



# ACTIVITIES

JANUARY 2019

THE **FOREST** AT DUKE



## In-house programming

### Resident Readers

Tuesdays / 4 pm

#### Auditorium

Each week a different reader will read aloud a work of their choice to entertain the audience. Selections could include prose, poetry, plays and more. If you are interested in becoming a reader, please contact resident Jo Mauskopf at 919-489-8977 or [jmauskopf@iatrometrics.com](mailto:jmauskopf@iatrometrics.com).

January 1

**No reading today**

January 8

**Bill Harrington**

January 15

**Sy Mauskopf**

January 22

**Nathalie Goodrich**

January 29

**Jo Mauskopf**

### Prime Timer Saturdays

Saturdays / 3:30 pm

#### Holbrook

Enjoy wine with cheese and fruit plates. Meet your friends before dinner to enjoy conversation and get to know your neighbors.

### Friday Morning Documentary Series: TED Talks

Fridays / 10-11 am

#### Ritz Theater & Party Room

TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks which are usually 20 minutes or less.

January 4

#### How Boredom Can Lead to Your Most Brilliant Ideas

Do you sometimes have your most creative ideas while folding laundry, washing dishes or doing nothing in particular? It's because when your body

goes on autopilot, your brain gets busy forming new neural connections that connect ideas and solve problems. Learn to love being bored as Manoush Zomorodi explains the connection between spacing out and creativity.

#### Doodlers, Unite!

Studies show that sketching and doodling improve our comprehension -- and our creative thinking. So why do we still feel embarrassed when we're caught doodling in a meeting? Sunni Brown says: Doodlers, unite! She makes the case for unlocking your brain via pad and pen.

#### Why Some of Us Don't Have One True Calling

What do you want to be when you grow up? Well, if you're not sure you want to do just one thing for the rest of your life, you're not alone. In this illuminating talk, writer and artist Emilie Wapnick describes the kind of people she calls "multipotentialites" -- who have a range of interests and jobs over one lifetime. Are you one?

#### What Can We Learn From Shortcuts?

How do you build a product people really want? Allow consumers to be a part of the process. "Empathy for what your customers want is probably the biggest leading indicator of business success," says designer Tom Hulme. In this short talk, Hulme lays out three insightful examples of the intersection of design and user experience, where people have developed their own desire paths out of necessity. Once you know how to spot them, you'll start noticing them everywhere.

January 11

#### What I Learned from 100 Days of Rejection

Jia Jiang adventures boldly into a territory so many of us fear: rejection. By seeking out rejection for 100 days -- from asking a stranger to borrow \$100 to requesting a "burger refill" at a restaurant -- Jiang desensitized himself to the pain and shame that rejection often brings and, in the process, discovered that simply asking for what you want can open up possibilities where you expect to find dead ends.

#### Know Your Worth, and Then Ask For It

Your boss probably isn't paying you what you're worth -- instead, they're paying you what they think you're worth. Take the time to learn how to shape



their thinking. Pricing consultant Casey Brown shares helpful stories and learnings that can help you better communicate your value and get paid for your excellence.

### **How Artists Can (Finally) Get Paid in the Digital Age**

It's been a weird 100 years for artists and creators, says musician and entrepreneur Jack Conte. The traditional ways we've turned art into money (like record sales) have been broken by the internet, leaving musicians, writers and artists wondering how to make a living. With Patreon, Conte has created a way for artists on the internet to get paid by their fans. Could payment platforms like this change what it means to be an artist in the digital age?

### **The Art of Asking**

Don't make people pay for music, says Amanda Palmer: Let them. In a passionate talk that begins in her days as a street performer (drop a dollar in the hat for the Eight-Foot Bride!), she examines the new relationship between artist and fan.

## **January 18**

### **This is What Democracy Looks Like**

In a quest to make sense of the political environment in the United States in 2017, lawyer and ACLU executive director Anthony D. Romero turned to a surprising place -- a 14th-century fresco by Italian Renaissance master Ambrogio Lorenzetti. What could a 700-year-old painting possibly teach us about life today? Turns out, a lot. Romero explains all in a talk that's as striking as the painting itself.

### **Can Art Amend History?**

Artist Titus Kaphar makes paintings and sculptures that wrestle with the struggles of the past while speaking to the diversity and advances of the present. In an unforgettable live workshop, Kaphar takes a brush full of white paint to a replica of a 17th-century Frans Hals painting, obscuring parts of the composition and bringing its hidden story into view. There's a narrative coded in art like this, Kaphar says. What happens when we shift our focus and confront unspoken truths?

### **How Your Pictures Can Help Reclaim Lost History**

Digital archaeologist Chance Coughenour is using pictures -- your pictures -- to reclaim antiquities that have been lost to conflict and disaster. After crowdsourcing photographs of destroyed monuments, museums and artifacts, Coughenour uses advanced technology called photogrammetry to create 3D reconstructions, preserving the memory of our global, shared, human heritage. Find out more about how you can help celebrate and safeguard history that's being lost.

## **January 25**

### **The Flower-Shaped Starshade That Might Help Us Detect Earth-like Planets**

Astronomers believe that every star in the galaxy has a planet, one fifth of which might harbor life. Only we haven't seen any of them -- yet. Jeremy Kasdin and his team are looking to change that with the design and engineering of an extraordinary piece of equipment: a flower petal-shaped "starshade" positioned 50,000 km from a telescope to enable imaging of planets about distant stars. It is, he says, the "coolest possible science."

### **The Most Mysterious Star in the Universe**

Something massive, with roughly 1,000 times the area of Earth, is blocking the light coming from a distant star known as KIC 8462852, and nobody is quite sure what it is. As astronomer Tabetha Boyajian investigated this perplexing celestial object, a colleague suggested something unusual: Could it be an alien-built megastructure? Such an extraordinary idea would require extraordinary evidence. In this talk, Boyajian gives us a look at how scientists search for and test hypotheses when faced with the unknown.

### **How a Blind Astronomer Found a Way to Hear the Stars**

Wanda Diaz Merced studies the light emitted by gamma-ray bursts, the most energetic events in the universe. When she lost her sight and was left without a way to do her science, she had a revelatory insight: the light curves she could no longer see could be translated into sound. Through sonification, she regained mastery over her work, and now she's advocating for a more inclusive scientific community. "Science is for everyone," she says. "It has to be



available to everyone, because we are all natural explorers."

