



Mariechen Smith Honored by Chatham County Chamber of Commerce

Congratulations to Mariechen Smith, who was presented with the Mountaire Farms Better Carolina Award on July 17, 2017. This award is given to individuals who have gone above and beyond to assist others in their community. Mariechen has done exactly that since she moved to Carolina Meadows in 1997. "I was curious about the county I had moved into," Mariechen told me. Always civic minded, she began attending the Chatham County Board of Commissioners meetings shortly after moving here. For 20 years Mariechen has been Carolina Meadows' main connection to Chatham County. She joyfully leads field trips to help residents and staff become better informed about our county. Tours often include government and historical landmarks, businesses, government services and nonprofits in Chatham County.

In addition to her involvement in Chatham County, Mariechen has also contributed a great deal to Carolina Meadows. She has been chair of the Community Outreach Committee, as well as serving on the Publicity Committee and on the Board of Directors. When she moved to Carolina Meadows with her husband, George, they were both excited to see the tennis courts and they regularly made use of them. Now you can catch Mariechen on the golf course or walking Misty, her beloved dog. She also loves to plan



social events and often puts together a lunch or dinner for friends.

When Mark Reif, the community relations director for Mountaire, spoke about Mariechen, he said, "Mariechen is a unique, one of a kind individual. She is an amazing person. She truly cares about the community and our local economy. She is always helping someone or some organization by working with one project or another. She truly makes North Carolina a better place to live. Mariechen is a Chatham County jewel." Those of us at Carolina Meadows agree completely.

- Pat Mandell

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President's Message

This has been a busy summer for the Residents Association (RA). In June the Library was closed for three weeks to be repainted and have new bookcases installed. Martha Hutt became the Library Manager on June 1 and immediately had to deal with organizing the teams to pack around 5,000 books and over 1,000 DVDs for storage. Then came the hardest part: the re-shelving with the new configuration. Many thanks to Martha and her team who did an outstanding job. Kudos also to Plant Ops and Housekeeping for all the work and support they gave.

The Gift Shop purchased a new Point of Sale (POS) system in June. The management team was kept busy this summer as they learned the new system and prepared a training manual to be ready for a September 1 implementation. Many thanks to Mike Kesner for doing the research to find the Cash Register Express (CRE) system, providing demos to the workers and documenting the procedures for the cashiers.

We have all been thrilled with the "All Things North Carolina" mural created earlier this year. Now Heritage Puzzle Company (Winston Salem) has decided to produce and distribute it in stores

throughout the USA. The three artists – Margaret Zircher, Susan Gaca and Bill Davis – will donate all royalties from the sales to UNC-TV. These payments will be credited as donations by Carolina Meadows to future UNC-TV campaigns. The puzzle will also be a thank-you gift to donors.

As the new Early Advantage (EA) program got underway in June, the Welcoming Committee has been contacting each new EA resident to provide a Welcoming Packet and a campus resident to be their Contact.

Over the summer the Executive Committee selected the employee scholarship recipients. This year we will be awarding eight (8) scholarships each valued at \$750; resident dues account for \$4000 of these monies; the rest comes from donations to the Gift and Remembrance Fund that were designated for scholarships.

Hope all of you have had a nice, relaxing summer. A busy fall is upon us with activities and committees resuming their regular schedules. At the September RA Meeting we will be meeting many new residents and recognizing the scholarship recipients.

- Betsy Ahern

THE MEADOWLARK
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October Issue Deadline

Copy for the October *Meadowlark* must be submitted by **Friday, September 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 July 31, 2017

Number of Residents	Occupancy Level
Independent Living:	
617	95%
Assisted Living	
77	86%
The Pines*:	
57	70%*
Total on campus:	
751	90%
EA Program: 14	
Total Residents: 765	
*Includes temporary admission of IL and AL residents.	

IN MEMORIAM

Helen Miller	P-206	05-30-2017
Paul Ferster	F-331	06-02-2017
Robert Guthrie	P-107	06-06-2017
William Olsen	P-226	06-14-2017
Paul Hardin	V-379	07-01-2017
Leah Binstock	P-212	07-16-2017
Bruce Martindale	5-303	07-23-2017
John Sondey	P-105	07-27-2017
James Johnson	2-210	08-11-2017
Sam Baron	P-248	08-16-2017
Norman Talner	P-106	08-17-2017

NEWS (continued)

Advisory Highlights – Your RA at Work

I am delighted to tell you about a new initiative that I believe will be informative and helpful to all our residents. In order to better communicate the issues being discussed with the CM administrative departments, it was agreed that a column in the Meadowlark might be helpful.

The Residents Association (RA) has five standing committees that are designated as advisory committees. Most meet monthly with their corresponding department VP to represent CM residents. On a rotating basis, the chair of each of these committees will give regular updates at the RA meeting and will then present, in this column, the major items being addressed with management.

The Dining Committee (Ray Williams, Chair) needs no explanation. Having five places to eat at CM and trying to please the tastes of over 700 residents, the agenda of these meetings is always full. Ray will be the first to present at the September RA Meeting and he will write the October article for this column.

The Marketing Committee (Christine Kesner, Chair), formerly known as the Public Relations Committee, works with the Marketing Department to offer services to prospective residents. The Ambassador Programs and Blog Writers are a part of this committee.

In addition to providing a focal point for residents on all health and medical matters, the Health and Wellness Committee (Hugh Tilson, Chair) has created two new working groups. One group will work with management on upgrading and maintaining the new “dashboard,” an information system to help us keep all informed about major challenges and progress in all levels of care. A second group will liaise with the Pines to assure a continuing resident presence there and to bring important issues to the committee.

The Buildings, Grounds and Safety committee (Bill Lehrburger, Chair) is unique in that its membership is composed of a resident from every precinct. Therefore, residents are kept well informed of the issues being addressed by this committee via precinct meetings. The Blackout

Task Force and the Energy & Environment Working Group are affiliated as non-voting members.

The Budget & Finance committee (Sam Ligon, Chair) reviews the monthly financial performance of CM. This committee develops budget guidelines to present to management. These guidelines list items the committee feels are important for management and for the Board of Directors to consider. From September through November the committee will work closely with management and the Board Finance Committee as the 2018 budget is developed.

Watch this column for articles from each of these committee chairs throughout the year. Also, questions can be directed to any committee chair at any time.

- Betsy Ahern

Resident Telephone Directory on MeadowLife

A complete Resident Telephone Directory is distributed to residents every six months. During the intervening months, residents receive updates that they can retain with the latest full directory. This information is also available on *MeadowLife* in the Residents Pictorial Directory, along with a brief biography and photo.

