



2019 CMRA President's Awards

At the May 9 meeting of the Residents Association, President Sam Ligon presented three residents with the President's Awards for 2019.

Margaret Zircher

"For your outstanding contributions to the Arts program at Carolina Meadows and much more. After arriving in 2015 you immediately immersed yourself in upgrading and enhancing the Art Studio. For teaching classes in watercolor, acrylics and framing. For your genius along with others in creating the *All Things North Carolina Mural* design, including the educational 'key.' This masterpiece was used to support the UNC-TV fund drive and became the basis for a unique, educational jigsaw puzzle that was used by public school teachers across NC. For your beautiful art contributions on display routinely in the Club Center hallways. For your willingness and leadership to assist others whether it was the creation of the Dog Park or a special tribute to honor Harry Groves. For being a representative and state officer to NorCCRA. For your contributions when serving on the Health & Wellness and Budget & Finance Advisory Committees."

Bill Lehrburger

"For immediately getting involved upon moving to CM in 2014 and sharing your leadership, wisdom and communication skills. For serving on the Building, Grounds & Safety Advisory Committee start-

ing June 2015 and becoming its Chair from June 2016 through May 2018. For serving on the Resident Health Center Task Force (HCTF) beginning March 2016, following your appointment by CEO Kevin McLeod. The HCTF was charged to gather wide-ranging input, primarily from residents, related to a proposed new health center. For facilitating a better working relationship between the board, management, and residents that helped result in the current campus master plan. For serving since February 2018 as a Resident Director on the CM Board of Directors and going the "extra mile" to attend monthly standing committee meetings. For serving since June 2018 as precinct representative."

Chris Kesner

"For your contributions to the successful resident-based marketing team. For serving as the Chair of the Weekend Ambassadors beginning June 2014, the year after arriving at CM, and for being the Chair of the Marketing Committee from June 2017 through May 2019. For working with many volunteers and the CM marketing staff to help build substantial wait and ready lists. For your largely behind-the-



Chris Kesner, Bill Lehrburger, Margaret Zircher

scenes work to support various art-related projects including the Downton Meadows project and the Gallery art shows. For regularly participating with your creative art for the Club Center hallway and, along with your husband, presenting two Travel Adventure programs. As Vice President of the RA for attending standing committee meetings during the year, leading a task force, meeting with all CM department managers, and helping things run smoothly."

Contents

News	Page 1
Talk	Page 6
Arts	Page 7
Activities	Page 12
Calendar	Page 15

President's Message

Building Good Community

Campus residents voted overwhelmingly to change the Bylaws of the RA so Early Advantage residents would be members of the RA in a new Precinct #16. The final step will be a special meeting of the RA on **June 13** for a vote to amend the Articles of Incorporation of the Residents Association. This short Special Meeting will be immediately followed by our regular RA meeting, the last meeting before summer. When the CMRA was established as a NC corporation in 1988, the Articles defined a member of the RA as a resident who lived on the campus, and this needs to be amended. This will strengthen our community since EA residents will be represented on the Council and be able to participate in Standing Committees – another reason for celebration!

Check out the new “Interesting Information” feature on MeadowLife created by Margaret Lospinuso and Chris Forte. It is on the right-hand sidebar of the home page and provides links to “stuff” that is relevant or likely of

interest to residents. Information only stays up for a short time.

Our campus Medical Practice is an important part of our community. We thank Dr. Holly Jean Coward for her leadership as our Medical Director for the past years. We are fortunate to have Dr. Donna Miller now as our full-time Medical Director. I have heard many compliments from residents about Dr. Miller, and if you have not met her, please try to do so. She wants to know all of the residents. Under her leadership, care and vision, I have no doubt she will build a practice that makes a positive contribution to our community.

The year has flown by. I want to thank the many residents who have volunteered. Some are “retiring” from their current positions to do other volunteer duties. We have new residents stepping in to add their efforts and thoughts. These changes help us to remain a vibrant community.

It's been a good year. Have a fun summer. Bring back some new ideas for us to try.

- Sam Ligon

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

—
President: Sam Ligon
Co-Editors: Mary Jo Doherty and Judith Pulley

Layout: Judith Pulley
Proofreaders for this issue:
Jody Hite, Eunice Kraybill, Roy Milton, Kathryn Moss, Dorothy Samitz

Photographer: John Haynes
Distribution: Roy and Bev Milton

September Issue Deadline

Copy for the September *Meadowlark* must be submitted by **Monday, August 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 April 30, 2019

Number of Residents	Occupancy Level
---------------------	-----------------

Independent Living:	
619	96%

Assisted Living	
64	78%

The Pines*:	
60	79%*

Total on campus:	
743	92%

EA Program:	
89	

Total Residents: 832

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

You are invited to a

Resident Town Hall Meeting

Presenters: Kevin McLeod, President and CEO

Ben Cornthwaite, COO

**Tuesday, July 16
11 am (Auditorium)**

**Wednesday, July 17
11 am (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.

A meeting will be simulcast in the **Gallery** to **Fairways residents** and in the **Activities Room** to **Pines residents**.

NEWS (continued from Page 1)

Residents' Lobby Gathering: Wow!



On May 8, the stars may have been aligned. Following the MeadowSingers' outstanding concert, attendees poured into the Lobby and were greeted by other residents streaming in for the Residents' Lobby Party. Close to 200 residents convened for the second monthly get-together. The Grand Central Station rush-hour event proved that CM residents love a good time and are eager to embrace fellow residents.

Scott Schillin entertained at the keyboard, surrounded by an

enthusiastic group of resident choristers – all singing favorite show tunes. Appetizers quickly disappeared. The busy barkeeps were doing a land-office business. Some party-goers stood. Some sat. All were engaged and smiling.

How do we account for the huge turnout? Clearly our residents want to know one another. The next Lobby Gathering is **Wednesday, June 12 at 5:15**. Mark your calendar and join the fun.

- Mary Jo Doherty

UNC-TV Fund Drive: Did you know that ...

Carolina Meadows donated a total of \$57,037.75 by the conclusion of our fundraising year on March 31, 2019? That is \$3,000 more than we reported at the end of our fund drive on March 13!

You may have received a renewal notice from UNC-TV even though you had already made a donation. That is because renewal notices are sent out before your membership expires. All donations received during the fund

drive are hand-carried to UNC-TV on the evening of Carolina Meadows' on-air appearance. Renewal notices are often mailed out before those donations are processed. As long as you are receiving *Centerpiece Magazine*, your membership is in good standing. If you think you should be receiving *Centerpiece* and are not, please let me know and I'll follow-up with UNC-TV.