### **Finding Planets Around Other Stars**

How do we find planets -- even habitable planets -- around other stars? By looking for tiny dimming as a planet passes in front of its sun, TED Fellow Lucianne Walkowicz and the Kepler mission have found some 1,200 potential new planetary systems. With new techniques, they may even find ones with the right conditions for life.

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## **Fantastic Films Discussion Group**

*Harvey*

**Sunday, January 6 / 5 pm**

**Party Room**

The classic stage hit gets the Hollywood treatment in the story of Elwood P. Dowd who makes friends with a spirit taking the form of a human-sized rabbit named Harvey that only he sees (and a few privileged others on occasion also.) After his sister tries to commit him to a mental institution, a comedy of errors ensues. Elwood and Harvey become the catalysts for a family mending its wounds and for romance blossoming in unexpected places.

*Slum Dog Millionaire*

**Sunday, January 20 / 5 pm**

**Party Room**

A Mumbai teen reflects on his upbringing in the slums when he is accused of cheating on the Indian Version of "Who Wants to be a Millionaire?"

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## **Forest at Duke Playgroup: *The Unusual Story of Frank Therobot* Monday, January 7 / 3:15 pm Auditorium**

Frank the robot has been George Michelson's companion for many years. George feels that it would be unfair upon his own death to commit Frank to the usual robotic death, disassembled and broken down for parts and perhaps reconstituted for someone else's use. So he has programmed Frank to be an older version of himself, as human-like as possible, and to apply for residency at Cheery Acres, a nearby CCRC, when he, George, has passed on.

George dies, whereupon Frank sets out on his great adventure of becoming a resident at Cheery

Acres, the first time a robot has applied for residency at a CCRC. He is accepted, and, due to his superior intellect, rapidly assumes more and more important positions of power, until he actually becomes President and CEO. He brings in other robots, and soon Cheery Acres is robot driven. The robots have taken over!

And then the unthinkable happens, and Frank and his robotic friends face a challenge they've not had to consider before. What is this challenge and how do Frank and his friends overcome it? Or, do they?

To learn the outcome of these critical questions, please attend Don Chesnut's latest play *The Unusual Story of Frank Therobot* when all will be revealed.

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## **Forest Singers Spring Semester Tuesdays starting January 8 / 10:15 am Auditorium- except in Ritz on January 22**

The Forest Singers Chorus is made up only of retired voices and is open without audition for you to join. For nine years, we have been blessed to have Scott Hill, a "retired" choral director to lead us in rejuvenating our Golden Age voices. More singers are needed, especially sopranos, however all are welcome! Don't miss the opportunity to spread joy and have fun! If you have any questions, call Jackie Bruce (919-806-1593).

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## **Pianist Christian Foushee-Green Wednesday, January 9 / 10:15 am Ritz Theater**

Entertainer Christian Foushee-Green will perform classical recital piano numbers and sing to many genres of music including folk, show tunes, gospel, and jazz.

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## **Book Discussion Group Wednesday, January 9 / 2:30-4 pm Party Room Sign up in the Count-Me-In Book.**

The Book Discussion Group welcomes all residents who have a love of reading to join them in their literary discussions. Come and share your thoughts or simply enjoy listening to other book lovers discuss the finer points of each month's book.





On January 9th, the Book Discussion Group will meet at 2:30 in the Party Room to discuss **Women in Sunlight** by Frances Mayes. Pam Harris will lead the discussion.

Looking ahead to February, Chelley Gutin will lead a discussion on **Dinner at the Homesick Restaurant** by Anne Tyler.

## The Chamber Orchestra of the Triangle Musical Presentation

Friday, January 11 / 3 pm  
Auditorium



The Chamber Orchestra of the Triangle (COT) presents *Music Beyond the Concert Halls: Paddling Down the Amazon with a Keyboard and Playing Music with Tsunami Survivors in Japan*. This illustrated talk from concert pianist Panos Karan will introduce musical images and reflections from his remarkable journeys through the Amazon, Sierra Leone and Japan.

Come and enjoy this multimedia presentation and performance by Greek pianist Panos Karan. Mr. Karan will be performing Beethoven's Piano Concerto No.1 with the COT on Sunday, January 13 at 3pm at the Carolina Theatre of Durham. Visit theCOT.org for more information and tickets.

## Sunday Play Readers

Sunday, January 13 / 5:30 pm  
Auditorium

Hello, friends of Sunday Play Readers. Sincere New Year's greetings from our committee and our many readers. Sorry we missed December because of the weather. Our January play will be Raymond Chandler's *Trouble is My Business*, a Philip Marlowe mystery. In featured roles will be first-time reader Myra Kornbluth and long-time reader Alex Denson. Five other neighbors will read good guy and bad guy roles.

As is our custom, refreshments and conversations will follow the reading. Hope to see you there! For further information contact Abby Saffold (a2saffold@gmail.com) or Barbara Smith (udvbvs@duke.edu).

## What Makes People Tick Part II: What Happens When the Clock Goes Tick Tock?- Mental Health, Developmental Disabilities & Substance Use Disorders

Wednesdays, January 16 - March 27 / 9 am  
Party Room

Sign up in the Count-Me-In Book.



Bill Harrington will be offering the 2nd part of his two-part course in "what makes us tick." Drawing on his 40 years in the mental health field, Bill will deal with what is commonly referred to as abnormal behavior. Stories from these years will illustrate and bring a myriad of concepts to life. The emphasis will be on what effect a child's or an adult's aberrant behavior has on the family. What happens to a child who gets removed from his/her home? In North Carolina, what was the Willie M. law suit? What is the interface between mental illness and criminal behavior? In society's attempts to assist the mentally ill client, what are the differences between the various approaches to treatment: therapy, rehabilitation, habilitation and psychotropic medications? What works and what doesn't? Why are so many psychiatric hospitals being closed? Don't we need more beds – not fewer? What does it mean to be "dangerous to self or others?" The mental health field did not discover sex abuse until the 1970s. Why did it take so long? **Please note that you did not have to take Part 1 in order to sign up for Part 2.**

## Health & Wellness Socials

Hot Apple Cider

Monday, January 14 / 2:30 pm  
Holbrook

Hot Chocolate & Cookies

Thursday, January 17 / 2:30 pm  
Holbrook

S'mores

Thursday, January 24 / 2:30 pm  
All Neighborhoods

Bagels & Cream Cheese

Thursday, January 31 / 2:30 pm  
Olsen



## Trivia Rematch with Carol Woods

Tuesday, January 15 / 3:00 pm

Party Room

Sign up in the Count-Me-In Book by January 11.

