



The Meadowlark

Volume 31, No 3

April 2019

Casino Coming to Carolina Meadows

A big change is coming to the Marketplace. In the space adjacent to the Bake Shop, a small area with limited seating, a salad bar and deli counter, will be open from 8 am to 4 pm daily. The rest of the Marketplace will be transformed into a casino, one that will offer stiff competition to the best that Las Vegas can offer!

Bartenders will offer premium wines (with a focus on France and Italy) at lower prices than our “wines of the month,” as well as a wide range of traditional and trendy mixed drinks and imported and craft beers. Residents may also rent locked drawers to store their single malt scotches and other pricey beverages. Of course cus-

condones unhealthy practices like smoking.

The Activities staff will offer lessons to residents who need a refresher on the rules of the various games of chance. A series of eight lessons will cost \$80, with a remedial second course at half price. Classes at the Fitness Center will incorporate exercises to improve finger strength and dexterity.

The casino will welcome Carolina Meadows residents, family members and friends who are 21 years old or older. The casino will be open **5 – 11 pm Mondays through Saturdays.**

All profits from the casino will go toward construction of the new health center.

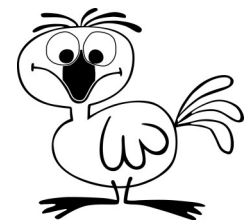
- Joanne Cotter



Picture plush carpeting, elegant lighting, and comfortable seating with various chair depths (no supplemental pillows necessary). Aisles will be wide enough to allow easy access for all mobility levels. The usual games of chance, such as baccarat, blackjack, and roulette will be offered. But the Marketing Committee has nixed slots as too lowbrow for Carolina Meadows.

tomers can order a wide variety of non-alcoholic beverages as well. Chef Jody and his staff are experimenting with lite dining options.

Human Resources is on track to hire experienced employees at all levels, ranging from casino dealers to wait staff and bartenders. However, there will not be any “cigarette girls” in skimpy costumes, so as to avoid any suggestion that CM tolerates sexism or



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President's Message

Our sensational Gift Shop! There is always new merchandise displayed so beautifully. Volunteers offer welcoming customer service and good prices. Sales proceeds keep funding the Residents Association, \$15,000 during the first nine months of the fiscal year. Let's all thank the many hard workers, particularly the management team – Mike Kesner, Susan Durfee, and Ann Gabor – for doing a splendid job.

Now the RA is planning how to put some of this "extra" money to work in next year's budget. We will be funding many activities and considering new programs. We also plan to increase our support of employee scholarships.

A new program will be tested **over the next three months**. Scott Schillin will bring his outstanding piano music to the Club Center Lobby on the **first Wednesday of each month beginning April 3 from 5:15 to 6:15 pm**. Scott is a classically trained musician, was a music producer for National Public Radio and was Operations Manager for the Boston Pops Orchestra for several years. Some of you enjoyed Scott's background music in our

Lobby at the recent launch of the UNC-TV party February 25. He also plays regularly for Pines, Fairways, and Green residents. Light appetizers will be available at no cost for these events. Lobby bar service, including non-alcoholic beverages, will be available at residents' expense. Seize the opportunity to socialize informally on the first Wednesday of the month with drinks, appetizers, and Scott's unique piano music. Scott will even take song requests!

We all have enjoyed the sensational photos on the walls leading to our dining rooms. I hope you will consider submitting a few of your favorite photos for the next exhibit. The deadline is **April 12**. Thanks to Carol Lehmann, Ed Unterberg, and others for assembling these impressive exhibits. Look for the new show in May.

With the arrival of warmer weather, it is time to enjoy our beautiful campus, including the Meadow Garden and The Park. Both were created and are maintained by residents. Take in the bounty of colorful spring flowers and plantings or just relax in the warm sun.

- Sam Ligon

New This Year!

The cost of buying a resident directory will be charged to your CM account. Cash or checks will not be needed. More info to come next month.

IN MEMORIAM

Vickie Badrow	V-270	02-19-2019
Mary Ellen Gregg	F-134	03-02-2019
Elizabeth Ryan	P-256	03-02-2019
Audrey Zablocki	F-117	03-08-2019
Edward Cameron	F-202	03-09-2019

THE MEADOWLARK

Published nine times a year
by the Residents Association
of Carolina Meadows,
Chapel Hill, NC

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May Issue Deadline

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

Carolina Meadows Census As of February 28, 2019

Number of Residents	Occupancy Level
Independent Living:	
621	96%
Assisted Living	
68	82%
The Pines*:	
58	73%*
Total on campus:	
747	91%
EA Program:	
85	
Total Residents: 832	
*Includes temporary admission of IL and AL residents.	

NEWS (continued from page 1)

Welcome Home!

Our ship has docked, and we have completed our journey. Carolina Meadows' fundraiser for public television was a huge success. On Wednesday, March 13, during a live telecast, a group of residents and staff presented a check for \$54,009.75 to UNC-TV. This could not have been accomplished without your generous support.

Our theme, "The Armchair Traveler," came to life as we moved our ship from port to port, stopping on the way for an International Dinner, a cooking class, lectures, and the unveiling of a chair adorned with travel related art painted by resident artist Sally Hubby. Congratulations to David

Hubby, who won the chair in the silent auction.

Kudos to Anne Scaff and Ray Williams, co-chairs of the Steering Committee, and to the many Carolina Meadows residents who volunteered to make this year's drive such a success. Special thanks go to the Marketing, Dining and Activity staffs that joined with us as our journey progressed.

This is the 17th year that we have come together to support UNC-TV Festival 2019, "The Armchair Traveler," was our community at its best. Thank you for helping to sustain this very worthwhile tradition in support of public television.

- The UNC-TV Steering Committee



Landing his hot air balloon on the Golf Course, Phileas Fogg made a surprise appearance at the celebration of the successful UNC-TV "Armchair Traveler" fund raiser.

UNC-TV Fund Drive Grand Prize Announced

In keeping with this year's theme of the Armchair Traveler, one lucky person will win a special trip as the Grand Prize for donating to UNC-TV. Since many residents have already traveled all around the world, the decision has been made to give away a trip to the exact geographic center of the continental United States. That center is in Kinsley, Kansas.

Also, in Kinsley you will find the Edwards County Historical Society Museum complex. It is located in Midway Park in Kinsley, Kansas, on the west edge of town at the junction of Highway 50 and Highway 56. The complex consists of a historical church, a museum with an enclosed sod house, antique farm machinery, and the Midway, USA sign. Admission to the museum is free.



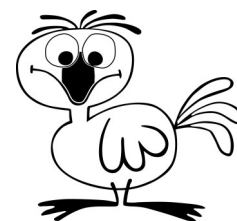
Although there are no hotels in Kinsley, you need not worry. Dodge City, Kansas is only 38 miles away. You will enjoy three lovely nights at the Boot Hill Bed and Breakfast during your stay. The bed and breakfast is directly across the street from the famous Boot Hill Museum. According to the Boot Hill website, "Boot Hill Museum is located on the original site of Boot Hill Cemetery and highlights the glory days of the Queen of the Cow Towns with creative, lively, inter-

active displays and activities the entire family will enjoy. Boot Hill Museum is open all year long where you can belly up to the bar for a cold sarsaparilla, enjoy some of grandma's homemade fudge in the

General Store or take home a lasting memento of your old west experience from the Boot Hill gift shop."

