



The Meadowlark

Volume 31, No. 6

September 2019

The Latest on Birchtree

The demand for the new Birchtree residences was so strong that all 40 were sold within eight working days.

The plan now is to start moving dirt by the end of August or early September for the Birchtree neighborhood. Approval by the Watershed Review Board, finalizing of the construction documents and the contractor agreements, and obtaining financing are all expected to be completed by the end of August.

One of the first things to happen will be the building of a retention pond across Mt. Carmel Church Road to accommodate storm water run-off from the Birchtree site. Also, a temporary entrance will be built off Whip-poorwill Road for all construction trucks and equipment, so the front entrance of Carolina Meadows remains open, safe and clear for guests and residents. There will be a live camera on the job site with real time exposure of the construction.

Marketing intends to send out a letter to prospective residents for permission to publish their names in a Birchtree directory, permitting them to preview their new neighbors. A series of social events are planned for Birchtree residents to meet each other as well as service providers such as the selections specialist.

A new design center is about

to open in Building 3 in an old Edgecombe apartment to display options for residences. Of interest to CM residents as well as people moving into other units in the community, all of us can review options offered in the design center, not just the Birchtree folks.

Finally, for all of us who made the move to come here in the past, the administration will spend the next year planning for how best to accommodate some slightly fewer than 80 additional residents in dining venues, health and wellness services, parking (maybe valet parking), among other issues. They anticipate that by planning ahead, we will have a smooth transition as these additional residents join our community.

- Fran Sherwin

Positive Survey Results

Carolina Meadows residents are positive about life in this community. Ninety-two percent would recommend CM to friends. The good news, delivered by COO Ben Cornthwaite at the mid-July Town Hall Meeting, is based on survey results from NAVARE, a consortium of 17 continuing care retirement communities. Fifteen of the CCRCs participated in this year's survey.

The biennial survey allows CM Administration to measure



Architectural rendering of Birchtree

residents' satisfaction, identify trends and compare our community with the other 14 participating CCRCs. CM's numbers lead NAVARE averages in every category. Seventy-six percent of Independent Living and 63 percent of Fairways and Pines residents participated in the survey.

Residents seeking greater detail may go to *MeadowLife* and click on "Interesting Information" on the home page where Ben Cornthwaite has provided his complete presentation.

- Mary Jo Doherty

Contents

News	Page 1
Talk	Page 4
Arts	Page 6
Activities	Page 10
Calendar	Page 15

President's Message

Summer is almost over, and fall will bring us many activities, interesting lectures and wonderful music programs. It's nice to have so many choices.

We are very glad to have the Early Advantage (EA) residents as members of the RA in the newly designated Precinct #16. Brooks de Wetter-Smith was elected Precinct Representative; how interesting that his parents lived at CM 30 years ago! EA residents will also be represented on both the Dining and Building, Grounds & Safety Standing Committees since these committees have a representative from each precinct. Openings are also available on a few other committees. We welcome the talents these 92 residents add to the RA and the many contributions they will make to keeping CM such a vibrant community.

We will miss Markus Webb, the 28-year-old Dining Services employee who died in June. He

was known as MuZak to his many friends because of his love of singing. In memory of Markus a set of harmonic chimes along with a plaque have been installed near a bench overlooking the pond by the Residents Park Group. The pleasant sounds from the chimes will help remind us of his smile and love for life and music. I hope you will visit The Park this fall. The entry path is opposite the Community Gardens on the Southeast corner of the campus.

Lastly, this fiscal year the RA increased its budget to \$10,000 to support 10 scholarships for employees. Because of recent, generous donations to the Gift & Remembrance Fund, we are able to grant scholarships to all 13 employees who applied! The awards will be presented at the September 12 RA meeting. I hope you can attend, and I look forward to seeing you there.

- Sam Ligon

United Way Kickoff

Our United Way campaign will begin on **September 12**. Envelopes will be placed in the Club Center and Fairways mailboxes before the Residents Association meeting. I hope that you will read this information and, if you have any questions, contact me.

United Way has a very structured method of looking at the needs of Chatham County, distributing your donations in a way that meets the most critical needs and monitoring how well the funds are spent. Carolina Meadows has consistently been the residential com-

munity with the highest percentage of participation. I hope that we can continue to do this again this year. Last year, while we met our goal, the county did not and less money was available for distribution. That makes this year's campaign even more important. Please be as generous as you possibly can.

Donations can be made by putting them in the boxes at the Club Center Mail Room, the Fairways front desk, or by mail.

- George Evans, Campaign Chairman

THE MEADOWLARK

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Chapel Hill, NC

—

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October Issue Deadline

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

Carolina Meadows Census

As of July 31, 2019

Number of Residents	Occupancy Level
Independent Living:	
618	97%
Assisted Living	
69	83%
The Pines*:	
57	77%*
Total on campus:	
744	92%
EA Program:	
92	
Total Residents:	836

*Includes temporary admission of IL and AL residents.

NEWS (continued from page 1)

Maintenance Improves Campus

If you think you are seeing Maintenance personnel everywhere, you are not mistaken. Over the summer months an amazing number of repairs and improvements have been made – some visible, some not.

Among the visible improvements: new equipment in the gym, rebuilding all the golf course greens, adding a pergola at the Fairways, new blinds and shades in the Lecture Hall, renovation of the Club Center staff conference room and over an acre of sod replacement throughout the campus.

Perhaps more important are the less visible changes, such as

finishing or working on the plumbing and HVAC systems in Buildings 4 and 5, replacing the roofs on the Activities Building, the Library and Building's 4, 5 and 6 storage, pressure cleaning and sealing eight buildings and irrigation improvements throughout the campus.

Space does not permit listing all the miscellaneous work such as modernization of a Fairways elevator, replacing three heat pumps for the Pines, new lighting and handrails, and a new server for the SARA system. We owe a vote of gratitude to Dan Camera and his crew for keeping Carolina Meadows such a desirable place in which to live.

- Tony Armer

Carolina Meadows Christmas in July Craft Sale

"Christmas in July" came to Carolina Meadows early this year. Sixteen artists/crafts persons donated their pottery, hand-knitted and embroidered items, handsome wood cutting boards and trivets, Christmas ornaments, art, jewelry, and more. "Kris" Kringle made an appearance, while Jody Hite took pictures and made sure Christmas carols wafted throughout the festivities.

The craft sale earned \$2,024 which was donated to CORA's S.N.A.C.K. (Summer Nutritional Assistance for Chatham Kids) program to aid Chatham County children living in poverty.

Thank you to all who donated your wares and to everyone who came "Christmas shopping" in July. In doing so, you helped feed hungry people.