Join us for a trivia rematch with residents of Carol Woods. We need a team of approximately 6 residents. No previous participation required. Contact Sheri Sampson at (919) 419-4017 for more details.

## Frank Sinatra: He Did It His Way

Tuesday, January 15 / 7:00 pm

Auditorium

Although there were singers with, perhaps, better voices and more accomplished actors, no one could match his passion and personal magnetism. He attracted legions of men trying to be his friend and women wanting a relationship. Who else but Sinatra could hang out with both presidents and mobsters at the same time? To headline writers, he was “the voice,” “old blue eyes,” and “chairman of the board.” To generations of his fans, he was Sinatra, the greatest singer of all, and the man who lived his dreams.

Resident Jim Staley worked diligently to edit an A&E Biography that chronicles both the highs and the lows of Sinatra’s personal and professional life, inserting excerpts from many of his popular recordings to enhance the show. These include *All The Way*, *I’ll Never Smile Again*, *Embraceable You*, *Just One of Those Things*, *That’s Life*, *Come Fly With Me*, *Luck Be a Lady Tonight*, *Strangers in the Night*, *I’ve Got You Under My Skin*, *Fly Me to the Moon*, *My Kind of Town*, and *My Way*.

## The Best Smart Phone Apps

iPhone

Wednesday, January 16 / 1-2 pm

Party Room

Android

Wednesday, January 16 / 2:30-3:30 pm

Party Room

Sign up in the Count-Me-In Book. Space is limited.

Your smart phone has so many useful apps such as...

- Uber and other ride sharing options that allow

you to access cheap transportation;

- game apps that allow you to play with others online;
- Apps that help with every day life such as online grocery ordering or Talk-to-Text;
- and much more!

In this class the Tech Team will go over a list of the apps they think are most helpful for you! **Please note that this is not a hands on class but rather an informational presentation. For personalized support, see the information below on the Tech Team’s “office hours” at The Forest.**

The Tech Team specializes in making technology work for older generations, through patience, knowledge, and affordability. If you would like to ask questions about the class or have suggestions for the types of apps you would like to learn about, feel free to email [techteamnc@gmail.com](mailto:techteamnc@gmail.com) or call (919) 903-7060.

## Tech Team Office Hours

Friday, January 18 / 1-3 pm

Library Conference Room

\$5.00 per 15 minute time increment.

To register, contact the Tech Team at (919) 903-7060 or [techteamnc@gmail.com](mailto:techteamnc@gmail.com).

The Tech Team will be available at The Forest to offer one-on-one support for any of your technology questions or needs. When you contact the Tech Team to set up your appointment, they will estimate a suggested time frame based on your stated needs.

## Boys & Girls Reading Club of Durham

Wednesday, January 16 / 4:30 pm

Library

Sign up in the Count-Me-In Book.



Several of the children from the Boys & Girls Club of Durham will join us in the library in order to practice their reading skills with some of our residents. Residents are needed to assist the boys and girls.

No education degree is necessary, only the desire to help local children excel and to have some fun! This month we will NOT be visiting the Boys & Girls Club due to the New Year’s holiday.



## Penguin Appreciation Day Display

Friday, January 18 – Monday, January 21

In honor of National Penguin Day on January 20th we will display any penguin artifacts or pictures you'd like to have included in the display! Please contact Jenna Craig at 919-419-4042 who will collect the items for display. They may be picked up from her office on Tuesday, January 22.

## Musician Rob Murdock

Friday, January 18 / 10:00 am

Ritz Theater

Join us in the Ritz Theater for some jazz music and a small performance from musician Rob Murdock.

## Just For Laughs!

Friday, January 18 / 3:30 pm

Auditorium

**No sign up is required to attend. If you wish to perform during the "Open Mic" session, contact resident Prem Sharma at 919-361-5858 to sign up.**

Join the Laughter Crafters and other residents for an afternoon of light hearted fun! The program will begin with watching a collection of humorous videos, followed by a brief slate of brave and entertaining fellow residents standing up and sharing their favorite jokes and funny short stories (rating PG-13 or below), and then closing with more funny videos! This will be a great event to laugh for the sake of laughter and forget about the cares of the world for an afternoon. Join us!

Special thanks to the Laughter Crafters Committee: Prem Sharma (Chair), Chelley Gutin, Jack Hughes, Myra Kornbluth, Greg Lockhead, Bill Losee, Paul McBride, Sy Mauskopf, Mac Mellor (ex officio), Lee Murphy, Bill Michal, Carol Oettinger, Lila Singer, and Helen Stahl.

## Quarterly Residents' Association Meeting

Monday, January 21 / 2 pm

Auditorium

The quarterly meeting of the Residents' Association will be held this month. All residents are encouraged to attend. Get the latest updates from our Standing Committees as well as the Administration.

## Creativity: What Is It, and How Does It Happen?

Tuesday, January 22 / 10 - 11:30 am

Auditorium



Creative systems are all around us. Some were created by nature, such as ant colonies, gene networks, ecosystems and brains.

Others were created by us, such as political systems, stock markets, language, technology, cities and culture. In this talk we will explore some general principles of creativity and gain deep insights into how systems emerge and become generative.

Joseph Tranquillo received his PhD in biomedical engineering from Duke University. He is currently Associate Professor of Biomedical and Electrical Engineering and Director of the Teaching and Learning Center at Bucknell University. His visit this week is being hosted by Duke University and long time friends and Forest residents, Howard Clark and Larry Inderbitzin.

## The Regulator Book Shop

Tuesday, January 22 / 12 – 2 pm

Living Room

The Regulator Book shop, a locally owned institution on Ninth Street offering books of all genres, note cards, and gifts, will be setting up shop at The Forest at Duke. They will bring a wide selection of children's books for your own shopping, or to benefit the Book Harvest *Dream Big* Book Drive as part of the Martin Luther King Jr Day celebration. Purchased books can be brought to the celebration on January 23rd. Please see page 8 for more details.



