



The Meadowlark

Volume 30, No. 5

June, July, August 2017

ANNUAL PRESIDENT'S AWARDS

Three outstanding Carolina Meadows residents received the coveted President's Awards at the May 10 Residents Association meeting, marking the 25th anniversary of the awards presentation. President Betsy Ahern named John Haynes, Mary Ann Clarkson and Sam Ligon this year's honorees. Their contributions and achievements are remarkable.



Left to right, Sam Ligon, Mary Ann Clarkson, and John Haynes

In addition to photographing most CM happenings, John Haynes prepares professional yet heart-warming presentations for the Employees Appreciation and CORA fundraisers as well as for the Memorial Day program. He also served as RA Treasurer and Precinct 15's first representative. His work has raised the standard for excellence in our community.

Mary Ann Clarkson is and has been a willing, dedicated CM volunteer for 11 years. She chaired the Gift and Remembrance Fund, United Way Fundraiser, has represented Precinct 5 on Building, Grounds & Safety Committee in multiple terms as her precinct rep. Mary Ann has donated many of the beautiful flowers near Building 2 as well as books in our library. When

there is a need, she willingly gives. Sam Ligon hit the ground running when he moved to CM in 2014. As Chair of the Finance Committee, he restructured its workings, resulting in an interactive budget process with the committee, BOD and management. He was involved in the Health Center

Task Force and was precinct secretary. In a moment of unexpected

need, Sam agreed to become Vice President of the Carolina Meadows Residents Association. He supports The Park, was the mentor to the Canvas Photo Art project and worked diligently on this year's UNC-TV Fund Drive.

These deserving residents are talented, competent, energetic, caring and giving. They make Carolina Meadows a better place for all.

- Mary Jo Doherty

Community Spirit Award

The Community Spirit Award came to life two years ago when the spectacular Downton Abbey photos featuring our residents were taken to promote the UNC-TV Fund Drive. Judith Pulley, then RA President, found a creative way to recognize the residents who made it possible. This year two groups were honored for their contributions to our community.

The **Canvas Photo Art** now decorating the walls in the private dining room and halls leading to the dining rooms was the brain-child of Susan Gaca and Carol Lehmann. Dan Patterson accepted the submitted photos and sent them anonymously to Susan and Carol for selection. Margaret Zircher helped determine the size of the pictures and the placement on the walls.

Twenty-two residents' photos were chosen for the initial exhibit:

(Spirit Award continued on p. 2)

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President's Message

Many thanks to Fran Sherwin who as Secretary of the Carolina Meadows Residents Association (CMRA) has diligently written all the minutes for the various meetings during the last two years. She has done an excellent job.

As the summer season begins so does the new year of the CMRA. The leadership teams for the Gift Shop, Library and Standing Committees have been appointed and will be introduced at the RA Meeting on June 8th. We welcome Eleanor Morris to the Executive Committee as the new Secretary. The officers have been elected in each

precinct. I look forward to working with these leaders this coming year.

During June, the Library will be closed for at least two weeks as new book and DVD shelves are installed. Plans are underway to assist you when the library reopens, as you will find that the floor plan has changed significantly.

During the summer, work will continue on the Campus Master Plan. By late summer there should be plans to present to the RA Council.

I hope each of you has an enjoyable, relaxing summer.

- Betsy Ahern

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(Spirit Award continued from p. 1)



Left to right, Bill Davis, Dan Patterson, Susan Gaca, Carol Lehmann, Margaret Zircher

Taimi Anderson, Peter Baer, Frank Baine, Anne Bodner, Steve Bodner, Don Brewer, Mike Cotter, John Haynes, Harriet Herring, Charlie Kahn, Christine Kesner, Mike Kes-

ner, Don Lauria, Nancy Lederer, Sam Ligon, Joe Mengel, Marge Miles, Roy Milton, Tanya Phillips, Dorothy Samitz, Margaret Simis and Hugh Tilson. The "**All Things North Carolina**" mural was completed by three of our artistically talented residents, Susan Gaca, Margaret Zircher and Bill Davis, who envisioned and painted the mural as part of the UNC-TV Fund Drive promotion. Susan and Margaret began the painting but soon realized they needed help. They called on Bill Davis, our expert

wildlife artist, to add the birds and fish. Then Margaret thought about converting the mural design into a jigsaw puzzle, now for sale in the Gift Shop.

September Issue Deadline

Copy for the June, July, August *Meadowlark* must be submitted by **Tuesday, August 15**, to Pat Mandell <phbmandell@me.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 or problems.

Carolina Meadows Census As of April 30, 2017

Number of Residents	Occupancy Level
Independent Living:	
601	94%
Assisted Living	
76	86%
The Pines*:	
58	74%*
Total:	
735	90%

**Includes temporary admission of IL and AL residents.*

NEWS (continued)

Medicare and Hospital Observation vs. Admission

The North Carolina Continuing Care Residents Association (NorCCRA) Eastern Region meeting in April included a presentation about Medicare in general. Barbara Pope, the Regional Manager for the Seniors' Health Insurance Information Program (SHIPP), gave a very helpful summary of this Division of Insurance program, which offers education and counselling on Medicare, Medicare Supplement plans, Medicare Advantage plans, Part D Prescription plans, and long term care insurance. For further information, call 1-855-408-1212 or find online at [www.ncshiip.com].

A panel presentation about Observation vs. Admission was quite eye opening for most of us. As panel members pointed out, not everyone is aware that when someone is "admitted" to the hospital from the emergency department, the admission may just be for observation, not a formal admission. The three speakers explained that Medicare hospital benefits (Part A) usually only apply for official admission to the hospital, not for those who are there for observation. When under observation, patients are covered under Medicare Part B so they are responsible for paying 20% of the approved amount for doctors' services and also must meet a co-payment for each hospital service. Patients who are admitted are covered under Medicare Part A, which covers all hospital services.

Typically, patients are "under observation" for two or three days, but in some instances it may be for

as long as 14 days without them being eligible for Part A benefits. Greg Wood, the President and CEO of Scotland Health Care System, explained that just being in the hospital for observation for three nights does not mean a patient will be eligible to receive Medicare Part A benefits. The decision about eligibility is also determined by the patient's acuity and actual needs, which are strictly defined by national rules and thus may be hard for the doctor to justify. In addition, he said some doctors want to keep the number of their patients' in-patient days down.

Sindy Barker, the chair of NorCCRA's new Legislative Committee, told us that now when a patient has been in the hospital three days, the hospital must inform the patient, in writing, if the patient is in for observation or has been officially admitted. However, that does not mean that those under observation will then be admitted. It may be up to the patient and family to clarify with their doctor the purpose of and need for the hospitalization. In addition, in order to be eligible for skilled nursing care after hospitalization, the patient must have been formally admitted and in the hospital for three midnights.