- Joan White

New Residents

Horace Andrews (Fink), 3-210

Former Residence: Fearrington Village, NC

Interests: English language, history and instruction

Edwin Budd, EA

Current Residence: Cary, NC

Interests: Traveling, playing piano, exercising, cooking, stamps

Marjorie Budd, EA

Current Residence: Cary, NC

Interests: Piano, composing music, volunteering, cooking

Linda Carl, V-345

Former Residence: Chapel Hill, NC

Interests: Cooking, dining, travel, history

Philip (Phil) Carl, V-345

Former Residence: Chapel Hill, NC

Interests: Musical theater, classical music, magic, travel, chess,

Ann Cox (Olley), V-282

(formerly EA)

Former Residence: Chapel Hill, NC

Interests: Southern pottery & basketry, snorkeling, travel, cooking

John (Greg) Olley (Cox), V-282

(formerly EA)

Former Residence: Chapel Hill, NC

Interests: Current events, travel, swimming, snorkeling

Sharon Epstein, 6-207 (formerly EA)

Former Residence: Chapel Hill, NC

Interests: Art, classical music, travel, reading, politics

Evelyn Homer, P-108 (formerly EA)

Former Residence: Chapel Hill

(Continued on p. 4, "Residents")

The Men's Breakfast

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

The speaker for our **September 18** meeting will be Marty Lyon. Marty came to CM in 2018 after a career in electrical engineering. His talk is entitled "How simple computers and printers make exciting products – design and manufacture of "things" with 3D printers." We had a previous talk on this subject. Marty promises he will be more practical, informative and to the point.

(Continued from p. 3, "Residents")

Interests: Current events, grandchildren

Luther (L.H.) Hutchens, EA

Current Residence: Fearrington Village, NC

Interests: UNC sports, fishing, boating, golf, concerts, plays

Constance (Connie) Loy, 2-103

Former Residence: Seven Lakes West End, NC

Interests: Gardening, exercise, travel, reading, golf, mahjonn

Joan Meade, V-203 (formerly EA)

Former Residence: Chapel Hill,

Interests: Art, music appreciation, reading, travel, walking

(Continued on page 14, "Residents")

IN MEMORIAM

Allen Moore	P-103
05-26-2019	
Alice Seamonson	2-307
06-01-2019	
Raymond Dawson	F-120
06-02-2019	
Nadene Koon	4-301
06-27-2019	
Charles Kinnaird	V-106
07-02-2019	
Gertrude Scurria	P-254
07-06-2019	
Irv Sternschein	P-258
07-09-2019	
Earl DeWispelaere	P-233
07-17-2019	
Robert Vickers	P-210
07-24-2019	
Joyce Anderson	V-219
07-30-2019	
Darrell Andersen	2-110
07-31-2019	
Helen Stedman	V-318
08-02-2019	
Gale Dubowski	P-249
08-12-2019	
Elisabeth Bittle	3-308
08-13-2019	

TALK

Women's Lunch

Amanda Robertson will be talking about climate change at the Women's Luncheon on **Tuesday, September 10**. Ms. Robertson has worked in the climate change and environmental industry for seven years, most recently serving as co-chair and later as Program Director for NC Climate Solutions Coalition.

She also does work with 350.org and NC WARN, and created a local community group, Chatham Clean Path, which supports an effort by local citizens in Chatham County to provide education and encourage solar energy use in all areas.

Amanda attended the Climate Reality Leadership Training program in 2015 and has been a leader and lecturer across North Carolina presenting on the impacts of climate change.

She helped organize and served on the Chatham County Climate Change Advisory Committee, which helps inform county commissioners on decisions that may impact climate change. She serves on the Board of Directors of Abundance NC, supporting local, sustainable communities in North Carolina.

Lunch is served at **noon in the Private Dining Room**. For reservations contact Jody Hite (919) 370-7171, or <jody@carolinameadows.net> after Sept 2, 2019. Space is limited; early reservations are recommended. If you have dietary restrictions or need to cancel a reservation, notify Jody by September 6 to avoid a meal charge to your account.

- Margaret Lospinuso

Carolina Meadows University (CMU) Begins the Fall Semester with "Troublesome Women"

CMU will kick off 2019-20 with Sylvia Hoffert telling us about so-called "Three Troublesome Women of Whom You Probably Never Heard," women who, despite the times in which they lived, had a profound impact on America. Dr. Hoffert will cover the colonial period (religious freedom), mid-19th century (slavery and the Civil War), and early 20th century (women's suffrage).

Session 1 of the series begins on **September 30** with Anne Hutchinson. She divided the colony of Massachusetts Bay by challenging the power and authority of its male leaders.

In Session 2, **October 7**, Dr. Hoffert will talk about Anna Burwell and Elizabeth Keckly whose contentious relationship between mistress and slave disturbed domestic tranquility in Hillsborough NC.

On **October 14**, Session 3 will examine how Alva Vanderbilt Belmont used her immense wealth and social influence to challenge male political authority and win the vote for women.

Dr. Hoffert is Professor Emerita of History and Women's Studies at Texas A&M and UNC-Chapel Hill. She earned her PhD at Indiana University, Bloomington. She is the author of five books and numerous articles on women's history.

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

- CMU Steering Committee

World Affairs

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

September 13: Raymond Pulley, "Living with History (No Pain – No Gain)"

It is frequently claimed that many academic historians write for themselves, not for the general reading public. This talk examines that proposition and its consequences. Using several controversial areas of historical research as examples, Ray asks the question: Is the reading public really interested in what cutting-edge historical research has to say?

September 20: Gerhard Weinberg, "Adolph Hitler and the United States: Views, Plans and Policies"

Gerhard Weinberg is a distinguished military and diplomatic historian. He is Kenan Professor Emeritus of History at UNC-Chapel Hill. Among his books are *A World At Arms: a Global History of WWII* and *Hitler's Foreign Policy 1933-1939: The Road to World War II*.

September 27: Gustavo Montana, "The War on Drugs: Who is the Enemy?"

Gustavo Montana is Professor Emeritus, Department of Radiation Oncology, at Duke University. As a native of Colombia, he has first-hand knowledge of, and a particular interest in, the drug scene. His talk will cover all relevant aspects of our failed attempt to deal with the scourge of drugs and will provide recommendations for a different and innovative approach.

- Dorothy Samitz

Unity Group

Does *uber* own vehicles? Does Airbnb possess houses, apartments, hotels or other lodging structures? What do their business models portend? Are there other environments or needs ripe for the sharing? Is this a generational "thing?" Without doubt, it is too successful to simply shrug off as a fad.

Are we, in our ignorance, missing tantalizing investment opportunities? What does Wall Street say?

You are invited to come and gaze through an economist's crystal ball with us on **Thursday, September 26, at 10 am in the Lecture Hall**. Our seer is Professor Michael Munger of Duke University where he served as Chair of the Department of Political Science for 10 years. He has also taught at other top universities and served as a staff economist at the Federal Trade Commission.