## Game Night

Tuesday, January 22 / 7-9 pm  
Greenwood's

Calling all game night lovers (or anyone interested in having fun in a relaxed atmosphere while getting to know your neighbors)! Tables in Greenwood's will be made available for you to play your favorite games. The Forest will provide a few options but feel free to bring along your favorites. The bar will be open in Taproot as usual, so grab a night cap and bring it over if you so please.

## Martin Luther King Day Program

Wednesday, January 23 / 3:30 pm  
Auditorium and Channel 1390



The Forest at Duke residents and team members will come together again for our 2nd Annual Martin Luther King Jr. Day Celebration in the Auditorium.

The first time Martin Luther King Jr. visited Durham, it was at Mickey Michaux's invitation and we're delighted that **State Representative Mickey Michaux** will be the keynote speaker for this event. He will discuss Durham's African American and civil rights history, and the work for equality still being done in Durham. The **Forest Singers and volunteer team members**, led by Scott Hill, will join voices in song for a portion of the program too.

Since MLK Day is a national day of service we will once again **collect books for Book Harvest's Dream Big event** at the door for this event. Please see page 7 with details on The Regulator Book Shop selling a wide variety children's books at The Forest for purchase/donation.

Throughout the week please look for a **chalkboard installation** in the Community Center. Residents and team members are encouraged to complete the sentence "I have a dream..." on the wall with your best wishes for the brightest future. This will be a living document during the week of January 21st. I hope you all look forward to reading what is recorded as well.

Thanks to the Activities Holiday Subcommittee and the resident Diversity & Inclusion Collaborative for their support of this event.

*Although MLK day is on January 21, we will recognize the event on Wednesday the 23rd.*

## Pianist Solomon Eichner

Thursday, January 24 / 7 pm  
Auditorium

Equally at home with solo, chamber and concerto performances, American pianist Solomon Eichner has established himself as an exciting versatile young artist known for his commanding interpretations of the romantic keyboard repertoire. Declared by the American Liszt Society as "A sensitive pianist, Solomon's playing is poetic, beautiful and moving with deep feeling."

Solomon received his Doctor of Musical Arts degree from the University of South Carolina in May 2017. Recently, he and his wife relocated to Raleigh where he is now on staff at Campbell University and Wake Tech Community College.

## January Birthdays Social Hour

Friday, January 25 / 3:30 pm  
Carlton Lounge

Come celebrate the birthdays of your neighbors who were born this month.

## New Resident Introduction & Social Hour

Friday, January 25 / 3:30 pm  
Auditorium



Please join us for a formal introduction of new residents. Following the introductions, mix and mingle at our Friday social hour. Come celebrate the arrival of our new neighbors!

## Saturday Night Sing-A-Long

Saturday, January 26 / 7 pm  
Party Room

Interested crooners meet in the Party Room for singing the "good old songs". This evening is totally informal and spontaneous, no commitment to attend and no rehearsals. Just come and bring some suggestions of favorites and we will see what happens. Handouts with the song lyrics will be available for those who need a refresher.





**Come Laugh with Us**  
**Monday, January 28 / 2:30 pm**  
**Ritz Theater**

Do you enjoy laughing and smiling? This is where you need to be. Join us in the Ritz with the Laughter Crafters group.

**Ben King's Funny Films**  
**Monday, January 28 / 7 pm**  
**Party Room**

The Funny Film for January, *Block-Heads*, is one of resident Ben King's favorites because of the sheer absurdity of the plot. In the opening scene, Stanley Laurel and Oliver Hardy, bosom buddies in the American Army of World War I, are about to go over the top to attack the Huns. At the last minute, however, Stan is ordered to stay behind to guard their trench. Fast-forward to 1938, and we find him still marching back and forth in the trench, his rifle at shoulder-arms- - twenty years after the Armistice! Somehow, he didn't get the word that the war was over. He might have expired there from old age or his rations running out if he had not mistakenly shot down a private aircraft, leading to his return to modern American Society. When Ollie learns of the rescue of his heroic friend, whom he long considered to be missing in action, he goes to the Old Soldiers' Home to welcome him and bring him home to meet the missus. Predictably, the story descends into a hilarious sequence of situations from that point on. When the 57-minute main feature is over, we shall show A Tribute to Laurel & Hardy featuring legendary figures Dick Van Dyke, Jerry Lewis, Tim Conway, Bob Einstein, and Penn & Teller. These stars share their assessment of Stan & Ollie's place in the history of comedy. They are all fans since childhood and they tell us why.

**Forest Speak: Passing Fancies in Jewish American Literature and Culture- Who Do We Think We Are?**

**Wednesday, January 30 / 4:30 pm**  
**Auditorium**

America, from its inception, has been thought of as a

place where one can re-make oneself and achieve success in the process. But these ideals of reinvention and upward mobility have existed in tension with another, equally salient idea: that there is only one way to be a "real" American. In her new book, *Passing Fancies in Jewish American Literature and Culture*, Judith Ruderman extends the customary discourse about crossing the color line to include lines crossing in and out of Jewishness. By exploring a variety of strategies for passing in a Jewish context, from nose jobs and name changes to alterations of dress and behavior, Dr. Ruderman raises basic questions: Who do we think we are? Do we have a right to claim an identity of our own choosing? Judith Ruderman, a resident since May, retired as vice provost and adjunct professor of English at Duke University. She has published five books of literary criticism and is the recipient of the 2017 Harry T. Moore Award for lifelong contributions to D.H. Lawrence Studies.

**Chinese New Year Celebration with Performer Ye Ning**

**Friday, February 1 / 3:30 pm**  
**Auditorium**



Ye Ning Feng is a Classical Folk singer from HangZhou, China. She will introduce Chinese culture through singing Chinese Folk songs. Ye Ning is also a competition winning singer, having won numerous awards, including the Golden Prize on China's Television Singing Competitions. In 2009, she made it to the third round on the Americas Got Talent Show. Her talents have been showcased on Chinese radio and television broadcasts as well as at numerous Asian cultural events and activities in New England, and now in North Carolina. In honor of this holiday, we encourage everyone to wear red, the traditional color associated with the Chinese New Year symbolizing good luck.