Take-home message: If you are "admitted" to the hospital, especially after emergency department care, be sure to ask your doctor if you are officially admitted and if not, ask what can be done to assure that you are admitted so you can receive full Medicare benefits. Patients who are under ob-

servation may be in a regular hospital room, eat regular meals and receive nursing care but they can't assume that means they are admitted. Also, be on the lookout for information about a NC bill to clarify the situation, **Improving Access to Medicare Coverage Act of 2017** (S568/H1421). The NorCCRA legislative committee will inform NorCCRA members so we can contact our representatives and senators to ask them to co-sponsor the bill.

- Joanne Harrell

CM Disclosure Statement on MeadowLife

Each year Carolina Meadows is required to file a "disclosure statement" with the state of North Carolina. The June 1, 2016 Disclosure Statement may be viewed by residents on MeadowLife. It can be found on the home page sidebar under CM Administration Notices.

At the end of the document is the new Early Advantage contract, which may help residents get a better understanding of what these off-campus residents are being offered. There is also a table explaining the difference between on-campus and off-campus residents.

IN MEMORIAM

Dorothy Martin	
6-204	05-08-2017
James McEntire	
5-310	05-17-2017
David Bohner	
F-202	05-19-2017

Senior Game Athlete: Wish Him Well

John Geis, CM's premier swimmer, is headed for the National Senior Games that begin in Birmingham, Alabama on June 5. Talk about amazing, John will soon be 86. Until 2015 he had not competed in a race since college.

Once he and Lou Ann moved to Carolina Meadows, he elected the pool over the gym for exercise. Almost immediately he was encouraged to enter the 2015 Chat-ham County Senior Games and, not surprisingly, qualified for the State Games where he earned gold for every event he entered.

At that point John was contemplating retirement – not so soon. His interest was tweaked when he learned about the 2017 National Senior Games. A quick

look indicated his current times were competitive with winners from the 2015 games. So...with renewed vigor, John once again headed for the pool.

In preparation for the upcoming competition, he has shed a few pounds and has trained rigorously for at least six hours a week. Recently he has been practicing diving starts, which he feels will gain at least a body length at the beginning of the race. John has high hopes that the grueling routine will pay off at the three days of competition where he will swim in five events.

If you spot him before he departs, be sure to wish him well. Go John!

- Mary Jo Doherty

Welcome New Residents

Clyde (Curly) Martin, 6-204

Last Residence: Chapel Hill, NC

Interests: Golf; volunteer work; walking my dog, Benj.

Kurt Muller, 1-306

Last Residence: Farrington, NC

Interests: American history; gardening; travel; UNC sports; business reports; swimming.

Ruth Muller, 1-306

Last Residence: Farrington, NC

Interests: History; genealogical studies; croquet; walking; bridge.

Rosalie Olsen, 4-304

Last Residence: Chapel Hill, NC

Interests: Reading; visiting friends; note writing; needlepoint; playing piano.

William (Bill) Olsen, P-226

Last Residence: Chapel Hill, NC

Interests: Reading historical-themed books; CH area topography, maps & geography.

Ralph Wileman, V-126

Last Residence: VA

Interests: Fiber art; graphic design; friends and family.

Work Continues on a Master Plan for CM

What is it? A collaborative effort to develop an overarching strategic outlook for the next 7-10 years for major capital building projects within our existing physical spaces, and considering fiscal realities.

Why do it? It is better to plan for the overall appearance and functionality of our campus than for separate individual projects like the new health center, because then individual parts fit into a well-designed whole that considers appearance, functionality, comfort and cost. It helps maintain our competitive position in a marketplace that will see many new entrants in the coming years.

What's happening? In April, we had a two-day planning charrette conducted by our architect. CM Management, members of the Board, the Vision and Strategy Committee, and the RA Task Force attended and the process involved:

- Exploring options for land use, possible locations for new IL units;
- Considering the best possible placement of the new Health Center;
- Exploring restrictions on construction within the campus;
- Weighing the need for improvements to existing facilities;
- Better understanding any need for replacing older buildings.

We are just beginning. Once the architect has worked out the viability of these conceptual ideas, we will work through them again.

What next? Work will continue through summer and early fall. The master plan should be ready for the Board's vote by November. We will keep you, our residents, regularly informed as plans progress.

-John Gabor and JB Culpepper for the Vision/Strategy Committee May 2017

TALK

World Affairs

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

June 2: Judith Pulley/Ian Bremmer, "Top Risks in 2017: The Geopolitical Recession"

This program will feature a combined lecture and video presentation focusing on the top 10 geopolitical risks identified by Ian Bremmer, risk management specialist and president of the Eurasia Group.

June 9: Judith Pulley, "Beyond Economics: Fears of Cultural Displacement Pushed the White Working Class to Trump"

This report, based on a large national survey conducted in late September-early October, 2016, and four focus groups convened on December 12-13, 2016, was undertaken by the Public Religion

Research Institute (PRRI) in cooperation with *The Atlantic*.

June 16: Thomas Friedman, "Thank You for Being Late: An Optimist's Guide to Thriving in the Age of Accelerations" (video)

Repeated in response to popular request: In this best seller, Thomas Friedman explains what can be done to cope with major changes: technological innovations, globalization and climate change. He shares his thoughts in this video of a lecture to the Brookings Institution.

June 23: Raymond Pulley, "1968: The Year That Changed Everything"

This is an expanded and enhanced version of the talk that Raymond gave to the Men's Breakfast in April.

This will be the last talk of the summer. World Affairs will resume in September.

- Judith Pulley

Philosophy Group

The topics proposed by Joanna R. Lawson, Outreach Professor of the UNC Philosophy Department, for the **second and fourth Wednesdays in June and July at 2 pm in the Lecture Hall** are:

June 14: "Sex and Gender"

June 28: "Sexism"

July 12: "Race and Ethnicity"

July 26: "Racism"

Relevant readings and pertinent questions will be distributed to members a week before the sessions. Please contact me to be placed on our reading list and plan to join us.

- Marlene Appley

Three Icon Videos

For summer viewing

ICON, Issues Confronting Our Nation, a local lecture group with monthly speakers, has created videos of three recent programs, which will be shown on **Wednesdays at 10:30 am in the Lecture Hall** on the following dates:

June 21 Lt. Gen. Dan Bolger, Retired, "Slow Death: Assessing America's War on Terrorism"

As Commander of the 1st Cavalry Division in Iraq and Commander of NATO training forces in Afghanistan ending in 2013, he discusses the consequences of our rules of engagement, the proposed closing of Guantanamo

prison, and the teaching of the Islamic threat doctrine to our military.

July 19 Dr. Mike Adams, "How American Campuses Incubate and Enforce Cultural Marxism"

Awarded Professor of the year in 1998 and 2000, Dr. Adams is an equal opportunity critic of political correctness at UNC Wilmington. He discusses campus safe spaces, trigger warnings, same-sex marriage, and reverse discrimination.

Aug. 9 Mark Krikorian, Executive Director, Center for Immigra-

tion Studies "The Impact of Mass Migration"

As Exec. Director of this pivotal and nationally prominent independent organization since 1995, his talk includes an expert evaluation of the refugee resettlement programs that the US has hosted and a grading of President Trump's immigration policies and their implementation.