In 2018 he published his most recent book, *Tomorrow, 3.0* (Cambridge University Press), which will serve as the basis for his presentation: "Tomorrow, 3.0: Surviving in a World Without Ownership." Join us for a "cutting-edge" experience.

- Joe Danos

Associate Justice of NC Supreme Court to Speak

Come to hear Mark A. Davis, Associate Justice of the NC Supreme Court on **September 19 at 4 pm in the Auditorium**. Judge Davis will speak on important issues facing the NC Supreme Court. Judge Davis received his undergraduate and law degrees from UNC-Chapel Hill. He was a member of the NC Law Review and served as law clerk for US District Judge Franklin Dupree in the US District Court for the Eastern District of NC. He also served as a special deputy attorney general from 2006-2011. He spent 13 years in private practice. In January 2013, he was appointed as Judge of the NC Court of Appeals when Cheri Beasley was appointed to the NC Supreme Court. In March 2019, Governor Roy Cooper appointed Davis to the NC Supreme Court.

This program is sponsored by Meadows Democrats and is open to all Carolina Meadows residents.

- Judy Jones

Travel Adventure

September 27, Auditorium, 7:30 pm

"A Drive Through England: Towns, Churches, Countryside, Ancient Sites" – The title says it all. Presented by Donald Lauria.



Fountains Abbey, one of the largest and best preserved ruined Cistercian monasteries in England, located in North Yorkshire.

Photo by Donald Lauria

Medical Update

The next Medical Update Lecture will take place on **Thursday, September 19 at 2 pm in the Auditorium**. The subject and title will be "Falls" in observance of September being National Falls Month. According to the National Council on Aging, one in three adults over age 65 will experience a fall, many causing serious injury, particularly fractures.

Our guest speaker will be Dr. Tiffany Shubert, PhD, MPH. She is a senior Researcher and Scientist at the UNC Center for Aging and Health and is President of Shubert Consulting, which focuses on improving current clinical practice and creating a continuum of care for older patients.

Her expertise is in the field of applying and disseminating evidence-based falls research into clinical practice. She has CDC and NIH grants to study the implementation of the Otago Exercise Program, a series of exercises designed to prevent falls.

Her research has yielded many peer-reviewed and non-peer-reviewed publications, as well as many community presentations.

There also will be participation by Michelle Marino, Health and Fitness Coordinator and Nancy Alton, Active Aging Specialist who will discuss their activities here at Carolina Meadows aimed at improving balance and avoiding falls.

Do not miss this extremely relevant presentation by a true expert.

- Leonard Cutler

Philosophy Group

We are happy to announce that the Philosophy Group will restart again in September. This year we will be meeting on the **first and third Fridays each month at 12:30 pm in the Lecture Hall**.

Michael Prinzing has agreed to lead our group with the occasional assistance of Daniel B. Kokotajlo. Both are Outreach Professors of the UNC Philosophy Department.

September Meetings:
Friday September 6, 2019,
12:30 pm, Lecture Hall
Friday September 20, 2019,
12:30 pm, Lecture Hall

Relevant readings and pertinent questions will be distributed to members before the sessions. Please contact Marlene Appley <MarleneBAppley@gmail.com> to be placed on our mailing list. We hope you will join us.

- Marlene Appley

The History of Costume Jewelry: 1850-1950

Linda Browner will present a lecture and slide show on the history of costume jewelry on **Wednesday, September 18 at 10 am in the Board Room**. Learn about the historical and social events that shaped jewelry design and production along with the important people who influenced it.

You are invited to wear or bring an old or new piece of jewelry for identification or to share with others during the question and answer period. Interesting pieces from Ms. Browner's collection will also be displayed.

- Jody Hite

ARTS

Music at the Meadows In the Auditorium

Nicholas DiEugenio and Mimi Solomon, Violin/Piano Duo
September 15, 2 pm

Nicholas DiEugenio's work as a performer, teacher, recording artist and writer has been guided by the conviction that music is a central experience in the expression of humanity. He strives to create and participate in musical programs that, at once, invite and challenge the listener. He leads a versatile performing life as a chamber musician and soloist in music ranging from early baroque to current commissions at a variety of national and international venues. He is Assistant Professor of violin at UNC at Chapel Hill. Pianist Mimi Solomon, his wife, enjoys a multifaceted career as a chamber musician, soloist and teacher at the UNC-CH Music Department.

Hooverville Country Band
September 26, 7:30 pm

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

- Andrea Miller

Musical Events

The Ambassadors Big Band

7:30 pm, Auditorium

Tuesday, September 17

The Ambassadors have been a fixture in swing-era dance music in the Chapel Hill community since 2003. They are affiliated with the United Church of Chapel Hill and perform at community events throughout the Triangle area. Under the direction of Larry Triplett, they revive and recreate the big band music of the Swing Era. In addition, the ensemble specializes in performing arrangements of the timeless swing music of great Big Bands.

Seniors and university students book the big band year-after-year to play for their semester-end parties as this versatile band offers a diverse playlist. The Ambassadors Big Band thrills concert and ballroom audiences with authentic swing classics that are lively and danceable!

MET Opera on Demand

1 pm, Auditorium

Turandot (from January 2016)

Thursday, September 26

2 hrs, 21 mins.

Franco Zeffirelli's golden production stars the great dramatic soprano Nina Stemme as Turandot, the icy Chinese princess who has renounced all men. Marco Bertini is Calaf, the unknown prince who solves Turandot's riddles and wins her love. Anita Hartig sings Liù, the faithful slave girl who gives her life to save Calaf, and Alexander Tsymbalyuk is Timur. Paolo Carignani conducts.

Piano Performance: Students of Florence Ko

4 pm, Auditorium

Thursday, September 5

Ten-year-old Olivia Li from Cary has been studying the piano with Florence Ko since age seven. She has received myriad awards and scholarships due to her impressive showings in various piano competitions. As a result of her first-place finishes in the American Protégé International Competition of Romantic Music and in the Golden Classical Music Awards Competition, she was invited to perform at Carnegie Hall in November and December, 2018. Over the past three years, Olivia has also been the first-place winner in many other state competitions.

Born in Raleigh, NC, David Niu began studying piano performance at age six. Since 2011 he has been under the tutelage of Florence Ko. By age 16, he had already won numerous awards in piano competitions throughout the state, including first prize in the 2017 North Carolina MTNA Junior Piano Competition, first prize in the 2018 North Carolina Federation of Music Clubs State Royalty Competition, first-place finishes in the Cary-Apex Piano Teachers Association Bullard Piano competition, the Maxine Taylor Fountain Memorial Music Scholarship, and the Raleigh Music Club Paderewski competition. In addition, David participated in the 2017 Four Seasons Chamber Music Festival's Next Generation masterclass in Raleigh.