## Brain Fitness Course

Thursdays, February 7th –March 28th /  
11:30am - 12:30 pm

Health & Wellness Classroom

**\$16.00 for materials for the 8-week course.**

**To register, complete the Master Sign-Up Sheet included with your Activities Book and available in the Connections Room by Friday, February 1.**



Brain Fitness is important and science shows that we must engage in activities across the multiple areas of health to fully boost our daily thinking and long-term brain vitality. Starting in February 2019, Sheri Sampson, Fitness Manager and certified Total Brain Health (TBH) Instructor, will lead an 8-week interactive, group-based brain fitness workshop that focuses on Total Brain Health by addressing multiple dimension of wellness:

- Physical. Keeping physically fit helps sharpen intellectual performance, and has been linked to lowered dementia risk.
- Intellectual. Cognitive training can revive skills that diminish with age, such as attention, quick thinking, multi-tasking, short-term memory, and reasoning. Research suggests some of these benefits may even last up to ten years.
- Emotional. Strong, satisfying social ties, emotional balance and a positive outlook have been tied to better daily thinking and long-term brain vitality.
- Social. Training in groups has been shown to fast track the effects of brain training on our cognitive abilities and can directly impact the cognitive skills most challenged by aging.

Each class will feature a series of small group and individual hands-on activities and discussions. You'll also receive a workbook that encourages activities outside of and in-between classes.

You can participate in this course whether you have cognitive concerns or not. In a TBH course or program you will always find a "hands on" opportunity to try what you are learning, not just read about it or listen to a lecture. As a participant, be committed to working your body, mind and spirit to encourage memory retention and brain fitness!

## Comedian Keith Barany

Monday, February 11 / 7 - 8:30 pm

Auditorium

**\$10 per ticket for residents; \$12 for non-resident guests.**

**To register, complete the Master Sign Up Sheet included with your Activities Book and available in the Connections room. We must guarantee 100 tickets by Saturday, January 12, in order to confirm this event!**



Join stand-up comedian Keith Barany for his Forest debut! The comedy of Keith Barany ("Bare-a-knee") is often described as original, gentle & brilliant...comedy that's real, without being vulgar or "cringey". In fact The NY Post called him "the wittiest comedian working". From time to time Keith has written for well known TV shows such as: "The Emmy Awards", "Politically Incorrect", "The Jimmy Kimmel show" and most notably, "Seinfeld". He's performed in concert with: John Stewart, Jerry Seinfeld, Joan Rivers, Ray Romano, Bob Hope, Joy Behar, Lewis Black & Ray Charles. Keith has entertained our US troops MANY times in the last 20 years. Keith is the only stand-up comedian from a Nobel Prize winning family! Thanks to the Laughter Crafters for bringing this performance to The Forest!

## Bill's Interviews

Resident Bill Harrington is putting together more interviews for the spring. Since Sandy Mouras' interview had to be postponed because of the weather, "Hurt in a Skirt- Sandy's Roller Derby Career with the Champion Reservoir Dolls" will be presented at that time. Bill is also working with Jack Hughes in relation to his experiences on D-Day. Sy Mauskopf and his lifelong work on the History of Science is another possibility. Bill is also working on at least one person from outside of The Forest.

The format will be similar to the fall 2018 interviews: Bill will introduce the interviewee; he will ask a series of questions (4-6); and then the floor will be opened for questions from the audience. Stay tuned for upcoming announcements.



## Mix & Mingle Program

The Mix & Mingle Committee is working on the schedule for the next cycle. Please stay tuned for dates!

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## Encore Store

**Tuesday, January 8 & 22 / 3:30 - 5 pm**  
**Wednesday, January 9 / 11 am - 12:30 pm**

The Encore Store is open in January. The Encore Store volunteers thank the Forest residents and team members for their continued support.

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## Gift Shop

**Tuesdays through Fridays / 11 am-1 pm**

The Gift Shop is located in the Community Center, across from Greenwood's. It offers attractive gifts and greeting cards. The Gift Shop is operated by resident volunteers in coordination with the Department of Resident Life. All proceeds benefit the Benevolent Care Fund.

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## Creative endeavors

### Exploring Clay

**January Clay Sessions**

**Wednesdays, January 2-30 / 2 pm**

**Sign up by Tuesday, January 1**

**Studio**

**February Clay Sessions**

**Wednesdays, February 6-27 / 2 pm**

**Sign up by Tuesday, February 5**

**Studio**

**Cost: \$10.00 per person/monthly**

**To register, complete the Master Sign-Up Sheet included with your Activities Book and available in the Connections Room.**

Residents really enjoy making beautiful clay creations under the expert guidance of resident Joan Cohen. All are welcome regardless of your skill level.

Mrs. Cohen has been an art educator and potter for 50 years and we are fortunate to have her here at The Forest. She taught in the Chapel Hill School System, and has led classes and workshops at local universities including UNC-Chapel Hill and NC State University. Many of her creations are in museums and private collections. Her works have been shown locally and nationally.

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### Art Workshop: Drawing, Sketching, Color, and Painting with Jane Woodworth

**Thursdays, January 3-31 / 1:30-3:30 pm**

**Studio**

**Initial Cost: \$25 for your own kit of materials; \$10.00 per person monthly**

**To register, complete the Master Sign-Up Sheet included with your Activities Book and available in the Connections Room.**

Resident Jane Woodworth will lead these weekly art sessions. You do not have to know how to draw before you can play with the different color materials; colored pencils, pens, crayons, pastels, gouache, water color pencils and paints and acrylic paints.

There is always a free introductory session. Each



new participant will be charged \$25 for a set of materials. We have plenty to get started with until you decide what medium you plan to work with. Then \$10.00 per month to support the ongoing supplies much like is done in the "Exploring Clay" classes.

No experience needed. Just getting together to experience making a work of your own in the company of other art lovers. If you have your own materials do bring them.

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instruction, Carol Liz has taught watercolor painters across the country. Whether you are a fraidy-cat beginner or an advanced painter, you will rapidly grow your skills and have success. If you don't have your own supplies, the instructor can provide them for \$35. If you ever wanted to learn to paint, now is the time.