- Dona Fountoukidis

New Bar at CM

To have a bar at one of the dining venues was an idea being floated before Todd Ohle, Vice President for Dining Services, arrived at Carolina Meadows last October. He decided to set up a bar at the far end of the Marketplace, a nice, big, underused space. Opening the last week of April, bar attendance has varied. Rabbit Rabbit drew a big crowd, the following day pretty quiet. Both wine and beer are being served, four each of the most popular whites and reds. Beer offerings are somewhat more varied because beer drinkers are more willing to go out of their comfort zone. Appetizers, including a cheese plate, dip, and baked Brie, may be purchased. A TV has been placed near the bar so residents can watch news and/or sports while sipping and chatting.

So what about hard liquor? Getting a liquor license is in the works, a lengthy process requiring one of the Carolina Meadows officers to apply. When we get our liquor license, hard liquor will be served at the bar in the Pub, where it can be under lock, or at the table. Staff don't have to be licensed to make mixed drinks, but to serve both wine and liquor they must be 18 years of age and to pour at least 21. Several members of the dining staff have bar tending experience and will be assigned that responsibility once that bar is up and running. Beverages may be carried from the bar into the Marketplace, Pub or Courtyard. Appetizers will also be available at the Pub bar for purchase.

The bar opens at 4:30 pm.

- Fran Sherwin

Evaluating the Benefits of CBD

Like many of you I have been interested in CBD, the marijuana-based product popular for health benefits. Since North Carolina approved the plant hemp in 2016, many dispensaries that sell CBD have opened in our area. The dispensary owners report that their products alleviate a broad variety of medical problems and they are quickly gaining a following. What's going on here?

The cannabis plant contains many chemicals called cannabinoids. The cannabinoids we need to know about are THC and CBD. THC is the mind-altering substance in pot and CBD is said to have medical benefits. The least hybridized form of the cannabis plant is hemp and contains high levels of CBD and low levels of THC. The most hybridized form of cannabis is the marijuana plant and it contains high levels of THC. North Carolina began to allow farmers to grow industrialized hemp in 2016. Hemp is sold to manufacturers who process it into a variety of commercial uses including paper, cloth, plastics, paint, insulation and animal feed. Other businesses use the plant to extract CBD oil that is added to different creams, food and inhalation products so that it can enter a person's body.

The supporters of CBD use report that it has benefit in improving stiffness and pain, smoking cessation and drug withdrawal, insomnia, anxiety disorders, Type I diabetes, reduction of inflammation, acne, reduction of the anti-psychotic symptoms of schizophrenia, epilepsy and cancer suppression. Can it really do all this? That is the question which to date there is little science to answer.

When a drug is approved by

Quality Care in the Pines

At the May Health and Wellness Committee meeting, Administrator Kathy Norman shared some important figures about quality of care in the Pines. During this meeting she shared the quality dashboard, which encompasses more than 40 metrics intended to provide a snapshot of important quality indicators. The dashboard is color-coded to provide simple visual cues about performance—in this case, of the 17 metrics for the Pines, she noted 14 achieving exceptional outcomes; two pass/fail metrics were rated at “pass”; and one metric was colored green, an indication that it was rated to be achieving targeted range. Note that the color red designates a quality metric as needing a performance improvement plan; yellow

the FDA, its manufacturers have to conduct rigorous drug trials to demonstrate that they can make the drug with certified purity, with consistent concentration and with known absorption into the body. Additionally, the company has to show proven benefits along with a description of side effects. So far these criteria and FDA approval have only been met for CBD use in two rare conditions that cause seizures. No proof has been provided of benefit for the other conditions listed or of safety or toxicity in older people.

Whenever medications are prescribed for an older person, we have to take into account the person's medical diagnosis, kidney function, cognitive function and other medications already being taken. It is always a process of weighing risks and benefits to individualize treatment. When the FDA approves new drugs, geriatricians

indicates the achievement falls just below expected outcomes; green indicates achievement of state/national averages; and blue demonstrates superior achievement.

The achievement speaks to the diligent efforts of the interdisciplinary team that delivers such high-quality results! Congratulations also go to the very creation of the dashboard that was the work product of residents and staff working together over one year ago. High quality, transparent care is the cornerstone of an organization that takes pride in delivering service excellence. Although we recognize that not every resident may choose to call the Pines home, we hope that all are afforded peace of mind by knowing that we provide great care to those in need.

- Ben Cornthwaite

try to take a “wait and see attitude” while we learn more about their safety in older patients. We don't have any data on how CBD will work in older individuals, what dose/amount is needed to achieve the desired response, what dose adjustments need to be made to other medications, how it will interact with other medications or what side effects/toxicities to expect.

I plan to approach CBD as I do other new drugs that enter the market. I will consider their use in situations where I feel the benefits outweigh the risks, use the smallest doses available and carefully monitor the patient. I'll be watching the medical literature for data to guide me in its use, and I'll let you know what I learn when clear information is available.

- Dr. Holly Jean Coward,
assisted by Dr. Brian Boehlecke

United Way Update

How did Carolina Meadows do?

Our campaign raised \$75,230, exceeding our goal. Our participation rate was 57%. As a community, Carolina Meadows is considered the most socially conscious in Chatham County.

How did Chatham County do?

The United Way of Chatham County has wrapped up the campaign with a total of \$604,775. Unfortunately, this is below the total of last year's campaign by \$51,205, which means that we have less money to distribute than last year. This was due partly to several large donors who have left the county. The new tax laws may have influenced others.

How is the money distributed?

Panels of volunteers have

completed their study of the requests made by the 18 agencies that applied for funds. Each request is supported by information as to the use of the funds and the results that the agency expects to achieve. The volunteers must decide how the available funds will be used in order to support the most critical social services.

What's next?

The Chatham County Campaign for 2019-2020 will begin September 5. Letters will be placed in your mailboxes at that time. We are a very important supporter of these social service needs in our county and on behalf of the many needy youth and adults who benefit from the services, I thank you.

- *George Evans, United Way Campaign Chair*

April Town Hall Meetings

CEO Kevin McLeod reported that we have been re-accredited by the Commission on Accreditation of Rehabilitation Facilities for the next five years. Out of over 1,300 criteria, we were only short in two areas: practicing bomb threat drills and post-incidence care providing training for resident volunteers and staff.

COO Ben Cornthwaite described Birchtree units as "hybrid," combining convenience of apartment living with the spaciousness and privacy of villas. Birchtree will consist of four two-story buildings with 10 units in each, with four floorplans, ranging from 1,909 to 2,210 square feet. All will have at least two bedrooms and a patio or balcony. Parking will be for one car and one golf cart.

Six informational luncheons for ready list members will be held in May, after which a list will

be established by priority number. Construction will begin when 90% of the units are sold, most likely in the third quarter of this year with occupancy in late 2020 or 2021.