AIM

Art in the Meadows

Artists of the Month Exhibit in the Art Studio

September – Vidy Johnson

October – Anne Eller

NOTE: "All in the Family" Art Exhibit mid-November thru December. Start collecting from your children, siblings and other relatives!

Classes:

September 25, October 2 and 9 – Tinsel Painting. Back by popular demand! No experience necessary.

2-4 pm in the Art Studio. \$20 workshop fee (payable to instructor the first day of class) will cover all materials to design and produce an 11"x14" tinsel painting. Class size is limited. Sign up (and more information) in the Activities Book in the Lobby by September 20. For questions, call Ralph Wileman, instructor (984) 999-4000 or Margaret Zircher, organizing assistant, (919) 967-1102 or <zircher@me.com>.

Art Studio Schedule - Come paint and create when room not in use. Wednesdays, all day, reserved for artists and painters. The Art Studio calendar can be found on the Art Studio bulletin board calendar, and on <<https://meadowlife.org/activities/art-guildgallery-exhibit>>.

New DVDs for the Library

Long Shot, 2019, R, Comedy about the interaction of two very different people, starring Seth Rogen and Charlize Theron.

Best of Enemies, 2019, PG 13, Based on the true story of the unlikely friendship of an African-American Woman and KKK man in 1971 Durham.

(Continued on p. 8, "DVDs")

Art Guild

The Art Gallery exchange of resident's artwork in the Club Center is **Saturday, October 5**. 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 **10 am and 2 pm on October 5**. Call Bev Milton (919) 967-1254 or Susan Durfee (919) 942-6655 if you have any questions.

(Continued from p. 7, "DVDs")

The Biggest Little Farm, 2019, Documentary, story of young couple's 10-year effort to create a sustainable farm in California.

Apollo 11, 2019, Critically acclaimed CNN Documentary on the 1969 Moon Landing.

Last Black Man in San Francisco, 2019, widely-acclaimed film about a young black man who is still trying to belong, in a city overtaken by wealth and gentrification.

Rebecca, 1940, Won the Academy Award for "Best Picture," directed by Alfred Hitchcock, and starred Lawrence Olivier, Joan Fontaine, and Judith Anderson.

Logan Lucky, 2017, Fun, heist comedy, starring Daniel Craig, set at the Charlotte Motor Speedway.

Free Solo, 2019, Spectacularly-photographed documentary about a trained athlete climbing Yosemite's El Capitan "free solo".

Mad Hot Ballroom, 2013, Documentary about young, urban teenagers learning to become ballroom dancers.

Music of Strangers, 2017, PG-13. Documentary, which blends performance footage, personal interviews and archival film about Yo-Yo Ma and the international musicians of "The Silk Road Ensemble."

Itzhak, 2018 Documentary about the internationally-acclaimed violinist.

Maria by Callas, PG, 2018, This documentary provides an intimate look at the life and work of the opera singer, as told in her own words.

Forgiven, 2018, R, This powerful film, about the dissolution of apartheid in South Africa, stars Forrest Whitaker, and is "beautiful, tragic, and heartbreaking."

Fawlty Towers: Special Edition Box Set of the 1970s British Comedy. - Andrea Miller

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, does not have subtitles, or 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 *Meadow-Life* or the bulletin board on Friday or Saturday.

September 7

The Best of Enemies (2019)

2 hrs, 13 min – R

Sam Rockwell, Taraji P. Henson
A timely drama that centers on an unlikely relationship between Ann Atwater, an outspoken civil rights activist, and C.P. Ellis, a local Ku Klux Klan leader who reluctantly co-chaired a community summit, battling over the desegregation of schools in Durham, North Carolina during the racially-charged summer of 1971. The incredible events that unfolded would change Durham and the lives of Atwater and Ellis forever.

September 14

O Brother, Where Art Thou? (2000)

1 hr, 46 min – PG 13

George Clooney, John Turturro, Tim Blake Nelson
With their collective eye focused on retrieving a cache of hidden money, three convicts break out of jail in Depression-era Mississippi and embark on an epic journey

that bears more than a few similarities to Homer's Odyssey.

September 21 **Won't You Be My Neighbor? (2018)**

1 hr, 24 min – Not Rated - Documentary

For over 30 years, Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily into homes across America. In his beloved television program, Mister Rogers' Neighborhood, Fred and his cast of puppets and friends spoke directly to young children about some of life's weightiest issues, in a simple, direct fashion. There hadn't been anything like Mr. Rogers on television before and there hasn't been since.

September 28 **Poms (2019)**

1 hr, 31 min – Rated PG13

Diane Keaton, Jackie Weaver, Pam Grier

In this uplifting comedy, life in a retirement community is anything but retiring for a group of young-at-heart senior ladies who decide to pull out the pom-poms and form a cheerleading squad.

Tuesday at the Movies

2 pm Auditorium

Tuesday, September 10

Can-Can

1960 – Not Rated – 2 hrs., 21 mins.

Paris in the 1890s comes to life in this adaptation of Cole Porter's rollicking musical about changing tastes. Simone (Shirley MacLaine) is a cabaret dancer who performs the forbidden can-can nightly. When she's targeted by a prudish judge (Louis Jourdan), it's up to her charming boyfriend, lawyer François (Frank Sinatra), to defend her. The film features Porter classics "Let's Do It," "Just One of Those Things" and more.

Manuscripts for VOICES

Writers and poets, you can start submitting manuscripts to the editors of the 2020 issue of VOICES beginning September 1, 2019. VOICES is the literary journal we publish annually; it contains fiction and nonfiction written by residents, as well as Early Advantage residents and folks on the waiting and ready lists. You can submit poems, stories, and memoirs not previously published elsewhere.

By the time this issue of the *Meadowlark* comes out, there will be a sheet on the table outside the Mail Room in the Club Center with detailed guidelines for submitting your work. In general, you should prepare two copies of your manuscript, which can be no longer than 3,000 words, double-spaced. On each copy put the title, but not your name. Put the title and your name on a separate cover sheet. One of the editors will separate the manuscript from the cover sheet before the reviewers consider it so that the author remains anonymous.

The criteria used in reviewing your manuscript are the quality of the writing, its potential interest to resident readers and its compatibility with other items in the issue. You will be notified if your manuscript is accepted and if any edits or revisions are needed. In mid-April 2020 there will be an authors' reading at which selected writers will read their work and copies of the journal will be available for purchase.

The editors will also be looking for artwork that can be used in the upcoming issue.

- Fran Sherwin for VOICES
editors

Book Group

When a book is described by *The New York Review of Books* as "Wonderful, Elegant and Exhilarating," it has to be noticed. *Go, Went, Gone* by Jenny Erpenbeck, the book choice for September, is so described.