This trip is truly a treat for an Armchair Traveler! Congratulations to the winner!

- Pat Mandell



New Residents

Ruth Fitting, 1-105

Last Residence: Costa Rica

Interests: Politics, reading, TV, real estate, family

Anne Granath, 5-304

Last Residence: Chapel Hill, NC

Interests: PlayMakers, book groups

Eileen Guissari, 5-302

Last Residence: Lakewood, NJ

Interests: Reading, walking, mahjong, traveling, baking

Linda Medure-Ritter, EA

Current Residence: Cary, NC

Interests: Quilting, book clubs, political/current events discussion groups, travel, theater, movies

Charles (Charlie) Ritter, EA

Current Residence: Cary, NC

Interests: Woodworking, swimming, biking, kayaking, snorkeling, plays, movies, Chatham Cty Democrats, anti-fracking activities

Margaret Paulson, F-110

Last Residence: North Carolina

Interests: Reading, especially history, baking, gardening, sewing

Patricia Runyan, F-106

Last Residence: Seattle, WA

David Simpson, EA

Current Residence: Chapel Hill, NC

Interests: Walking, yard and garden work, woodworking, UNC sports, time with grandchildren, weight training

Suzanne Simpson, EA

Current Residence: Chapel Hill, NC

Interests: Walking; sports; book club; traveling; family time with grandchildren

Brooks de Wetter-Smith, EA

Current Residence: Chapel Hill, NC

Interests: Concert flutist, photography, multi-media productions, travel, reading

Mary-Lou Leiser Smith, EA

Current Residence: Chapel Hill, NC

Interests: Volunteer for peace/social justice, languages & intercultural understanding, travel, swimming, dancing

Beth Wortman, 4-201

Last Residence: Virginia

Interests: Reading, watching tennis, Iowa & Packers FB, Cubbies BB

Message from the Chief Operating Officer

Kevin McLeod and I look forward to sharing some updates with you at the upcoming Town Hall meetings on **April 16 and 17 in the Auditorium at 11 am** regarding our recent successful CARF accreditation survey and an update on Birchtree to include floor plans, site map and pricing.

Our aim is to inform residents about the value of the CARF accreditation. Carolina Meadows' participation for another five years ensures residents and prospective residents that the programs and services, governance and overall management conform to nearly 1,200 standards of excellence.

The CARF organization has a specific process for CCRCs that is driven to develop and maintain current standards and best practices that improve the value and responsiveness of the program and services delivered to our residents. The final survey report was received at the end of February

and cited two recommendations, one for not offering competency-based training for all volunteers and one for not conducting tests of our emergency procedures for bomb threats. In addition, the survey team included several strengths of the organization, among them a few highlights below:

- The Board is actively engaged and has a variety of expertise and knowledge that is effective and serves the organization well. Resident input is important. It includes resident representation on the Board, and various opportunities such as the Listening Post.
- Performance improvement is a priority evidenced by the comprehensive program in place, utilizing a variety of tools and processes with detailed metrics and key performance indicators.

- The organization has a comprehensive strategic planning process that includes four main phases: assess, design, build, and manage. Carolina Meadows has focused on these themes and created a balanced scorecard to monitor and measure progress against major themes and specific goals.
- Employees appear to be very happy at the organization; they enjoy working at Carolina Meadows and appreciate the opportunities to spend time with residents, such as volunteering, dining, activities, and programs. Many employees have advanced through the system. The recent initiative of the "exceptional" cards promotes recognition for modeling the mission and values of the organization.
- Obvious assets of the community are resident involvement in all aspects of community life.

(Continued on p. 5, "COO Report")

Cognitive Health Corner

Do you know about this Community Resource?

The Daytime Eldercare Program with Charles House accommodates participants in a therapeutic social engagement model of care. Family caregivers receive much needed respite while participants develop new friendships, social connections and a strong sense of belonging. The Daytime Program fosters small group intimacy with engaging meaningful activities. You can select the number of days per week and choose between full-days and half-days, and fees are priced accordingly. Carolina Meadows provides free transportation to this community resource in Chapel Hill. Carolina Meadows resident Pat Merriman is available to share her positive experience with Charles House. To see an example of activities and to learn more, visit charleshouse.org/daily.html. To see Charles House in action, please contact Amy Gorely at (919) 370-7213 to join a group tour that is being planned.

(Continued from p. 4, "COO Report")

The Resident Association drives programs, activities, and volunteer efforts and serves as an advisor to the community's management. Carolina Meadows does not have to be a place to come to retire and sit back, but a place in which those who choose to contribute to the community can grow in ways they might not have had the time to before moving in. Residents are friendly, active, and engaged at Carolina Meadows.

We look forward to sharing the results with residents, staff, and Board members at the upcoming April Town Hall meetings.

Spring Awakening in The Park

After what seems like a long season of winter cold, The Park is gearing up for spring with tender shoots of ornamental grasses and delicate blossoms of apple, cherry and pear trees. Spring is in the air. Trees, shrubs, and perennials are continuing to prepare for a glorious summer show of rich foliage and colorful blossoms.

A gentle walk from the parking area adjacent to the Community Gardens leads to a quiet and shady woodland walkway, past the still pond, now stocked with large-mouth bass. A dramatic sculpture "Skyward" welcomes you to the open Park area. Here a sturdy tool shed and comfortable benches lead to a gravel path that takes you to expanses of Park plantings now emerging from their winter slumber.

A handsome pergola invites you to rest for a spell, before venturing along the gravel walkway,

which is bordered by native perennials, shrubs and small trees. A blueberry patch coming into bloom promises tasty fruit later in summer. The path leads to the rustic Weston Arbor sheltering a comfortable bench. From this vantage point you can further explore along a grassy path, the beginnings of a wildflower meadow.

The Park, a work and project in progress, has been an endeavor of The Park Group, a dedicated committee of residents who have initiated, promoted, and supported the establishment of this once neglected area into a place of beauty to be enjoyed by all residents of Carolina Meadows.

Come and welcome spring with us at The Park!

- Taimi Anderson, Park Committee

Spring Hazardous Waste Collection

Monday, April 8 – Friday, April 12

Apartment dwellers should deposit items in red bins in the Refuse and Recycling rooms. Villa dwellers should take items to a truck that will be near the bocce court. Call the Physical Plant at (919) 370-7301 if you need help with transporting any item.

Hazardous waste items accepted: paint, paint-type products; long fluorescent bulbs, compact fluorescent lamps (CFLs); sealants; automobile oil cans, antifreeze and other car chemical containers; pesticides, weed killers, and other garden chemicals; dry cleaning fluids, household cleaners; sterno fuel cans; nail polish and nail polish removers; propane gas canisters; alkaline batteries.

- Judith Ferster

Resident Town Hall Meeting

Presenters:

Kevin McLeod, President & CEO

Ben Cornthwaite, COO

Tuesday, April 16

11 a.m.