Take advantage of these opportunities to stimulate your mind in the cooler atmosphere of the Lecture Hall on these summer mornings.

- Beverly Inchalik

ARTS

Music at the Meadows

About the summer schedule: The Auditorium's long-awaited new audiovisual system is scheduled for installation over the summer. Since the completion date is not known (extensive carpentry work will be needed), only one concert has been scheduled. However, it will be one that is not to be missed.

The Triangle Wind Ensemble, Sunday, June 4 at 4 pm, in the Auditorium

The Triangle Wind Ensemble is based in North Carolina's Triangle region and is celebrating its sixteenth year this season. Many of the area's most talented wind and percussion players are members, and they perform an exciting range of music. Their repertoire includes orchestral classics, original compositions for wind band, small ensemble pieces and popular medleys as well as holiday and patriotic music. Forty-five Ensemble members appeared here two years ago, and their music thrilled the audience. Come to the concert and be thrilled once again.

- Anne Bodner

Art Guild Gallery

The Art Guild Gallery change of residents' artwork in the Club Center will be Saturday, June 3. We welcome anyone who wishes to exhibit her/his original work – no matter when it was done. Bring your contributions to the **Board Room between noon and 4 pm on June 3.** Call me, Bev Milton, (919) 967-1254 or Susan Durfee, (919) 742-6655 if you have any questions.

- Bev Milton

Old North State Brass

7:30 pm Auditorium

Monday, June 5

Old North State Brass is an ensemble of accomplished volunteer musicians from the Triangle area dedicated to exploring brass repertoire, providing enriching, educational and entertaining musical experiences for diverse audiences. Founded in January 2009, the group has performed repertoire encompassing classical, jazz, sacred and popular musical styles. ONSB members are all dedicated avocational musicians who perform with many of the area's concert bands, orchestras, wind ensembles, and smaller brass groups. Some are retired and some are still active in a variety of professions, but all share a passion for making music in a collegial environment.

Music Appreciation

Fridays, 11 am Fairways Gallery

- June 2** Albeniz Iberia
- June 9** Elgar Enigma Variations
- June 16** Schumann Piano Concerto
- June 23** Stravinsky Pulcinella
- June 30** Mozart Piano Quartet
- July 7** Mahler Symphony No. 1
- July 14** Beethoven Diabelli Variations
- July 21** NO CLASS
- July 28** Hildegard von Bingen

Piano Recitals

Featuring students of Connie Yee
3:00 pm Auditorium
Saturdays, June 3 and June 10

Monster Book Sale - A Whopping Success

You did it again. You turned out in droves for the monster size book sale in May. Thanks to you, the sale made \$2,481, all of which goes to benefit the Library. You're the ones responsible for the Library's being able to buy exciting, thought-provoking new books.

Thanks also to the Herculean efforts of all those who prepared for and worked at the three day sale. It took a lot of willing volunteers to fill our auditorium with books. Two hundred large boxes of books and CDs were sorted by their genres over the course of many months. Our wonderful (and strong) maintenance staff hauled the boxes from the Book Storage Room in the basement up to the Auditorium, where they were laid out on their designated tables. Special kudos go to volunteers Mike Pacilio and Aida Zukowski. Mike checked the donation shelves in the Library two or three times a week throughout the year, then he carted the books down to the basement, where Aida sorted and boxed them for sale.

Yet another round of applause goes to our retiring Book Sale Committee Chairs. Betsy Cutler (who retired in January) gave two and a half years to the job while Amelia Carew, who retires in June, gave over two years as well. We'll miss them and their rhyming announcements at RA meetings.

Finally, we welcome the new Chairs of the committee, Joanne Cotter and Nancy Lederer. We know they'll orchestrate future sales beautifully.

- Ruth Leopold

A Major "Refurb" for the Library

We all know what it's like. We look at our den or our office that we arranged so carefully years ago and realize that it's time for a major overhaul. The shelves are stuffed and looking tired. Some of them are hard to reach. Papers are crammed in drawers and we can't find what we need when we need it. (Sigh)

Our Carolina Meadows Library is in the same boat and it's long overdue for refurbishment. On **Sunday, June 11, at 2 pm**, the Library will close and a big "re-do" will begin. It will remain closed for approximately two weeks. No books or DVDs may be checked out during this period and no donations of books or DVDs will be accepted during the closure. However,

er, The New York Times and The Wall Street Journal will be available in the Lobby and there will also be a cart for the return of books and DVDs checked out before the June closing.

When the refurbishment is complete, Carolina Meadows residents will enjoy a Library with new configurations and brand new shelving. The whole space will be attractive and accessible. Your favorite books will still be available in new settings and there will be maps to help you find what you want.

Mark your calendars now to remind you of the Library's closing date. Be sure to stock up on reading materials before June 11. Then watch for fliers and posters announcing the grand re-opening in late June or early July. Be ready to enjoy the sparkling "new" library.

- Ruth Leopold

Tuesday at the Movies 2 pm Lecture Hall

June 13 *You Can't Take It with You*

1938 – Not Rated – 121 minutes
In this Frank Capra classic, Tony (James Stewart) and Alice (Jean Arthur) meet and fall in love. But things are far from rosy: He's the son of a millionaire, and she and her wacky family live in a house that's in the way of the senior Kirby's construction project. Will an office building literally stand in the way of true love? The movie, adapted from a Pulitzer Prize-winning play by George S. Kaufman and Moss Hart, delivers the answer.

July 11 *Three Coins in the Fountain*

1954 – Not Rated – 102 minutes

Clifton Webb, Dorothy McGuire, Jean Peters

Three American working women pin their hopes for love on wishes they make as they toss coins into the famous Trevi Fountain in Rome. Their wishes come true ... but only after a series of dramatic misunderstandings in their quest for true romance.

August 8 *Indiana Jones and the Raiders of the Lost Ark*

1981 – Rated PG – 115 minutes
Harrison Ford, Karen Allen, Paul Freeman

When Dr. Indiana Jones -- the tweed-suited professor who just happens to be a celebrated archaeologist and adventurer -- is hired by the government to locate the legendary Ark of the Covenant, he finds himself up against the entire Nazi regime.

My History: A Memoir of Growing Up by Antonia Fraser

Lady Antonia Fraser fell in love with history when she was five years old. She was born into a very literary family; everyone was a reader and a writer. Her early childhood was idyllic, until World War II changed everything.

She became a glamorous beauty at the age of 20 and she married Sir Hugh Fraser. They had six children. She wrote several well-known histories, including the acclaimed biography *Mary, Queen of Scots*. She has also written a best-selling series about a female detective.

After 20 years, she left Fraser and married Harold Pinter. They remained together until Pinter's death in 2008.

This book is an informal, personal memoir about her growing up and what it was like in late 20th century Great Britain.

The Book Group will discuss the book on **Wednesday, June 21 at 2 pm in the Board Room**.