Resident questions included the need for a new health center; impact on fees; how will we pay for new construction; how to minimize construction cost overruns; and the effect on campus culture (e.g., parking, overcrowded facilities, etc.).

- *Tony Armer*

A Thank-you and a Reminder

"Many, many thanks" to all who purchased books at the spring book sale. We raised \$2,060, all of which will benefit the Library. We hope you enjoy all the books you bought. And when you're finished with them, please donate them back to the Library. We'll sell them again and you'll have helped the Library twice. It's the ultimate in recycling.

- *Ruth Leopold*

New Residents

Howard Aldrich, EA

Current Residence: Chapel Hill, NC

Interests: Fly fishing, traveling, reading, politics, robotics, Maker-space, entrepreneurship, jazz

Penny Aldrich, EA

Current Residence: Chapel Hill, NC

Interests: Navajo & Tribes of NC, book clubs, reading, indoor plants, classical music, live theater, UNC Grad Ed. Bd.

Robert (Bob) Bizal, 1-103

Former Residence: Durham, NC

Interests: Movies, writing, gardening, the arts, travel

Carol Oleson, V-362

Former Residence: Chapel Hill, NC

Interests: Reading, acting, travel, walking, music

James (Jim) Oleson, V-362

Former Residence: Chapel Hill, NC

Interests: Artist, choir member

IN MEMORIAM

Marigold Abrahamson	
F-241	04-17-2019
Retta Gilman	
F-336	04-27-2019
Beverly Harland	
5-307	04-29-2019
Bart Moon	
V-380	05-02-2019
Olin Beall	
P-102	05-08-2019
John McWhirter	
V-512	05-09-2019
Ruth Boyce	
P-101	05-11-2019
Jack Gill	
V-369	05-14-2019
Margaret Atkins	
P-206	05-16-2019

TALK

CMU Summer Sessions 2019

CMU is pleased to sponsor a series of TED Talks discussions again this summer, building on our popular TED Talks effort from last summer.

The series will be coordinated by Dr. Alan Tom, CMU Steering Committee member and well-known community senior learning advocate. Alan will organize five sessions during our “regular” CMU Monday time. Each session will be moderated by a Carolina Meadows resident or staff member, who will show two or more TED Talks on related themes. Discussion will be a key part of all sessions.

Details of each upcoming TED talk will be emailed to CMU Residents as they are established over the summer. TED Talks will be held in the **Lecture Hall on Mondays, 1- 2:30 pm; June 3, 10 and 24 and July 1 and 8.**

Following a two-week hiatus, CMU will then return with a new venture, an enrolled six-session

seminar. Led by Alan Tom, the course will focus on Doris Kearns Goodwin’s widely appreciated book *Leadership in Turbulent Times*. The book compares the leadership styles and abilities of Abraham Lincoln, Theodore Roosevelt, Franklin Roosevelt and Lyndon Johnson. Each session will address about 45-65 pages of the book. Seminar members will be expected to have read the materials and contribute their ideas and analyses to each discussion. Enrollees should plan to be able to attend and participate in all six sessions. To enhance interaction and participation, the seminar will be limited to 10 enrollees.

Interested CM Residents should contact Alan directly at <alantom@mindspring.com> or by phone at (919) 933-8972.

CMU Summer Seminar will be held in the **Board Room on Mondays, 1-2:30 pm; July 22 and 29 and August 5, 12, 19 and 26.**

- CMU Steering Committee

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 **June 19** meeting will be Jack Lawn. He has spoken to us before. His talk this time is entitled “My Life in the FBI.” Besides 15 years in the FBI, Jack served as Administrator of the Drug Enforcement Administration and supervised Congressional reviews of the assassinations of President John F. Kennedy and Dr. Martin Luther King. He was also a Vice President of the New York Yankees.

Travel Adventure: Tenerife

Tenerife is the land of deep blue seas, black sands and snowy volcanoes. Maria Salgado will take you to the largest and most populous island of Macaronesia, the four archipelagos in the North Atlantic Ocean, off the coast of Europe and Africa on **June 28 in the Auditorium at 7:30 pm.**

A balmy climate, beautiful beaches, and spectacular scenery have turned Tenerife into a tourists’ paradise. The island boasts the highest mountain in Spain, the 3,718m (12,198ft) Teide, the third

largest volcano in the world, as well as a unique flora. Plants that disappeared from much of the Earth at the end of the Tertiary period still grow in Tenerife, and the abrupt topography allows for a variety of flora, ranging from subtropical at sea level to alpine at the mountain slopes. Tenerife claims the highest number of restaurants in the nation. Its excellent and varied cuisine reflects the taste of the many cultures that have visited its shores.

- Maria Salgado



Tajinaste plant in full bloom

ARTS

Music @ Meadows

Ed Paolantonio, piano, and Jim Ketch, trumpet, will be bringing an evening of cool jazz to us on **Monday, July 29 at 7:30 pm in the Auditorium**. We look forward to the return of these UNC jazz greats – Jim leads the UNC Jazz Orchestra and Ed teaches at both UNC and Duke.

Southern Routes will provide us with an evening of southern comfort (not that kind!) to sit back, enjoy the swing music and remember days gone by. **Tuesday, August 20, at 7:30 pm in the Auditorium**.

- Colette McCarty

Musical Events

Piano & Voice Recital featuring students of Elena Marinina
2 pm Auditorium
Saturday, June 1

Bronze Voices – directed by David Murphy
7:30 pm Auditorium
Monday, June 3

Bronze Voices is an advanced 5+ octave handbell choir for experienced musicians who wish to play challenging repertoire. This group rehearses in the Music Room on Mondays, 6:00-7:15 p.m. and provides music in worship in both services approximately six times per year and also at special church events. Bronze Voices also gives concerts in the community and each year attends a Triangle-area festival, such as the Raleigh Ringers' Capital Area Handbell Festival.

Piano Recital featuring students of Connie Yee
3 pm Auditorium

Saturday, June 8, & Sunday, June 9

Scandimonium
7:30 pm Auditorium
Thursday, June 13

Scandimonium is a music group in Raleigh/Durham/Chapel Hill specializing in traditional and modern Nordic folk dance tunes. Their instrumentation includes fiddles, mandolin, hammered dulcimer, concertina, clarinet, cello, keyboards and light percussion. The dances are mostly couple turning dances that progress counter-clockwise around the room. Some date back hundreds of years.