It deals with an important topic constantly in the headlines – immigration – and tells the story of a retired widowed professor in Berlin who becomes interested in the Syrian refugees in the city. As he learns about their lives, his own life changes.

It is a rewarding read, sure to stimulate a lot of discussion. Come and join in with your own reactions on **Wednesday, September 18 at 2 pm in the Lecture Hall.**

- Vivienne Jacobson

New MeadowSingers Welcome

The MeadowSingers first rehearsal will be at **3 pm on September 9 in the Auditorium.** We welcome newcomers who like to sing (without a tryout). So just come to the first rehearsal.

For the first time for our holiday concert in December, there will be a number inspired by Kwanzaa. Then two songs, as usual, celebrating Chanukah. Usually an instrumental selection, the chorus will sing "Dance of the Sugar Plum Fairy", along with familiar holiday favorites. We will have fun singing "I Want to Stare at Your Phone with You." Come hear what that will be, when we sing on **Wednesday, December 11 at 4 pm.**

- Rex Tucker

Display Cabinet

Many thanks to David Hilkert, Plant Maintenance Staff, for his generous help in the cabinet displays and for sharing his amazing collection of Marilyn Monroe memorabilia.

September will feature an exhibit of elephants collected by Ruth Fitting, one of our newer residents, during her travels, especially to India and Thailand. The Cabinet Committee welcomes new members and ideas for future exhibits as we plan for the months ahead. Please call Betty Lindsay (919) 942-4479.

- Betty Lindsay

New Library Books

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

Fiction

Machines Like Me by Ian McEwan
Tightrope by Amanda Quick
The Better Sister by Alafair Burke
A Woman Is No Man by Etaf Rum
Patsy by Nicole Dennis-Bens
The Gifted School by Bruce Holsinger
Lady in the Lake by Laura Lippman
The Body in Question by Jill Ciment
The Favorite Daughter by Kaira Rouda
Queen Bee by Dorothea Benton Frank
Ask Again, Yes by Mary Beth Keane
Normal People by Sally Rooney
The Porpoise by Mark Haddon
The Chair by Adrian McKinty
Fleishman Is in Trouble by Taffy Brodesser-Akner
Mrs. Everything by Jennifer Weiner
On Earth We're Briefly Gorgeous by Ocean Vuong
Big Sky by Kate Atkinson

(Continued on page 10, "Books")

(Continued from page 9, "Books")

Spring by Ali Smith

Summer of '69 by Elin Hilderbrand

City of Girls by Elizabeth Gilbert

Necessary People by Anna Pitoniak

Throw Me to the Wolves by Patrick McGuiness

If She Wakes by Michael Koryta

The Night Window by Kean Koontz

The Guest Book by Sarah Blake

The Parisian by Isabella Hammad

The Bride Test by Helen Hoang

The Flight Portfolio by Julie Orringer

The Paris Diversion by Chris Pavone

Large Print

The Singer from Memphis by Gary Corby

Then She Was Gone by Lisa Jewell

The Diva Serves High Tea by Krista Davis

He's So Fine by Jill Shalvis

Typhoon Fury by Clive Cussler

After Anna by Lisa Scottoline

Young Jane Young by Gabrielle Zevin

The Stolen Marriage by Diane Chamberlain

Every Breath You Take by Mary Higgins Clark

Any Day Now by Robyn Carr

High Tide Club by Mary Kay Andrews

Mind by Iris Johansen

The Storm Sister by Lucinda Riley

Mystery

The Tale Teller by Anne Hillerman

Enigma by Catherine Coulter

The Stone Circle by Elly Griffiths

Smoke Screen by Iris Johansen

The Sentence Is Death by Anthony Horowitz

Knife by Jo Nesbo

The New Girl by Daniel Silva

(Continued on page 14, "Books")

ACTIVITIES

The Compass Program: A Team Approach to Dementia Care

**Wednesday, September 11, 18, and 25 (3-part series),
11 am-12:30 pm, Lecture Hall**

The numbers and statistics surrounding dementia are staggering. Currently, more than five million Americans suffer from Alzheimer's diseases, which is the sixth leading cause of death in the United States. About 13% of Americans over the age of 65 have Alzheimer's and half of those over age 85 will develop Alzheimer's, or a closely related dementia. Health analysts estimate that in just five years the number of Americans with Alzheimer's will jump to 7.7 million and by 2050 the number is projected to more than double to 16 million.

Genesis Rehab Services has developed *The Compass Program*, a comprehensive approach to the care of individuals with dementia. The compass connotes direction and guidance through the journey of this disease for residents, their families, supportive staff and rehabilitation therapists focusing on what we know matters most: one's dignity.

Program Objectives

- Provide a consistent, interdisciplinary approach to the care of the individual with dementia
- Provide comprehensive education to the interdisciplinary team, including facility staff, family, rehab staff, physicians and the community to ensure resident-centered care and

quality of life for individuals with dementia.

- Facilitate successful aging in place and/or transition through the levels of care for individuals with dementia

Presenter:

Lindsay Sturtz is the Director of Rehabilitation and Speech-language Pathologist for Genesis Rehab at Carolina Meadows. With over 15 years of experience as a Speech Pathologist within senior living communities and with a combined presence of seven years at Carolina Meadows, Lindsay is committed to working closely with the interdisciplinary team, as well as with residents and families of Carolina Meadows to support our residents experiencing the journey of dementia.

Genealogy Group Meeting

Be prepared to tell the history of one of your ancestors, a favorite or one that is designated to the rogue list. We will be interested to hear your story and your relationship to that ancestor. In addition, we will have a display and description of a large ancestral chart done by one of our participants. Come and enjoy talking about your family ancestry, and you may find a cousin amongst the group. There will be an introduction to the series of programs in following months, including a program on DNA. Our first meeting is on **Tuesday, September 3 at 2 pm in the Board Room**. We will continue to meet on the first Tuesday of each month thereafter. Carolina Meadows residents and guests are welcome.

- Ruth Miller

Health Care Ambassadors (HCAs) Restart Group Tours in September

What? You've never taken a tour of the Green? You put off doing a tour of the Fairways when you moved in because you had so many other balls in the air? You've walked through the Pines to get to the Clinic, but never really got filled in on some of its great features?

It's important for all of us to know all about the higher levels of care if we are to be good ambassadors for Carolina Meadows... and, of course, before the time comes when we might need them ourselves.

CM's Health Care Ambassadors offer a one-hour group tour which includes the Fairways, the Green and the Pines, with a stopover at the Medical Programs and the Clinic for orientation. Tours are limited (generally) to four individuals. They depart **every third Thursday at 10 am from the Club Center Lobby.**

Sign-up sheets are in the book in the Lobby across from Jody's office. Please join us!

- *Hugh Tilson*

Community Outreach Corner

The Community Outreach Committee is looking forward to a great year of resident volunteering.