-Naomi Berman

Display Cabinet

June: An exhibit of the best work of the resident pottery group aided by ceramic artist and instructor Debby England. The names of those showing will be listed near the cabinet.

July: David Duddles will exhibit his extensive rock and mineral collection. As part of his teaching earth science in the Congo, he has a significant amount of African rocks and minerals.

August: The many talents of the resident woodworkers will be featured.

-Betty Lindsay

Movies for June, July, August 2017

Shows start at 7:15 pm in the Auditorium (Please note that some movies may be shown in the Lecture Hall in July)

Besides free popcorn, we are offering another incentive: Those who wish to talk about the movie they have just seen may 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, or 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 Meadowlife or the bulletin board on Friday or Saturday.

June 3 *Amélie* (2001)

122 minutes – Rated R

French with English Subtitles

When impish Amélie finds a long-hidden trove of toys behind a baseboard in her apartment, she's inspired to return the items to their original owner, an impulse of generosity that sparks more benevolent acts.

Film chosen by Mike Kesner

June 10 *Mama Mia!* (2008)

108 minutes – Rated PG 13

Meryl Streep, Pierce Brosnan, Colin Firth

On the idyllic Greek isle of Kalokairi, single mom Donna Sheridan (Meryl Streep) goes into a tizzy when her bride-to-be daughter (Amanda Seyfried), in a bid to learn her father's identity, invites three of Donna's ex-lovers to the wedding. Buoyed by the tunes of ABBA, this effervescent yarn -- a

Golden Globe nominee for Best Picture (Comedy or Musical) -- also stars Pierce Brosnan, Colin Firth and Stellan Skarsgård as the trio of potential dads.

Film chosen by Joyce Smith

June 17 *Agatha Christie's Murder Most Foul* (1964)

91 minutes – Not Rated

Margaret Rutherford, Ron Moody, Charles 'Bud' Tingwell

While serving on the jury in a murder trial, Miss Marple (Margaret Rutherford) stands alone as one of the only jurors who thinks the accused didn't kill his landlady. Using a court recess to do some freelance sleuthing, she follows the clues to a local group of actors and a bungling playwright (Ron Moody), who becomes her prime suspect. Charles Tingwell co-stars in this big-screen adaptation of Agatha Christie's *Mrs. McGinty's Dead*.

Film chosen by Abbie Tom

June 24 *Hidden Figures* (2016)

127 minutes – Rated PG

In the race to space between the United States and the Soviet Union during the Cold War, three black female mathematicians play a key role in launching astronaut John Glenn into outer space, making him the first American to orbit Earth.

Film chosen by Judith Ferster

July 1 *Genius* (2016)

124 minutes – Rated PG 13

Jude Law, Guy Pearce, Laura Linney

Featuring a stellar cast, this absorbing biopic focuses on the long and complicated relationship between Max Perkins, famed literary editor at Scribner's publishing house, and acclaimed writer Thomas Wolfe.

Film chosen by Anonymous

July 8 *Lion* (2016)

118 minutes – Rated PG 13

Dev Patel, Mara Rooney, Nicole Kidman

In this affecting true story, 5-year-old Saroo is adopted by an Australian couple after losing his way in the urban jungle of Kolkata. More than two decades later, new mapping technology prompts Saroo to search for his lost family in India.

Film chosen by Judith Ferster

July 15 *La Strada* (1954)

108 minutes – Rated PG 13

Italian with English Subtitles

Anthony Quinn, Giulietta Masina, Richard Basehart

In this restored special edition of Italian auteur Federico Fellini's powerful rumination on love and hate, gentle Gelsomina is sold by her mother to a bullying circus performer, only to have a clown win her heart and ignite a doomed love triangle.

Film chosen by Tony Armer

July 22 *Agatha Christie's Murder She Said* (1962)

86 minutes – Not Rated

British comedienne Margaret

Rutherford takes her first, um, stab at portraying beloved senior sleuth Miss Marple in this classic murder mystery, based on Agatha Christie's *4:50 from Paddington*. After witnessing a murder on a train, Marple promptly reports it but is unable to produce a body. To get the authorities to take her seriously, she's forced to go undercover as a maid at the home of a wealthy suspect (James Robertson Justice).

Film chosen by Abbie Tom

July 29 *Mary Queen of Scots* (1971)

128 minutes – Rated PG 13

In an Oscar-nominated performance, Vanessa Redgrave shines as Mary Stuart, queen of Scotland. Returning from France to assume the throne, Mary finds her ascen-

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(Movies continued from page 8)

sion challenged by her brother, her husband and her cousin Queen Elizabeth I (Glenda Jackson). Timothy Dalton, Patrick McGoohan and Ian Holm co-star in this lavish production from director Charles Jarrott and producer Hal B. Wallis, creators of *Anne of the Thousand Days*.

Film chosen by Webb Morrison

August 5 *Moulin Rouge* (2001)

127 minutes – Rated PG 13

Nicole Kidman, Ewan McGregor

A naïve young poet (Ewan McGregor) falls in love with a cabaret star (Nicole Kidman), and their ill-fated romance serves as a convenient peg on which to hang a dazzling array of songs, from snatches of Rodgers and Hammerstein's "The Sound of Music" to Madonna's "Like a Virgin." But the real star is director Baz Luhrmann, who came up with this infectious concoction that won two Oscars for art direction and costume design as well as six other nods.

Film chosen by Anonymous

August 12 *Father of the Bride* (1950)

92 minutes – Not Rated

Spencer Tracey, Joan Bennett, Elizabeth Taylor

Spencer Tracy renders one of his most endearing roles as Stanley Banks, the befuddled title character in this charming comedy directed by Vincente Minnelli. Stanley gets caught up in the barely controlled mayhem surrounding his only daughter's (a ravishing Elizabeth Taylor) wedding. Class struggle, premarital jitters and a whole lot of grumpy comedy mark this as a classic film you shouldn't miss.

Film chosen by Webb Morrison

August 19 *Babette's Feast* (1987)

103 minutes – Rated G

Danish with English Subtitles

Philippa and Martina turn down a chance to leave their town, instead staying to care for their father. Decades later, Philippa and Martina take in a French woman who prepares a grand feast in gratitude -- a lavish meal eclipsed only by her secret.

Film chosen by Sam Baron

August 26 *Father's Little Dividend* (1951)

82 minutes – Not Rated

Stanley Banks returns in Vincente Minnelli's *Father of the Bride* sequel. Stanley's heart rate is now stable at the mention of his daughter's wedding, but now he faces a new life crisis: a grandchild.

Film chosen by Webb Morrison

New Library Books**Fiction**

Anything is Possible by Elizabeth Strout

Beartown by Frederik Backman

Exit West by Mohsid Hamid

No One is Coming to Save Us by Stephanie Powell Watts

The Dark Flood Rises by Margaret Drabble

The Stars are Fire by Anita Shreve

The Freedom Broker by K.J. Howe

The Night Ocean by Paul LaFarge

The Storm Sister by Lucinda Riley

The Tea Girl of Hummingbird Lane by Lisa See

The Women in the Castle by Jessica Shattuck

Large Print

A Piece of the World by Christine Baker Kline

Heartbreak Hotel by Jonathan Kellerman

Right Behind You by Lisa Gardner

Small Great Things by Jody Picoult

The Couple Next Door by

Shari Lapena

The Girl Before by J. P.