Music Recital featuring students from da Copa al Coda
4 pm Auditorium
Sunday, June 16

Young Voices of the Carolinas
3 pm Auditorium
Saturday, June 22

Founded in 2014, **Young Voices of the Carolinas** provides exceptional choral music education to children regardless of race, creed or socio-economic station. The choir serves children between the ages of 8 and 18 and always strives for artistic excellence. This talented group has performed nationally and internationally. This month YVOTC will perform at Duke Chapel and the National Cathedral.

Piano Performance featuring students of Mary Turner
5 pm Auditorium
Friday, June 21

Gladius Music
1:00 pm Auditorium

Monday, August 12

Inspired by the great composers, Spanish guitar maestros and more, this 'musical mad-scientist' is more than a fabulous performer and award-winning composer, evoking the Spanish spirit, yet distinctly unorthodox. Gladius entertains and inspires audiences of all ages and has won numerous composition awards.

MET Opera on Demand
1 pm Auditorium

Samson et Delila (from Oct 2018)

Wednesday, June 26

2 hrs, 22 min

La Fille du Régiment (from April 2008)

Wednesday, July 24

2 hrs, 19 min

Hamlet (from March 2010)

Wednesday, August 28

2 hrs, 49 min

75th Anniversary of the Normandy Invasion

D-Day, June 6, 1944, described by the *San Francisco Chronicle* as the most important day of the 20th century, will be the subject on **Thursday, June 6, 11 am** in the **Auditorium**. Please join us at an informative program of videos and commentary concerning the trans-channel assault by US, British and Canadian troops that led to the end of WWII in Europe on May 7, 1945.

Additionally, the Library has a collection of books on this subject. During the week of June 2-7 we are also planning on showing a selection of movies dealing with this historic military operation. Look for a schedule of times and locations in *MeadowLife* and on bulletin boards.

- Peter Baer

AIM Art In the Meadows

Artists of the Month

June: Photographs by Jim Hite. **Reception Friday June 28, 4:30-6 pm**

July: Decoupage

Classes

July 11, 18, 25; August 1, 8, 15 at 10 am Intermediate/Advanced Watercolors by Lune Lee Ray

July 10, 17, 24, 31 - 1:30-3:30 pm Beginning Watercolor by Margaret Zircher (919) 967-1102. Bring any watercolor supplies you have, but do not buy supplies until after first class. Any needed supplies will be provided for first class with discussion of recommended purchases. No cost for class. Sign up in Activities Book in Club Center Lobby.

August 14 - 1:30 - 3:30 Christmas in August: Creating Chrismons. Christmas decorations in gold and white with Christian symbols. Small fee to cover class supplies will be announced on sign-up sheet in Activities Book, Club Center Lobby. For more information, contact instructors Chris Forte (919) 454-5255 and Bev Milton.

Artist Collaboration & Workshop - Every Wednesday, all day. Or "Beat the Heat" by watching an art DVD from the Art Studio library in air conditioning.

Art Studio Schedule - Come paint or create when room not in use. To receive monthly Art Studio Calendar 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>>.

Your Voices

The 2019 edition of *VOICES*, the Carolina Meadows literary journal, was introduced on April 23 at the Authors' Reading. Several residents read their stories and poems to the appreciative crowd.

The 2019 publication is a tribute to the Carolina Meadows Library, featuring a brief history of the Library and its volunteers. It also describes the joys many residents have found in libraries throughout their lives. Copies of *Voices* can be purchased for \$5 at the Gift Shop as long as the supply lasts.

The editors of *VOICES 2020* encourage residents to be creative during the summer and prepare stories, memoirs and poems for next year's journal. Manuscripts will be accepted from **September 1 through December 15** and will be evaluated anonymously by resident readers and editors based on quality of writing, potential interest to residents and compatibility with the journal's contents.

Previously-published stories and poems are not accepted. A manuscript is limited to 3000 words. Guidelines for preparing and submitting documents are available on *MeadowLife*.

Residents may also be involved in the publication of *VOICES 2020* as readers to evaluate and critique manuscripts, proofreaders and assistants to the editorial board. Interested residents who would like to be part of the literary tradition at Carolina Meadows may contact me by email <eleanormorris@nc.rr.com>.

- Eleanor Morris, Editor,
VOICES 2020

Common Woman Chorus and Triangle Gay Men's Chorus Concert

The Common Woman Chorus of Durham and the Triangle Gay Men's Chorus of Raleigh will present a monumental concert at Durham's **Carolina Theater on June 22, 2019 at 8 pm** entitled "Quiet No More: A Choral Celebration of Stonewall." This event will celebrate the 50th anniversary of the 1969 Stonewall uprising, the catalyst for the modern LGBTQ+ movement for civil rights.

Visit <www.carolinatheater.org> for more information.

Carolina Meadows is a proud sponsor of this performance.

Please sign up in the book by Monday, June 3. Show tickets are approximately \$35.

Transportation is free (sponsored by the Diversity & Inclusion Committee).

Other Questions? Contact Michelle Pooler <mpooler@carolinameadows.net> or (919) 370-7197.

Display Cabinet

The beautiful crystal and cut-glass display will continue during the month of June. At the prompting of one of our maintenance employees, David, who has been very helpful with the displays, July and August will feature a nostalgic and fun exhibit of Elvis and Marilyn Monroe memorabilia. Any contributions to this collection from both residents and staff will be most welcome. Please call Betty Lindsay at (919) 942-4479.

- Betty Lindsay

Killers of the Flower Moon

This book by *New York Times* journalist David Grann is a carefully researched true story of greed, racism, and widespread conspiracy against the Osage Indian nation in Oklahoma in the early 20th century. The sub title, *The Osage Murders and the Birth of the FBI* explains the content of the book but only hints at what Grann discovered. In the 1870's the Osage Indian Nation was forcibly removed from their ancestral lands in Kansas to land in Oklahoma judged to be "broken, rocky, sterile and utterly unfit for cultivation." But when oil was discovered in the early 1920s, the Osage Indians became very wealthy because prospectors had to pay drilling leases and royalties to the Osage. A series of bizarre, cruel and inventive murders of Osage tribal members ensued, their fortunes gradually passing into the hands of government-ordered white "Guardians."

Few of the deaths were labeled murders and local law enforcement officials, who were "in the pockets" of white bankers and leaders, never solved any of the murders due to systematic corruption. Finally, the Osage managed to enlist a few agents of the Bureau of Investigation (later called the FBI) who went undercover to gather facts about the crimes. The agents discovered that racism was a motivating factor.

Come to the Book Group's **June 12 meeting at 2 pm in the Lecture Hall** to discuss what happened, why it happened and what important lessons we can learn and apply now.