On **September 17**, Compass Center Training begins: The Compass Center helps all people navigate their journey to self-sufficiency, safety, and health, promoting equal access to opportunity regardless of gender or economic status. Services include career and financial education, domestic violence crisis and prevention programs, assistance with legal resources and youth health programs. Volunteer opportunities include domestic violence hotline advocates, Spanish interpreters and translators, childcare volunteers, financial and career counseling, etc. For more information, please email

<clientservices@compassctr.org> or visit them online at [www.compassctr.org] and fill out the volunteer application.

Coming in October: **October 12**, NC Poet Laureate Jaki Shelton Green and **October 17**, Habitat for Humanity truck at CM.

- *Judy Jones*

Sign up in the sign-up book: Funky Lunch Bus! to Amedeo's Wednesday, September 18
Deadline: Monday, Sept. 16
Cost: approx. - \$8.00 per person-
Load: **11:00 am**

Jordan Lake Boat Tour
Friday, September 20

Deadline: Friday, September 13
Cost: approx. - \$35.00 per person-
Load: **10:15 am**

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

2:00 pm Game Room
Friday, September 20

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

Try this enjoyable "getting-to-know-you game" yourself or bring a friend or neighbor so you can both expand your connections in our Carolina Meadows home. Please sign up in the Activities Sign-up Book.

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

MeadowLife for Movers & Shakers

Residents Association committee chairs, activity leaders, and precinct officers are invited to attend a demonstration of the MeadowLife residents' website and learn how this resource can help organize, present, and promote their groups' undertakings.

Monday, September 23, 2 pm, Lecture Hall

MeadowLife for the Uninitiated & the Curious

Newcomers and other residents who wish to familiarize themselves with the MeadowLife residents' website are invited 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.

Tuesday, September 24, 2 pm, Lecture Hall

- *Judith Pulley*

Jewelry Design and Repair
1-4 pm Art Studio
Monday, September 9

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

Jewelry repairs may be dropped off at any time between 1 and 3 pm on the scheduled monthly open classes days.

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

MeadowFair Returns!

Our own miniature State Fair returns – complete with its sounds, smells, games and animals. This year's repeat performance, on **Wednesday, September 25, from 1 to 4 pm in the Auditorium**, promises to be a fun time for all.

Bales of straw, pumpkins, balloons, games, food and drink, banners and streamers, and a petting zoo with a young alpaca, a camel, mini goats and donkeys, a pig and some chickens – all will be there to welcome you to this extravaganza prepared and run by our amazing staff and volunteers. There will be animals waiting to be petted, games of chance, fair food, clowns,

a fortune teller, and the main event – the Dunking Tank! Come dunk your favorite employee.

A note from a long-time resident and fairgoer: "Thank you for giving us the spectacular fair. I have never seen so many smiling faces. It brought back childhood memories. Please repeat." Another wrote: "It was a delight. We attended with our granddaughter and her three small children, and we all had a grand time." Please plan to attend and bring the kids, grandkids and the great-grands! Save your appetite for lots of yummy food including sausage with peppers and onions, funnel cake and cotton candy.

- Kris Snyder, Activities Director

Sports & Games Day

On **Monday September 2** (Labor Day) Sports and Games Day will be held from **9:30-11 am**. The activities are designed for fun and will appeal to all residents. They will be played at various locations throughout campus from the Exercise Studio (table tennis) to the Croquet Court.

Ladder ball and horseshoes will be played on the Golf Course behind Buildings 4 and 5 near the golf pitching and putting contests. Darts and beanbag toss will be in the storage breezeway behind the Café near the basketball, bocce and tennis competitions. Transportation will be provided for residents as needed.

Please join us and bring your neighbors. The precinct with the most participants in the most events will be declared the overall winner. Last year's winner (Precinct 11) needs the competition. The winner board, containing names of individual event winners and the precinct winner, will appear in the Lobby of the Club Center during the **Celebration Picnic Lunch to be held from noon to 2 pm on Labor Day**. Reservations are needed for the picnic lunch.

- Joe Norwood

Carolina Meadows Gift Shop News

Time to put away that summer wardrobe?



Welcome in cooler weather by replacing those flip-flops with crazy socks. Then replace the t-shirt with a new blouse requiring a complementing scarf, purse and jewelry. All these and many others items are available in your GIFT SHOP. Stop by, our neighborly staff is anxious to serve your needs.

Mahjong

Science has shown that those who take on a new hobby or interest while in later years can go on to do new and wonderful things.

This fall on **Tuesdays at 1:15 in the Game Room**, Allan Eckhaus and Hugh Tilson will teach all who wish to learn the American version of the ancient game of mahjong. This is not a couple's game nor is it restricted to little old ladies. Now's the time to learn the game that is sweeping the nation. See you there. - Judy Tilson

Sustainability Update

Todd Ohle, Vice President for Dining Services, has made some excellent changes: the new white take-out containers are compostable, not recyclable. As an institution we do not yet compost, but Todd and the Resident Sustainability Working Group (RSWG) are exploring options. Meanwhile, food waste is being collected and picked up by a local pig farmer to feed the pigs. Food waste is also being reduced by the Dining Committee's decision to serve bread on request rather than automatically.

The plastic straws that are so dangerous to sea life are gone. Some find that paper straws disintegrate too soon, so they might not be the permanent solution, but except for medical needs, plastic straws are gone from our waste stream.

With the help of the Plant Operations staff, the Recycling and Conservation Committee is collecting alkaline batteries again in the Residents Business Center. No 9-volt batteries please, because they are flammable.

At the suggestion of the administration and RA President Sam Ligon, the RSWG is planning to host some focus groups on sustainability in the near future. Look for the sign-up sheets.

It's been a great year for pollinators on campus. The Meadow Garden has been full of bees, wasps, moths and butterflies. The plentiful dragonflies do not pollinate but are voracious mosquito eaters. Kudos to John Leasure and the gardening team.

Find the Sustainability Working Group's website under the links to the Building and Grounds Committee on MeadowLife.

- Judith Ferster for the RSWG

Plastic Project

On a sleepy afternoon in July, some 20 residents gathered in the Art Room to work together on a "pop-up," or one-time project that they had volunteered to be part of. Dubbed the Plastic Project, following a You Tube presentation, they were re-using plastic grocery bags that residents were saving to put in the recycling bins at the grocery stores. The industrious women were cutting the bags into strips, joining the strips to make plastic yarn (called plarn) and then crocheting it into mats that could be used at homeless shelters.

The enthusiasm generated that first day together continued, and soon many of the women were finishing the mats and asking for more projects. Several other useful plastic accessories are under consideration.