Delaney

The Japanese Lover by Isabel Allende

Mystery

All by Myself by Mary Higgins Clark

Earthly Remains by Donna Leon

Golden Prey by John Sandford

Man Overboard by J. A. Jance

Mississippi Blood by Greg Iles

Murder on the Serpentine by Anne Perry

In This Grave Hour by Jacqueline Winspear

The Black Book by James Patterson, David Ellis

The Bone Tree by Greg Iles

Vicious Castle by C. J. Box

Non-Fiction

Killers of the Flower Moon: The Osage Murders and the Birth of the FBI by David Grann

Prince Charles by Sally Bedell Smith

Richard Nixon: The Life by John A. Farrell

The Gatekeepers: How the White House Chiefs of Staff Define Every President by Chris Whipple

New Library DVDs

A Street Cat Named Bob

Recovering drug addict has life transformed by stray ginger cat.

Things to Come

A philosophy teacher soldiers through several traumas.

20th Century Women

Raising teenage boy in the love and freedom of CA in 1979.

I Am Not Your Negro

Documentary in which James Baldwin tells story of race.

The Salesman

Iranian film; couple forced to evacuate their apartment.

The Terminal

Eastern immigrant finds himself stranded in JFK airport.

Land of Mine

German POWs in Denmark.

ACTIVITIES

La Residence

202 W. Rosemary Street

Like a phoenix rising from the ashes, La Residence returned for business in February after an electrical fire forced closure for repairs. The restaurant opened in 1976 in the current Fearrington House in Pittsboro under the ownership of local culinary stars Moreton and the late Bill Neal. After 30 years and several moves in the area, it now occupies a Dutch Colonial cottage in Chapel Hill, home for good with co-owners Moreton Neal and Frances Gualtieri. In addition to the interior bar and dining area there is an outdoor area featuring a covered building for large-scale parties and al fresco dining.

The restaurant still has to swing with the punches of a fickle history. One night our party of five arrived to the pleasures of a varied lot of dishes, all under the scrutiny of its new French chef, Oscar Gnapi. On a return visit a few weeks later, the chef had departed and the kitchen was run by

his two sous chefs. Gnapi had prepared his staff, however, and the sous chefs produced another delicious dinner, demonstrating that a supper of small plates is prepared with the same scrupulous attention as the full plate dishes.

An original and surprising dish is a light, refreshing cucumber linguini, alive with lemon oil and aged balsamic in a surround of perfectly poached shrimp. Further testimony arrives with the bacon-wrapped chicken stuffed with boursin cheese resting in a rich chausseur sauce. A velvety mushroom risotto with gruyere cheese and truffle oil is satisfying enough to make you forget meat. And no one would fault the jumbo lump crab cake in a bright mirin sauce along with a bracing Caesar salad.

Yet, despite the welcoming ambience, attentive service and pleasures of the food, we were the single table of diners at prime dinner time, alone, and not for the first time, leaving an uncomfortable feeling of something strange wanting to be corrected.

- Dorothy Mahan

Community Garden

This spring vegetable gardeners had to share the surface of their radishes with roly pollies (pill bugs), which seemed more widespread than in recent years. In any case, gardeners did have a good harvest of lettuce, radishes, peas, and other cool weather vegetables. By the time this summer story is published, warm weather plants -- ranging from summer squash to peppers and tomatoes -- will be starting to yield.

If you are going to be out of town, please ask a friend to water your plot and pick the vegetables. Similarly, any time you have ex-

cess produce, share with neighbors rather than allowing it to go to waste. If you are unable to tend your plot due to a change in your circumstances, please notify one of us so that we can make other arrangements. Requests for garden- ing space come to us all summer.

Raised beds tend to dry out rapidly in mid-summer. Thorough watering once is much better than several light sprinkles, plus intensive watering encourages deep root development. Mulching around plants is the best way to hold moisture, and mulch will replenish the soil for next year's crop.

Flag Day

There is a proper way to dispose of American flags that are tattered, faded or just worn out. That procedure is incineration. The Chapel Hill chapter of the American Legion does that every Flag Day, June 14. Worn flags should be properly folded and delivered to Jody Hite's office or Villa 371 on Elmwood Drive. John and Lou Ann Geis will take them to the American Legion Post 16 for proper incineration by the Legion and the local Boy Scouts on Flag Day. Flags may also be placed in the red, white and blue mailbox at the American Legion Post, 1700 Legion Road, Chapel Hill.

-John & Lou Ann Geis

Sports & Games Day

Sports & Games Day will again be held on Labor Day, **September 4 from 9:30-11:30 am**. Come join the fun! You don't have to be a "jock" to enjoy our fun and games: bean bag toss, bocce, croquet, darts, golf (pitching and putting), horseshoes, ladder ball, table tennis, and tennis. Picnic following the games.

- John Geis

This summer we are asking gardeners to do a better job of weed control than in the recent past so that weeds do not go to seed and spread to adjacent plots. It is especially important that we not let weeds get re-established in the pathways to the point where spraying is again required. Each plot holder is responsible for keeping the paths around his/her plot free of weeds.

- Margy King and Alan Tom

Bus Trips

Sign up in the sign-up book:
FUNKY LUNCH BUS!

TBA

**Wednesday, June 21, July 19,
August 16**

Deadline: **Monday prior**

Cost: \$8.00 per person + lunch on
your own Load: 11 am

**NC MUSEUM OF NATURAL SCI-
ENCES to see the RACE exhibit
Thursday, June 15**

Deadline: **Monday, June 12**

Cost: \$18 per person + lunch on
your own at Amedeo's
Load: 10:45 am

**DURHAM BULLS vs. Norfolk
Tide**

Monday, June 19

Deadline: **Tuesday, May 30**

Cost: \$20.25 per person
Load: 6 pm

**NC MUSEUM OF HISTORY to see
the World War I exhibit
Thursday, July 13**

Deadline: **Monday, July 10**

Cost: \$18 per person + lunch on
your own at Amedeo's
Load: 10:45 am

**DURHAM BULLS vs. Indianapo-
lis Indians**

Monday, July 17

Deadline: **Tuesday, June 27**

Cost: \$20.25 per person
Load: 6 pm

Jewelry Design/Repair

1- 4 pm Art Studio

**Monday, June 5, and Tuesday,
June 20**

**Monday, July 3, and Tuesday,
July 18**

**Monday, August 7, and Tuesday,
August 15**

For all experienced jewelry mak-
ers, open classes are \$10 per after-
noon.

Jewelry repairs may be dropped
off at any time between 1-3 pm on
the scheduled monthly open clas-
ses. If you would like to have a be-
ginner's session, please contact
Eva directly at (919) 797-0289.