- Joanne Harrell

New Books Added to the Library Collection

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

Fiction

My Coney Island Baby by Billy O'Callaghan

Blessing in Disguise by Danielle Steel

Sunset Beach by Mary Kay Andrews

Phantoms by Christine Kiefer

The Wall by John Lanchester

American Spy by Lauren Wilkinson

The Devil Aspect by Craig Russell

The Peacock Emporium by Jojo Moyes

I Know Who You Are by Alice Feeney

Lost Roses by Martha Hall Kelly

The Other Americans by Laila Lalami

Redemption by David Baldacci

Bluff by Stanton Hitchcock

Beautiful Bad by Annie Ward

White Elephant by Julie Langsdorf

Gingerbread by Helen Oyeyemi

Save Me from Dangerous Men by S. A. Lelchuk

Large Print

Paradise Valley by C. J. Box

The Last Painting of Sara de Vos by Dominic Smith

Exposed by Lisa Scottoline

Last Bus to Wisdom by Ivan Doig

Sing for Your Life by Daniel Bergner

Mystery

The Big Kahuna by Janet Evanovich

Unto Us a Son Is Given by Donna Leon

Metropolis by Philip Kerr

Neon Prey by John Sandford

Triple Jeopardy by Anne Perry

Biography/Biography Collection

First: Sandra Day O'Connor by Evan Thomas

Get "Educated"

Tara Westover did not spend a day in school until, at age 17, she enrolled as a freshman at Brigham Young University. Her childhood had been spent in an isolated mountain area of Idaho, one of the seven children of a Mormon family that considered schools, the medical institution and all forms of government to be instruments of the devil. The only books worth reading were the *Bible* and the writings of the founders of Mormonism.

Westover's father operated a junk yard and expected all his children, male and female, to work there with him. Her mother was an unlicensed midwife who mixed herbs and essential oils to make the natural medicines that were all the "health care" her children ever knew.

Somehow, out of such an environment, punctuated with violence and serious accidents, a transformed person emerged. Not only did Westover graduate from college, but she earned a PhD in history from Cambridge University.

Educated, a widely touted memoir, soared to the top spot on the *New York Times* bestseller list and has attracted more than 5,000 reader comments on Amazon.

The book is a troubling yet inspiring account of the capacity of the human spirit to overcome adversity and disadvantage. The reader cannot help but compare his or her own early life to that of Westover and be in awe of how the young woman conquered such formidable obstacles.

The residents' library has two copies of *Educated*.

- Bill Powers

New DVDs for Library

Mrs. Doubtfire, 1993, Robin Williams

The Beach, 2000, R, Leonardo DiCaprio

Brigadoon, 1954, Cyd Charisse

Diabolique, 1955, Classic French Thriller (95% Tomato meter)

Elsa and Fred, 2014, PG-13, Shirley MacLaine, Christopher Plummer

Still Mine, 2013, PG-13, James Cromwell and Geneviève Bujold (94%)

The Trip, 2011, and *The Trip to Italy*, 2014, Steve Coogan, witty travelogue

Jurassic Park. 1993, Collector's Edition, Sam Neill

Apollo 13, 1995, PG13, Tom Hanks

Psycho, 1960, Anthony Perkins, Janet Lee

Muscle Shoals, 2013, documentary with Gregg Allman, Bob Dylan, Bono

20 Feet From Stardom, 2013, Music documentary

Paulie, 1998, PG, Family Movie

The Longest Ride, 2015, PG-13, Rom-com of two different couples, set in NC

Amazing Grace, Aretha Franklin documentary (available later this summer)

Art Gallery Exchange

Artists, please mark your calendars. The Art Guild's Gallery Exchange of resident's artwork in the Club Center is **Saturday, June 1**. 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 June 1**. Call me, Bev Milton, (919) 967-1254 or Susan Durfee (919) 942-6655 if you have questions.

Tuesday Movies

2 pm, Auditorium

Tuesday, June 11 *Can-Can*

1960 – Not Rated – 2 hour, 21 minutes

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.

Tuesday, July 9 *Best Foot Forward*

1943 – Not Rated – 1 hour, 39 minutes

On a whim, starry-eyed cadet Bud Hooper (Tommy Dix) sends movie star Lucille Ball an invitation to the Winssocki Military Academy's annual dance. At the urging of her agent, Ball shows up for the date, getting Bud in some serious hot water when his girlfriend, Helen (Virginia Weidler), also attends the dance. This charming musical features the classic "The Three B's," performed by Nancy Walker, June Allyson and Gloria DeHaven.

Tuesday, August 13 *Dangerous When Wet*

1953 – Not Rated – 1 hour, 35 minutes

The daughter of fitness-conscious parents, Katie Higgins (Esther Williams) sets out to become the first woman to swim across the English Channel. While training, she falls for her hunky instructor (Fernando Lamas) and clashes with the event's loudmouthed promoter (Jack Carson). This classic musical comedy features Williams swimming with an animated Tom and Jerry.

Films for June - August

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 *MeadowLife* or the bulletin board on Friday or Saturday.

June 1 *Phantom Thread* (2017)

2 hours, 10 minutes – R

Set in the glamour of the 1950's post-war London, renowned dressmaker Reynolds Woodcock (Daniel Day-Lewis) and his sister Cyril (Lesley Manville) are at the center of British fashion, dressing royalty, movie stars, heiresses, socialites, debutants and dames with the distinct style of The House of Woodcock. Women come and go through Woodcock's life until he comes across a young, strong-willed woman, Alma (Vicky Krieps), who soon becomes a fixture in his life as his muse and lover. Once controlled and planned, he finds his carefully tailored life disrupted by the scariest curse of all...love.

June 8 *Finding Your Feet* (2018)

1 hour, 52 minutes – PG 13

When 'Lady' Sandra Abbott discovers that her husband of 40 years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister, Bif. The two could not be more dif-

ferent – Sandra is a fish out of water next to her outspoken, serial-dating, free-spirited sibling. But different is just what Sandra needs at the moment, and she reluctantly lets Bif drag her along to a community dance class, where she starts finding her feet.

June 15 *The Maltese Falcon* (1941)

1 hour, 40 minutes – Not Rated
Humphrey Bogart stars as private eye Sam Spade in this Oscar-nominated noir classic that finds the sultry Miss Wonderly (Mary Astor) seeking out protection from a man named Thursby. Spade's partner (Jerome Cowan) takes the case – but he winds up dead, along with Thursby. Spade's subsequent hunt for the killer leads him into a world of deception and double-crossing, as a trio of criminals searches for a priceless statue known as the Maltese Falcon.