However, those wishing to see an up-to-date version of the Resident Telephone Directory on a monthly basis can now turn to *MeadowLife*. Just go to the home page and click on the Resident and Staff Telephone Directories tab in the right sidebar to find the Resident Directory. This directory includes contact information for Early Advantage residents who have not yet moved on campus.

- Judith Pulley

MeadowLife for Movers & Shakers

MeadowLife Website Committee Chair Judith Pulley invites all Residents Association Committee chairs, Activity leaders, and Precinct officers to attend a demonstration of the MeadowLife residents' website and learn how this resource can help them organize, present, and promote their groups' undertakings.

Wednesday, September 6, 2 pm, Lecture Hall

MeadowLife for the Uninitiated & the Curious

MeadowLife Website Committee Chair Judith Pulley invites newcomers and other residents who wish to familiarize themselves with the MeadowLife residents' website to attend a demonstration of the site and learn how this resource can help them make the most of all of Carolina Meadows' activities and services.

Monday, September 11, 2 pm, Lecture Hall

“Meadows in Motion”

From Ben Cornthwaite, Chief Operating Officer and Executive Vice President

I hope everyone enjoyed a wonderful summer. My family and I have settled in and are very much enjoying being North Carolinians! We are presently transitioning the four kids to their new schools—Bella (8th grade), Cameron (6th grade), Carrington (3rd grade) and Easton (Preschool). I look forward to the opportunity to introduce you to them in the months ahead. In the meantime, a few pertinent updates from the team at Carolina Meadows:

Carolina Meadows Home Care: Carolina Meadows Senior Communities and Services, Inc. (Parent Board) has acquired a home care license that will afford the opportunity for Carolina Meadows to provide in-home aide services (hands-on care) as well as in-home companion, sitter, and respite care in the near future. Recruitment of the leadership and plans for other necessary start-up expenses are being drafted with

plans to begin offering services by the first quarter of 2018.

Pines Administrator: Kathy Norman has accepted the role of Pines Administrator and will be transitioning to our community on October 2. She is a Registered Nurse and Licensed Nursing Home Administrator with more than 30 years of experience serving seniors. Kathy comes to us from Givens Highland Farms in Black Mountain where she has achieved a five-star rating from CMS—the highest honor of quality and regulatory compliance.

Pines Building review: A building consultant performed an evaluation of the existing Pines building to determine what modifications would be needed in order to meet the building code requirements necessary for Medicare participation. The results of the study anticipated costs of approximately \$1.8 million just to perform work necessary to meet the current

building standards. The results were shared with the board and a decision was made that Medicare participation would have to wait for a new building.

New Pines location: As you may have learned through other updates on work involving the campus master plan, a working committee of residents, management and the board completed a detailed charrette exercise to evaluate possible alternative locations that could accommodate a new Pines building. Because of limitations in the alternative land and the positions of occupied existing buildings, the group concluded that the proposed location for this project remain the current gravel parking lot across from Building One and Building Two.

I look forward to sharing regular monthly updates about campus happenings through this monthly column—see you around campus!

Flu Shot Schedule for 2017

Influenza vaccinations (Fluzone High Dose) will be available in the Auditorium according to the following schedule:

Thursday, October 5

8:30 am- 9:30 am	Precinct 8
9:30 am- 10:30 am	Precincts 10 & 6
10:30 am-11:30 am	Precincts 4 & 2

Friday, October 6

1:30 pm- 2:30 pm	Precinct 12
2:30 pm- 3:30 pm	Precinct 7 & 1
3:30 pm- 4:30 pm	Precinct 5 & 3

Monday, October 9

8:30 am- 10:00 am	Precinct 15
10:00 am-11:30 am	Precinct 11 & 9

**If your insurance has changed since your last flu shot and you have not already provided Resident Services or the Clinic with the information or the copy of the new card, please bring a copy of the front and back of the card(s).

*Please remember to wear a short sleeved top that will allow the nurse to administer the vaccine.

United Way Campaign Begins

September is the month designated for the United Way Campaign at Carolina Meadows. Letters will be placed in your mailboxes with important information about the many social service agencies and organizations in Chatham County that depend on the United Way to provide funding for the programs that deliver much needed help to families, children and individuals who are unable to help themselves. We are privileged to live in the part of the county that is much better off than most so we do not see much of the

(Cont. on p. 6, “United Way”)

Welcome New Residents

On-Campus Residents

Jane Currier, 1-207

Last Residence: Chapel Hill, NC

Interests: Reading; crafts; volunteering; travel.

Philip (Phil) Currier, 1-207

Last Residence: Chapel Hill, NC

Interests: Fitness room.

Jonathan Davidson, V-325

Last Residence: Seabrook, SC

Margaret (Meg) Davidson, V-325

Last Residence: Seabrook, SC

Philip Evans, 3-107

Last Residence: Fearington, NC

Interests: Civil War; fighter aviation; classical music.

Ruby Evans, 3-107

Last Residence: Fearington, NC

Interests: Reading; Sewing Club (knitting); cooking; baking.

George Fishman, V-390

Last Residence: Chapel Hill, NC

Interests: Research in Monte Carlo methods and alternative forms of multi-peril multi-property insurance policies; granddaughters; exercise; classical music; reading.

Paula (Sue) Fishman, V-390

Last Residence: Chapel Hill, NC

Interests: My granddaughters; book club; exercise; walking; Tai Chi; jazz and classical music.

James (Jim) Hite, 1-103

Last Residence: Chapel Hill, NC

Interests: Learning about the Internet.

David (Dave) Hubby, V-303

Last Residence: Chapel Hill, NC

Interests: Grandchildren's activities; coin collecting; music

(singing, Dixieland & banjo); theater; opera; travel; tennis.

Sarah (Sally) Hubby, V-303

Last Residence: Chapel Hill, NC

Interests: Grandchildren's activities; art projects; architectural models; interior design; board games.

Edward (Ed) Kaiser, V-401

Last Residence: Chapel Hill, NC

Interests: Golf; art, drawing, watercolor, colored pencil; gardening.

Patricia (Pat) Kaiser, V-401

Last Residence: Chapel Hill, NC

Interests: Family; friends; reading; church; cards.

Elaine Norwood, V-402

Last Residence: Chapel Hill, NC

Interests: Gardening; golfing; hiking; cooking; reading; vol. at NC Bot. Garden; bird watching.