(Auditorium)

Wednesday, April 17

11 a.m.

(Auditorium)

Two meetings have been scheduled in order to accommodate all residents. It is not necessary to attend both meetings as the same items will be covered at each session.

The meeting will be simulcast Wednesday, April 17 at 11 am in the Gallery to **Fairways residents** and Tuesday, April 16 at 11 am in the Activities room to **Pines residents**.

TALK

Carolina Meadows University (CMU)

"Biblical Text in History: Clues for Reading the Biblical Library"

On **Monday, April 1**, Manuel Wortman will follow his first lecture on the historical roots of the early religious writings of the Hebrew Bible (the Old Testament) with an analysis of the history of the New Testament(s). The Bible is the ancient foundational library of Hebrew and Christian origins. It is very complicated. The keystone to understanding it is to take a first step by learning more about the historical context of each of its books—when, where, why; and the literary context—its author and its complicated languages (Hebrew, Aramaic, and Greek). Manuel, a United Methodist Chaplain, served as Campus Minister at UNC Greensboro, Appalachian State, and UNC CH for 23 years. He describes himself as a "non-exclusivist and non-literalist." In the third session on **April 8**, a study of a selected passage will be led by Janet Danforth, the Jewish Chaplain at Carol Woods.

In preparation for the April sessions of the course, Manuel suggests you think about such questions as:

"Can you find the Persian influence which entered Biblical thought through apocalyptic writings? Why is the Apocrypha in Roman Catholic Bibles but not in Protestant Bibles? Ever heard the word 'Pseudepigrapha' associated with the Bible? How did the Age of Reason change the way many scholars read the Bible?"

Following the customary one-week hiatus, CMU will return on

April 22 with the final course of the Spring Semester:

"Democracy at Risk"

Three sessions on this timely topic will be presented by CM's own Dr. Judith Pulley. More than a dozen books addressing this issue have been published recently, and three periodicals have devoted their entire issue to the topic. The first lecture, "The Decline of Democratic Institutions: A Global Perspective," will take a historical and international view. The second lecture on **April 29**, "Fake News, Gaslighting and Disinformation," will ask whether democracy can thrive in a "post-truth" world. The series will wrap up on **May 6**, asking "Is Democracy at Risk? Should we be Worried?"

Judith Pulley studied in Missouri, Quebec, and France, and finished her formal education with a PhD in History from the University of Virginia. She had a long and distinguished career as a university-level educator and administrator, including the History Faculty of NCSU and Appalachian State University, and positions of increasing importance in academic administration at ASU and the UNC System. Judith and Raymond Pulley co-chaired the World Affairs series at Carolina Meadows for eight years before passing the torch last year. Through their World Affairs program leadership, they became campus legends for their insightful non-partisan policy presentations.

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

- CMU Steering Committee

Medical Update

Lecture: The next Medical Update lecture will take place on **Thursday, April 18 at 2 pm in the Auditorium**. The title will be "Mind Your Meds" or "Meds that Make You Tippy." Our speaker will be Natalie Scarbrough, Doctor of Pharmacy.

There is now a myriad of medications, over the counter and prescriptions, that are being used by senior citizens. Most of these have an associated benefit vs risk. The latter can include allergy, side effects on other organ systems, addiction, improper dosage, and compromised alertness. This can interfere with driving, loss of balance, and dizziness, which can lead to falls. The discussion will include medication management, storage, disposal, and maintaining an active med list.

Our speaker, Natalie Scarbrough, is a third generation pharmacist. Her grandfather opened a pharmacy and soda fountain in Clinton, Tennessee in 1930. Her mother is now the pharmacist at that store. Dr. Scarbrough received her DPharm at Lipscomb University in Nashville, Tennessee.

"Brown Bag Event": If you are taking more than three medications, consider scheduling a medication check-up at Governors Pharmacy. A pharmacist will review your medications with you to organize your medications, remove any that have expired, and avoid any adverse drug events.

This promises to be a most useful review of our medications, which are an important part of our daily health maintenance.

- Leonard Cutler

World Affairs

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

April 5: Steven Levine, "United States & China: Are We at a Turning Point?"

Dr. Levine writes and lectures on modern Chinese politics as well as US-China relations. He taught at UNC Chapel Hill for many years, where he was the founding director of the Carolina Asia Center. He has published extensively and his most recent book, *Mao: The Real Story*, has just been released in paperback.

April 12: British historian Andrew Roberts, "Churchill: Walking with Destiny" (video)

Eleven hundred pages in 52 minutes – Andrew Roberts discusses his latest book. It has been

called by many the best single volume biography of Churchill yet written and *The Economist* says, "By drawing on many previously untapped sources, Mr. Roberts has produced a more complete picture of his subject than any previous biography."

April 19: John Beghin, "Global Food Security"

John Beghin is a specialist in international agricultural economics, which includes prices, food markets and policy. He has been a consultant to the Organization for Economic Co-operation and Development, the World Bank and several other such institutions. He has published extensively and received numerous awards and honors.

April 26: CM resident Tony Butterworth, "Plastics: Did Benjamin Get Good Advice?"

Starting in the 1930s, the world began to experience an amazing growth in "plastics," materials that have replaced metal, glass, wood, ceramics and natural fibers. Today our lives all depend upon the use of "plastics." Unfortunately, these all end up as garbage, much of it floating or sinking in the oceans. The damage done to the marine environment will be presented for discussion.

- Dorothy Samitz

Men's Breakfast

The Men's Breakfast Group meets at **8:30 am** on the third Wednesday of each month (except July, August and December) in the **Private Dining Room. Please wear your name tag.**

The speaker for our **Wednesday, April 17** meeting will be CM resident Steve Bodner. His talk is entitled: "Using Computers in the Design and Building of Wooden Objects." Computer-controlled machinery has recently become available for individual woodworkers. Steve will illustrate how he used this technology to construct a small cherry box with curved surfaces.

- Mike Cotter

Philosophy Group

The topics proposed by Daniel B. Kokotajlo and Michael Prinzing, Outreach Professors of the UNC Philosophy Department, for **April 2 and April 16 meetings at 11 am in the Lecture Hall** are as follows:

April 2: What are the proper goals of the justice system? Is retribution one of them, or only deterrence?

April 16: Epistemic Learned Helplessness: When should we go where the arguments lead and when should we step back and remain skeptical despite not having a good counter-argument?

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

Travel Adventure Some Aspects of Nepal and Thailand

In 1993, the Unterberg family travelled to Nepal and Thailand. The Nepal visit included many Buddhist sites, a trek in the Annapurna region, a whitewater raft trip down the Siti River, and riding elephants in the Chitwan Nature Reserve. The next stop was Thai-

land. The most interesting part here was the stay in Bangkok with a tour of the incredible Old Royal City.

In the **Auditorium at 7:30 pm on Friday, April 26.**

- Ed Unterberg



ARTS

Music at the Meadows In the Auditorium

Clara Yang, Pianist

Peng Li, Cellist

Thursday, April 18, 7:30 pm

A virtuoso pianist, Clara Yang has built a national and international reputation, performing with many of the major conductors and orchestras around the world. She is currently Associate Professor of Music at UNC Chapel Hill. Ms. Yang has dazzled Carolina Meadows audiences with her solo performances in recent years. But this evening she will share the stage with Peng Li, who joined the North Carolina Symphony Orchestra in 2008 as an Associate Principal Cellist. Mr. Li earned a Master's Degree in Music from Rice University after graduating from the New England Conservatory of Music in Boston.