After the first portable, light, washable six-foot mat was completed, it was displayed in the Lobby along with photos of one of the workdays. It was obvious that everyone involved was enjoying the chance to work together on a useful project, following the advice of environmentalists to "reduce, REUSE, and then recycle." Several indicated that they enjoyed having something to work on at home while they were watching television or movies. This summer project filled the bill.

- Vivienne Jacobson

The Second Mountain:

A Quest for a Moral Life

If you look forward to the views of David Brooks and Mark Shields on "The News Hour" or read Brooks' columns in *The New York Times*, you shouldn't miss this book. It's about "mountains" we all climb, the barriers and failures that lead us to a second look at life and in the process, discover a second mountain.

Rather than an impersonal analysis of *The Second Mountain: The Quest for a Moral Life*, David Brooks applies it to his own life in a deeply personal – even painful – narrative. The author shares the humiliation and sense of failure occasioned by his divorce as he discovers his own second mountain.

The final three sections of the book: Marriage, Philosophy and Faith, and Community delineate the key components of the author's "second mountain." Brooks embarks on a second marriage, he embraces religious faith, and he becomes passionate about shaping a more caring society.

The reader cannot help but reflect on his or her own journey up the mountain, or mountains, of life. *The Second Mountain* is available in the Residents Library.

- Bill Powers

Golf Report

All the greens have the new zoysia and are a pleasure to play on. If you haven't been out to try them, please do so. It makes a huge difference.

The Carolina Meadows golf championships will be played on **October 16 and 18**. There will be the Ladies' Championship, Men's Championship, and Net Championship. The annual two-ball tournament will be **October 19**, followed by the Awards luncheon. Sign-up sheets will be available October 1.

- Gus Conley

Wellness Corner

Check in to September Fitness Center Challenge When you scan in to use the Fitness Center amenities, including classes and/or equipment, you will be entered to win one of three weekly raffle prizes such as gift cards and HUR fitness bands. If you do not have a Fitness Center key tag, please complete an application in the Exercise Room or contact Michelle at (919) 370-7114.

In Honor of National Yoga Awareness Month, we will be offering an additional yoga class led by Cheryl Deigl, on **Wednesday afternoons 4:45-5:30 pm** for staff and residents. Beginners as well as experienced yogis are invited.

Sharing Stories from Our Lives, led by Vivienne Jacobson, takes place on the **first Tuesday of each month at 3 pm in the Lecture Hall**. This month's topic for discussion is "When I was Young."

Afternoon Tea Third Tuesday of each month 3-4 pm in the Auditorium

Tai Chi has been shown to help improve dynamic balance. Classes are held at CM at no charge **every Wednesday from 2:45-3:30 pm in the Exercise Studio**. Beginners are welcome.

Join your friends in the Pines for a stroll down memory lane in our **Reminiscing Circle**. Refreshments will be served in the CATER room (Pines), **Wednesday September 4, at 3-3:45 pm**.

Register in Wellness Book for the following:

The BARRE Workout Eight-week series, **Mondays, September 9-October 28, 4:30-5 pm in the Exercise Studio**. Gain strength, flexibility and balance in this unique workout utilizing the ballet barre.

AWARENESS THROUGH MOVEMENT® Classes: Shoulder Smarts, Part 2, **Seven Mondays, 10:45-11:45 am, September 16 - October 28 in the Exercise Studio**. Cost \$35

18th Annual Wellness Fair will be held **Wednesday, October 2, 9:30 am-12 noon in the Auditorium**. This event hosts outside vendors and promotes education of services, giveaways and more!

(Continued from page 10, "Books")

The Satapur Moonstone by Sujata Massey

The Body in the Castle Well by Martin Walker

The Never Game by Jeffrey Deaver
Biography/Biography Collection

George Marshall by David L. Roll

The Pioneers by David McCullough

Madam Fourcade's Secret War by Lynne Olson

Dutch Girl by Robert Matzen

Non-Fiction

Nearing 90 by Judith Viorst

Stony the Road by Henry Louis Gates, Jr.

Appeasement by Tim Bouverie

(Continued from page 4, "Residents")

William Meade, V-203
(formerly EA)

Former Residence: Chapel Hill, NC

Interests: Reading, travel, walking, getting to know people

Carol Oleson, V-326

Former Residence: Chapel Hill, NC

Interests: Reading, acting, travel, walking, music

James (Jim) Oleson, V-326

Former Residence: Chapel Hill, NC

Interests: Artist, choir member

Margaret Sachs, F-109

Former Residence: NYC

Interests: Politics, reading, current events, volunteering

Edward (Ted) Salmon, 6-106
(formerly EA)

Former Residence: Chapel Hill, NC

Interests: Cell biology, microscopy, mechanisms of mitosis, microtubule cytoskeleton

Nancy Salmon, 6-106 (formerly EA)

Former Residence: Chapel Hill, NC

Interests: Tennis, reading

Ruth Schwasinger, EA

Current Residence: Pittsboro, NC

Interests: Church, travel, reading, attendance at concerts, plays, lectures, cooking

Dorothy Swartz, EA

Current Residence: Fearington, NC

Interests: Fine arts, music, books, ballet, travel

William (John) Swartz, EA

Current Residence: Fearington, NC

Interests: Travel, reading, viewing sports events, ballet

Donna Trohanis, V-116

Former Residence: Chapel Hill, NC

Interests: Music, singing, gardening, bird watching, dancing, travel

Kathryn Vollmer, EA

Current Residence: Pittsboro, NC

Interests: Reading, Nebraska Cornhuskers sports teams, Sudoku, travel, concerts, history

