



Dining Services Apprenticeship Program

Who could have imagined that an assignment to write about the apprentice program in Dining Services here at Carolina Meadows would turn out to be such fun? Well, the writing is a bit of a challenge, but talking about the apprentices with Chef Jody was a delightful adventure. Talking about food is second only to eating it.

Jody McLeod, our Executive Chef, operates the apprenticeship program at Carolina Meadows. The American Culinary Federation, which promotes the professional image of current and future chefs and pastry chefs through educational resources, certification, apprenticeship and programming, is the sponsor. Apprentices do *not* come here after attending a culinary school, which can cost as much as \$40,000 to \$60,000 a year. Also, culinary schools teach the classical sauces and dishes, which are no longer served, and they do not prepare students to work fast, which is required of chefs to work in restaurants today. Possibly worst of all, graduates of these schools, many of which have closed down, after paying all that tuition are offered very low-level jobs at commensurately low pay.

Jody, who is Canadian, favors apprenticeships over culinary schools, in part because he is a product of a seven-year apprenticeship, the way chefs are trained in Canada. He is the fifth genera-

tion of his family to be a chef. He loves to teach. The apprenticeships here are for between three and four years. We currently have five apprentices. Some were working here at CM as regular line cooks when he selected them to be in his program. Jody chooses them for their passion about food and their interest in learning. Apprentices are paid while they are in the program.

The apprentices refer to a national book that spells out the curriculum, and they are required to demonstrate skills, pass exams and write papers. They learn how to be a chef and how to manage a facility i.e., how to run a restaurant or dining room such as ours. Once they have completed their programs, they are certified and eligible to be employed as executive sous chefs. They are prepared to take on a job as chef, and they are not shocked to find out what is expected of them.

An overriding motive for Jody to participate in this apprenticeship program is to preserve American and southern cuisine. He is convinced that the popularity of



Chef Jody (at the podium) introducing members of his Dining Services team at the Parade of Chefs and Cooks at the November 8 Residents Association Meeting.

chains, because they are everywhere and so convenient and cheap, is resulting in the loss of our culinary culture. This program, in its small way, helps to keep the flame alive. Tyler, Andre and Jason create some of those specials that show up on our menus at dinnertime!

- Fran Sherwin

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President's Message

We can all feel good about the record donations to the 2018 Employee Appreciation Fund. The \$420,691 total exceeded 2017 by over \$29,000. Thanks for your overwhelming support. The average amount for a full-time employee was \$1,071 and for a part-time employee, \$322. The highest gift was \$1,521. These amounts make a difference, particularly during the holiday season! Employees have thanked many of you in person. I received a hand-made thank you note addressed to the RA saying: *"Thanks so much for the generous holiday bonus gift. It warms my heart. Your kindness is cherished and appreciated."*

In February residents will have the opportunity to indicate their interest in serving on one or more of the 20 RA Standing Com-

mittees and/or volunteering in the Gift Shop or Library. You will receive a Survey Form in your mailbox with complete instructions. Please express your interests. This is one way to indicate how you would like to become involved in our community. The RA Committee Chairs and Operation Managers use these forms to select their members or volunteers for the upcoming fiscal year beginning June 2019.

The UNC-TV fund drive will be launched February 25. The Committee is full of ideas and has come up with a creative and fun way to support public television, a worthy cause we all can enjoy. The Armchair Traveler will take you on an adventure-packed world cruise! Come aboard.

- Sam Ligon

MeadowLife Demonstration

Whether you are just getting started on *MeadowLife* or need a refresher course, you are invited to attend a demonstration of the site and tips on how this resource can help you to make the most of all of Carolina Meadows' activities and services.

Wednesday, February 6
1:30 pm
Lecture Hall

If you can't make the demonstration or need reminders in the future, just go to the *MeadowLife* home page and select "How to Use the *MeadowLife* Website," located at the top of the right sidebar. There you will find a *MeadowLife* FAQ (Frequently Asked Questions), "Searching *MeadowLife*," and "The *MeadowLife* Site Map— Illustrated."

IN MEMORIAM

Diane Kudla	V-356
11-22-2018	
Ron Weinress	P-218
11-23-2018	
Hallie Parker	F-332
11-28-2018	
Lee Gunther-Mohr	G-141
12-16-2018	
Eugene (Gene) Gates	V-285
12-18-2018	
Max Preston	G-104
12-29-2018	
Martha Ann Smirl	2-103
01-07-2019	
Diana Morrison	P-201
01-08-2019	
Betty Bell	P-229
01-13-2019	

THE MEADOWLARK
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—
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March Issue Deadline

Copy for the March *Meadowlark* must be submitted by **Tuesday, February 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.

Carolina Meadows Census As of December 31, 2018

Number of Residents	Occupancy Level
Independent Living:	
631	97%
Assisted Living	
65	79%
The Pines*:	
54	67%*
Total on campus:	
750	91%
EA Program:	
80	
Total Residents: 830	
<i>*Includes temporary admission of IL and AL residents.</i>	

NEWS (continued from page 1)

The Armchair Traveler

On **Monday, February 25**, Carolina Meadows will launch the annual fund-raising drive for UNC-TV.

"Festival 2019" is one of only four fund-raising efforts authorized by the Carolina Meadows Residents Association. "The Box" will once again be in the Club Center Lobby, along with details about how to make your donation. Related information will be placed in all CM mailboxes and presented at precinct meetings.

Our theme this year is, "The Armchair Traveler." Get on board **Monday, February 25**, with an international buffet dinner created by Chef Jody. We will raise a toast to our voyage at a champagne reception in the Lobby prior to the dinner.

A map outside of the Pub will be our guide as we travel around the world. How do we fuel our trip? With donations to UNC TV! Each stop on our journey will celebrate Carolina Meadows' generosity and support for public television.

Our itinerary for this exciting adventure will include a cooking class with an international theme and a three-part course presented by Carolina Meadows University on a remarkable global education program developed in Chapel Hill. Throughout the month of March, the display cabinet will feature favorite souvenirs from residents' travels.

Pack your bags.-Get on board.
-Be an Armchair Traveler!