Bennett Quartet, Classical Strings

Monday, April 29, 7:30 pm

The group comprises violinists Bob Anemone and Erin Zehngut, violist Sam Gold, and cellist Kirsten Jérôme. Bob Anemone is a member of the first violin section of the North Carolina Symphony, and has performed throughout the US and Europe. Erin Zehngut joined the First Violin Section of the North Carolina Symphony in January of 2016. Before that, she was a fellow with the New World Symphony under Music Director Michael Tilson Thomas. North Carolina Symphony's Principal Violist Samuel Gold is a graduate of the New England Conservatory. Kirsten Jérôme, who received her Masters of Music at Eastman School of Music, is on the faculty at

the North Carolina Chamber Music Institute, the North Raleigh School of Music, and the Chapel Hill Chamber Music Workshop. The Bennett Quartet's previous appearances at Carolina Meadows were warmly received.

- Norm Miller

The Popcorn Blue Band

7:30 pm Auditorium

Thursday, April 4

The Popcorn Blue Band (PCB) formed as a collaboration between husband and wife team Dan and Linda Chegash, along with their UNC colleague and friend Dr. Phil Sloane. Dan's background in playing drums goes back several decades and spans several bands of different varieties. Linda started singing as a child in church, but didn't mature to performing in a band until joining a jazz band in 2008. Phil is a classically trained pianist and a professor of medicine. His talent for writing research also expands to writing song lyrics and music. Tom Wills, a gifted cornet player and singer, began playing the cornet when he was ten. He has played with both small intimate groups and large multi-member ensembles. PCB's rhythm line is masterfully held down by stand-up bass player Dr. Marc Alperin, professor of marine sciences. Marc is currently playing in three local bands. Kathleen Millikan rounds out the vocals with an excellent soprano voice which completes some rich full harmonies. PCB has an eclectic repertoire of tunes ranging from 1920 to the twenty-first century. Its members enjoy performing and hope the audience reminisces in fond memories while tapping their toes.

**A Grand Time for Singing –
From Opera to Broadway
2 pm Auditorium
Wednesday, April 10**

**MET Opera on Demand *Aida*
(from October 2018)
1 pm Auditorium
Wednesday, April 24
2 hours, 52 minutes**

With its cast of hundreds, thrilling score, and sweeping tale of love and heroics in ancient Egypt, Verdi's *Aida* has long been a fixture on the stages of every major opera house in the world. For the 2018 revival of Sonja Frisell's monumental production of this grand masterpiece, the Met assembled a truly all-star cast. Soprano Anna Netrebko, one of her generation's most compelling artists, takes on the title role for the first time at the Met, going toe to toe with powerhouse mezzo-soprano Anita Rachvelishvili as her rival, the conniving princess Amneris. Tenor Aleksandr Antonenko is Radamès, the warrior whom both women love, and Quinn Kelsey lends his robust baritone to *Aida*'s father, the fallen king Amonasro. Maestro Nicola Luisotti is on the podium to conduct this epic performance, filmed as part of the Met's series of Live in HD cinema transmissions.

WANTED!!

We need your wonderful, exciting photos for the next Resident Photo exhibit.

Submissions accepted from
March 25 through April 12

Details will be in your mailbox on March 25

AIM Art In the Meadows

April Artist of the Month –

Bill Davis Watercolors

Art Class – Decoupage –

Wednesday, April 10, 17 and 24. 2-4 pm in the Art Studio. Instructor Sally Hubby

<sallyhubby@gmail.com>. Cost \$15 for materials; pay to instructor first day of class. Create a unique 12" glass plate using the decoupage technique of cutting, gluing, and painting. The end result will resemble fine porcelain and may be displayed or used for serving canapés or favorite desserts. Bring small sharp scissors, such as manicure scissors. All other supplies are provided, including a wide variety of decoupage prints. You may bring designs of your own if they are printed on good quality, non-shiny paper. Sign up in Activities Book in Lobby. Class limited to 12 people.

Don't forget the new **Sketch Book "Review" – Wednesday, April 10, at 10 am in the Art Studio.** Artists meet to share and discuss sketch book entries and project ideas. Theme for April is "Houses/Buildings." No sign up required. For more information, contact Margaret Zircher, (919) 967-1102 <zircher@me.com>.

Art Studio Schedule - Come paint or create when room not in use. If you would like a schedule emailed to you monthly, send Margaret Zircher an email <zircher@me.com> with subject "Send Studio Calendar."

Otherwise, the calendar can be found on the art studio bulletin board calendar, and on <<https://meadowlife.org/activities/art-guildgallery-exhibit>>.

- Margaret Zircher

Films for April 2019 Shows start at 7:15 pm in the Auditorium

Besides free popcorn, we are offering another incentive: If you wish to talk about the movie you have just seen, come down front during the credits and we'll talk about it. YOU are choosing the movie. There is a box on the table in back into which you can put your recommendations. Caveat: Occasionally the scheduled movie does not arrive, so it is always wise to check *MeadowLife* or the bulletin board on Friday or Saturday.

April 6 *The Old Man & the Gun* (2018)

1 hour, 33 minutes – Rated PG 13
Robert Redford, Casey Affleck, Sissy Spacek

Based on the true-life exploits of bank robber Forrest Tucker, this serio-comic tale recounts his daring escape from prison at age 70 and the long string of heists that preceded the bandit's final arrest at age 78.

April 13 *The Piano* (1993)

2 hours, 1 minute – Rated R
Holly Hunter stars as Ada McGrath, a mute but strong-willed nineteenth century Scottish expatriate who arrives in New Zealand with her daughter (Anna Paquin) and her beloved piano in tow. Although betrothed to a landowner (Sam Neill), she's pulled into an affair with a laborer (Harvey Keitel).

April 20 *Coco Chanel and Igor Stravinsky* (2009)

French w/English Subtitles
1 hour, 59 minutes – Rated R
Seven years after she was inspired by the bold debut of Igor Stravinsky's *The Rite of Spring*, famed fashion designer Coco Chanel (Anna Mouglalis) -- reeling from the death of her beau, Boy Capel (Anatole Taubmann) -- meets and falls for the Russian composer

(Mads Mikkelsen) in 1920s Paris. A forbidden romance ensues.

April 27 *Bombshell: The Hedy Lamarr Story* (2018)

1 hour, 30 minutes – Not Rated
Remembered as one of the most ravishing stars of her day, screen legend Hedy Lamarr had brains and beauty -- which are on full display in this illuminating documentary that spotlights her World War II-era co-invention of wireless communication forms.

Tuesday at the Movies

2 pm Auditorium

Tuesday, April 2

Bringing Up Baby

1938 – NR – 1 hour, 42 minutes

Love runs wild for a hapless scientist and an unstoppable heiress in Howard Hawks' classic screwball comedy that ranks high on the American Film Institute's list of the funniest Hollywood films ever made. With her eye on paleontologist David (Cary Grant), heiress Susan (Katharine Hepburn) lures him to her home. But the hilarity begins when Susan's dog steals David's prize dinosaur bone and her pet leopard, Baby, is mistaken for a zoo escapee.