George (Joe) Norwood, V-402

Last Residence: Chapel Hill, NC

Interests: Golf; gardening; bird watching; reading.

Jean Phay, V-309

Last Residence: Chapel Hill, NC

Interests: Reading; exercise; international affairs; politics.

Robert Phay, V-309

Last Residence: Chapel Hill, NC

Interests: Human rights; genocide; environment; Democracy NC; running; gardening.

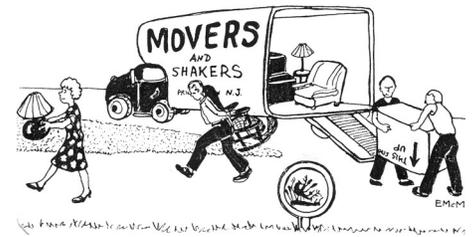
Asta Roberts, V-135

Last Residence: Chapel Hill, NC

Interests: Book discussion group; Shared Learning readings and discussion.

Lowell Roberts, V-135

Last Residence: Chapel Hill, NC



Interests: Red Sox; opera; reading; courses & studies in areas missed when a student.

Leonard (Bud) Strobel, V-227

Last Residence: Chapel Hill, NC

Interests: Sports; reading.

Susan Strobel, V-227

Last Residence: Chapel Hill, NC

Interests: Music; bridge; volunteering; sports; reading.

Daniel (Dan) Tunstall, 6-303

Last Residence: Bethesda, MD

Interests: History; public policy; environment policy; bicycling, reading.

Nancy (Jo) Tunstall, 6-303

Last Residence: Bethesda, MD

Interests: Art; politics; history.

Robert (Bob) Wolff, 5-306

Last Residence: Chapel Hill, NC

Interests: Philosophy; politics; teaching; writing; blogging.

Susan (Sue) Wolff, 5-306

Last Residence: Chapel Hill, NC

Interests: Gardening; reading; horseback riding.

Early Advantage Residents

Verghese and Bonny Chirayath
Sharon Epstein

Bernard and Arlene Goodman

Edward and Patricia Kennedy

William and Joan Meade

John Morris and Julie McClintock

Stanford Singer and Elizabeth

Kark-Singer

Donald and Sylvia Stanat

(Cont. from p. 4, "United Way")

problem. But we know that almost 50% of the children in our schools are from families that are at or below the poverty level and receive assistance with their meals.

I ask that you read the material about the Campaign and become informed about the needs of the community and how the United Way agencies address these needs. Please give it as much support as you possibly can.

- *George Evans, United Way Campaign Chairman*

Early Advantage Brings New Residents to Campus

During this past summer, our Early Advantage (EA) program welcomed more than ten new residents to Carolina Meadows. Although EA residents live off campus—a first for Carolina Meadows—they are in nearby communities and actively participate in campus life. With the help of volunteers who serve as their campus contacts, they are enthusiastically meeting other residents, dining on campus, and becoming familiar with all that Carolina Meadows has to offer.

Photographs introducing EA residents are now included in the displays announcing new residents in the Club Center Lobby. The Welcome Committee looks forward to introducing them at the Residents Association meeting on September 14 and invites you all to join us in giving them a warm welcome at the reception following the meeting and when you see them on campus.

- *The Residents Association Welcome Committee*

TALK

The Long-Term Future of Chatham County

Chatham County is on the brink of historic growth. The population of our county will likely double in less than 40 years, with a potential shift from a largely agricultural economy to one that is predominantly based in high-tech manufacturing and medical services.

During non-election years, the Candidates Forum has the opportunity to sponsor non-partisan events with our elected officials. On **Wednesday, September 20, at 10:30 am in the Auditorium**, Chatham County Commissioner Karen Howard will discuss the need for balanced, well-planned growth and development that will enable our county to grow in a way that is manageable and responsive to the needs of current and future residents.

Commissioner Howard will give us an overview of the challenges facing the County as well as the opportunities that lie ahead. We will get updates on the Chat-

ham County Comprehensive Plan, the two mega-sites in the county and Chatham Park, as well as much more that is happening at the County level. There will be an opportunity to ask questions.

- *Steve Bodner*

Women's Luncheon

All women are invited to join old friends and perhaps meet new ones at our first luncheon of the season on **Tuesday, September 12 at noon in the Private Dining Room**. Our first speaker will be Katie Ziglar, who will have just finished her first year as Director of the Ackland Art Museum.

Before her appointment to the Ackland, Katie Ziglar was director of External Affairs at the Freer/Sackler Galleries at the Smithsonian. She was a John Motley Morehead scholar at UNC-Chapel Hill where she earned a bachelor of arts degree in art history and interned at the Ackland in the prints and drawings department. She continued her education with a master of arts degree in Islamic Art and Architecture from the American University in Cairo.

In addition to her work at the Smithsonian, Katie Ziglar has served as a museum professional in several major museums including the National Gallery of Art. She is a very successful fundraiser. While at the Smithsonian she spearheaded a campaign that tripled annual fundraising over five years. She plans to create campaigns to raise awareness of the Ackland's resources while bringing in funding.

She is also a board member of UNC-CH's Morehead Cain Scholarship Fund and helps raise money for scholarships. She has been a mentor to students who worked in various Smithsonian museums. With that wealth of experience, Katie Ziglar's talk should be quite interesting and informative.

For reservations call Jody Hite (919) 370-7171 or email her at <jody@carolinameadows.net> after September 1. If you have dietary restrictions or need to cancel your reservation, please call Anne Scaff (919) 533-6012 by Monday, September 11, to avoid being charged for the luncheon.

- *Christine Flora*

Two “Serendipitous Saturday” Sessions in September

The Carolina Meadows University (CMU) curriculum includes periodic Saturday sessions, in which we take advantage of the opportunity offered by guests to the campus to capture their expertise. During September, we have two such wonderful serendipitous opportunities.

On **Saturday, September 9**, Eric Muller will return to campus to discuss his recent work on “Law and Lawyers in Nazi Germany.” Those who have had the privilege to attend his two recent presentations can tell the rest of us that we can look forward to an interesting and engaging presentation, with lots of opportunity to interact with this distinguished scholar (and friend of the family).

Eric Muller is the Dan K. Moore Distinguished Professor at UNC School of Law, and, relevant for this particular talk, a faculty member for the Fellowships at Auschwitz for the Study of Professional Ethics.

On **Saturday, September 16**, Orin Herskowitz will take time away from visiting his family at Carolina Meadows to join our own CM Resident expert, Ron Kudla, to explore the issues and challenges in our modern scientific community surrounding the strategic development, protection, and transfer of intellectual property.