Single Stream Recycling Comes to the Apartments

When I first joined the Recycling and Conservation Committee, there was some sorting of recyclables in the apartments, separating different materials into different bins. The theory was that such divisions would save space. Through the initiative of Director of Building Operations Robert Poteete, we are now switching to single stream recycling there. Synrich, the Waste Industries driver who often picks up our materials, just asks that the bins not overflow, so mixed paper (including cardboard), plastic with recycling arrows and any number, glass, etc., all go into any bin. The first floor "Trash" rooms have been relabeled "Refuse and Recycling" to indicate their double functions and the signage about what goes where has been updated. You can also consult the chart on the Recycling and Conservation Committee's page on Meadowlife (<https://meadowlife.org/committees/recycling-and-conservation-0>) and the Residents' Handbook. *- Judith Ferster*

Enhanced Volunteer Program in the Pines Offers Mentoring and Personal Support

The Pines-Green Friends group has developed a program that provides mentoring and personal support to volunteers interested in visiting Pines residents. Some Pines residents have family and friends who visit them on a regular basis, but others do not. For those who don't, this program provides a caring community of volunteers with the tools to engage comfortably with Pines residents who would like to have more personal contact with members of our community.

Would you like to help? We can offer support by orienting you to the Pines, helping you identify residents you would like to visit, giving you the opportunity to

shadow other volunteers in their visits, and providing ongoing support if you have questions or concerns. The time commitment is flexible.

Although our enhanced one-on-one visiting program is starting in the Pines, we recognize that social isolation is a concern throughout our community. Therefore, we hope to expand this program to the Fairways and Independent Living in the near future. If you would like to volunteer or if you have suggestions for improving and/or expanding our visiting program, please contact Dona Fountoukidis by email (donafount@gmail.com) or phone (919.933.7263).

- Dona Fountoukidis

Want a New Photo in the Directory?

There will be a retake session in the **Resident Services Office** on **February 27**. You must sign up for an appointment in the Sign-up Book. The sheet will be available in February. Slots are every 10 minutes - from **2:10-4 pm**.

If you want to update info in your bio, please send an email, asap, with the changes, to Barbara Rich at [<claybarb@gmail.com>](mailto:claybarb@gmail.com).

No changes will be made after March 10, 2019.

The Power of MeadowTalk

On November 11, 2018, Dona Fountoukidis posted this notice on MeadowTalk.:

"Hi, During our December snow storm we experienced a power outage that started with on and off power for several minutes. Although plugged into a hefty surge protector, my Yamaha receiver would not turn on after that. The manual indicates that the receiver is equipped with a safety mechanism that makes it impossible to turn on the receiver after three consecutive on-off's and says you need to take it for repair. The closest authorized repair place is in Virginia. Can anyone here suggest someone a little closer who might be able to help me out? Thanks. Dona"

On that same day, Margaret Lospinuso replied with this message: "Dona, Does this page have anything that might help? https://www.google.com/search?rlz=1C1GGRV_enUS751US751&biw=1920&bih=969&q=yamaha+receiver+protection+mode+reset&sa=X&ved=2ahUKEwjg-ozK5ebfAhUoneAKHfyjCmQ1QIoA3oECAMQBA I searched Google with 'yamaha receiver protection mode reset' (in case the link doesn't work). Margaret"

Next, Dona informed us all that:

"Thanks to Margaret Lospinuso's Googling prowess, I was able to reset my Yamaha receiver without leaving home or shelling out any bucks. By pressing the right combination of buttons, I was able to turn it on and now I'm good to go! Thanks Margaret!"

Ah, the power of MeadowTalk!

Welcome New Residents

Beverly (Bev) Brown, V-218

Last Residence: Chapel Hill, NC
Interests: UNC football & basketball, JOY (just older youth) Club & Discovery Bible Study CH Bible Church, Carolina Panthers Football

Rachel (Linda) Hill, V-218

Last Residence: Chapel Hill, NC
Interests: UNC football & basketball, JOY (just older youth) Club & Discovery Bible Study CH Bible Church, word puzzles

Elizabeth (Betty) Nowalk, 6-210

Last Residence: Chapel Hill, NC
Interests: Biking, walking, art, harp, reading, swimming, water aerobics, beach, movies

Benton (Ben) Register, V-324

Last Residence: Chapel Hill, NC
Interests: Golf, biking, reading, travel, food, bridge

Brenda (Bren) Register, V-324

Last Residence: Chapel Hill, NC
Interests: Politics (volunteer for Democrats), books (3 clubs), travel, food (like to cook), bridge (beginner)

WANTED

Donations of books for our spring book sale.

Drop off in library.

Or, if sizeable, call Mike Pacilio (919-240-5604) to arrange pick-up.

All proceeds go to the Library to purchase books or DVDs.

Gift Shop

💰 **Red Dot Sale** 💰

Starting Feb. 1, select clothing, scarves, jewelry, etc. marked with a **Red Dot** will be 50% OFF our already low prices. Stop by for this special sale or just to peruse our new offerings. It is never too early to begin holiday shopping for Next Year.

TALK

Carolina Meadows University (CMU) Finishes Tap Dancing and Takes on the Global Challenge of Early Childhood Education

CMU will hit February with a “bang” (well ... at least a loud “tap”), completing the first short course of the Spring Semester on the history of American tap dancing, featuring our own Kathryn Moss. Building on the “Early History of Tap” January lecture, the **February 4** session will address more recent times, including more of those popular videos of tap dance performers and biographies of seminal American tap dancers.

On **February 11** (Session 3), the North Carolina Youth Tap Ensemble (NCYTE) will entertain us with cutting edge contemporary choreography, along with traditional rhythm tap. Described in more detail in the January Meadowlark, NCYTE is considered one of the best youth tap dance ensembles in the world.

After our usual one week hiatus, CMU will play our part in the UNC-TV fundraising activities

theme of “The Armchair Traveler” by presenting a three part course on a remarkable global education program with deep ties to several of our own CM Residents: “The Abecedarian Approach: Preventing the Prediction from Coming True.”

This three-session course will examine an early educational and health program developed here in Chapel Hill at UNC in the 1970’s. The Abecedarian Approach is for children who are at risk of suboptimal development ... doing poorly in school and in life. It is now known around the world.

Each of the three sessions will build on the previous one(s). Session One (**February 25**) will give the historical context for the original research that created the Abecedarian Approach and point out a surprising parallel between senior citizens and very young, disadvantaged children. Albert Collier will present

groundbreaking health research and Joseph Sparling will present the amazing early years’ results on children’s cognition and language development. This session will conclude with the long-term results of the original Abecedarian studies.

Watch this space (in the March Meadowlark) for details about the two further sessions, which will follow the “Armchair Traveler” theme by tracing the international development and dissemination of this important set of innovative programs, bring us up to the present, and lay out the promise of the future, for the program and for the children who will benefit. Children are our link to the future.

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

- For the CMU Steering Committee

CMU Serendipitous Saturday

Carolina Meadows University is very pleased to announce that a Serendipitous Saturday session on **February 9** will feature Duke History Professor Nancy MacLean. She will speak on “The Origins of Today’s Radical Right and the Crisis of American Democracy.” This lecture was postponed from its original January 19 date.