CM Democrats Sponsor Anita Earls Talk

"Guaranteeing a Fair and Impartial Court: What it Means in Practice"

Saturday, April 13

10 am

Auditorium

Rabbit, Rabbit Day

No April Fool but Rabbit, Rabbit Day on **Monday, April 1.** BYOB. Meet in the **back of the Marketplace at 5 pm.** Bring a friend or come by yourself, as your friends will be waiting for you. Sorry gents: ladies only.

Book Group: *The Postmistress* by Sarah Blake

"What would you think of a postmistress who chose not to deliver the mail?" I asked. "Don't tell me any more," a woman from the far end of the table cried in delight, shining and laughing between the candles. "I'm hooked already." I watched the question take hold. Mail, actual letters written by hand, being pocketed undelivered. What a lark! Anything might happen. Marriages might flounder. Or not take place! Around the table the possibilities unfurled. A man might escape the bill collector's note. The letter assuring a young man of his first job might never arrive, forcing him to look elsewhere." *The Postmistress* (p. 1).

Through the lives of three women we experience the beginning months of WWII. Frankie Bard broadcasts from London with Edward R. Murrow and struggles with the unheeded violence taking place in occupied Europe. Iris James, the eponymous postmistress on Cape Cod, serves her town by delivering secrets and sometimes by not delivering them. Both women deliver news or fail to, but in very different ways. And Emma Fitch is a young bride on Cape Cod, whose doctor husband heads to London to help during the Blitz.

The intersected lives of these three women bring to life the impact of war, whether immediate and violent or remote, but no less shattering. Do their choices dictate the lives Frankie, Iris and Emma lead? Or are their lives the result of events beyond their control? Were their choices inevitable?

Come to the Book Group when we discuss *The Postmistress* on **Wednesday, April 17 at 2 pm in the Lecture Hall.**

- Beth Wortman

New DVDs

Can You Ever Forgive Me?, 2018, R (Tomato meter: 98%)

This movie, based on the true story of a best-selling celebrity biographer who started to forge documents when she fell upon hard times, stars Melissa McCarthy (nominated for Best Actress at the 2019 Academy Awards) and Richard E. Grant (nominated for Best Supporting Actor).

The Green Book, 2018, PG-13

The Green Book won Best Picture, Best Supporting Actor (Mahershala Ali), and Best Original Screenplay at the 2019 Academy Awards. The movie is based on the true story of a journey taken by two very different men—an Italian nightclub bouncer who serves as the chauffeur and bodyguard for a black concert pianist, as the latter performed throughout the 1950s South.

Bohemian Rhapsody, 2018, PG-13

Bohemian Rhapsody is a celebration of the rock group Queen, their music and their extraordinary and beloved lead singer Freddie Mercury (played by Rami Malek, who won the Best Actor Award for his performance).

A Private War, 2018, R

This biopic is based on the life of the war correspondent Marie Colvin (played by Rosamund Pike) who was "utterly fearless" in covering conflicts throughout the world. Known by her distinctive eye patch, which she wore after being hit by a grenade, she sacrificed personal relationships in order to relentlessly pursue the stories of war-torn people who would otherwise be forgotten.

Mary, Queen of Scots, R

Mary Stuart (Saoirse Ronan) was queen of France at age 16, and a widow at 18. She decided against remarrying and returned to her

native Scotland to reclaim her rightful throne. Queen Elizabeth (Margot Robie), however, ruled over Scotland. The two became rivals, even though they both needed to decide how to find love and remain in power in a masculine world.

- Andrea Miller

Voices Authors To Read on April 23

The galleys have had their final proofreading, the graphic artist has made the corrections and soon *Voices 2019* will arrive on campus. On **Tuesday, April 23**, several authors whose work appears in the current edition will read their stories and poems in the **Lecture Hall at 3:30 pm.**

Following the reading, copies of Carolina Meadows' unique literary journal will go on sale. You will be able to meet the authors and buy a copy—or copies—of *Voices*, and perhaps acquire an autograph. Representatives from the Gift Shop will be available to handle purchases, which will be charged to your account. Last year all copies of *Voices* sold out within a few days.

The Editorial Board invites you to enjoy a glass of wine, nibble on cheese and crackers, and enjoy the variety of literary talent displayed by your friends and neighbors.

Mark your calendar, come one come all
on April twenty-third to the Lecture Hall.

Hear poems and stories,
some funny some sad;
read a copy of *Voices*, you'll
be very glad.

- Myrna Merron for the *Voices*
Editorial Board

A Celebration

It's finally spring/ so let's all sing/
about the gifts the season brings./
Trees in blossom/ pink and white/
bird songs ringing/sweet and
bright/
Flowers bloom/o'er hill and dale/
and best of all



THE SPRING BOOK SALE!

Okay, we know; we just pulled the old "bait and switch" to hook you into reading yet another article about a book sale at Carolina Meadows. However, in our defense, we should say that the spring book sale really is something to celebrate: It's a whale of a sale!

For this particular sale, our entire collection of donated books will be brought up to the Auditorium from the book storage areas in the basement. This collection includes books of vastly different types, from best sellers to prize-winning biographies and from mass market paperbacks to exquisitely illustrated books of art. Whatever your interests, you're sure to find some gems to add to your own personal library. Moreover, by shopping the sale, you'll be benefiting our own Carolina Meadows Library by funding the purchase of brand-new books and DVDs.

Write down the following dates and times so you don't miss out on the bargains that await you: **Tuesday, April 30 (2-7 pm), Wednesday, May 1 (9 am-7 pm) and Thursday, May 2 (9-11 am) in the Auditorium.** As usual, the prices are ridiculously low, so you can shower yourself with great reads.

- Ruth Leopold

New Books Added to Library Collection

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

Fiction

The Orphan of Salt Winds by Elizabeth Brooks

Night Tiger by Yangsze Choo

The Silent Patient by Alex Michaelides

The River by Peter Heller

The Lost Girls of Paris by Pam Jenoff

The Moon Sister by Lucinda Riley

The Hiding Place by C. J. Tudor

Large Print

Outfoxed by David Rosenfelt

The Seven Sisters by Lucinda Riley

Educated by Tara Westover

Mystery

Untouchable by Jayne Ann Krentz

Stranger Diaries by Elly Griffiths

A Justified Murder by Jude

Deveraux

The Lost Man by Jane Harper

The Wedding Guest by Jonathan

Kellerman

The Black Ascot by Charles Todd

Biography/Biography Collection

Churchill by Andrew Roberts

Display Cabinet

Many thanks to Bev Milton for organizing and arranging the display of travel souvenirs in March in coordination with the UNC-TV fund drive.

April will feature Tom Wilson's wonderful collection of shells accumulated for many years, beginning with walks on the beach as a young boy with his parents. This exhibit anticipates warm summer days ahead and our days at the beach.