Stuck At Home On Weekends? Call MAP

Remember when you used to
look forward to the weekend? No
more driving kids to basketball
practice. No more teacher-parent
meetings. Groceries already
bought and put away. Just a long
two-day glorious-guilt-free time to
get out and have some fun. So
now, What? You're not having fun?
No transportation. Stuck at home?
Not to worry. You can count on the
Meadows Assistance Program
(MAP) team to take care of all that.

Our Weekend On-Campus
Transportation volunteers are
ready to drive you to your desired
on-campus activities. We're availa-
ble and on duty Saturday and Sun-
day from 11:30 am to 6:30 pm. We
can get you to the Cafe or to the
Pub for a fun lunch on Saturday or
even to the Saturday dinner ser-
vices at the Pub and the Courtyard.
(Remember to make dinner reser-
vations at the Courtyard.) There's
also the Marketplace on Sunday
mornings for the special brunch.

We can also get you to the
Sunday worship services in the
Auditorium and the weekend con-
certs by different musical groups.
Or you could get to the library to
read the Sunday *New York Times*, a
favorite way to enjoy all the news
in a different environment. If you
want to visit friends elsewhere on
campus, we will be happy to drive
you there and back again. Maybe
you'll want to stretch your limbs
at the gym with all the exercise
equipment options. Don't forget
the swimming pool along with its
soothing, bubbly Jacuzzi.

There's just one caveat to all
this good news: Due to insurance
restrictions, we are able to drive
you only on campus. Yet, all these

outings await you if you call the
Club Center Receptionist to sched-
ule a date and request a MAP driv-
er to take you to and from your
desired destination. That direct
number is (919) 942-2411 for
both pickup and return. Fairways
residents should call their In-
House Receptionist. Your request
then goes to our legion of Week-
end On-Campus Transportation
volunteers under our WOT chair-
man Bert Morhart. They're all just
waiting for a chance to make your
weekend a little cheerier. Isn't
that what friends are for?

- Dorothy Mahan

Gift and Remembrance Fund

The Gift and Remembrance
Fund supported a variety of pro-
jects this past year. The Designat-
ed Employee Scholarship Fund
donated \$4,000 to the Residents
Association for scholarships and
the Music @ Meadows designated
funds provided \$5,500 for con-
certs.

The Fund provided the mon-
ies for the piano repairs in the Au-
ditorium, the artwork in the hall-
ways of the Club Center and the
Private Dining Room, a bird feeder
for the Green, the deposit for the
purchase of a kiln for the Pottery
Group and assorted tools for the
Woodworking Group. A step lad-
der with railings was purchased
for the use of the Art Gallery as
well as the Display Cabinet. Two
chairs, a side table and a covered
bench were bought for additional
seating near the Auditorium.

These projects were made
possible by donations to the Fund
in memory of a deceased resident
or in honor of a current resident.
Gifts should be made payable to
Carolina Meadows Inc. and are tax
deductible. - Mary Ann Clarkson

Be Safe This Summer

As summer approaches, the outdoor beckons. Unfortunately, along with an increase in beautiful flowers and sunshine comes an increase in ticks and mosquitos. In this issue of Meadowlark, Health and Wellness Committee members share information about both tick and mosquito bite prevention. This article focuses on mosquitos.

The Chatham County Cooperative Extension reports that NC is home to over 60 types of mosquitos, and all lay their eggs on or near standing water. One of the worst species is the Asian tiger mosquito, which spreads diseases to both humans and animals. Easy to identify because of its black and white striped legs, this mosquito prefers to breed in small amounts of water where its natural enemies can't survive.

Thus, in your yard, flowerpot saucers, birdbaths, and outdoor pet bowls, buckets, toys, and other containers make ideal breeding grounds. The most important thing you can do to prevent mosquito bites is to tip out any outdoor container that holds water and wash birdbaths and pet bowls on a weekly or more frequent basis. Get rid of any outside empty containers, or bring them inside and empty them. If you can't empty small pools of water such as those found in rain barrels or water gardens, you can treat these with mosquito dunks purchased from nurseries or garden supply stores. Don't leave doors and windows open unless protected by screens.

Personal repellants can be very helpful in protecting yourself, too. The Center for Disease Control (CDC) in Atlanta recommends

Community Outreach

"Wherever a man turns he can find someone who needs him." ~Albert Schweitzer

Thanks to all residents who, with their generosity, made our annual CORA Food Bank Drive last month such a success. CORA's need for our help is even greater in the summer. 50% of Chatham County school children receive free or low-cost meals at school through the federal school lunch program because their families live at or near poverty level. Without these meals during the summer, these kids get little or no proper nutrition. CORA Food Pantry created SNACK! (Summer Nutritional Assistance for Chatham Kids) to provide food for nutritious weekday summer meals for these Chatham County school children. SNACK! Angel sponsorships provide a low-income Chatham County child with enough food for 5 breakfasts, 5 lunches and daily healthy snacks for each week during the summer break. It also helps CORA provide more fresh fruit, fresh vegetables, and more milk to children whose fami-

lies too often make less healthy choices due to low income. You can sponsor a child on this website: <http://corafoodpantry.org/the-snack-program/> or you can mail your donation to CORA Food Pantry, PO Box 1326, Pittsboro, NC 27312. To become a Snack Angel, you can make a one-time donation of \$150. Be sure to type "SNACK" at the bottom of your check. To make monthly payments or three payments of \$50 each, contact: execdirec-tor@corafoodpantry.org or call 919-545-3030.

Summer is a good time to clean out those closets or even those storage units! Many agencies throughout the county have ongoing needs throughout the summer. You can use this link to Chatham Connecting to find agencies in need of various types of items: <http://www.chathamconnecting.org/index.jsp?p=ProvideHelp&donate>

-Pat Mandell

using Environmental Protection Agency (EPA) repellants with one of the following active ingredients: Deet, Picardin, oil of lemon eucalyptus, IR3535, or para-menthane-diol. Follow the label instructions. In areas where mosquito populations are high, you can gain additional protection by reducing skin exposure. Wear a hat, a long sleeved shirt, and long pants; and tuck your shirt in your waistband and your slacks in the top of your socks.

Enjoy a safe and happy summer!

- Lila Wolff

Tutors Needed

There will be a training session for literacy volunteers on **June 3, Saturday**, in the Arts Studio located in the **Activities Building from 9 am - 3 pm** sponsored by the Chatham County Literacy Committee. Breakfast and lunch will be provided by Carolina Meadows.

We are especially interested in finding tutors who are available to tutor students from Nature Trail in the evening here on the Carolina Meadows campus.

-Pat DeTitta

Tick Season Is Here

Many of you enjoyed our May Medical Update lecture (well ... if learning about the tick problems in our midst can be called enjoyable), learning from our remarkable Chatham County Public Health Officer, Layton Long, about the emerging threats of tick-borne diseases literally here in our back (and front) yards. All of you agreed that we need to share some of what we learned with the rest of the Carolina Meadows Community.