Dr. MacLean is an award-winning scholar of the 20th-century US. Her new book, *Democracy in Chains: The Deep History of the Radical Right’s Stealth Plan for America*, was praised by *Booklist*

as “perhaps the best explanation to date of the roots of the political divide that threatens to irrevocably alter American government.”

It was a 2017 finalist for the National Book Award in Nonfiction, won the *Los Angeles Times* Book Prize in Current Interest, the Lannan Foundation Cultural Freedom Award, and the Lillian Smith Book Award. Professor MacLean’s scholarship has received more than a dozen prizes and awards, and she has been supported by numerous distinguished fellowships.

In 2010, she was elected a Fellow of the Society of American Historians, which recognizes literary distinction in the writing of history and biography.

Several residents who heard Dr. MacLean’s recent lecture on her book at the Chapel Hill Library reported that she is a very compelling speaker, one not to be missed. Flyleaf Books will offer her book for sale at the lecture. In the **Lecture Hall at 10 am on Saturday, February 9.**

- CMU Steering Committee

World Affairs

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

The programs for February are:

February 1: Philip Cook, "Where Now for Prevention of Gun Violence?"

Philip Cook is Terry Sanford Professor Emeritus of Public Policy and of Economics at Duke University. Among his scholarly and public policy works have been crime and crime prevention, firearms and crime, criminal justice and gun regulation. He is a consultant to the DOJ/Criminal Division and Department of Treasury/Enforcement division. He has co-authored (with Jens Ludwig) *Gun Violence: The Real Costs* (2000) and (with Kristin Gross) *The Gun Debate* (2014).

February 8: Charles Kurzman, "What is Iran Up To?"

This is a question of great geopolitical importance and Charles Kurzman is well equipped to provide a meaningful answer. Kurzman is a Professor of Sociology at UNC-Chapel Hill who specializes in Middle East and Islamic Studies. He is the author of five books, four

of which deal with Iran and/or Islam.

February 15: David Schanzer, "The Modern Threat to Western Democracy"

David Schanzer is Associate Professor at Duke's Sanford School of Public Policy and director of the Triangle Center on Terrorism and Homeland Security. His talk will speak to the reasons why Western democracy and the post-war liberal order are deteriorating, why the institutions put in place by the United States and its allies after World War II are now under siege, and what to do about it.

February 22: Doris Kearns Goodwin, "Leadership in Turbulent Times" (video)

In her latest book Goodwin addresses such questions as: Are leaders born or made? Where does ambition come from? How does adversity affect the growth of leadership? And, the age-old question, does the leader make the times or do the times make the leader? The answers are drawn from the four presidents that Goodwin has studied most closely – Lincoln, TR, FDR and LBJ.

- Dorothy Samitz

Men's Breakfast

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

The speaker for our **February 20** meeting will be CM resident Don Lauria. His talk for our January meeting is entitled "What's going on in local high schools? The experiences of a volunteer." Don was a volunteer at three local high schools over the past six years. His experience at each school was with different kinds of students, ranging from all who went to college (most with scholarships) to all immigrants (most of whose English was seriously limited). The schools were different in their institutions, what the students were taught, and how they were taught.

- Michael Cotter

Medical Update Lecture

The next Medical Update Lecture will take place on **Thursday, February 21 at 3 pm in the Auditorium**. The subject and title will be "Osteoporosis: A Health Danger." Our speaker will be Dr. Kenneth Lyles, Specialist in Metabolic Bone Disease and Geriatric Medicine at Duke University School of Medicine.

In the mid-1990s, a new type of medical equipment known as a DEXA scanner was introduced. This machine provided a simple and accurate measure of bone mineral density, which is used for the diagnosis of osteoporosis.

This led to a large body of research into the incidence, causes, prevention, fracture danger, and management of this bone abnormality. Several types of drugs were developed, aimed at protecting weakened bones from fracture, particularly the hips and vertebral bodies.

Following Dr. Lyles's residency in Internal Medicine, he completed Fellowships in Endocrinology, Metabolism and Geriatrics at the Duke University Medical Center.

He is certified by the American Board of Internal Medicine in Endocrinology and Metabolism and Geriatric Medicine. He maintains an active clinical practice treating patients with bone disease. In addition he has done extensive research into bone disease, which has produced numerous publications in peer-reviewed medical journals.

This will be a very informative lecture concerning a potential health problem for people of advancing age, both women and men.

- Leonard Cutler

Travel Adventure

The theme of the UNC TV fundraising drive this spring is "The Armchair Traveler." In support of the drive, the Travel Adventure series brings to you:

Travel Through History: Syria Before the Fall

Michael and Joanne Cotter traveled to Jordan and Syria in November 2010. At our next travel evening, they will highlight some of the important historical sites in Syria, many of which have since been damaged or destroyed during the ongoing civil war in that country. Join us at **7:30 pm in the Auditorium on Friday, February 22.**

- Michael Cotter



Main Street of Roman Palmyra

ARTS

Music at the Meadows In the Auditorium

Ellen Ciompi, Cabaret Singer
Thursday, February 14,
7:30 pm

Ellen Ciompi is the Triangle's preeminent cabaret singer, with a repertoire ranging from jazz to classical. She has performed at a variety of local venues, e.g. Duke University, the Regulator Bookshop, the Durham Public Library, the Common Ground Theater, as well as many churches and retirement communities in the area. She holds Bachelor's and Master's degrees in music.

Ellen plays with a pianist, Glenn Mehrbach, and one of several bassists. This night's performance will be special. It will be one of her annual "Cabaret for Valentine's Day" shows that draw hundreds of fans entranced by programs covering topics from the Seven Deadly Sins, to fashion, to waltzes, and to the trials and tribulations of being a New Yorker.

Oak City String Quartet,

Oak City String Quartet
Tuesday, February 26,
7:30 pm

The Oak City String Quartet, formed in 2014, comprises members of the North Carolina Symphony Orchestra. Violinist Dovid Friedlander has been the Symphony's Associate Concertmaster since 2005 and Violinist Erin Zehngut plays in its 1st Violin Section. Amy Mason is the Quartet's violist, and Nathan Yaffe, cellist and founding member of the Quartet, has served as its recording engineer. In a return visit to Carolina Meadows, the popular Quartet will play the Mendelssohn Quartet, Op 13 and, joined by violinist Jacqueline Saed Walborsky, the Mozart Viola Quintet in C major.