June 22 *They Shall Not Grow Old* (2018)

1 hour, 39 minutes – R - Documentary
Using state of the art technology to restore original archival footage which is more than 100-years old, Jackson brings to life the people who can best tell this story: the men who were there. Driven by a personal interest in the First World War, Jackson set out to bring to life the day-to-day experience of its soldiers. After months immersed in the BBC and Imperial War Museums' archives, narratives and strategies on how to tell this story began to emerge for Jackson. Using the voices of the men involved, the film explores the reality of war on the front line; their attitudes to the conflict; how they ate; slept and formed friendships, as well what their lives were like away from the trenches during their periods of downtime.

June 29 *Rififi* (1955)

1 hour, 58 minutes – Not Rated
Director Jules Dassin created one of cinema's greatest heist films with this tense tale about a daring jewel robbery carried out by four veteran thieves. After the gang pulls off the job, however, the plan starts coming apart at the seams.

July 6 *Three Billboards Outside Ebbing, Missouri* (2017)

1 hour, 55 minutes – R
When law enforcement fails to make headway on the months-long hunt for her daughter's killer, Mildred Hayes takes the drastic step of putting up three large signs questioning the motivation of the town's widely-respected police chief.

July 13 *Green Book* (2018)

2 hours, 10 minutes – PG 13
When Tony Lip, a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world-class black pianist, on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans. Confronted with racism, danger as well as unexpected humanity and humor—they are forced to set aside differences to survive and thrive on the journey of a lifetime.

July 20 *Cat on a Hot Tin Roof* (1958)

1 hour, 58 minutes – Not Rated
Members of an avaricious Southern clan scramble to curry favor with dying, wealthy patriarch Harvey "Big Daddy" Pollitt (Burl Ives) in this Oscar-nominated adaptation of playwright Tennessee Williams's sizzling stage drama. Paul Newman stars as alcoholic ex-football star Brick Pollitt, whose self-pity and drunken malice jeopardize not only his inheritance, but also his marriage to the seductive Maggie (Elizabeth Taylor).

July 27 *Les Misérables* (2012)

2 hours, 37 minutes – PG 13
The musical version of Victor Hugo's epic tale of love and sacrifice, first produced for the stage in 1985, now receives the big-screen treatment.

August 3 *Three Identical Strangers* (2018)

1 hour, 36 minutes – PG 13 - Documentary
This riveting documentary charts the twisty story of identical triplets separated at birth, who reconnect by chance at age 19.

August 10 *Clue* (1985)

1 hour, 36 minutes – PG
This board game-inspired campfest finds six colorful dinner guests gathered at a mansion, where they all become suspects in the death of the house's owner.

August 17 *BlacKkKansman* (2018)

2 hours, 15 minutes – R
In the early 1970s, Ron Stallworth becomes the first African-American detective in the Colorado Springs Police Department. Determined to make a difference, he bravely sets out on a dangerous mission: infiltrate and expose the Ku Klux Klan.

August 24 *Mary Poppins Returns* (2018)

2 hours, 10 minutes – PG 13
The magic continues in Disney's classic as Mary Poppins helps the Banks family remember the joy of being a child.

August 31 *The Music Man* (1962)

2 hours, 31 minutes – G
Charming con man Harold Hill (Robert Preston) wants to steal River City citizens' money with a "boys' band" scam, but finds it hard to skip town when lovely librarian Marian Paroo (Shirley Jones) steals his heart.

ACTIVITIES

Al's Pub Shack

Have you visited the "shrine" yet? We refer to Al's Pub Shack, located at the opposite end from Food Lion. Al's devotees create long lines at peak hours, so you might wait for a table. We found the food acceptable but predictable, riding the waves of good local press and Trip Advisor's rating of the "Best Burger in America."

Al's daily business is constant and swift with new diners arriving for lunch even as late as 2 pm. Weekends seem to be "family dates" with parents and kids enjoying a leisurely meal dining indoors or on the porch where the music from inside is carried outside. It's loud enough without interrupting anyone's conversation and blends with the aura of a relaxed, unhurried weekend.

Our choice of the Pub Shack Burger, the showstopper on the menu, did not disappoint. It was all there in a seven-ounce chuck and short rib blend, finished with the customary add-ons plus bacon, cheddar and pub sauce. Designed to meet our burger cravings, it met the challenge.

My dining partner made much of the Jumbo, a rib eye steak with caramelized onions along with broccoli slaw and spicy sweet mustard on a baguette. Tender, flavorful and fulfilling as it was, there still was space for a generous slice of Al's signature chocolate mousse cake. A three-layer production of chocolate on chocolate with berry compote, the cake was the finale to a successful meal, confirming our suspicion that Al's is a natural home for our Carolina Meadows diners.

- Dorothy Mahan

Blogging at Carolina Meadows: Who's the Audience?

Carolina Meadows has a blog site on the right-hand column of the *MeadowLife* Home page. Residents click on the link to read about various happenings on our campus. But did you know that these blogs appear on Carolina Meadows public website as well? Anyone searching for information about a CCRC who clicks on the Carolina Meadows webpage can get a window on what life is really like here by reading the blogs. Because the blogs are written by residents, not marketing specialists, they reflect actual experiences in this CCRC.

Carolina Meadows has some regular bloggers, but could really use more of them. If you enjoy writing and would like to highlight some aspect of Carolina Meadows, you're invited to become part of our blogging team. Blogging does not involve going to meetings each month or churning out regular articles on a deadline. When some event or aspect of life at Carolina Meadows strikes your interest, you write an informal paragraph or two about it. This might happen two or three times a year.

For more information, come to a short meeting to find out the specifics about blogging. There will be an informal get together at Ruth Leopold's, **Villa 536, at 3 pm on Tuesday, June 18.**

We'll enjoy some goodies, some wine or soda, and share ideas for blogging and answer any questions you have. Please RSVP by June 14 to <ruthaleopold16@gmail.com> or call (919) 537-8853.

Will You Help a Gardener?

Each year a few gardeners find that they no longer have the stamina to do all the tasks associated with gardening in the raised bed area, yet they do not want to give up gardening. Some also need help getting to the raised garden area. At the same time, other residents might be willing to assist one of these gardeners. Are you one of those potential helpers?

If so, you'll not need to know much about gardening; that is knowledge your gardening partner will already have. If you are interested in assisting a gardener, contact Alan Tom by phone (919) 933-8972, or email <alantom@mindspring.com.>, and we can discuss this possibility.

Resident Emergency Auxiliary (REA) Update

It's time to update our list of independent residents who have agreed to help out in an emergency when much of the staff is unable to make it to work. REA volunteers would fill in where needed, within their capabilities. We have been very fortunate in two years to never have been called upon to help.

Presently there are 67 residents on the list. If you are one of them, and agree to remain, there is nothing for you to do. If you no longer want to be an REA member, let Allan Eckhaus know by June 21, 2019 <eckhaus@aol.com> (919) 932-4847.

