AM	*Awareness Through Movement	ES	14

NOVEMBER 2018

		11:00 AM	Annual Budget Presentation	AUD	4
		7:00 PM	*Literacy Council FUNdraiser, Pittsboro Roadhouse		12
Tues.	20	11:00 AM	Annual Budget Presentation	AUD	4
		1:00 PM	Jewelry Design and Repair	AS	14
Wed.	21	8:30 AM	*Men's Breakfast: "Clean Jordan Lake"	PDR	6
		10:00 AM	Beginner Meditation	LH	14
		11:30 AM	*Nia Dance	ES	14
		2:00 PM	Book Group: Judith Newman, <i>To Siri with Love</i>	LH	8
Sat.	24	7:15 PM	Saturday Films: <i>Gator</i>	AUD	10
Mon.	26	10:45 AM	*Awareness Through Movement	ES	14
		1:00 PM	CMU: "Refugees in the World: Who and Where?"	AUD	5
Tues.	27	11:00 AM	Book Sale (until 7 pm)	AUD	8
Wed.	28	9:00 AM	Book Sale (until 7 pm)	AUD	8
		10:00 AM	Beginner Meditation	LH	14
		10:30 AM	Exploring Natural Solutions & Essential Oils/Well-being	BR	14
		11:30 AM	*Nia Dance	ES	14
		1:00 PM	MET on Demand: <i>The Magic Flute</i>	LH	7
Thurs.	29	9:00 AM	Book Sale (until 1 pm)	AUD	8
Fri.	30	10:30 AM	World Affairs: "The 2018 Election: A Long-Term View"	AUD	5

*Requires sign-up

AS: Art Studio AUD: Auditorium BR: Board Room CCL: Club Center Lobby
CCR: Club Center Rec. Room CRAC: Conf. Rm., Activity Ctr. CS: Ceramics Studio
CYD: Courtyard DR: Dining Room ES: Exercise Studio FC: Fitness Center
FG: Fairways Gallery FLR: Fairways Living Room GC: Golf Course GR: Game Room
MP: Marketplace