- Norm Miller

Piano and Voice Recital featuring students of Alice Tien

1:30 pm Auditorium
Sunday, February 17

Elm City Girls' Choir
10:30 am Auditorium
Saturday, February 16

The Elm City Girls' Choir is New England's premier girls' choral ensemble and is the most advanced division of the United Choir School. Founded in 1993, ECGC has received national recognition, and has appeared at Carnegie Hall, Lincoln Center, and Walt Disney World. The Choir has performed with many outstanding choral groups, including The American Boy-choir, CONCORA, New York Virtuoso Singers, and Yale Schola Cantorum, and with professional orchestras including the Boston Philharmonic, New Haven Symphony, and Moscow State Orchestra. Based in New Haven, Connecticut, ECGC has toured extensively throughout North America and Europe, and has appeared on national television performing with Diana Ross at the women's finals match of the U.S. Open Tennis Tournament.

Met Opera on Demand*Cendrillon* (from April 2018)**1 pm Auditorium****Wednesday, February 27**

2 hours, 22 minutes

The 2017–18 Live in HD season concluded with an enchanted performance of *Cendrillon*, Massenet's glittering operatic adaptation of the Cinderella story. This charming staging by Laurent Pelly, which bursts to life with the director's characteristic wit and whimsy, stars American mezzo-soprano Joyce DiDonato as the title outcast-turned-princess. Mezzo-soprano Alice Coote offers a touching portrayal of the pants role Prince Charming, while soprano Kathleen Kim shines as the Fairy Godmother. Mezzo-soprano Stephanie Blythe, as the outlandish Madame de la Haltière, and bass-baritone Laurent Naouri, as the haggard Pandolfe, round out the principal cast. On the podium, conductor Bertrand de Billy leads a performance that is equal parts madcap comedy and heartfelt romance.

Tuesday at the Movies**2 pm Auditorium****Tuesday, February 12***Girl Crazy*

1943 – Not Rated – 1 hour, 39 minutes

Mickey Rooney and Judy Garland headline this 1943 MGM musical based on the hit Broadway show. Undisciplined rich kid Danny Churchill (Rooney) gets sent to an all-male college, where romance blooms when he meets the only girl for miles around (Garland). Just so happens she's the dean's granddaughter. The exuberant soundtrack includes such songs as "I Got Rhythm" and "Embraceable You" by the incomparable Gershwin brothers.

Films for February Shows start at 7:15 pm in the Auditorium**OSCAR MONTH! All of our February movies are Academy Award winners.**

Besides free popcorn, we are offering another incentive: If you wish to talk about the movie you 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 Meadowlark or the bulletin board on Friday or Saturday.

February 2 *Rain Man* (1988)

2 hours, 13 minutes – Rated R
Dustin Hoffman, Tom Cruise
Fast-talking yuppie Charlie Babbitt is forced to slow down when he embarks on a life-changing cross-country odyssey with the brother he never knew he had, an autistic savant named Raymond who's spent most of his life in an institution.

Winner of 4 Oscars (nominated for 8)

February 9 *Marty* (1955)

1 hour, 30 minutes – Not Rated
Ernest Borgnine, Betsy Blair, Esther Minciotti
Trapped by a smothering mother, middle-aged Marty's future looks bleak. But when this butcher meets a lonely teacher, suddenly everything is possible. The film

swept the Academy Awards in 1955.
Winner of 4 Oscars (nominated for 8)

February 16 *The King's Speech* (2010)

1 hour, 59 minutes – Rated R
Colin Firth, Geoffrey Rush
In this biographical drama that garnered multiple Academy Awards, Britain's King George VI struggles with an embarrassing stutter until he seeks help from unorthodox Australian speech therapist Lionel Logue.
Winner of 4 Oscars (nominated for 12)

February 23 *An American in Paris* (1951)

1 hour, 55 minutes – Not Rated
Once a struggling painter, opportunistic American artist Jerry Mulligan (Gene Kelly) now lives in the City of Light, enjoying the patronage of a well-heeled, amorous American gallery owner (Nina Foch) -- and swiftly falling for a willowy French street urchin (Leslie Caron). Trouble is, the object of Mulligan's affection also happens to be engaged to a famous French singer (Georges Guétary).
Winner of 6 Oscars (nominated for 8)

Valentine's Day Big Band Dance**7:30 pm Auditorium****Wednesday, February 13**

Come and enjoy the sounds of the Triangle Jazz Orchestra as we dance the evening away. If you don't like to dance, come and listen to the wonderful music!

Monthly Dance Party**Noon – 1 pm****Exercise Studio****Friday, February 15**

New DVDs

Moana, 2016, PG: This Disney feature film received very favorable reviews for its lush animation, good family-friendly story, spirited teen heroine, and musical score.

Wolf Hall, 2015 BBC Masterpiece TV Series: Based on Hilary Mantel's novels, *Wolf Hall*. The film follows the story of Thomas Cromwell, a commoner, who becomes a key figure in the court of King Henry VII. The series won the 2016 Golden Globe Award for Best Miniseries/TV Film and stars Mark Rylance and Claire Foy.

Colette, 2018, R: In nineteenth century Paris, Colette (Keira Knightly) becomes a ghostwriter for her husband, an already successful writer. Surprisingly, the semi-autobiographical novel that she writes, but was supposedly penned by him, becomes a best-seller and a cultural sensation. The film focuses on her battle to overcome gender roles and social rules and to live the life she chooses.

Iris, 2015, PG-13: Iris Apfel, a 93-year-old NYC flamboyant fashion icon, is the subject of this documentary, which celebrates her lifelong commitment to creativity and individualism. From humble beginnings, she emerges as a source of inspiration for many.

Boy Erased, 2018, R: After Jared (Lucas Hedges, who was nominated for an Oscar for this role), the 19-year-old son of a Baptist pastor, is outed to his parents (Nicole Kidman and Russell Crowe), he is given an ultimatum. Based on a true story, Jared must "attend a gay conversion therapy program – or be permanently exiled and shunned by his family, friends, and faith.

The Wife, 2018, R: Glenn Close must win a Golden Globe Best Actress award for her portrayal of the wife of a, "Great American Novelist." The film is a study of the roles played by each in this nearly-40 year- marriage, as the husband (played by Jonathan Pryce) is about to receive the Nobel Prize.

- Andrea Miller

Large Print

Dog Gone by Pauls Toutoungi

Rise the Dark by Michael Koryta

No Cats Allowed by Miranda James

Dodgers by Bill Beverly

The Pigeon Tunnel by John Le Carre

Chaos by Patricia Cornwell

Quick and Dirty by Stuart Woods

Murder on the Serpentine by Anne Perry

Below the Belt by Stuart Woods

Mystery

A Delicate Touch by Stuart Woods

Murder at the Mill by M.B. Shaw

Target Alex Cross by James Patterson

Kingdom of the Blind by Louise Penny

A Shot in the Dark by Lynne Truss

Look Alive Twenty-Five by Janet Evanovich

Past Tense by Lee Child

The Ghost in Roomette Four by Janet Dawson

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 each week.