Do you take Vitamin D to strengthen your bones? Lyrica for nerve pain? Do you have a heart stent or prosthetic shoulder? Do you own a DVD or BluRay player? Ever do a Google search? What you may not know is that all of these technologies emerged from inventions made by scientists in the research laboratories of American universities. Join us on Serendipitous Saturday to learn how all this came about and how these

inventions make it from the university labs into the hands of startups and industry, and eventually become products on the market that benefit society.

Orin Herskowitz is Senior VP of Intellectual Property and Tech Transfer for Columbia University, as well as Executive Director of Columbia Technology Ventures. He also is an Adjunct Professor at Columbia’s Engineering School, teaching an Intellectual Property for Entrepreneurs course.

Before moving to Carolina Meadows, Ronald (Ron) Kudla served as the executive director of intellectual property, technology transfer, and new ventures at Rensselaer Polytechnic Institute in Troy, NY, where he oversaw the strategic development, protection, marketing, and licensing of promising innovations arising from the Institute’s research activities.

Serendipitous Saturday sessions are held in the **Lecture Hall** from **10:00 to 11:30**.

- *CMU Steering Committee*

CMU Launches Fall 2017 Semester with “Medical Ethics”

Carolina Meadows University (CMU) has completed planning for the three courses in the Fall Semester. September/October will feature Medical Ethics (details to follow below); October/November will explore the history and politics of Chapel Hill and its fine University; and November/December will present an overview of current issues in Central Asia.

To launch the semester, CM’s own Dr. David Klein will present his second course on the subject: “Some Current Issues in Medical Ethics.” Session one (**September 25**) will explore the challenges of “Navigating Informed Consent.” Session two (**October 2**) will cover “Some Ethics Issues in Mental

Health.” Session three (**October 9**) will take on “The Drug Scene: We’re All Players.” Watch for October’s Meadowlark for more details of the last two sessions.

For this course, Dr. Klein will use a combination of formal presentation, learning cases, and panel discussion. There will be plenty of opportunity for all of us to actively participate. Those who attended his prior course on three other challenges in medical ethics, know that this course will be a great pleasure as well as a learning experience.

David Klein is a Massachusetts General Hospital trained neurosurgeon, with an abiding interest in and concern for the clinical ethics of patient care and medical research. Retiring to NC in 1993, Dave joined the clinical faculty at UNC, where he has continued his work in ethics, including serving as a member and eventually Chair of the Ethics Committee of the UNC Hospitals and the NC Medical Society.

All CMU Courses are offered in the **Auditorium** on **Monday** from **1:00 to 2:30 pm**.

- *From the CMU Steering Committee*

Philosophy Group

The topics proposed by Daniel Bendisi Kokotajlo, Outreach Professor of the UNC Philosophy Department, for the second and fourth Wednesdays in September at **2 pm in the Lecture Hall** are: **September 13:** “Newcomb’s Problem - A Classic Puzzle in Decision Theory” and **September 27:** “The Simulation Argument.” 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*

World Affairs

World Affairs meets on **Fridays at 10:30 am in the Auditorium**. The programs for September are:

September 8: Raymond Dawson, "Nuclear Weapons: To Have or Have Not?"

September 15: Christine Wunsche, "A Report on the 2017 Legislative Session"

Christine Wunsche is the Director of the Legislative Reporting Service at the UNC School of Government. As the editor of the *Daily Bulletin* and the annual summary publication, *North Carolina Legislation*, she is well prepared to brief us on the 2017 legislative session.

September 22: Patrick Duddy, "An Update on Venezuela and U.S.-Venezuelan Relations"

Patrick Duddy, Director of Duke University's Center for Latin American and Caribbean Studies, was Ambassador to Venezuela from 2007 to 2010.

September 29: Judith Pulley, "The Rise of China: Who's #1?"

This will serve as a prelude to a program on October 6 that will address the question raised by Graham Allison in his new and widely acclaimed book, *Destined for War: Can America and China Escape Thucydides's Trap?*

Special Event

"Foreign Policy in the Nuclear Age"

**2:00 pm Lecture Hall
Tuesday, September 5**

New CM resident Robert Paul Wolff will give us an overview of the advent of nuclear weapons and their implications for foreign affairs, as a background to the North Korean crisis.

Unity Group

You encounter a female friend that you haven't seen for years and say "you've put on weight." You'll be o.k. if you're in Africa because that comment means "you look healthier" or "you must have had a good vacation." Where do you think it will get you in Europe, North America, or Australia?

Have you invited a group of couples to dinner and noticed that the South Americans arrived 30 minutes late, the Asians and Central Americans left right after the meal, and one guest consumed all of his Buffalo-Wings, including the bones? Rudeness or culture?

In "Global Culture in a Flat World" (our September presentation), Lowell M. Hoffman of Governor's Club will share his experiences gained in 38 different countries during 22 years as global Vice President of Purchasing and Supply Management for three multinational corporations.

Air travel and digital communication have shrunk the world. The importance of awareness of cultural differences is increasing, whether we are travelers, business people, or hosts of foreign guests. So the question is: "Do you have a Cultural Radar Screen that works?"

Come and find out in the **Lecture Hall at 10 am on Thursday, September 28.**

- Joe Danos

Men's Breakfast

Our speaker for **Wednesday, September 20 at 8:30 am** in the **Private Dining Room** is General James Hodge. His topic is "Supporting the War in Afghanistan."

Sign up by Thursday, September 14 and please wear your name tag.

- Fred Bowman

Caring for an Aging America and at Carolina Meadows

In the United States in 2009 there were 39.6 million persons over 65 years, which will increase by 2030 to 72.1 million. Fifty percent of people over 85 and 25% of those over 75 suffer from impaired mobility, including ability to climb stairs, to walk, and to rise from a chair. Most of that caregiving falls on spouses or other family members and produces significant "caregiver burden" that results in poorer caregiver health and a shortened life that in turn intensifies the crisis in seniors' needs for assistance.

Home care services allow seniors, as they age, to live at home. As the need for assistance increases, the economic, physical and emotional costs to caregivers mount, due to the inefficiency of providing care in a setting not designed for this purpose. Family members then are challenged by difficult decisions, as partners have to give up accustomed patterns of living and decision-making. The quality of a caregiver's life can be made easier by knowledge about pathways that are more effective in protecting their own and partner's physical and mental health.