May's display will exhibit many pieces of crystal collected and passed down by generations to many of our residents. If anyone would like to share in this exhibit, please call Betty Lindsay at (919) 942-4479.

The steering committee for the Display Cabinet would welcome any new crafts, handwork or collections for future months. Also, if anyone is interested in serving on this committee, you would be most welcome.

- Betty Lindsay

VIP

VISUAL INFORMATION PROGRAM

A Display of Adaptive Devices

Thursday, April 4

1:30 pm-3:30 pm

Fairways Gallery

Vendors

Lynn Shields, Community Low Vision

and

Bob Cook, Carolina Low Vision

Come and see all the devices that are available or get many helpful ideas. Devices may be ordered from vendors.

ACTIVITIES

Community Outreach Corner

Thanks to everyone who donated to the Book Harvest! There were over 700 children's books delivered to the Durham Book Harvest. Following are more upcoming events from the Community Outreach Committee.

Tuesday, April 9 - Habitat for Humanity Goods Drive

The Habitat for Humanity store in Pittsboro will be making its spring collection of unneeded household items on Tuesday, April 9. The Habitat truck will be parked in the parking lot across from our tennis courts from **10-11:30 am** to receive donated household items that are in good shape and clean. Contact Bob Merriam (919) 942-3363 for more information.

Friday, April 12 and Tuesday, April 16 - Field trips for residents! In conjunction with the CORA fund drive in early May, two bus trips are planned to visit the CORA Food Pantry. Sign-ups start on April 1.

Tuesday, April 23 at 2 pm - Auditorium - Citizenship Celebration All are invited to attend and to congratulate three staff members from our housekeeping team who took citizenship classes with our resident tutors and recently became citizens. This is a success story of Carolina Meadows' outreach partnership with the Chatham County Literacy Council.

Tuesday, April 23 - Friday, May 3 - Club Center Lobby - Incontinence Supplies Drive

An incontinence awareness, educational and goods drive is being co-sponsored with The Health and Wellness Committee. This is

an educational event and we will collect unisex M, L and XL pull-ups to donate to the Chatham County Council on Aging.

Friday, April 26 - Friday, May 10 - Senior Games

Come demonstrate your skills. Consider participating in the Chatham County Council on Aging's Senior Games & Silver Arts, a wellness and prevention program that seeks to keep the body, mind, and spirit fit while also fostering enjoyment with friends, family, spectators and volunteers. Seniors 50 or older are eligible to participate. Carolina Meadows is one of several games sponsors. For more information and a list of the sports and arts involved, contact Liz Lahti, Chatham Senior Games Local Coordinator, (919) 542-4512, ext. 228 or <liz.lahti@chathamcoa.org> You can check the Council website, <<http://chathamcouncilonaging.org/activities/seniorgames/>>. Please contact Abbie & Alan Tom, Villa 353 (919) 933-8972, with any further questions.

Wednesday, June 5 - Auditorium - Rise Against Hunger Returns! The Community Outreach Committee will co-sponsor another Rise Against Hunger food packaging event! Registration will be later this spring for this event.

School Volunteering - Lunch Buddies - Chatham Lunch Buddies provide students in grades K-5 a positive one-to-one relationship with a caring adult for support, attention and friendship by enjoying lunch together. Volunteers have the opportunity to have lunch with a student on a weekly basis. For more information contact Shirille Lee, Student Support Specialist/Youth FIRST at Commu-

nities in Schools in Chatham - <shirille@cischatham.org> or (919) 633-0116 ext. 404.

School Volunteering - School Reading Partner - Chapel Hill-Carrboro City Schools

Volunteers will have the pleasure of reading with individual students. Contact Jenny Walters for more information at <srp@chccs.k12.nc.us> or (919) 967-8211 ext. 28336.

- *Judy Jones, Community Outreach Committee Chair*

Like to Visit CORA?

Thanks to free bus service provided by Carolina Meadows, residents will be able to visit CORA on **April 12 or April 16**. See the Sign-Up book in the Club Center for details.

CORA, the Chatham Outreach Alliance, is the food pantry that last year provided emergency food to more than 20,000 Chatham County residents. From where we live, that may seem unbelievable. Unfortunately, the extent of poverty in our county is extensive, but mostly hidden. Half of the public-school children receive free or low-cost meals. One in four children in Chatham struggles with hunger. A shocking 14% of county residents fall within the poverty range.

As CORA's Executive Director says, "CORA is a place of hope and comfort for many in our community, a respite from their struggles where there is always an empathetic ear, supportive smile, and shelves of food to help meet their needs." CORA is essential. CORA needs our help. Please plan to be generous during the **annual drive that will be held from May 9-18**.

- *Bill Powers*

How to Discover Family Genealogy on "Family Search.org"

Are you stumbling over the search for your ancestors? There is a solution. Attend the genealogy meeting on **Tuesday, April 2 at 3 pm in the Board Room** and listen to Cathy Hinkley describe familysearch.org. The presentation and tips on how to navigate this prestigious and free source will enable researchers to continue an accurate search for the origin of their ancestors. Participants will welcome the opportunity to learn how to understand and utilize the web pages of Family Search. We are fortunate to have Cathy, from the Family History Center in Apex, joining us to present an excellent and accurate program on the respected use of familysearch.org. The meeting is open to all residents who wish to learn more about this process in their search for ancestors.

- Ruth Muller

Introduction to Windows Operating System (Must bring a laptop running Windows 8 or 10)

Tuesday, April 16

Deadline: **Friday, April 12**

Cost: \$15 per person payable to instructor **2 pm Board Room**

In this workshop we will go through the basics of using the newest Windows operating system. If you need help determining whether you are running this system, please call or email us at the options below. You will learn how to set up your computer, whether it is new or just needs some updates. You will learn the basic operations and functions. We will also show you some tricks and tips to make your computer easier to use. We can't wait to see what you will be able to create with the things you learn! If you would like to ask us some questions about the class, feel free to email us at <techteamnc@gmail.com> or call at (919) 903-7060.

Thanks, *Tech Team*

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

2 pm Game Room

Friday, April 19

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.

So your Wellbeing & Engagement Committee is offering a guaranteed fun experience on **Friday, April 19 at 2 pm**. Try this enjoyable "getting-to-know-you game" yourself or bring a friend or neighbor so you can both expand your connections here in our Carolina Meadows home. Please sign up in the Activities Sign-up Book.

- Karen Monaco and Kris Snyder, Wellbeing & Engagement Committee

MeadowMinds

This **brain fitness class** is for those who have a pretty good mind and want to keep it that way. We do activities that exercise different parts of your brain such as language, problem solving, logic, attention and visual spatial skills. This class addresses Mental Stimulation, and we will discuss the others, which are Nutrition, Physical Activity, Spirituality and Socialization. Class meets on **Tuesdays** from **11 am- noon** in the **Activities Building Conference Room, April 2 through May 21**. Your facilitator is resident, and author of *Age Smart, How to Age Well, Stay Fit and Be Happy*, Harriet M. Vines, PhD. Space is limited to seven participants. Please sign up in the Activities Sign-Up Book.

Sharing Stories from Our Lives

3 pm Lecture Hall

Tuesday, April 2

Topic: "Show and Tell"

Bring a treasured or interesting possession or photo that has meaning for you, and a story attached.