Fiction

Watching You by Lisa Jewell

The Gown by Jennifer Robson

Pandemic by Robin Cook

The Dakota Winters by Tom Barbash

Evening in Paradise by Lucia Berlin

Once Upon a River by Diane Setterfield

Every Breath by Nicholas Sparks

Bitter Orange by Claire Fuller

Presidio by Randy Kennedy

Go to my Grave by Catriona

McPherson

The Lake on Fire by Rosellen

Brown

Wolves of Eden by Kevin McCarthy

A Ladder to the Sky by John Bayne

A Lucky Man by Jamel Brinkley

Godsend by John Wray

City of Secrets by Victoria Thompson

Vendetta by Iris Johansen

His Favorites by Kate Walbert

The Rain Watcher by Tatiana de Rosnay

Nine Perfect Strangers by Liane

Moriarty

Forever and a Day by Anthony

Horowitz

Biography/Biography Collection

Renoir's Dancer by Catherine

Hewitt

All You Can Ever Know by Nicole

Chung

In Extremis by Lindsey Helsum

Non-Fiction

The Coddling of the American Mind

by Greg Lukianoff and Jonathan

Haidt

Leadership in Turbulent Times by

Doris Kearns Goodwin

The Library Book by Susan Orlean

Display Cabinet

The February exhibit will feature the sustainability theme with a 3-legged stool, obelisk, the Four Sustainable Development Goals of the U.N. and other items. The adjoining literacy table, which presents the month-long sustainability program organized by the Residents Sustainability Working Group, will be included.

- Betty Lindsay

Bring Your Travel Treasures to Share in the March Display Cabinet

The theme for this year's Carolina Meadows UNC-TV fund drive is "The Armchair Traveler." Now you will be happy that you kept that favorite souvenir from one of your trips, because in March the lobby display cabinet will feature articles brought back from residents' travels.

We will be assembling the display on **Saturday, March 2 at 10 am** and request that you bring your souvenir to the display cabinet at that time. Please also bring a one sentence written explanation or description of your item.

If you have any questions, call Bev Milton at <miltrobe@gmail.com> or phone her at (919) 167-1254.

- Bev Milton

AIM

Art In the Meadows

February Artist of the Month – Susan Gaca and granddaughter Lacey Hall paintings. Reception **Sunday, February 4, 2-4 pm in the Art Studio**. Everyone is invited.

Book Group: *The Lotus and the Storm*

The Lotus and the Storm is the second book on the American war in Vietnam and the Vietnamese immigrant experience in the United States by Lan Cao, a law professor.

She depicts the personal loss of two individuals and the national loss of a country through the voices of a young attorney and her aging father living in an immigrant community in Northern Virginia. Their past in Vietnam is more than a series of events; it is a continuous echo in their minds. They remember the traumas of the Vietnam war and psychologically relive their suffering and sadness. In addition, they relive with longing and beauty the joy and love of past relations and places.

The discussion of *The Lotus and the Storm* will take place at **2 pm in the Lecture Hall on Wednesday, February 20.**

- Virginia Aldige

Art Class – Intermediate and Advanced Watercolors. Five Thursdays, February 28 through March 28; 10-11:30 am in the Art Studio. Taught by Chapel Hill artist Luna Mae Ray. Cost \$50; no sign up required. For more information, contact Margaret Zircher, (919) 967-1102; <zircher@me.com>

Art Class – Beginning & Intermediate Acrylics. Four Wednesdays, February 20 through March 13; 2-4 pm in the Art Studio. No experience necessary, but will assess your skill and try to offer some challenges to those with some experience. Learn the basics of this painting medium, and some painting techniques. Bring a photo,

The Cream of the Crop Holiday Book Sale

The theme of the Holiday Book Sale was a true indication of the books, DVDs and CDs you found available to select for gifts or your own home library. Thanks to the generosity of your donations, your purchases, and the help of all the wonderful volunteer workers, over \$1260 was raised to add to the purchasing power of the CM Library.

Our next book sale will be **April 30, May 1 and 2**. We count on you for donations of your books, DVDs and CDs so we can always have outstanding selections for you as shoppers. Recycling the books you bought at the Holiday Sale, and are currently reading, is a great way to save space on your bookshelves and restock for our Spring Sale. And remember – your off-campus friends and colleagues can also donate books and DVDs, and shop at our sales. - Nancy Lederer

paints, brushes, air-tight palette and canvas. (Some supplies available in art studio for your use, but contact instructor for supply list if you are buying supplies or have questions.) Cost \$10 for various painting mediums to be shared by the class. Sign up in the activities book in the Club Center lobby. Instructor: Margaret Zircher, (919) 967-1102; <zircher@me.com>

Art Studio Schedule can be found on the art studio bulletin board calendar, and on [meadowlife.org/activities/art-guildgallery-exhibit]. Come paint or create when the art room is not in use.

- Margaret Zircher

ACTIVITIES

Restaurant Review: Akai Hana in Carrboro

When a restaurant offers a bewildering number of menu choices, we might rejoice at the offerings or else cringe just looking at the pages. Akai Hana in Carrboro does just that, but while you may stumble through the choices, you can also rejoice at the nerve and imagination it takes to create such awesome plenty. It may take some time to find your way through the menu but that is the pleasure of the exercise. You know you're here to take your time and enjoy an unhurried event in our sometimes-overactive days.

It's a simple place, with no pretense of "character," but it packs in a full house during lunch and dinner hours. A considerate staff respectfully allows time to research your meal with choices from vegetarian, meat, seafood, noodle soups, sushi combos, special lunch entrees, sushi burritos,

or a classic bento box. We studied choices from among steamed shrimp dumplings, soft-shell crab, fried oysters, and broiled mussels, but we were too bourgeois to consider the deep-fried squid tentacles or even the marinated squid, not to mention the baby octopus.

Our choices reflected a pre-squid/octopus encounter, one yet to be explored and adored, opting instead for shrimp tempura with vegetables, lightly battered and golden fried. The dish came with miso soup, a deliciously light and subtle broth, along with a crisp salad and rice. Diners with a preference for meat are also honored with choices from chicken or steak teriyaki or a pork or chicken cutlet. The fulsome menu piques the imagination with its Sushi Burritos menu and its descriptive titles. Who could resist a Buddha Shrimp burrito or a Double Trouble, or Alaskan Bear, not to mention their Lob-Monster (lobster, get it?). This place gives you plenty to think about and a good reason to return.