Ticks are members of the spider family (arachnids) that feed on the blood of animals and humans who come in contact with them. They are common in Chatham County. Our clinic staff reports that they have already been seeing plenty of residents who have found them (on almost any part of their body). Ticks live in undergrowth and leaf litter, especially at the edge of our woods, but also in grassy areas, yards and gardens. They can even survive for long periods in residences when brought indoors on pants cuffs or pets after a walk.

It is important to protect yourself from contracting one of the several bacterial and viral illnesses that can be transmitted by tick bites. The most common tick born threats in our area are Rocky Mountain Spotted Fever and Lyme Disease. These illnesses usually begin with "flu-like" symptoms days to weeks after a tick bite and may or may not be associated with a characteristic rash. Both can be treated with antibiotics, but prevention is the best medicine.

We learned that to transmit an infection the tick must have become firmly attached to the skin and have taken a blood meal. Transmission occurs only after some hours of attachment, so early

removal will prevent illness. If the tick is crawling on your skin and has not become engorged with blood, it will not have transmitted an infection.

From the Health and Wellness Committee with thanks to Brian Boehlecke MD

For additional information see:
<https://www.cdc.gov/DiseasesConditions/az/r.html>

<http://www.chathamnc.org/government/departments-programs/environmental-health/ticks-other-pests/ticks-please-dont-feed-them>

Steps to avoid tick bites:

- Stay on trails when walking on campus or in the woods.
- Wear long sleeved shirts and long pants tucked into socks.
- Wear light colored clothes to allow spotting ticks more easily.
- Use tick repellants containing at least 20% DEET.
- After returning indoors, carefully check yourself and pets for ticks; young ones (nymphs) are very small.

If you do find a firmly attached tick, remove it with the following technique:

- Grasp the tick with a fine

bladed tweezers as close to the skin as possible.

- Pull slowly directly outward; do not twist or jerk; do not squeeze the body of the tick.

- Do not apply heat, alcohol or other materials to the tick while it is attached.

- Wash the skin and hands with soap and water after removal of the tick.

- Write down the date of the bite and save the tick in a closed container.

- See your doctor if you develop flu-like symptoms or a rash during the next 30 days, show him/her the tick and mention the date of the bite. Our clinic health professionals are available for consultation to ALL Carolina Meadows. Please do NOT hesitate to ask!

Residents: Note that antibiotic treatment is NOT recommended if no signs or symptoms of illness are present.

Ice Cream Socials

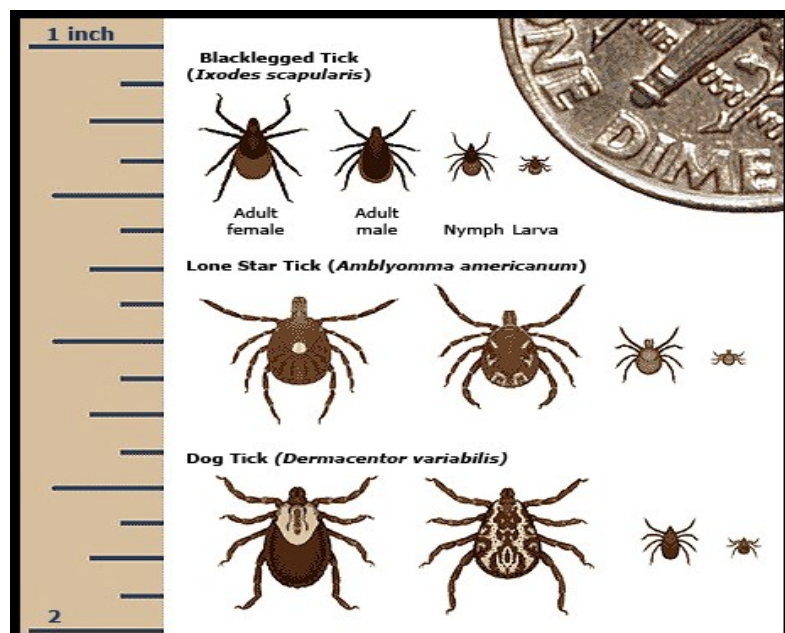
2-3:30 pm

Dates TBA for June and July

(please look for posters)

Wednesday, August 23

Auditorium



Wellness Corner

Guest policy reminders: During this summer, many of you may have guests visiting and using the Exercise Room and Swimming Pool. Please be aware that you are responsible for your guests. No one under the age of 16 is permitted to use the Exercise Room equipment. Any guests who will be using the Exercise Room or attending classes must complete a waiver daily located at the check-in kiosks in the Fitness Center and at the pool sign-in book.

Pool Reminder: There is a current pool calendar available next to the Women's locker room. No guests are permitted during **pool watch hours daily 3:30-4:30 pm, Mondays 9-10 am and Saturdays 10-11 am.** If you have any additional questions regarding guests using the recreational facilities please call Michelle at (919) 370-7114.

We are now using an automated check-in system in the Exercise Room to track utilization of the Fitness Center and classes. Please use your Fitness Center key tag each time you visit the facility. This will help us determine the percentage of residents using the amenities and help justify budgeting costs for current and future programs and equipment. If you have not had a chance to complete an application for the Fitness Center, please pick one up in the Exercise Room. Applications are available on the Fitness and Health page of *MeadowLife*. Please return completed applications to Michelle Marino. As an extra incentive, each month we will be raffling off a gift card throughout the summer months- just check in one time each month to be entered to win!

Travel Exercise Workshop Friday, June 2 at 2 pm in the Exercise Studio. Have a trip or several planned this summer? Well, we want to be sure you can take your workout on the road. Join us to learn an exercise routine to help meet your strength and flexibility needs with minimal equipment. Space is limited; register in the Wellness Book. Cost is \$5 and you will receive an instructional handout and a Theraband.

OTAGO six-week Balance Exercise Program Fridays 2-2:30 pm, June 9-July 14 "The Otago Exercise Program (OEP)" was designed by the Falls Prevention Research Group at the University of Otago Medical School in New Zealand. It consists of a series of progressive leg-strengthening and balance-retraining exercises. There is strong evidence to support use of the OEP to prevent falls in those aged 80 years and older who are living independently and who have had a fall or been assessed as at risk of a fall. The program relates to every day functional activities, and focuses on the key falls risk factors of strength and balance. Sign up in the Wellness book. Space is limited to ten participants \$12 for copy materials and classes.

National Swim a Lap Day Saturday, June 24 Swimming is a great way of getting exercise, especially for those who have health problems that make traditional exercise difficult. Its low impact nature allows those whose movement would otherwise be restricted to engage in a full body workout. Due to its full body nature, this sport is also excellent for building cardiovascular and respiratory health, increasing how much oxygen the body is able to take advantage of, as well as how much blood the heart is able to move

with each stroke. Swim a Lap Day reminds us that any activity is better than remaining sedentary.

Learn to Swim and Technique Lessons are available here in our beautiful pool to help increase your overall enjoyment of the water this summer! Contact Kevin Sutton, Swim Instructor, at (919) 435-6873 for fees and/or to schedule an appointment.