On **September 18 at 10 am** in our **Auditorium**, Wallace Mandell, Professor Emeritus, Johns Hopkins School of Public Health, a resident of the Meadows, will talk about the crisis in "Caring for an Aging America" and its implications for those who provide care for someone either at home or living in a specialized care unit.

(Cont. on p. 9, "Care for Aging")

(Cont. from p. 8, "Care for Aging")

There will be a five-session course titled "Caring for you... Caring for me" on the following **Monday: October 2, 9, 16, 23, and November 6 at 2:30 in the Board Room**. The course will use materials developed by the Rosalyn Carter Institute for Caregiving designed to help family and staff caregivers participate in the "cooperative team-care-approach" for residents needing an increased "level of care" at home or in a specialized living unit.

- Kim Broucksou Social Work Manager/Cognitive Care Specialist

Travel Adventures

"Iran: A Tourist's Perspective." Marge Yanker and Judy and Hugh Tilson will show some of the memorable images from their September 2016 trip, as promised during their World Affairs talk in April. Come see and hear about Iran's mosques and madrassas, amazing antiquities, rich palaces and gardens, and warm and welcoming people. In the **Auditorium at 7:30 pm on Friday, September 22**.

- Hugh Tilson

Raise your VOICES!

Let your words be heard in VOICES, the literary journal of Carolina Meadows! Residents and future residents on the waiting lists are encouraged to submit stories, memoirs, and poems for the 2018 issue of the publication. Be creative and clever, thoughtful and challenging, reminiscent and futuristic – and share your prose and poetry with your neighbors through the pages of VOICES.

Manuscripts may be submitted from **September 1 through December 31**. Previously published stories and poems are not accepted, and each manuscript is limited to 3,000 words. If you aspire to be an author for VOICES, you should make two double-spaced copies of your manuscript – without identifying yourself on the document because it will be evaluated anonymously. Prepare a cover sheet with your name, address, telephone number and the title of your manuscript, attach it to your document, and place both in the VOICES mail box in the Club Center Mail Room. (Note: This is a new site for submitting your materials. The VOICES box will no longer be across from the Auditorium.) Your manuscript will be reviewed by two Readers and by the VOICES Editorial Board, and evaluated on the basis of quality of writing, potential interest to residents, and compatibility with other items in the forthcoming edition.

Past issues of VOICES have each included about 40 stories, memoirs, and poems – an interesting mix of writings on a variety of subjects reflecting the diverse interests of residents. You will find copies in the Library, shelved behind the main desk. Your voice

(Cont. on p. 10, "VOICES")

ARTS

Music at the Meadows Concert Series

**Lilian Pruett, Piano
Thursday, September
14, 7:30 pm**

Pianist Lilian Pruett will open the 2017/18 Music at the Meadows concert season. A Carolina Meadows resident since 2013, Dr. Pruett was a member of the music faculty at North Carolina Central University for more than three decades and is well-known throughout the Triangle's music community. She was a founding member of the North Carolina Piano Trio, an ensemble of the university's music faculty that played for many years throughout the state and for UNC-TV.

and taste, well worth watching out for." In between playing at international festivals worldwide, performing and teaching in places like Afghanistan, Peru, Romania and Venezuela, she can be heard locally at places as diverse as UNC, Carrboro's Cats Cradle and Saxapahaw. Her stunning 2016 recital here included Bach sonatas, Romanian rhapsodies and bluegrass and was highly praised by our audience, and she returns by popular acclaim.

-Anne Bodner

Art Gallery Exchange

The Art Guild Gallery exchange of residents' artwork in the Club Center is **Saturday, October 7**. We welcome anyone who wishes to exhibit her/his original work – no matter when it was created. Bring your art pieces to the Board Room between **noon and 4 pm on October 7**. Call Bev Milton, (919) 967-1254 or Susan Durfee (919) 942-6655 if you have any questions.

- Bev Milton

**Jennifer Curtis, Violin
Thursday, September 21,
7:30 pm**

Chapel Hill native Jennifer Curtis's second solo concert in Carnegie Hall was described by *The New York Times* as "one of the gutsiest and most individual recital programs." She was also celebrated as "an artist of keen intelligence

(Cont. from p. 9, "VOICES")

can become part of the literary tradition at Carolina Meadows!

Members of the 2018 Editorial Board of VOICES are Eleanor Morris, Myrna Merron, Bill Powers, Fran Sherwin, Dick Richardson, and Kin White. Please contact any of these editors if you have questions.

- Eleanor Morris, Editor

Films for September Shows start at 7:15 pm in the Auditorium

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

YOU are choosing the movie. There is a box on the table in back into which you can put your recommendations. However, be advised that if it is not available on Netflix or in our library, 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.

September 2 *The Big Chill (1983)*

106 minutes – Rated R
After years apart, a group of idealistic former college buddies (William Hurt, Kevin Kline, Glenn Close, JoBeth Williams, Mary Kay Place, Tom Berenger and Jeff Goldblum) who've followed divergent paths as adults reunite at the funeral of one of their own, reconnecting and reminiscing while a soundtrack of 1960s hits plays in

the background. The ensemble performance in this Oscar-nominated dramatic comedy reflected the period's baby boomer angst.

Film chosen by Lee Gutman

September 9 *The Light Between Oceans (2016)*

133 minutes – Rated PG 13
Michael Fassbender, Alicia Vikender, Rachel Weisz
Lighthouse keeper Tom Sherbourne and radiant, spirited Isabel live together in married bliss on a remote, rugged island off the coast of Australia. But their windswept world is turned upside down when Isabel learns that she's unable to bear a child. One day, a drifting lifeboat washes ashore with a crying baby in it. The dilemma the couple now face will echo far beyond the island, engulfing and irrevocably impacting their world -- and that of a stranger -- in a passionate story about love, hope, and a fateful choice.

Film chosen by Anonymous

September 16 *The Russians Are Coming, The Russians Are Coming (1964)*

126 minutes – Not Rated
Carl Reiner, Eva Marie Saint, Alan Arkin
A Russian submarine runs aground near a small New England town, and it's up to Lt. Rozanov (Alan Arkin) as the Russians' second-in-command to covertly secure a towboat to avoid an international confrontation. When he hooks up with residents such as Walt Whittaker (Carl Reiner) and the police chief (Brian Keith), all hell breaks loose. This classic comedy earned three Oscar nominations, including one for Best Picture.