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## Jewelry Design and Repair Workshop

**Saturday, January 26 / 2-4 pm**

**Studio**

**Sign up in the Count-Me-In Book.**

Artisan Robin Harper leads the Jewelry Design and Repair Workshop. Whether you have jewelry that is in need of repair or you want to make something new, she will be happy to help you. You are invited to bring your jewelry projects to the Studio and work on your pieces in the company of other jewelry enthusiasts. However, if you need specific one-on-one assistance from Robin we do ask that you sign up in the Count-Me-In Book for a specific time slot.

Regardless of your experience level, all are welcome to participate. The Forest has a vast array of jewelry making tools and supplies available to you during this session.

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## Watercolor Class

**Mondays, February 25-March 18 / 9 am - 12 pm**

**Studio**

**Cost: \$120 for series of 4 classes. If you choose to use the instructors supplies during class, a \$35 materials fee is due to the instructor at the first class meeting. If you choose to purchase your own materials from a craft store, please contact the Department of Resident Life for a list of suggested materials. To register, complete the Master Sign-Up Sheet included with your Activities Book and available in the Connections Room.**

By the end of the four classes, you will have painted a beautiful, ready-to-frame, watercolor of Peonies.

Known for her clear, entertaining, and individualized





# OLLI at The Forest

For the following OLLI classes held at The Forest, residents do not have to be OLLI members to attend and there is no tuition fee.

## French Round Table

**Tuesdays / 12 pm  
Studio**

This popular OLLI group has found its home here at The Forest, and French speakers are invited to meet with them for lunch in the Studio to practice your language skills. French speaker Maria Elliott leads this group. This is a conversation group for speakers with moderate to good knowledge of the language, not a class. So bring your lunch and join us!

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## Frontiers in Medicine

**Mondays, January 7 - March 25 / 11 am  
Auditorium - unless noted**

For the winter, 2019 academic semester, the Osher Life-long Learning Institute at Duke (OLLI-Duke) will offer a course entitled *Frontiers in Medicine* at The Forest at Duke (TFAD). The course is coordinated by Edwin Cox, MD, a retired oncologist and Bernard (Bob) Gutin, PhD, a retired physiologist and TFAD resident.

Presenters will vary from week to week. This semester topics will include: recent developments in eye health; how our society can best provide for the needs of its aging population; psychedelic assisted psychotherapy; global health successes and challenges.

## January 7

*Food Policy and Public Health.* Kelly Brownell, PhD, is the Robert L. Flowers Professor of Public Policy, and former Dean of the Sanford School of Public Policy at Duke. He is also Founding Director of the World Food Policy Center. His presentation will focus on the intersection of key areas of food policy: food insecurity; obesity and chronic disease; agriculture and environment; and food safety and defense.

## January 14

*Is less more? Improving our health by consuming fewer calories.* Edwin Cox, MD. Nutritional deprivation is historically the bane of human existence, and we were encouraged from childhood to eat heartily to be strong and healthy. More recently, overabundance of food, coupled with memories of those admonitions to eat, has produced a tidal wave of obesity, now recognized as a major risk factor for ill health and premature death. Logic suggests hitting a happy medium, eating until we are comfortably full and maintaining gravitas. The presentation reviews data from animal and human studies that now point to health benefits of reduced caloric intake even for those at “normal” weight.

## January 21

Martin Luther King observance. No class.

## January 28- Ritz Theater

*Physical activity: the best buy in public health.* Bernard Gutin, PhD. In December, 2018, the U.S. government published recommendations concerning what kinds and doses of exercise are most beneficial to well-being. In this session, we will summarize the recommendations and then engage in an interactive discussion of behavioral strategies that can help people to achieve them. This class session will be held in the Ritz Theatre.

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## Symposia: Science and Diversion

**Tuesdays, January 8 - March 19 / 2 pm  
Auditorium**

Caution: This invited-speakers series is addictive! Every speaker gives you something to think and talk about. The program fits into your lifestyle because a missed class does not mean losing continuity, each lecture is self-contained and on a different topic. Everyone is welcome!

This course, over its past 40 terms, has always been a work in progress, and this program is an important step in that progress. Instead of topics being chosen only by Symposia’s initial hosts, Harriet Sander and Tony Waraksa, you’ll find another four organizers and hosts leading sessions this term. Each brings a different perspective to the concept of “Scientific Excursions and Diversions.” We are very pleased to



offer the following programs this winter, but please be aware that our speakers' schedules, and therefore our programs, are subject to change.

## January 8

You've all heard of the "butterfly effect"—it's about how small perturbations can lead to major changes as time goes on. Peter Coclans, Professor of History at UNC–Chapel Hill, will be talking with us about how some small changes— "microtrends"—can lead to a disruption of life in the US and the world. His lecture is partly derived from *Microtrends* by Mark Penn (with E. Kinney Zalense).

## January 15

Frank Princiotta is an OLLI instructor with an avid interest in climate change. He says, "Humanity has dug itself a very deep hole. Since the industrial revolution man has emitted over 375 billion tons of CO<sub>2</sub> and other greenhouse gases; emissions continue to rise. We are losing the ability to avoid major global warming, which will yield serious impacts. What will it take to minimize the damage?" He'll be with us today to brief us on where we are along the climate-change axis.

## January 22

Solar electricity generation in North Carolina now ranks behind only California thanks to solar installations installed over the past five years. As an architect, builder, and property manager in Durham, Richard Harkrader has showcased solar energy features in his projects for decades and installed the first utility-scale solar electricity systems in NC. He worked with the NC General Assembly in 2007 when it passed the Renewable Energy Portfolio Standard that ignited the solar revolution in NC, and he nurtured the development of solar companies and jobs to meet the ensuing demand. Richard will review this history and share his vision of where NC and the US are headed in adopting solar energy.

## January 29

Charles Flink, FASLA, PLA, is an award-winning author, landscape architect, and planner and is widely regarded as one of America's leading greenway planners and designers. He is going to be talking with us today about the roles ecology and environment

have played in shaping the Triangle's culture and the economy. Specifically, his presentation examines how geology, topography, silviculture, and agriculture provided the framework for community development, industrialization, enterprise, government, and education. He will remind us that the growth of the Triangle region has been fueled by its green infrastructure: forests, streams, rivers, and ecological systems. Deliberate efforts have been made to preserve and protect elements of this green infrastructure. The Triangle is known for its extensive, world-class network of greenways, parks, and open spaces. However, explosive population growth throughout the Triangle region threatens this magnificent natural heritage with impacts on watersheds, wildlife, and green infrastructure.