Everyone is welcome...you can just come and enjoy listening to your neighbors' stories and get to know them better. Or better yet, share one of your own.

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

No registration required. Hope to see you there!

Golf Report

There have been some changes to the plans for the golf course. It appears that we will be able to redo greens seven and nine and resod number eight. Depending on cost, we may also be able to resod greens three and five. These greens will be redone with the same zoysia that was used for number four last summer. This work will begin in May. Therefore, we will postpone our spring tournament. We will resume playing when the weather improves. - Gus Conley

Interested in Woodturning?

Come watch a demonstration of woodturning

By Dr. Stephen Moll

May 8 at 10:30

In the Woodcraft Shop

Restaurant Review: Uncle Julio's Mexican Restaurant

When you get those "taco cravings" and aren't sure where to assuage them, your best bet locally is Uncle Julio's in the Streets at Southpoint. Located near the AMC movie theater, it's often a pleasant way to spend some free time with a movie (on those rare occasions when the movie is good) along with a satisfactory meal.

Uncle Julio's, open daily from lunch through dinner, proudly advertises its food as "Mexican from scratch." It attracts groups of cheerful, if noisy, customers for both dining periods. You won't be impressed with the decor in this large venue, which is standard in every way with large booths along whitewashed walls adjacent to groupings of tables flowing alongside, both with a view of the kitchen. It seems the current "chic" these days requires that we watch the cooks in full view to maximize the dining experience.

The food, for the most part, is nothing more than adequate but is delivered by young, smiling and capable servers. On one occasion, however, our chicken tortilla soup brought on our happy face thanks to the broth, a rich chicken stock base topped with crisp tortilla pieces. The Mexican term "fajita" refers to a grilled meat served as a taco on a tortilla. Our own steak fajita proved tasty. The meat cooked with onions and bell peppers was topped with shredded lettuce, served on a flour tortilla and topped with sour cream and diced tomatoes. It was the combination of these little extras that made this dish delicious.

Having said all this, be forewarned that the place is always busy and crowded with the accom-

panying noise level you expect from people having fun over an extended pleasant meal. Bring your ear stoppers or join the crowd and make your own happy noise.

- Dorothy Mahan

Carolina Investment Club

The Carolina Investment Club meets in the **Board Room** at 7 **pm** on the first Wednesday of each month. All Carolina Meadows residents who are interested are welcome to attend. The April meeting will be held on **Wednesday, April 3, at 7 pm.**

- Ron Kudla



As a part of the "Armchair Traveler" UNC-TV fundraiser, Chef Jody provided residents with a "Taste of Asia," demonstrating how to prepare shrimp spring rolls and pork fried rice.



April in the Gift Shop

Tax Day is nearly here and we offer Flexible Massagers (also a back scratcher and lotion applicator), "Toolbox" Pens to fix that return (with a pen, stylus, screwdriver, ruler and level but no eraser), Caspari cocktail napkins and our usual supply of headache relief.

To brighten the waning days of winter, we have Tapestry Totes with patterns from animals to flowers (a great buy at \$8) and Handmade Bouquets of 3 Roses made of thin wood – a nice gift for a friend in the Pines.

Further we anticipate a new influx of Handbags and Jewelry to supplement our selection of Spring Tops and Scarves.

So stop in, support YOUR Gift Shop and thus the many programs supported by our profits.

Well-being and Engagement Wellness Corner

The Well-being and Engagement Committee's second quarter theme focus will be Growth, defined as development; enrichment; expanding; and evolving. Is there something new you've been wanting to try or explore further? Maybe now is the time.

We have several wonderful programs and volunteer opportunities on campus. Perhaps you'd like to get back into golf? Nancy Alton, Titleist certified trainer, is available to offer one-on-one assistance and can be reached at (919) 370-7259 for more information or to set up an appointment.

Interested in Meditation? Beginners sessions are offered every **Wednesday from 10-10:30 am in the Lecture Hall**; no sign up.

Get to know your neighbors at Speed Friending (**Friday, April 19 at 2 pm in the Game Room**) or at Sharing Your Stories (the **first Tuesday of each month at 3 pm in the Lecture Hall**) with Vivienne Jacobson. Or maybe you can volunteer to help decorate your precinct's birdhouse entry for our contest/display that will be in the Club Center lobby **April 15-26**. You could also try one of our new offerings:

Cardio Fit **Mondays 4:30-5 pm in the Exercise Studio**. Join Kim Conway as she leads you through easy to follow, low-impact dance routines sure to get your heart pumping and toes tapping!

On-campus group walks will be held **on Fridays at 3 pm**. Meet in the CC lobby and in the event of inclement weather there will be an alternative indoor walk.

Medication Brown Bag

Event Do you take three or more medications? Do you have questions about your medications? Do you see more than one doctor? Do you worry about drug interactions? If you, or someone you are responsible for, is taking more than three medications, consider scheduling a Medication Checkup with Governors Pharmacy at Carolina Meadows on **Friday, April 26, 12-3 pm, in the Auditorium**.

This is a simple step that helps participants stay healthy and avoid adverse drug events. A pharmacist will review your medications with you to help organize and list your medications and remove any that have expired. Your pharmacist or doctor can provide more details, adjust medications as needed and answer your questions. A pharmacist would love to talk with you. Register for an appointment in the Activities Sign-Up book today!

Sign up in the sign-up book: Funky Lunch Bus! to Golden Pond for a boxed lunch

Weather permitting

Wednesday, April 17

Deadline: **Monday, April 15**

Cost: approx. - \$8.00 per person-

Load: **11 am**

Jordan Lake Boat Tour

Thursday, April 25

Deadline: **Monday, April 15**

Cost: \$33 per person

Load: **10:15 am**

Monthly Dance Party

Noon – 1 pm

Exercise Studio

Friday, April 19

Community Garden

While the beginning of April is a little early to plant most warm weather vegetables, many culinary herbs can be started now. All that is needed is a sunny spot near one's villa or apartment. If herbs are placed in pots, then one can move the pots around in response to the changing sun patterns. A full day of sun is desirable, but most herbs will prosper with a half-day of sunlight. Moreover, should a delicate herb such as basil be started a little too early, a pot can easily be taken inside the home or garage to wait out cold weather.

Herbs that do well in pots include parsley, sage, thyme, oregano, chives. In the absence of rain, potted herbs need frequent watering, particularly in mid-summer and if one uses terra cotta pots. Glazed pots are better containers for most herbs, but make sure to provide good drainage. Glazed pots can also be attractive additions to wherever they are placed.

More detailed information on growing and using culinary herbs is available on the web: <<https://chatham.ces.ncsu.edu/culinary-herbs/>>.

- Alan Tom and Margy King

Jewelry Design and Repair

1 – 4 pm

Art Studio

Monday, April 1, and Tuesday, April 16

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.

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

Golf Cart Grand Prix Planned



There will be a golf cart race on April 1 at noon. Everyone is welcome to participate. The route will be: Start at Golden Pond, go left on Appletree and then merge onto Cherrytree. Follow Cherrytree to Peachtree and go to the finish line back at Golden Pond.