Donna Wightman, EA

Current Residence: Chapel Hill, NC

Interests: Walking, cycling, reading, travel

Mark (Robert) Wightman, EA

Current Residence: Chapel Hill, NC

Interests: Travel

September 2019 Meadowlark

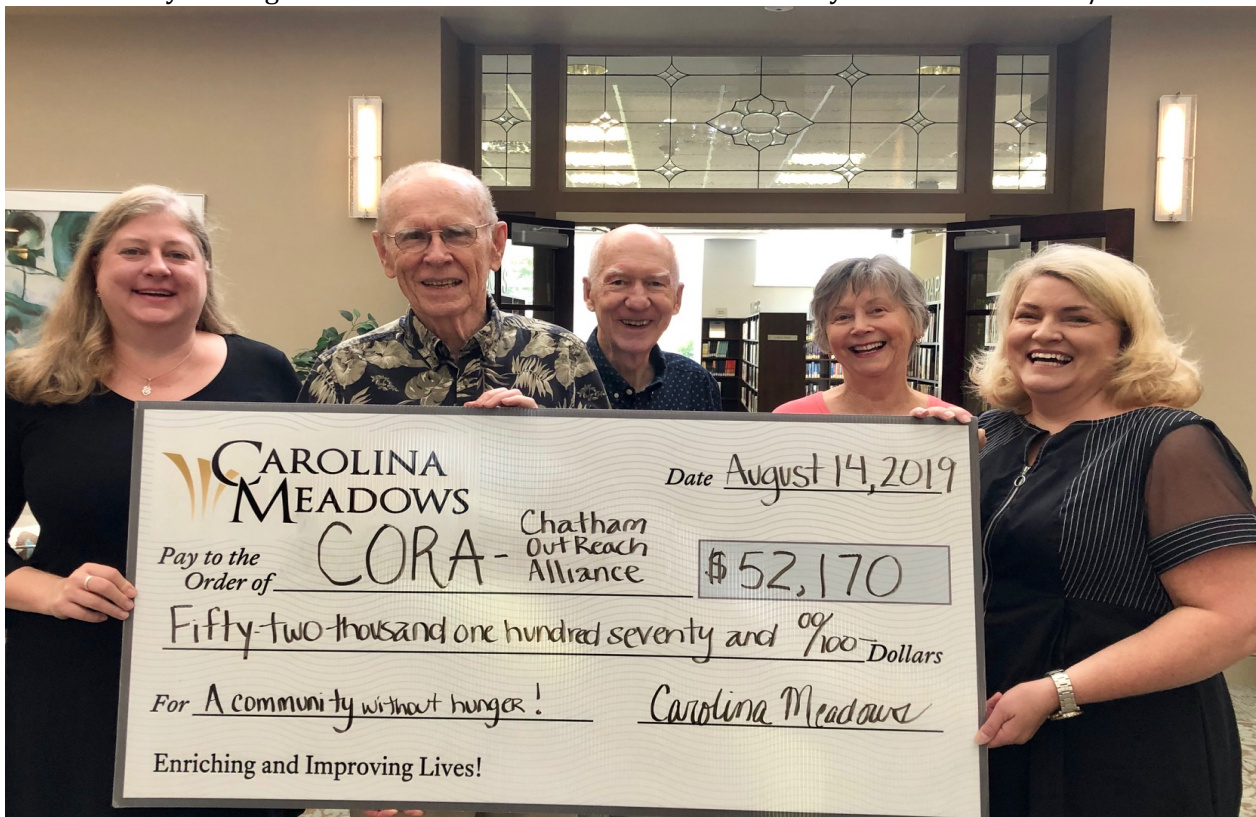
DAY	DATE	TIME	EVENT	LOC	PAGE
Mon	2	9:30 AM	Sports & Games Day	Campus	12
Tues	3	1:15 PM	Mahjong (every Tuesday)	GR	12
		2:00 PM	Genealogy Group	BR	10
		3:00 PM	Sharing Stories: "When I was Young"	LH	14
Wed	4	2:45 PM	Tai Chi (every Wednesday)	ES	14
		3:00 PM	Reminiscing Circle	PC	14
		4:45 PM	Yoga class (every Wednesday during September)	ES	14
Thurs	5	4:00 PM	Piano Performance: Olivia Li and David Niu	AUD	7
Fri	6	12:30 PM	Philosophy Group	LH	6
Sat	7	7:15 PM	Saturday Films: <i>The Best of Enemies</i>	AUD	8
Mon	9	1:00 PM	Jewelry Design and Repair	AS	11
		3:00 PM	MeadowSingers: First rehearsal	AUD	9
		4:30 PM	BARRE Workout (every Monday)	ES	14
Tues	10	12:00 PM	*Women's Lunch: Amanda Robertson, "Climate Change"	PDR	4
		2:00 PM	Tuesday Movies: <i>Can-Can</i>	AUD	8
Wed	11	11:00 AM	<i>Compass Program</i> : Dementia Care	LH	10
		5:00 PM	Music in the Marketplace		
Fri	13	10:30 AM	World Affairs: Raymond Pulley, "Living with History"	AUD	5
Sat	14	7:15 PM	Saturday Films: <i>O Brother, Where Art Thou?</i>	AUD	8
Sun	15	2:00 PM	Music at Meadows: Nicholas DiEugenio & Mimi Solomon	AUD	6
Mon	16	10:45 AM	Awareness Through Movement, "Shoulder" (every Mon.)	AUD	14
Tues	17		Compass Center Training (email for information)		11
		3:00 PM	Afternoon Tea	AUD	14
		7:30 PM	The Ambassadors Big Band	AUD	7
Wed	18	8:30 AM	*Men's Breakfast: "How computers & printers make things"	PDR	3
		10:00 AM	"History of Costume Jewelry: 1850-1950"	BR	6
		11:00 AM	*Funky Lunch Bus: Amedeo's	CCL	11
		11:00 AM	<i>Compass Program</i> : Dementia Care	LH	10
		2:00 PM	Book Group: <i>Go, Went, Gone</i>	LH	9
Thurs	19	2:00 PM	Medical Update: Dr. Tiffany Shubert, "Falls"	AUD	6
		4:00 PM	CM Democrats: Associate Justice Mark A. Davis	AUD	5
Fri	20	10:15 AM	*Jordan Lake Boat Tour	CCL	11
		10:30 AM	World Affairs: Gerhard Weinberg, "Adolph Hitler & US"	AUD	5
		12:30 PM	Philosophy Group	LH	6
		2:00 PM	Speed Friending	GR	11
Sat	21	7:15 PM	Saturday Films: <i>Won't You Be My Neighbor?</i>	AUD	8
Mon	23	2:00 PM	MeadowLife demonstration for committee, activities leaders	LH	11
Tues	24	2:00 PM	MeadowLife demonstration for uninitiated and curious	LH	11
Wed	25	11:00 AM	<i>Compass Program</i> : Dementia Care	LH	10
		1:00 PM	MeadowFair	AUD	12
		2:00 PM	*Tinsel Painting	AS	7

September 2019 Meadowlark

		5:00 PM	Music in the Marketplace		
Thurs	26	10:00 AM	Unity Group: Michael Munger: "Tomorrow, 3.0"	LH	5
		1:00 PM	MET on Demand: <i>Turandot</i>	AUD	7
		7:30 PM	Music at Meadows: Hooverville Country Band	AUD	6
Fri	27	10:30 AM	World Affairs: Gustavo Montana: "The War on Drugs"	AUD	5
		7:30 PM	Travel Adventure: "A Drive Through England"	AUD	5
Sat	28	7:15 PM	Saturday Films: <i>Poms</i>	AUD	8
Mon	30	1:00 PM	CMU: Sylvia Hoffert, "Three Troublesome Women"	AUD	4

*Requires sign-up

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



Presentation of check to CORA representing total contributions representing total contributions from CM residents during the past year. Pictured, left to right, Rebecca Hawkins (CORA Development Director), Bill Powers, Bob Gladfelter, Vidy Johnson, Melissa Driver Beard (CORA Executive Director).