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# Out on the town

All times listed are departure times unless otherwise noted.

## South Square Loop Runs

**Mondays / 1 & 2:30 pm; Final Pickup 3:30 pm**

Sign up in the Count-Me-In Book.

**Thursdays / 9 & 10:30 am; Final pickup 11:30 am**

Sign up in the Count-Me-In Book.

## Target Trip

**Monday, January 7 / 2:30 pm;**

**Pickup 3:30 pm**

Health & Wellness Visitor's Center

Sign up with Jennifer Kea at 919-419-4027

## Southpoint Mall Run

**Friday, January 11 / 10:00 am;**

**Pickup 12:30 pm**

Sign up in the Count-Me-In Book.

## New Hope / Patterson Place Run

**Friday, January 25 / 10 am;**

**Pickup 12:30 pm**

Sign up in the Count-Me-In Book. Need a minimum of eight people.

## Health & Wellness Lunch Outings

**Fridays / 11:30 am**

Health & Wellness Visitor's Center

Sign up with Jennifer Kea at 919-419-4027.

Please note these outings are for Health & Wellness residents and their guests only.

January 4

**Texas Roadhouse**

January 11

**Twisted Noodle**

January 18

**No Lunch Outing**

January 25

**Chili's**

## Shen Yun Performance

**Sunday, January 6 / 12:30 pm**

**\$5.00 for transportation. Residents must purchase their own tickets. We must have 8 people sign up to offer transportation.**

**Sign up in the Count-Me-In Book.**

Raleigh Memorial Auditorium is featuring Shen Yun Performing Arts, a performing-arts and entertainment company formed in New York City. It performs classical Chinese dance, ethnic and folk dance, and story-based dance, with orchestral accompaniment and solo performers. The Shen Yun website translates the phrase shen yun as "the beauty of divine beings dancing" and this performance is being described as "the highest and the best of what humans can produce."

## Tour of Rubenstein Library

**Tuesday, January 15 / 9:45 am**

**Sign up in the Count-Me-In Book.**

Join us as we take another trip to the David M. Rubenstein Rare Book & Manuscript Library at Duke University, directed by Naomi Nelson, the daughter of residents Kay and Ralph Nelson, to see the new collections. Current exhibits include *Views of the Great War*, highlighting the experiences of soldiers, doctors, nurses, and the folks back home during the "war to end all wars,"

*Anything and All Things of Interest to Women*, a collection of over six hundred books written, printed, illustrated, or published by women from the seventeenth to the twentieth century; and much more. They even have Virginia Wolfe's writing desk! We will have a guided tour.

## Urban Ministries Community Cafe

**Wednesday, January 16 / 9 am**

**Sign up in the Count-Me-In Book.**

The Forest at Duke organization and residents have a very important, longstanding relationship with Urban Ministries of Durham. On the third Wednesday of the month, residents and team members make the bag lunches that are distributed daily for those in need of a meal.





## Tasting the Triangle Lunch: First Watch

Friday, January 18 / 11 am

Bring money for lunch.

Sign up in the Count-Me-In Book by  
Wednesday, January 16.

First Watch, which recently opened its newest location in Durham, begins each morning at the crack of dawn, slicing fresh fruits and vegetables, baking muffins and whipping up delicious breakfast, brunch and lunch options from scratch. Everything is made to order and freshness is never compromised. They don't use heat lamps or deep fryers — only the finest ingredients possible for the freshest taste around. This restaurant offers waited service. They do not take reservations so there could be a short wait.

## Orchid Trail Greenhouses Tour

Thursday, January 24 / 1 pm

\$5.00 for transportation. Bring money if you wish to buy plants.

To register, complete the Master Sign-Up Sheet included with your Activities Book and available in the Connections Room.



Owner John Stanton is an orchid grower, collector, and hybridizer who has never seen an orchid he didn't like. The Orchid Trail greenhouses in Morrisville hold 21,000 square feet of orchids. They offer a large and varied selection of species and hybrids from a wide range of orchid genera at reasonable prices. We will take a tour of their greenhouses and staff will answer your questions about orchid care and maintenance. They also offer a full range of Orchid Care Services so feel free to bring your personal orchid from home to have them take a look or even store it for the winter. Please note that the greenhouses are wheelchair accessible but the bathroom is not.

## Boyarsky Lecture

Thursday, January 24 / 5 pm

\$3.00 for transportation

To register, complete the Master Sign-Up Sheet included with your Activities Book and available in the Connections Room.

The 2019 Boyarsky Lecture is titled *More Just, More Humane: Reimagining the Social Role of Medicine*.

The education and mentorship of future health practitioners play a critical role in their care of the ill and suffering. What does moral education look like? How can we develop a more unified approach to teaching and learning for societal significance? Presenter Arno Kumagai, MD will consider these questions and explore the concept of critical consciousness in teaching for equity and justice. He will show how stories, reflections, and dialogue can foster transformative learning and lead to transformation of the practice of medicine.

The Boyarsky Lectureship, created through a gift from residents Drs. Saul and Rose Boyarsky, brings distinguished lecturers to Duke University who can inspire achievement in social justice and public health through science.

## NC Opera: *Carmen*

Friday, January 25 / 6:15 pm

\$5.00 for transportation. Residents must purchase their own tickets at

[www.ncopera.org](http://www.ncopera.org). Must have eight people registered to offer transportation.

To register, complete the Master Sign-Up Sheet included with your Activities Book and available in the Connections Room.

The alluring gypsy Carmen can have any man she wants and today she wants the army corporal Don José. But when she leaves him for a dashing bullfighter, the soldier's obsessive attraction proves fatal. You'll recognize all the melodies because every song is a hit—from the tempting "Habanera" to the seductive "Seguidilla" to the rousing "Toreador Song." Bizet's beguiling score along with the hypnotic dancing and pulsating human drama will make you powerless to resist this *Carmen* conducted by Keitaro Harada.

## Nasher Family Days

Sunday, January 27 / 1 pm; Return depart 2 pm

Sign up in the Count-Me-In Book.

The Forest at Duke is the proud sponsor of Nasher Museum's Family Days for the 2018/19 season. On these days families visiting the museum enjoy live entertainment, create hands-on projects and explore exhibitions with a gallery hunt. This transportation is





open to residents and staff members and their families.