Film chosen by Tony Armer

September 23 *La La Land (2016)*

128 minutes – Rated PG
Ryan Gosling, Emma Stone, John Legend
While pursuing showbiz fame, jazz pianist Sebastian falls for aspiring actress Mia, and the two embark on an intense love affair. But as their separate paths of ambition force them to make tough choices, their relationship starts to fray.
Film chosen by Anonymous

September 30 *Love is a Many-Splendored Thing (1955)*

102 minutes – Not Rated
William Holden, Jennifer Jones, Torin Thatcher
Tragedy is in the offing when widowed Eurasian doctor Han Suyin falls for dashing American war correspondent Mark Elliot. Despite insurmountable obstacles, Han and Mark's love deepens till he's sent to cover the "police action" in Korea.
Film chosen by Pat Merriman

Tuesday at the Movies

2:00 pm Lecture Hall

Tuesday, September 12 *Damn Yankees (1958)* Not Rated – 111 minutes

America's favorite pastime meets the bright lights of Broadway in this musical about an ordinary Joe (Tab Hunter) whose deal with the devil (Ray Walston) transforms him into a home run hitter for the Washington Senators -- but Joe must cause his team to lose the pennant. When Joe tries to back out of the deal, the devil sends in sexy Lola (Gwen Verdon), who sings "Whatever Lola Wants" as she mambos to Bob Fosse's choreography.

Preview of Ken Burns and Lynn Novick film on the Vietnam War

On **September 7 at 2:30 pm** in the **Lecture Hall**, UNC-TV previews the upcoming Ken Burns and Lynn Novick Documentary Series from PBS on the Vietnam War. The one hour screening will highlight excerpts from the 10-part/18-hour series, including discussions with veterans, Vietnamese citizens, activists, and archived recordings directly from the Oval Office. This film is a historical look at what led to the war, how the war progressed, who was against the war and why, and how the war concluded. The full series will begin on September 17 at 8 pm on UNC-TV.

- Jeff Smith

My Summer Reading

How about a novel in which a wife kills her husband and a son murders his mother? Follow that up with a tome that examines the state of "big ideas" in the world of foreign policy.

The novel is *House of Names* by Colm Toibin. You remember Toibin as the author of *Brooklyn*. Admit it, you saw the movie but didn't read the book. This time the scene is not Brooklyn in the 1950s, but Greece in the days of mythology. Toibin takes familiar characters like Agamemnon, Clytemnestra, Electra, and Orestes and creates a story that is new but vaguely familiar. Toibin did his homework and, using his imagination, has created a book that is lucid and straightforward. Some of the blood may splatter on you as you read, so be prepared.

The Ideas Industry by Daniel W. Drezner is completely different from Toibin's work. It is an explo-

Strangers in Their Own Land -- What an intriguing title for a book that presents a fascinating, compassionate look at "the other side" of the political divide in this country.

The author, Arlie Russell Hochschild, is a sociology professor at Berkeley, obviously liberal, who decided to enter the world of the Tea Party supporters in the Deep South. She wanted to get to know the people, and she spent five years, on and off, being welcomed into their homes, and listening with deep interest and respect to their stories. She was warmed by their strength and their openness and shocked by the

ration of how ideas are disseminated, by whom, and to what effect. Drezner distinguishes between "public intellectuals" and "thought leaders." The former, a rare breed today, are thinkers who present ideas on the broad sweep of human life. Milton Friedman, David Halberstam, John Kenneth Galbraith, and Gore Vidal are examples of such thinkers.

In recent decades, such men have been replaced by "thought leaders," single issue intellectuals who promote a more limited agenda, advocating for a single issue or agenda. Ross Douthat, James Fallows, Francis Fukuyama, and Peggy Noonan are among those so labeled by Drezner, himself a prominent member of "the ideas industry." Both books are available in the newly redesigned Residents Library.

- Bill Powers

Book Group

effect of present day circumstances on their lives. She came away still puzzled by "the great paradox" but with a deeper understanding of the people.

I chose to lead this discussion because of the integrity of the author and the possibility of a lively, inclusive and interesting look at the US political scene today.

Please join us on **Wednesday, September 20 at 2:00 pm** in the **Lecture Hall**.

- Vivienne Jacobson

Display Cabinet

The wonderful exhibit by resident woodworkers in the lobby display cabinet will continue during the month of September with new examples of their work. Thanks to all for sharing their talents. The steering committee would like to know of other residents who are interested in displaying their work or collections beginning in January as plans are made for several months in advance. Please contact Betty Lindsay at (919) 942-4479.

- Betty Lindsay

New Library Books

Whenever possible, we try to include in the *Meadowlark* a list of new library books. However, there was insufficient space in this month's issue for the list.

Keep in mind that the Library lists new books in a binder and posts a list of new DVDs. New books and DVDs are also listed on the *MeadowLife* website under the "Library" tab. Just go to the right sidebar and click on "New Book Acquisitions." You can even reserve new books in which you are interested.

ACTIVITIES

A Fall Vegetable Garden

One Saturday late last spring I bought seedlings at the Farmers' Market and went after supper to the garden to plant them. The task took longer than I expected. Darkness fell, but I worked on. A security car with headlights flaring circled the garden, stopped by the fence, and waited. Finally a voice called out, "Planning to burn the midnight oil?" "No," I shouted back. "Just need to finish before sun-up!" This was true. The sun grows not only my crops but the crops dermatologists harvest off me.

Some of us plant enthusiastically in early spring, then avoid the plots as the sun starts to scorch. The plants grow lush and set fruit, but we dread coming, rarely water, and never return to pick tomatoes, which eventually drip from the vines and fertilize weeds.

The remedy is to garden in the fall, a season for work in half

light. Plants do well then too. Turnip and beet seeds planted in mid-August make plump roots and healthy tops by late fall. Arugula flourishes and grows large but mild leaves. And pests are fewer in the fall.

Bedding plants sold in the fall at the Farmers' Market are hardy too—and not just arugula. Bok choy, collards, kale, mizuna, radicchio, spinach, many varieties of lettuce thrive, and other plants too, without work or much watering. We can add onion sets. And seeds for field cress to perk up a salad—it tastes like a radish. Last winter the temperature dropped one night to 5 degrees. Covered plants survived, and so did some lettuce left in the open. So the fall is an ideal season for us Carolina Meadows farmers. And we can repeat our success very early in the spring.

- Dan Patterson

MAP Ladies Lunch Volunteers Say "Yes!"

The latest offering in the Meadows Assistance Program (MAP) has taken off with enthusiasm. Less than a year in progress, the women volunteers are enjoying a busy program hosting lunch outings for female residents in the Pines, the Fairways and Independent Living. The women, in the company of volunteers, enjoy an afternoon with good food and cheerful conversation. The program becomes a pleasure for the volunteer as well as her guest. As one volunteer noted, "It's fun for both of us as we get to know more interesting people and their unique backgrounds." Their guests agree, and if the resident has a husband, it gives him some downtime, too.