New residents who want to learn more about the REA should also contact Allan. We're not Boy Scouts, but "Be Prepared" is our mantra.

- Allan Eckhaus

June, July, August Activities

Sign up in the sign-up book:

FUNKY LUNCH BUS! to TBD

Wednesday, June 19 Deadline: Monday, June 17

Wednesday, July 17

Deadline: Monday, July 15

Wednesday, August 21

Deadline: **Monday, August 19**

Cost: approx. - \$8.00 per persn

Load: **11 am**

KEEP AN EYE ON THE SIGNUP BOOK FOR TRIPS TO NC MUSEUM OF ART, NC MUSEUM OF HISTORY, AMERICAN DANCE FESTIVAL PERFORMANCES, ETC.

SPECIAL EVENTS

Ice Cream Socials

2 -3:30 pm Auditorium

Tuesday, June 25

Thursday, July 18

Thursday, August 15

Join us for cones, sundaes, music, and just plain fun!

Performers TBA

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

2 pm Game Room

Friday, June 21

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. So, your Wellbeing & Engagement Committee is offering a guaranteed fun experience on **Friday, June 21 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

Jewelry Design and Repair

1-4 pm Art Studio

Monday, June 3

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

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

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

Genealogy Interest Group

The Genealogy Interest Group will NOT hold meetings during June, July and August. However, there may be events and news to share with interested participants. Emails will be sent to those who have provided their address. Our beginning monthly sessions were informative for those seeking help in connecting to family in past centuries. The group will continue to assist and encourage participants to discover where their families originated. If interested in being a member of our email group, please respond by sending an email to Glenn & Monica Lazarus or Ruth Muller.

Rabbit, Rabbit!

Even during the summer, Rabbit, Rabbit continues on the first day of every month at 5 pm in the Marketplace:

Saturday, June 1

Monday, July 1

Thursday, August 1

“CHRISTMAS IN JULY” CRAFT SALE

To benefit hungry children in Chatham County through CORA

Thursday, July 25

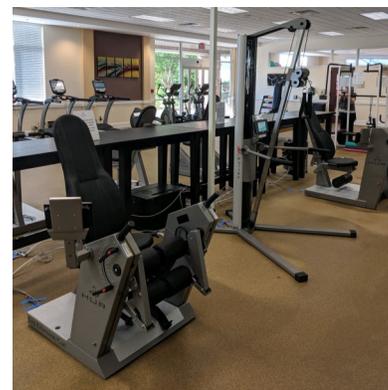
10 am - 3 pm

In the Club Center Lobby

Wellness Corner

Guests must sign in when using the pool and fitness amenities. Residents are responsible for their guests. Questions please contact Michelle at (919) 370-7114

The new HUR equipment has arrived! Please register for an orientation in the Wellness Book today.



Beginner's meditation will be held **Wednesdays 10-10:30 am** in the **Lecture Hall** throughout the summer. No experience needed. **Afternoon Tea** sponsored by the Well Being and Engagement Committee will be held the **third Tuesday of the month from 3-4 pm in the Auditorium**.

Vision Board Workshop Friday, June 21, 12-4 pm in the Auditorium

Register in the Wellness Book for the following classes located in the **Exercise Studio**. For additional details please check the Wellness Department flyers and *MeadowLife* Fitness and Health calendar.

Dynamic Warm up to Super Speed Golf Clinic June 17, 3-4 pm. Led by Nancy Alton. Cost \$10. **Silent Meditation Retreat Saturday, July 13, 9 am- noon**.

Parkinson's Wellness Recovery 8-week series **Tuesdays 1:30-2:15 pm, July 9-Aug 27**. Cost \$40. **A Matter of Balance 8-week series Tuesdays, August 6-Sept 24, 10:30-11:15 am, Auditorium**.

Community Outreach Corner

Rise Against Hunger Event Returns on June 5

It is time for another Rise Against Hunger meal-packaging event on **June 5** in the **Auditorium**. In this popular event, residents and employees work side-by-side to package shelf-stable meals to fight hunger worldwide. We packaged over 25,000 meals that were shipped to Malawi at our December event, and our goal this time is 35,000! You may select one of two shifts (**2 pm** or **3:45 pm**) on June 5. Contact Amy Gorely or Judy Jones.

Celebrating Three New Citizens

On April 23, a supportive crowd gathered to recognize three employees who recently became US citizens. Two attended twice-weekly citizenship classes led by resident tutors. The employees received CM tuition reimbursement funds to cover the costs of the exam. The new citizens are all members of our housekeeping



Left to right: Bertha Moreno, Ana Cartagena, Wendy Solorzano

team. Contact Pat DeTitta if you would like to volunteer as a tutor.

CORA Fundraising Drive

Residents responded generously to the May appeal for funds to help the CORA Food Pantry provide meals for the thousands of Chatham Country families that on occasion experience a food crisis. In addition, Carolina Meadows

permitted residents to contribute \$50 from their dining account. Results of the drive will be posted when available. If you forgot, or wish to make an additional gift, the mailing address is: CORA, PO Box 1326, Pittsboro, NC 27312.

Chatham Cares Community Pharmacy

Lynn and Joan Ogden made a delivery of drug store items and adult diapers to the pharmacy in Siler City on April 18. Posted on Jody Hite's office door is a new reminder urging residents to look in medicine cabinets, bathroom drawers and closets to find "drug store items" (including walkers and crutches) for this special pharmacy. The clients must be residents of Chatham County and below the County's poverty level.

Sustainability and Environment

Continued collaboration with the sustainability officials of Chatham and Orange Counties is an outreach activity of members of the Residents Sustainability Working Group. This outreach was extended to the member RAs in NorCCRA through an article published in its *Hotline* newsletter. A third activity is the engagement of several residents who are working on a seed-money grant from the State Employees Credit Union (SECU) for the proposed Climate and Energy Discovery Center in Pittsboro. Residents are also encouraged to read the non-partisan Energy Innovation Act (HR 763) and contact legislators at <<https://www.congress.gov/bill/116th-congress/house-bill/763/text>>. Contact Frans Verhagen for more information.

The Gift Shop



for our most successful year to date with ALL proceeds supporting the lectures, concerts and activities that make CM such a wonderful place.