Feldenkrais series Awareness Through Movement® Class The Eyes Have It: Using the Eyes to Improve Spinal Mobility **Eight Mondays, 10:45 -11:45 am, June 5 -July 24** Did you know that the mobility of your spine and head is influenced by how you use your eyes? Did you know that how you look through your glasses affects your ability to move? In these classes, we'll explore these relationships. You'll be surprised by what you'll discover. Expect more freedom in movements of daily life, like turning, twisting, looking up and down, sitting, and walking. Your posture might improve. It's possible that some chronic neck, shoulder, or back pains will disappear once you free your eyes. You must be able to get down to, up from, and lie on the floor comfortably. Sign up in the Wellness Book today. Cost is \$45 for series.

New service! One on one assistance on the Golf course with Golf Wellness Specialist Nancy Alton, focusing on safety hazard awareness and on course conditioning moves. Golf cart provided. Contact Nancy at (919) 370-7259 to set up an appointment.

Pool Watchers and Pool Watch chairman needed. Please contact Fran Alderman at (919) 967-0765 if you are willing to volunteer.

- Michelle Marino

JUNE, JULY, AUGUST CALENDAR

June 2017

Fri	2	10:30 AM	World Affairs: "Top Risks in 2017: The Geopolitical Recession"	AUD.	5
		11:00 AM	Music Appreciation: Albeniz Iberia	FG	6
Sat	3	9:00 AM-3:00 PM	Literacy Volunteer Training	AS	12
		3:00 PM	Piano Recital featuring students of Connie Yee	AUD	6
		7:15 PM	Movie: <i>Amélie</i>	AUD	8
Sun	4	4:00 PM	Music at the Meadows: The Triangle Wind Ensemble	AUD	6
Mon	5	1:00 PM	*Jewelry Design and Repair	AS	11
		7:30 PM	Old North State Brass	AUD	6
Fri	9	10:30 AM	World Affairs: "Beyond Economics: Fears of Cultural Displacement"	AUD	5
		11:00 AM	Music Appreciation: Elgar Enigma Variations	FG	6
Sat	10	3:00 PM	Piano Recital featuring students of Connie Yee	AUD	6
		7:15 PM	Movie: <i>Mama Mia!</i>	AUD	8
Tues	13	2:00 PM	Movie: <i>You Can't Take it With You</i>	LH	7
Wed	14		Flag Day		10
		2:00 PM	Philosophy Group: Sex and Gender	LH	5
Thurs	15	10:45 AM	*NC Museum of Natural Science: RACE Exhibit	CCL	11
Fri	16	10:30 AM	World Affairs: Thomas Friedman, "Thank You for Being Late"	AUD	5
		11:00 AM	Music Appreciation: Schumann Piano Concerto	FG	6
Sat	17	7:15 PM	Movie: <i>Agatha Christie's Murder Most Foul</i>	AUD	8
Mon	19	6:00 PM	*Durham Bulls vs Norfolk Tide	CCL	11
Tues	20	1:00 PM	*Jewelry Design and Repair	AS	11
Wed	21	10:30 AM	Lt. Gen. Dan Bolger, "Slow Death"	LH	5
		11:00 AM	*Funky Lunch Bus!	CCL	11
		2:00 PM	Book Group: <i>My History</i>	BR	7
Fri	23	10:30 AM	World Affairs: "1968: The Year That Changed Everything"	AUD	5
		11:00 AM	Music Appreciation: Stravinsky Pulcinella	FG	6
Sat	24	7:15 PM	Movie: <i>Hidden Figures</i>	AUD	8
Wed	28	2:00 PM	Philosophy Group: Sexism	LH	5
Fri	30	11:00 AM	Music Appreciation: Mozart Piano Quartet	FG	6

July 2017

Sat	1	7:15 PM	Movie: <i>Genius</i>	AUD	8
Mon	3	1:00 PM	*Jewelry Design and Repair	AS	11
Fri	7	11:00 AM	Music Appreciation: Mahler Symphony No. 1	FG	6
Sat	8	7:15 PM	Movie: <i>Lion</i>	AUD	8
Tues	11	2:00 PM	Movie: <i>Three Coins in the Fountain</i>	LH	7
Wed	12	2:00 PM	Philosophy Group: Race and Ethnicity	LH	5
Thurs	13	10:45 AM	NC Museum of History: World War I Exhibit	CCL	11
Fri	14	11:00 AM	Music Appreciation: Beethoven Diabelli Variations	FG	6

JUNE, JULY, AUGUST CALENDAR

Sat	15	7:15 PM	Movie: <i>La Strada</i>	AUD	8
Mon	17	6:00 PM	*Durham Bulls vs Indianapolis Indians	CCL	11
Tues	18	1:00 PM	*Jewelry Design and Repair	AS	11
Wed	19	10:30 AM	Dr. Mike Adams, "How Am. Campuses Incubate Cultural Marxism"	LH	5
		11:00 AM	*Funky Lunch Bus!	CCL	11
Sat	22	7:15 PM	Movie: <i>Agatha Christie's Murder She Said</i>	AUD	8
Wed	26	2:00 PM	Philosophy Group: Racism	LH	5
Fri	28	11:00 AM	Music Appreciation: Hildegard von Bingen	FG	6
Sat	29	7:15 PM	Movie: <i>Mary Queen of Scots</i>	AUD	8

August 2017

Sat	5	7:15 PM	Movie: <i>Moulin Rouge</i>	AUD	9
Mon	7	1:00 PM	*Jewelry Design and Repair	AS	11
Tues	8	2:00PM	Movie: <i>Indiana Jones and the Raiders of the Lost Ark</i>	LH	7
Wed	9	10:30 AM	Mark Krikorian, "The Impact of Mass Migration"	LH	5
Sat	12	7:15 PM	Movie: <i>Father of the Bride</i>	AUD	9
Tues	15	1:00 PM	*Jewelry Design and Repair	AS	11
Wed	16	11:00 AM	*Funky Lunch Bus!	CCL	11
Sat	19	7:15 PM	Movie: <i>Babette's Feast</i>	AUD	9
Wed	23	2:00PM	Ice Cream Social	AUD	13
Sat	26	7:15 PM	Movie: <i>Father's Little Dividend</i>	AUD	9

*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.

CYD: Courtyard

DR: Dining Room

ES: Exercise Studio

FC: Fitness Center

FG: Fairways Gallery

FLR: Fairways Living Room

Tips for a Balanced Life

June's Myth: "Falling is something normal that happens as you get older".

Untrue! According to the National Council on Aging falling is not a normal part of aging.

Tip: To help raise awareness to fall prevention throughout the past year we debunked myths related to falls and shared tips on ways you can prevent falls. Strength and balance exercises, managing your medications, having your vision checked, wearing appropriate footwear, making your living environment safer and sharing concerns with your health care provider are all steps you can take to help prevent yourself or a loved one from falling. We encourage you to consider our suggestions and enjoy an active healthy lifestyle.

- Members of the Resident Fall Prevention Task Force