Speed Friending - A New Way to Meet People at Carolina Meadows

When: **Friday, February 15 from 2-3 pm**

Where: **Game Room in Activities Building**

Why: Whether you have been at CM for many years or only a few months, it can be difficult to meet people unless someone introduces you. You may want to get to know someone better whom you have seen in one of your classes or volunteer activities, or find some folks with common interests.

Your Wellbeing & Engagement Committee is offering a guaranteed fun experience on February 15 at 2 pm. Come and spend a few minutes with each person and enjoy the opportunity to make some new connections in an open, friendly environment.

Try it yourself or bring a friend or neighbor so you can both expand your connections here in our Carolina Meadows home.

Don't miss this great chance to enjoy some new people in your life.

- *Karen Monaco and Kris Snyder, Wellbeing & Engagement*

with Travis Patterson at (919) 930-7284. Tutors are encouraged to come and share ideas.

Finally, CORA's annual fundraiser, Empty Bowls, will be held **Sunday, February 24 from 5:30 - 7:30 pm. at Galloway Ridge**. This is a way to acquire a handmade bowl, enjoy a simple meal, and help the Food Pantry. See the CORA website[corafoodpantry.org] for more information and to purchase tickets.

- *Judy Jones*

Community Outreach Corner

Carolina Meadows residents and staff are "Enriching and Improving Lives." Many thanks to all of you who helped us end 2018 with a very successful Rise Against Hunger event in December. Over 25,000 meals were packaged in about three hours by residents and staff working side by side! We all enjoyed hearing the gong ring out after each 1,000 meals were boxed. These meals will go to fight world hunger. These events (one last June and this one in December) were so well received that we are planning to host two of them

each year. Huge thanks go to Amy Gorely who spearheaded both these events and to the many staff members who helped plan for the day and set up the auditorium.

Upcoming Activities:

There will be training for new Chatham Literacy volunteers on **Saturday, February 2** at the **Chatham Habitat House in Pittsboro**. Contact Travis Patterson for more information at (919) 930-7284.

A Tutor Talk for Chatham Literacy tutors titled "English for Speakers of Other Languages" will be held in the **Boardroom on Friday, January 25 from 10 to 11:30 am**. Please confirm attendance

Community Outreach: Book Harvest

"We believe that books are a vital tool to help ALL children succeed in school and in life. Our vision is of a community where every child, regardless of family income, is growing up in a home rich with books." [bookharvestnc.org]

Community Outreach, once again, will be collecting children's books in partnership with Book Harvest. Books. Donations should be new or gently used for all ages - infancy through adolescence and on any subject. The nonprofit, which has distributed one million books, is committed to giving low-income youngsters, in Durham, Chatham and Wake Counties,

books to own. Check your bookshelves for those dusty Harry Potter books the grandchildren have outgrown. Ask the grandchildren to check their bookshelves! Empty bookshelves? Visit a local thrift shop, Walmart or even nearby Food Lion, and see what you can find. Did you know that there are two bookshops in Pittsboro that sell second-hand books? Bring your donated books to the table in the **Club Center Lobby, February 11 and 12**. Volunteers Anna Marie Drake (919) 942-4432 and Pickett Guthrie (919) 929-1926 are coordinating the drive. Please contact them, or Marie Lauria (919) 942-4612, with any questions.

- Marie Lauria

UNC Story Circle

"The Story Circle Collective was founded to provide the University of North Carolina at Chapel Hill student community and the wider local community opportunities to practice oral storytelling in the spirit of fellowship, supportiveness, and acceptance.

The Story Circle Collective (SCC) hosts regular story circles at UNC and with community partners to (1) teach participants how to express a story coherently, (2) train participants to facilitate story circles, and ultimately, (3) build common ground between different demographics to strengthen communities. Story circles are designed to let every participant have a few minutes to tell any story they want (fictional, personal, retelling) in response to an idea or prompt while the rest of the group listens quietly. After everyone in the circle has spoken, the story circle leader begins the 'open forum' where everyone is free to comment, react, or ask each other about a story that was shared, or even tell follow-up stories inspired by something they heard.

We at the SCC believe that story circles promote the ability to explain personal perspectives and listen compassionately to other perspectives, while encouraging empathetic dialogue. Our community partners are primarily retirement communities, public story circles, and history preservation centers. We exist to spark the process of bridging gaps in fellowship among disparate communities."

In the **Board Room, usually the second and fourth Fridays from 5-6 pm.**

Liaison: Bev Milton.

- Kris Snyder, Activities Director

Carolina Meadows Christmas Bird Count 12/23/18 Leader's Report

The Carolina Meadows (CM) Christmas Bird Count seemed to be pretty average throughout the day. The day was chilly, in the 30s, but sunny. It turned out we did pretty well with 46 species seen. This is just one under our high count for the last 10 years. Our average is 43. There were 676 birds counted, which is 200 below our average. We didn't see any Ring-billed Gulls, Red-winged Blackbirds, or Common Grackle that usually show themselves in good-sized flocks to add to the totals.

One of the best spots was Villa 216's bird feeders, as there were 2 Red-breasted Nuthatches and also 2 Pine Warblers, along with a Downy Woodpecker and several other species. A Red-tailed Hawk was also seen sitting in a tall tree top in the woods behind Villa 216. Many Pine Siskins re-

turned to CM and were seen along the walk behind the apartment buildings.

David Murdock worked his way through the flooded woods adjacent to CM and found Red-headed Woodpecker, Pileated Woodpecker, Eastern Phoebe, Brown Creeper, Winter Wren, and Golden-crowned Kinglet.

Steve Graves, Count Leader for the Carolina Meadows annual Spring and Christmas Bird Counts would like to thank all who helped make this count one to remember.

The CM Bird Count Checklist was submitted to the Chapel Hill Bird Club to be included with the data that is sent to the National Audubon Society. The CM Bird Count Checklist is also posted on the [Birders @CM] web page on *MeadowLife*.

- Margaret Scott for Birders@CM

February is Sustainability Month

In 1987, a United Nations commission defined sustainable development as meeting our needs now without compromising the ability of future generations to meet their own needs. In 2018, Carolina Meadows made environmental, social, and economic sustainability explicit in its guiding principles. This challenges us to ask, "How can we best organize ourselves to preserve our natural, social, and financial resources into the future?" In order to explore what sustainability means to our community and the region, the Residents Sustainability Working Group, aided by the staff and residents on the Well-being and Engagement Committee, has planned a series of **panels** on the **four Fridays in February from 2-4 p.m.** and a **discussion session on the last Tuesday of the month.** All meetings will be in the **Lecture Hall.** We will hear about the Intergovernmental Panel on

Climate Change's goal of cutting carbon emissions in half by 2030 and becoming carbon neutral by 2050, and also from a Chatham County conservation group. In addition, we will learn about how lines of authority and decision-making in local governments, universities, and several nearby CCRCs address the IPCC goals. The final discussion will explore how we might adapt these ways of thinking and acting at Carolina Meadows.