Do stop in over the summer to peruse our:

- New wild socks (for women and men with shoe sizes up to 15!)
- Popular lighted magnifiers
- Our best-selling tagua nut jewelry – hand crafted, beautiful and sustainable

June, July, August 2019 Meadowlark

DAY	DATE	TIME	EVENT	LOC	PAGE
June 2019					
Sat	1	10:00 AM	Art Gallery Exchange	AG	10
		2:00 PM	Students of Elena Marinini: Piano/Voice	AUD	7
		7:15 PM	Saturday Film: <i>Phantom Thread</i>	AUD	10
Mon	3	1:00 PM	CMU TED Talks	LH	6
		1:00 PM	Jewelry Design and Repair	AS	13
		7:30 PM	Bronze Voices	AUD	7
Wed	5	10:00 AM	Beginner's Meditation (every Wed. throughout summer)	LH	13
		2:00 PM	*Rise Against Hunger (or 3:45)	AUD	14
Thurs	6	11:00 AM	75th Anniversary of Normandy Invasion	AUD	7
		1:30 PM	Residents Council	BR	NA
Sat	8	3:00 PM	Students of Connie Yee: Piano Recital	AUD	7
		7:15 PM	Saturday Film: <i>Finding Your Feet</i>	AUD	10
Sun	9	3:00 PM	Students of Connie Yee: Piano Recital	AUD	7
Mon	10	1:00 PM	CMU TED Talks	LH	6
Tues	11	2:00 PM	Tuesday Movie: <i>Can-Can</i>	AUD	10
Wed	12	2:00 PM	Book Group: <i>Killers of the Flower Moon</i>	LH	9
		5:15 PM	Residents Lobby Gathering	CCL	3
Thurs	13	1:30 PM	Residents Association	BR	NA
		7:30 PM	Scandimonium	AUD	7
Sat	15	7:15 PM	Saturday Film: <i>The Maltese Falcon</i>	AUD	11
Sun	16	4:00 PM	Recital: Students from da Copa al Coda	AUD	7
Mon	17	3:00 PM	*Golf Clinic	ES	13
Tues	18	3:00 PM	Bloggng (Villa 536)		12
		3:00 PM	Afternoon Tea (every 3rd Tuesday of the month)	AUD	13
Wed	19	8:30 AM	*Men's Breakfast: "My Life in the FBI"	PDR	6
		11:00 AM	*Funky Lunch Bus	CCL	13
Fri	21	12:00 PM	Vision Board Workshop	AUD	13
		2:00 PM	Speed Friending	GR	13
		5:00 PM	Students of Mary Turner: Piano Recital	AUD	7
Sat	22	3:00 PM	Young Voices of the Carolinas	AUD	7
		7:15 PM	Saturday Film: <i>They Shall Not Grow Old</i>	AUD	11
		8:00 PM	*Common Woman Chorus/Gay Men's Chorus Concert	NA	8
Mon	24	1:00 PM	CMU TED Talks	LH	6
Tues	25	2:00 PM	Ice Cream Social	AUD	13
Wed	26	1:00 PM	MET Opera on Demand: <i>Samson et Delila</i>	AUD	7
Fri	28	4:30 PM	Artist of the Month: Jim Hite Photographs	AS	8
		7:30 PM	Travel Adventure: Tenerife	AUD	6
Sat	29	7:15 PM	Saturday Film: <i>Rifi</i>	AUD	11
July 2019					

June, July, August 2019 Meadowlark

Mon	1	1:00 PM	CMU TED Talks	LH	6
Sat	6	7:15 PM	Saturday Film: <i>Three Billboards Outside Ebbing, MO</i>	AUD	11
Mon	8	1:00 PM	CMU TED Talks	LH	6
Tues	9	1:30 PM	*Parkinson's Wellness Recovery (Tues. thru Aug. 27)	ES	13
		2:00 PM	Tuesday Movie: <i>Best Foot Forward</i>	AUD	10
Wed	10	1:30 PM	*Beginning Watercolor" (also July 17, 24, 31)	AS	8
Thurs	11	10:00 AM	Intermediate/Advanced Watercolors (every Thursday)	AS	8
Sat	13	9:00 AM	*Silent Meditation Retreat	ES	13
		7:15 PM	Saturday Film: <i>Green Book</i>	AUD	11
Tues	16	11:00 AM	Town Hall Meeting	AUD	2
Wed	17	11:00 AM	Town Hall Meeting	AUD	2
		11:00 AM	*Funky Lunch Bus	CCL	13
Thurs	18	2:00 PM	Ice Cream Social	AUD	13
Sat	20	7:15 PM	Saturday Film: <i>Cat on a Hot Tin Roof</i>	AUD	11
Mon	22	1:00 PM	*CMU Summer Seminar	BR	6
Wed	24	1:00 PM	MET Opera on Demand: <i>La Fille du Regiment</i>	AUD	7
Thurs	25	10:00 AM	"Christmas in July" Craft Sale (to 3 pm)	CCL	13
Sat	27	7:15 PM	Saturday Film: <i>Les Miserables</i>	AUD	11
Mon	29	1:00 PM	*CMU Summer Seminar	BR	6
		7:30 PM	Music@Meadows: Ed Paolantonio and Jim Ketch	AUD	7
August 2019					
Sat	3	7:15 PM	Saturday Film: <i>Three Identical Strangers</i>	AUD	11
Mon	5	1:00 PM	*CMU Summer Seminar	BR	6
Tues	6	10:30 AM	*A Matter of Balance (Tuesdays thru Sept. 24)	AUD	13
Sat	10	7:15 PM	Saturday Film: <i>Clue</i>	AUD	11
Mon	12	1:00 PM	*CMU Summer Seminar	BR	6
		1:00 PM	Gladius Music	AUD	7
Tues	13	2:00 PM	Tuesday Movie: <i>Dangerous When Wet</i>	AUD	10
Wed	14	1:30 PM	*Christmas in August: Creating Chrismons	AS	8
Thurs	15	2:00 PM	Ice Cream Social	AUD	13
Sat	17	7:15 PM	Saturday Film: <i>BlackKkKlansman</i>	AUD	11
Mon	19	1:00 PM	*CMU Summer Seminar	BR	6
Tues	20	7:30 PM	Music@Meadows: Southern Routes	AUD	7
Wed	21	11:00 AM	*Funky Lunch Bus	CCL	13
Sat	24	7:15 PM	Saturday Film: <i>Mary Poppins Returns</i>	AUD	11
Mon	26	1:00 PM	*CMU Summer Seminar	BR	6
Wed	28	1:00 PM	MET Opera on Demand: <i>Hamlet</i>	AUD	7
Sat	31	7:15 PM	Saturday Film: <i>The Music Man</i>	AUD	11

AS: Art Studio AUD: Auditorium
 CCRR: Club Center Rec. Room
 DR: Dining Room ES: Exercise Studio
 FLR: Fairways Living Room

BR: Board Room
 CRAC: Conf. Rm., Activity Ctr.
 FC: Fitness Center
 GR: Game Room

CCL: Club Center Lobby
 CYD: Courtyard
 FG: Fairways Gallery
 AG: Art Gallery