Sustainability Month at Carolina Meadows February 2019

Sustainability month at Carolina Meadows is over. In 28 days we packed in four panels, each dealing with a different constituency for a more sustainable world and more sustainable communities:

Panel One: Chatham and Orange Counties and Chapel Hill

Panel Two: the University of North Carolina, Elon University, and Chatham County Community College

Panel Three: the United Nations and its Sustainable Development Goals and Chatham County Conservation Partnership

Panel Four: two neighboring CCRCs: Carol Woods and Galloway Ridge

At each panel we asked neighboring institutions to tell us more about how they made sustainability a fundamental element in their



Finally, they made recommendations for Carolina Meadows, including ways our institutions can collaborate.

To gather wider interest, we filled the display cabinet in the Center with ceramic representations of sustainability with its three-legged stool and sustainability obelisk. The display referenced documents on sustainability at local, national, and global levels. As visitors entered the Center, they also had an opportunity to watch

operations. They shared the results or outcomes they achieved and costs incurred.

the sustainability display on the monitor.

We ended the month discussing the broad outlines of what sustainability can mean for Carolina Meadows with Dan Camara, CM's Director of Plant Operations. We agreed that with management we have developed the data and information needed to assess results and report the state of CM sustainability to the board, management, and residents. Basically, the sustainability month allowed us to think about the future of our sustainability efforts as part of the proposed Campus Sustainability Strategy and Program (CaSSP). It also led us to consider playing a leadership role in the proposed Central Carolina Sustainability Working Group for CCRCs.

- Dan Tunstall and Frans Verhagen

APRIL 2019 CALENDAR

DAY	DATE	TIME	EVENT	LOC	PAGE
Mon	1	1:00 PM	CMU: "Biblical Text in History: Clues for Reading Bible"	AUD	6
		1:00 PM	Jewelry Design and Repair	AS	15
		4:30 PM	Cardio Fit every Monday	ES	15
		5:00 PM	Rabbit, Rabbit Day (ladies only)	MKT	9
Tues	2	11:00 AM	Philosophy Group: "Proper Goals of Justice System"	LH	7
		11:00 AM	*MeadowMinds Brain Fitness Class (every Tues.)	CRAC	13
		2:00 PM	Tuesday Movie: <i>Bringing Up Baby</i>	AUD	9
		3:00 PM	Genealogy: "FamilySearch.org"	BR	13
		3:00 PM	Sharing Stories from Our Lives	LH	13
Wed	3	10:00 AM	Beginners Meditation	LH	15
		5:15 PM	Lobby bar service and complimentary hors d'oeuvres	CCL	2
		7:00 PM	Carolina Investment Club	BR	14
Thurs	4	1:30 PM	Residents Council Meeting	BR	NA
		1:30 PM	VIP: Display of Adaptive Devices	FG	11
		7:30 PM	The Popcorn Blue Band	AUD	8
Fri	5	10:30 AM	World Affairs: "United States & China: A Turning Point?"	AUD	7
		3:00 PM	On-campus group walks (every Friday)	CCL	15
Sat	6	7:15 PM	Saturday Film: <i>The Old Man & the Gun</i>	AUD	9
Mon	8	All day	Hazardous Waste Collection (through Friday, April 12)	Varied	5
		1:00 PM	CMU: "Biblical Text in History: Clues for Reading Bible"	AUD	6
Tues	9	10:00 AM	Habitat for Humanity Goods Drive	PL	12
		11:00 AM	*MeadowMinds Brain Fitness Class (every Tues.)	CRAC	13
Wed	10	10:00 AM	Sketch Book "Review"	AS	9
		2:00 PM	A Grand Time for Singing-From Opera to Broadway	AUD	8
		2:00 PM	*Art Class: Decoupage	AS	9
Thurs	11	1:30 PM	Residents Association Meeting	AUD	NA
Fri	12	10:30 AM	World Affairs: "Churchill: Walking with Destiny" (video)	AUD	7
		11:30 AM	*Field trip to CORA	CCL	12
Sat	13	10:00 AM	Anita Earls: "Guaranteeing a Fair and Impartial Court"	AUD	9
		7:15 PM	Saturday Film: <i>The Piano</i>	AUD	9
Tues	16	11:00 AM	Town Hall Meeting	AUD	5
		11:00 AM	Philosophy Group: "Epistemic Learned Helplessness"	LH	7
		11:00 AM	*MeadowMinds Brain Fitness Class (every Tues.)	CRAC	13
		11:30 AM	*Field trip to CORA	CCL	12
		1:00 PM	Jewelry Design and Repair	AS	15
		2:00 PM	*Introduction to Windows Operating System	BR	13
Wed	17	8:30 AM	*Men's Breakfast: "Using Computers in Design...."	PDR	7
		11:00 AM	Town Hall Meeting	AUD	5
		11:00 AM	*Funky Lunch Bus to Golden Pond	CCL	15
		2:00 PM	Book Group: <i>The Postmistress</i>	LH	10

APRIL 2019 CALENDAR

		2:00 PM	*Art Class: Decoupage	AS	9
Thurs	18	2:00 PM	"Mind Your Meds"	AUD	6
		7:30 PM	Music@Meadows: Clara Yang, Pianist; Peng Li, Cellist	AUD	8
Fri	19	10:30 AM	World Affairs: "Global Food Security"	AUD	7
		12:00 PM	Monthly Dance Party	ES	15
		2:00 PM	Speed Friending	GR	13
Sat	20	7:15 PM	Saturday Film: <i>Coco Chanel and Igor Stravinsky</i>	AUD	9
Mon	22	1:00 PM	CMU: "The Decline of Democratic Institutions"	AUD	6
Tues	23	11:00 AM	*MeadowMinds Brain Fitness Class (every Tues.)	CRAC	13
		2:00 PM	Citizenship Celebration	AUD	12
		3:30 PM	Voices Authors to Read	LH	10
			Incontinence Supplies Drive (through May 3)	CCL	12
Wed	24	1:00 PM	Met Opera on Demand: <i>Aida</i>	AUD	8
		2:00 PM	*Art Class: Decoupage	AS	9
Thurs	25	10:15 AM	*Jordan Lake Boat Tour	CCL	15
Fri	26	varied	Senior Games		12
		12:00 PM	Medication Brown Bag Event (to 3 pm)	AUD	15
		10:30 AM	World Affairs: "Plastics: Did Benjamin Get Good Advice?"	AUD	7
		7:30 PM	Travel Adventures: "Aspects of Nepal and Thailand"	AUD	7
Sat	27	7:15 PM	Saturday Film: <i>Bombshell: The Hedy Lamarr Story</i>	AUD	9
Mon	29	1:00 PM	CMU: "Fake News, Gaslighting and Disinformation"	AUD	6
		7:30 PM	Music@Meadows: Bennett Quartet, Classical Strings	AUD	8
Tues	30	11:00 AM	*MeadowMinds Brain Fitness Class (every Tues.)	CRAC	13
		2:00 PM	Book Sale (to 7pm); also May 1 (9-7) and May 2 (9-11)	AUD	11

*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	MKT: Marketplace	PL: Parking Lot