- **Friday, February 1:** What the governments of Chatham and Orange counties and the town of Chapel Hill are doing to reduce greenhouse gas emissions, reduce waste, and preserve water and natural habitats;
- **Friday, February 8:** What local universities are doing to define and reach these goals;
- **Friday, February 15:** From Global to Local: The UN Sustainable Development goals and the Chatham Conservation Partnership;

- **Friday, February 22:** How several neighboring CCRCs define and improve social, financial, and environmental sustainability;
- **Tuesday February 26:** What might we do to adapt what we have learned elsewhere to improve sustainability at Carolina Meadows.

We hope to see you at these meetings that will explore what sustainability means on these many levels and to our Carolina Meadows communities. On your way, please take a look at the symbols of sustainability and the devices that help make it happen in the display cabinet in the lobby of the Club Center, the literature table right next to it, and the web page of the Residents Sustainability Working Group: [meadowlife.org/committees/residents-sustainability-working-group]
- *Judith Ferster and Frans Verhagen, for the Residents Sustainability Working Group*

Wellness Corner

"**Walk In Mondays**" in honor of National Heart Health. Throughout the month of **February**, we are turning the **Auditorium** into an indoor walking track **every Monday from 9 am-noon.** The goal will be to walk half a mile each week. Every time you walk you will be entered to win a Fitbit. This event is encouraged for both staff and resident participation.

Lip-reading Presentation: Presented by UNC Hearing and Communication **Wednesday, February 6 at 10:30 am in Auditorium.** Learn ways to communicate better with individuals with hearing loss.

Yoga For Healthy Living: Wednesdays 4-4:45 pm in the Exercise Studio. Open to staff and residents. In this 45-minute class, we will begin with purposeful sequences to warm up, then move into poses focusing on building strength, maintaining or improving balance and flexibility, and increasing or maintaining mobility. Each week we'll continue some of the same poses, while introducing some new ones. Join Heather for an afternoon "pick me up," which may help you feel more balanced, relaxed, and energized!

- *Michelle Marino*

Genealogy Group Event Tuesday, February 5, 2-4 pm, Board Room

Interested in publishing a personal Family History Book? LULU Self-Publishing Co. is the perfect solution. A representative from LULU will present a program on publishing a book with your personal recollections and important records of your family. Residents of Carolina Meadows are invited to attend this informative and helpful program.

- *Ruth Muller*

Connecting at Carolina Meadows

We have choices and opportunities to make connections throughout the day at Carolina Meadows. Whether it is serving on a committee, participating in the many activities that are available on campus, or smiling at people you see throughout the day, there are a multitude of ways that we can connect to each other, if we so choose.

The Wellbeing and Engagement Committee is made up of residents and staff who have a mission to bring opportunities to connect with others in new and unique ways at Carolina Meadows. For the first quarter of 2019, the theme is "Connectedness - belonging, engaged, involved, and connected to time and place." The theme started a little early on December 5 when Carolina Meadows hosted the second Rise Against Hunger Event in the Auditorium. I was thrilled to get to the auditorium and see the line stretch past the library with residents and staff who were excited to package meals that were going to Haiti. Staff members were interspersed at tables with residents and we were able to talk, share, and connect with each other as we worked. We were connected through a common thread of wanting to help those in need.

Coming up in the New Year, look for ways that you can connect with others. There will be many opportunities throughout the quarter. A dance party on **Friday, February 15 from noon to 1 pm in the Exercise Studio** would be a great time to connect with staff. There will be a Spa Day on **January 25** where there will be different stations with take away gifts to

keep you pampered in the winter months.

On **Wednesday, February 13 at 7:30 in the Auditorium**, there will be a Big Band Dance Party and the indoor walking track will be available on **Mondays throughout February from 9 am - noon**. Speed Friending will be held on **Friday, February 15 at 2-3 pm in the Game Room**. Attend the carnation sale in the lobby of the Club Center on **Thursday, February 14**. The carnations are going to be \$1. Come and connect with others while relaxing and refreshing in 2019!

Many other opportunities will be available to connect in 2019! The Wellbeing and Engagement Committee looks forward to promoting connections throughout the first quarter and hopes that you will participate.

- Cari Owens, Life Services Manager in the Fairways

February Activities

Sign up in the sign-up book: Chamber Orchestra of the Triangle

Sunday, February 17

Deadline: **Monday, February 15**

Cost: \$44 per person Load: **2 pm**

NC Museum of History - Black History Month Docent Guided Tour

Tuesday, February 19

Deadline: **Friday, February 15**

Cost: \$18 per person Load: **1 pm**

This tour will be preceded by a viewing of "Simple Justice, an account of Thurgood Marshall and Brown v Bd. of Education" on **Wednesday, February 6, at 2 pm in the Auditorium**.

Funky Lunch Bus to TBD

Wednesday, February 20

Deadline: **Monday, February 18**

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

Introduction to your iPhone workshop (must bring iPhone)

Tuesday, February 19

Deadline: **Friday, February 15**

Cost: \$15.00 per person payable to TechTeam day of class

2 pm Board Room

In this workshop we will go through the basics of using your iPhone. You will learn some of the basic buttons and functions that your phone operates with. We will teach some tricks and tips that will make your iPhone a lot easier to use. Soon you'll be showing the kids how to use *their* phone! If you would like to ask us some questions about the class, feel free to email us at

<techteamnc@gmail.com> or call at (919) 903-7060. Thanks, Tech Team

Introduction to your Android workshop (must bring an Android phone)

Wednesday, February 27

Deadline: **Friday, February 22**

Cost: \$15.00 per person payable to TechTeam day of class

2 pm Board Room

In this workshop we will go through the basics of using your Android phone. You will learn some of the basic buttons and functions that your phone operates with. There are some tricks and tips that will make your phone a lot easier to use. Soon you'll be showing the kids how to use *their* phone! If you would like to ask us some questions about the class, feel free to email us at

<techteamnc@gmail.com> or call at (919) 903-7060. Thanks, Tech Team

Community Gardens

Most raised bed assignments have been made for 2019, but a resident can contact Alan Tom <alantom@mindspring.com> to see if any plots are still available. This year some plots may be left open for part of the growing season as the rebuilding of rotted wood frames, started last year, continues into 2019. Applications for plot space can be submitted at any time during the year.