The volunteers meet once a month to discuss their upcoming dates for the month in which two volunteers take two lunch guests together. Their guests, often identified by staff as someone who would enjoy a lunch outing, are taken out to an on-campus dining venue once during the month. The volunteer commitment is painless: If asked to escort a guest to lunch and you are not available, another volunteer can fill that date until an opportunity when you are free.

The MAP Women's Lunch Committee welcomes new volunteers to join the group, meet like-minded new friends, and share the pleasures of reaching out to others. Ask one of our volunteers, "Are you having fun?" You're likely to get a "Yes!" For more information call Martha Hutt, Chairman, at (919) 969-0008.

- Martha Hutt

Community Outreach

This is the time of year when many Carolina Meadows activities resume or pick up their pace. The Community Outreach Volunteer Committee (COVC) gets underway later this month.

Throughout the year, we will keep you informed about agencies, programs and efforts in Chatham County and locally that need your time and support. Outreach committee members serve as liaisons to agencies and institutions throughout Chatham County.

Our annual school supplies drive to benefit Chatham County

Communities in Schools will take place between **September 19 and September 26 in the Club Center lobby**. We welcome volunteers to staff the lobby table during the school supplies drive.

Anyone interested in volunteering, please contact Chuck or Albina Giardino at (919) 903-8888 or <cgag@nc.rr.com>. Please check the bulletin board across from the gift shop for a "wish list" of supplies to donate.

--Chuck and Albina Giardino

Bus Trips

Sign up in the sign-up book: MILLSTONE CREEK APPLE ORCHARD – joint trip with the Green for a tour and apple picking

Wednesday, September 6

Deadline: **Friday, September 1**

Cost: \$34 per person (includes tour and boxed lunch)

Load: **10:45 am**

Limited to 10 residents

FUNKY LUNCH BUS!

Farmer's Market Restaurant

Wednesday, September 20

Deadline: **Monday, September 18**

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

Load: **10:45 am**

Sports & Games Day

If you wondered how bocce or croquet is played, Labor Day will be your opportunity to learn. Come to Sports & Games Day on **September 4 from 9:30 to 11:30 am** and give those and nine other games a try right here on our campus. The other games comprise tennis, golf chipping, golf putting, dart throwing, bean bag toss, table tennis, horseshoes, ladder ball and basketball. The golf, tennis, table tennis and basketball games have men and women divisions. Game leaders and helpers are available at all events to instruct and keep scores. Individual and precinct winners will be posted. More information, including locations and maps for all events, is displayed in the lobby and mail kiosks. A Labor Day celebration picnic lunch will be served in the dining room from **noon to 2:00 pm**. Reservations are required. Please come and join in the fun!

- John Geis

Bocce Balls Will Roll on Courts

With the scorching weather of July and August all but a memory, bocce will resume its regular schedule on **Monday, September 18**. Players and prospective players will roll the balls on the courts at **9 am on Monday, Wednesday and Friday**. All are invited to participate in this enjoyable game. No prior experience or knowledge is necessary as seasoned players are available for instruction. For additional information, contact Tom Kelley at (919) 240-4132 or email: <newsynight@aol.com>

-Tom Kelley

Golf Report

As many of you have noted, holes 3, 4, and 5 are closed again this summer. They will reopen as soon as the weather gets cooler, and the greens supervisor feels that they will not be damaged further by playing on them. The golf committee is investigating possible solutions to this recurrent problem. The Saturday game is continuing by playing 9 holes using holes 1, 2, and 6 twice. The annual Carolina Meadows Championships will be held the first week in November, which should allow the greens to return to normal.

- William Conley

Jewelry Design & Repair

1:00 pm – 4:00 pm Art Studio Tuesday, September 19

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

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

iPad Classes for Visually Impaired

The North Carolina Division of Services for the Blind will be offering iPad classes for residents of Carolina Meadows who are blind or visually impaired. The classes will be held on **Wednesdays, September 20-November, 29, from 9 am to 12 pm, in the Club Center's Game Room**. One goal of the course is to enable students to use an iPad to search the Internet, send and receive emails, and use the iPad's many other functions: for example, a book reader, magnifier, clock, radio, calendar and calculator. Another is to enable them to use assistive features specifically designed for people with vision challenges.

Any Carolina Meadows resident with a vision impairment and who is a client of the NC Division of Services for the Blind may attend this class. If not already a client, you may become one at the first session. Those who are interested, or have questions, should contact Jessica Caswell, independent living rehabilitation counselor, at (919) 527-6766.

Beginner Jewelry-Making Class

9:30 am – noon Art Studio Monday, October 2

Students will learn jewelry making basics including using tools, what stringing materials, beads and supplies to purchase, how to finish a bracelet or necklace, etc. This class will give the student the knowledge to do basic jewelry repairs as well as making new bracelet and necklace designs. Fee is \$35 dollars for 2-3 hours class.

(Cont. on p. 14, "Jewelry Class")

(Cont. from p. 13, "Jewelry Class")

Class size is limited to four students. Take-home instructions provided. No materials needed to attend class. Students will make a bracelet to take home. **Contact Eva Mogensen** <ejm85n@gmail.com> or call (919) 797-0289 **to register.**

Falls Prevention is A-Foot

FEET are the foundation of your own personal prevention strategy against falls. To celebrate National Falls Prevention month, the CM Health and Wellness Committee is partnering with the Carolina Meadows Staff Falls Prevention Committee and the Resident Falls Prevention Task Force to sponsor the September Medical Update on "Foot Health and Falls Prevention." This program will be held **September 21 at 2 pm in the Lecture Hall.**

Our speaker will be podiatric physician, Dr. Jane Anderson. An expert in all aspects of foot health, Dr. Anderson not only practices clinical medicine at Chapel Hill Foot and Ankle but also has been widely interviewed for many magazine and newspaper articles on the prevention and treatment of common foot ailments. You will really enjoy her feet-on-the-ground style.

As a special added incentive, we will reprise the memorable moments from previous Falls Prevention lectures with a reenactment of the Michelle and Nancy show. Updating last year's demonstration, these two lively staff falls prevention advocates, Michelle Marino and Nancy Alton, will show us how to fall (you might even see a slight push-over); what to do if we fall; and how to get up.