This month is the time to start planting early spring vegetables such as radishes, carrots, lettuce, and spinach, all of which can tolerate light frosts. Be sure to add compost and/or an appropriate amount of fertilizer for best results. It is wise to wait for the soil to warm before planting tender vegetables and most flowers.

- Alan Tom and Margy King

Special Events

Sharing Stories from Our Lives

3 pm Game Room

Tuesday, February 5

Topic: "I was just lucky"

Come share your story of the part luck played in your life. Everyone is welcome...you can just come and enjoy listening to your neighbors' stories and get to know them better. Or better yet, share one of your own.

Contact Vivienne Jacobson, the group's facilitator, at (919) 968-9664, if you have any questions.

No registration required. Hope to see you there!

Falconry Program

2 pm Auditorium

Friday, February 15

Come join Eric Harrold for a presentation on falconry, an ancient practice in which hawks, falcons, eagles and other birds of prey are trained to cooperatively hunt with a human companion. In addition to learning facts and figures, you'll hear Eric's personal account of how falconry has impacted his life and why he believes that having personal connections with the natural world is beneficial to one's mental and physical health. One of Eric's trained Harris hawks will be on display for a portion of the program.

"Simple Justice, an account of Thurgood Marshall and Brown v Bd. of Education"

2 pm Auditorium

Wednesday, February 6

The story of Thurgood Marshall and the NAACP's effort to integrate public schools in the South, "Simple Justice," based closely on Richard Kluger's book, recounts the remarkable legal strategy and social struggle that resulted in the US Supreme Court's landmark ruling in Brown v. Board of Education of Topeka. If you are interested in going to the NC Museum of History to learn more about this, please see the sign up book for a trip we are taking on Tuesday, February 19.

Jewelry Design and Repair

1 - 4 pm Art Studio

Monday, February 4, and Tuesday, February 19

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.

FEBRUARY 2019

DAY	DATE	TIME	EVENT	LOC	PAGE
Fri	1	10:30 AM	World Affairs: "Where Now/Prevention of Gun Violence?"	AUD	6
		2:00 PM	Sustainability Panel	LH	13
Sat	2		Chatham Literacy Volunteers training		11
		7:15 PM	Saturday Films: <i>Rain Man</i>	AUD	8
Sun	3	2:00 PM	Artist of the Month Reception: Susan Gaca & Lacey Hall	AS	10
Mon	4	9-noon	"Walk In Mondays" (every Monday)	AUD	13
		1:00 PM	CMU: "History of Tap"	AUD	5
		1:00 PM	Jewelry Design and Repair	AS	15
Tues	5	3:00 PM	Sharing Stories from Our Lives	GR	15
		4:00 PM	Genealogy Group	BR	13

Wed	6	10:30 AM	Lip-reading Presentation	AUD	13
		1:30 PM	MeadowLife Demonstration	LH	2
		2:00 PM	"Simple Justice...Thurgood Marshall and Brown case"	AUD	15
		4:00 PM	Yoga for Healthy Living (every Wednesday)	ES	13
Thurs	7	1:30 PM	Residents Council Meeting	BR	NA
Fri	8	10:30 AM	World Affairs: "What is Iran Up To?"	AUD	6
		2:00 PM	Sustainability Panel	LH	13
		5:00 PM	UNC Story Circle (also Feb. 22)	BR	12
Sat	9	10:00 AM	Serendipitous Saturday: "Radical Right"	LH	5
		7:15 PM	Saturday Films: <i>Marty</i>	AUD	8
Mon	11	All Day	Book Harvest	CCL	12
		1:00 PM	CMU: North Carolina Youth Tap Ensemble	AUD	5
Tues	12	2:00 PM	Tuesday Movie: <i>Girl Crazy</i>	AUD	8
Wed	13	7:30 PM	Valentine's Day Big Band Dance	AUD	8
Thurs	14	All Day	Carnation Sale	CCL	14
		1:30 PM	Residents Association Meeting	AUD	NA
		7:30 PM	Music @ Meadows: Ellen Ciompi, Cabaret Singer	AUD	7
Fri	15	10:30 AM	World Affairs: "Modern Threat to Western Democracy"	AUD	6
		12:00 PM	Monthly Dance Party	ES	8
		2:00 PM	Speed Friending	GR	11
		2:00 PM	Sustainability Panel	LH	13
		2:00 PM	Falconry Program	AUD	15
Sat	16	10:30 AM	Elm City Girls' Choir	AUD	7
		7:15 PM	Saturday Films: <i>The King's Speech</i>	AUD	8
Sun	17	1:30 PM	Piano/Voice Recital: Students of Alice Tien	AUD	7
		2:00 PM	*Chamber Orchestra of the Triangle	CCL	14
Tues	19	1:00 PM	NC Museum of History: Black History Month	CCL	14
		2:00 PM	*iPhone Workshop	BR	14
Wed	20	8:30 AM	*Men's Breakfast: "Local High Schools"	PDR	6
		11:00 AM	*Funky Lunch Bunch	CCL	14
		2:00 PM	Book Group: <i>The Lotus and the Storm</i>	LH	10
		2:00 PM	Art Class: Beginning/Intermediate Acrylics (4 Weds.)	AS	10
Thurs	21	3:00 PM	Medical Update: "Osteoporosis: A Health Danger"	LH	6
Fri	22	10:30 AM	World Affairs: "Leadership in Turbulent Times" (video)	AUD	6
		2:00 PM	Sustainability Panel	LH	13
		7:30 PM	Travel Adventure: "Syria Before the Fall"	AUD	7
Sat	23	7:15 PM	Saturday Films: <i>An American in Paris</i>	AUD	8
Sun	24	5:30 PM	CORA Annual Fundraiser, "Empty Bowls"		11
Mon	25	1:00 PM	CMU: "The Abecedarian Approach"	AUD	5
		Evening	*"Armchair Traveler" International Buffet	DR	3
Tues	26	2:00 PM	Sustainability Panel	LH	13
		7:30 PM	Music @ Meadows: "Oak City String Quartet"	AUD	7
Wed	27	1:00 PM	Met Opera on Demand: Cendrillon	AUD	8
		2:00 PM	Android Workshop	BR	14
		2-4 PM	Resident Directory Photo Retakes	Res.Ser	3
Thurs	28	10:00	Art Class: Intermediate/Advanced Watercolors	AS	10

*Requires sign-up

AS: Art Studio AUD: Auditorium BR: Board Roomm CCL: Club Center Lobby
 CCRR: Club Center Rec. Room CRAC: Conf. Rm., Activity Ctr. CYD: Courtyard
 DR: Dining Room ES: Exercise Studio FC: Fitness Center FG: Fairways Gallery
 FLR: Fairways Living Room GR: Game Room