- *Health & Wellness Committee*

Wellness Corner

Please use your fitness center key tag when using the Wellness amenities and classes. Applications are available in the fitness center or on the Fitness and Health page of MeadowLife. Each month we will be raffling off a gift card - just by checking in you will be entered to win!

Pool Watch Chairman Meet and Greet on **Tuesday, September 5 at 10 am in the Board Room** to introduce our new chairman, Diane Groves. If you would like to volunteer as a pool watcher or have questions about what is involved with this responsibility, please attend. Coffee and muffins provided!

Tai Chi is offered **Wednesdays 2:45-3:30 pm in the Exercise Studio.** Traditional Chinese exercise with many health benefits. Simple, fun, and invigorating! Led by Dr. Jay Dunbar.

In honor of National Falls Prevention Day, Fleet Feet Carrboro will be available **1-3 pm in the Auditorium on September 22** to offer proper foot screenings. Remember that proper footwear is key in preventing falls from occurring. Fleet Feet will deliver the shoes to campus upon receipt of payment.

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.

Michelle Thelen, Licensed Acupuncturist, is available at Carolina Meadows on **Thursdays.** Contact her at (919) 406-4858 for inquiries, fees and appointments.

Register in the Wellness book for the following:

Off Campus Walk. Join us for a morning off campus enjoying fresh

air, nature, a healthy walk and good company at **Lake Pine in Apex Friday, September 15.** The walk is a paved two mile loop around the lake followed by lunch on your own at Perkins. Bus will **load at 10 am.**

Monthly Yoga Nidra. Experience a state of deep relaxation yet remain awake. Done lying down while listening to the teacher's instructions. **Wednesday, September 27, 4-4:45 pm in the Exercise Studio.**

The Power of the Pelvis. **Eight Mondays, 10:45 - 11:45 am, September 11 - October 30 in the Exercise Studio.** As you learn to move your pelvis more freely, you'll be amazed at your increased vitality and greater sense of ease in the movements of daily life. Cost is \$45.

Contact Michelle at (919) 370-7114 to register for the following:

Estee Lauder representative will be on campus the **fourth Wednesday of each month** to offer skin care and cosmetic consultations. Purchases will be delivered to the Club Center or Fairways reception desk upon receipt of payment.

A Matter of Balance. Eight week series. Many older adults experience a fear of falling. This is a program designed to reduce the fear of falling and increase activity levels among older adults. During the class, participants learn to: View falls as controllable. Set goals for increasing activity. Make changes to reduce fall risk at home. Exercise to increase strength and balance. Sessions will be held on **Tuesdays, September 12 - October 31, from 10 -11:30 am in the Auditorium.**

- *Michelle Marino*

SEPTEMBER 2017

DAY	DATE	TIME	EVENT	LOC	PAGE
Sat	2	7:15 PM	Saturday Movie: <i>The Big Chill</i>	AUD	10
Mon	4	9:30 AM	Sports & Games Day (9:30-11:30 AM)	campus	13
Tues	5	10:00 AM	Pool Watch Chairman Meet and Greet	BR	14
		2:00 PM	"Foreign Policy in the Nuclear Age"	LH	8
Wed	6	10:45 AM	*Millstone Creek Apple Orchard	CCL	13
		2:00 PM	MeadowLife Workshop for Campus Leaders	LH	3
Thurs	7	1:30 PM	Residents Council Meeting	BR	NA
		2:30 PM	Preview of UNC-TV Documentary on Vietnam War	LH	11
		7:30 PM	Sweet Potato Pie band	AUD	NA
Fri	8	10:30 AM	World Affairs: "Nuclear Weapons: To Have or Have Not?"	AUD	8
Sat	9	10:00 AM	Serendipitous Sat: "Law and Lawyers in Nazi Germany"	LH	7
		7:15 PM	Saturday Movie: <i>The Light Between Oceans</i>	AUD	10
Mon	11	2:00 PM	MeadowLife Workshop for Uninitiated & Curious	LH	3
Tues	12	12:00 PM	*Women's Luncheon	PDR	6
		2:00 PM	Tuesday Movie: <i>Damn Yankees</i>	LH	10
Wed	13	2:00 PM	Philosophy Group: "Newcomb's Problem"	LH	7
Thurs	14	1:30 PM	Residents Association Meeting	AUD	NA
		7:30 PM	Music @ Meadows: Lilian Pruetz, Piano	AUD	9
Fri	15	10:00 AM	*Off-campus Walk: Lake Pine in Apex	CCL	14
		10:30 AM	World Affairs: "Report on the 2017 Legislative Session"	AUD	8
Sat	16	10:00 AM	Serendipitous Sat: "Intellectual Property"	LH	7
		7:15 PM	Saturday Movie: <i>The Russians are Coming....</i>	AUD	10
Mon	18	10:00 AM	"Caring for an Aging America"	AUD	8
Tues	19	1:00 PM	*Jewelry Design & Repair	AS	13
Wed	20	8:30 AM	*Men's Breakfast: "Supporting the War in Afghanistan"	PDR	8
		9:00 AM	iPad Classes for Visually Impaired (every Wed.)	GR	13
		10:30 AM	Candidates Forum: "Long-Term Future of Chatham Cty"	AUD	6
		10:45 AM	*Farmer's Market Restaurant	CCL	13
		2:00 PM	Book Group: <i>Strangers in Their Own Land</i>	LH	11
Thurs	21	2:00 PM	"Foot Health and Falls Prevention"	LH	14
		7:30 PM	Music @ Meadows: Jennifer Curtis, Violin	AUD	9
Fri	22	10:30 AM	World Affairs: "Update on Venezuela"	AUD	8
		1:00 PM	Fleet Feet foot screenings (1-3 PM)	AUD	14
		7:30 PM	Travel Adventures: "Iran: A Tourist's Perspective"	AUD	9
Sat	23	7:15 PM	Saturday Movie: <i>La La Land</i>	AUD	10
Mon	25	1:00 PM	CMU: Medical Ethics - "Navigating Informed Consent"	AUD	7
Wed	27	9:00 AM	iPad Classes for Visually Impaired (every Wed.)	GR	13
		2:00 PM	Philosophy Group: "The Simulation Argument"	LH	7
Thurs	28	10:00 AM	Unity Group: "Global Culture in a Flat World"	LH	8
Fri	29	10:30 AM	World Affairs: "The Rise of China: Who's #1?"	AUD	8

SEPTEMBER 2017

Sat	30	7:15 PM	Saturday Movie: <i>Love is a Many-Splendored Thing</i>	AUD	10
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*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