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## **North Carolina Jazz Repertory Orchestra Performance at Sharp 9 Gallery**

**Tuesday, January 29 / 7:15 pm**

**\$24.70 for transportation and ticket**

**To register, complete the Master Sign-Up Sheet included with your Activities Book and available in the Connections Room by Monday, January 21.**

The North Carolina Jazz Repertory Orchestra continues its fantastic monthly residency at the Sharp Nine in Durham. Don't miss the opportunity to hear the most celebrated big band in the Carolina's play selections from Ellington & Basie and lots more, all in this intimate setting. Soft drinks, bottled water and snacks are available for sale, however you are welcome to bring your own wine, beer, cheese, etc.

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## **Tasting the Triangle Dinner: Counting House**

**Thursday, January 31 / 5 pm**

**\$3.00 for transportation. Bring money for dinner.**

**To register, complete the Master Sign-Up Sheet included with your Activities Book and available in the Connections Room by Friday, January 18.**

A showcase for high-quality seasonal ingredients, Counting House presents a global perspective on regional dishes and celebrates North Carolina's rich heritage of fresh seafood. The bar and lounge is a welcoming place to taste innovative house-made cocktails, sip aperitifs, sample local craft brews, and explore broad bourbon and wine lists.

Reestablishing the warmth and vitality of a historic gem, Counting House combines contemporary design with magnificent architectural details including the building's original terrazzo floors and arched windows. Rotating exhibitions of contemporary art carry over from the adjoining hotel, The 21C Museum Hotel in downtown Durham, into the restaurant space. This restaurant offers waited service and we will have a reservation.

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## **Kruger Brothers Concert**

**Saturday, February 2 / 6 pm**

**\$52.68 for ticket and transportation.**

**To register, complete the Master Sign-Up Sheet included with your Activities Book and available in the Connections Room by Monday, January 14.**

Join us as we head to Raleigh for a concert to remember! In their ever-expanding body of work, The Kruger Brothers personify the spirit of exploration and innovation that forms the core of the American musical tradition. Based out of Wilkesboro, NC, their remarkable discipline, creativity and their ability to infuse classical music into folk music has resulted in a unique sound that has made them a fixture within the world of acoustic music. The honesty of their writing has since become a hallmark of the trio's work.

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*For ticketed events, we typically purchase tickets as residents sign up in order to guarantee seating. In the event that you must cancel your attendance to a ticketed event, you may still be responsible for the cost of pre-purchased tickets. Should you need to cancel your attendance, we encourage you to find another resident to purchase your tickets in your place. We are happy to assist in this search as well.*

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# Season tickets

## Ticket holders:

Please initial beside your name in the Count-Me-In Book confirming that you will be attending these performances. Please cross your name out if you will be unable to go. This helps us plan accurately for transportation.

- **Duke Men’s Basketball in Cameron Indoor Stadium vs. Clemson**  
Saturday, January 5  
Depart: TBA
- **vs. Syracuse**  
Monday, January 14  
Depart: 6:15 pm
- **vs. Virginia**  
Saturday, January 19  
Depart: TBA
- **vs. Georgia Tech**  
Saturday, January 26  
Depart: 11:15 am
- **Duke Women’s Basketball in Cameron Indoor Stadium vs. Louisville**  
Sunday, January 6  
Depart: 1:15 pm
- **vs. Miami**  
Thursday, January 17  
Depart: 6:15 pm
- **vs. Wake Forest**  
Thursday, January 24  
Depart: 6:15 pm
- **vs. Syracuse**  
Sunday, January 27  
Depart: 12:15 am
- **St. Stephen’s Concert Series at St. Stephen’s Episcopal Church**  
**Andrew Tyson, piano**  
Sunday, January 6  
Depart: 3:15 pm

- **Suntrust Broadway Series at Durham Performing Arts Center**  
**Fiddler on the Roof**  
Tuesday, January 8  
Depart: 6:45 pm
- **Miss Saigon**  
Tuesday, January 22  
Depart: 6:45 pm
- **NC Symphony in Chapel Hill at Memorial Hall at UNC**  
**Mozart & Shostakovich**  
Thursday, January 10  
Depart: 6:30 pm
- **The Firebird**  
Sunday, January 27  
Depart: 6:30 pm
- **Met Opera Live Simulcasts at Silverspot Theater in Chapel Hill**  
**Cilea: Adriana Lecouvreur**  
Saturday, January 12  
Depart: 12:15 pm
- **Chamber Orchestra of the Triangle at Carolina Theater**  
**The Three Viennese Masters**  
Sunday, January 13  
Depart: 2:15 pm
- **Piano Recital Series at Baldwin Auditorium**  
**Jeremy Denk**  
Friday, January 25  
Depart: 7:15 pm
- **Carolina Ballet at Duke Energy Center in Raleigh**  
**Love in the Times of the Day**  
Thursday, January 31  
Depart: 6:45 pm

*Current series sign up sheets for the 2018/19 seasons are available in Connections.*



## Cinema at The Forest

The Forest offers two different theatre experiences. The Ritz Theatre in the Health & Wellness Center plays host to Movie Matinees. The Auditorium features our 7:00pm Wednesday evening movies.

### Movie Matinees in The Ritz:

#### *The Seagull*

**Thursday, January 3 / 4:00 pm**

**Rated: PG-13 / Runtime: 1 hr 35 min. / 2018**

One summer, at a lakeside Russian estate, friends and family gather for a weekend in the countryside. While everyone is caught up in passionately loving someone who loves somebody else, a tragicomedy unfolds about art, fame, human folly and the eternal desire to live a purposeful life.

#### *The Guardians*

**Saturday, January 5 / 3:15 pm**

**Rated: R / Runtime: 2 hrs 15 min. / 2018**

In this ensemble drama set in rural France, the women of the Paridier farm are left to run it by themselves while their men are off fighting in World War I. But things become complicated with the arrival of American troops.

#### *Final Portrait*

**Thursday, January 10 / 4 pm**

**Rated: R / Runtime: 1 hr 30 min. / 2018**

Set in 1964, Final Portrait is the story of the touching and offbeat friendship between American writer and art-lover James Lord and world-renowned artist Alberto Giacometti. Lord's perspective reveals a unique insight into the beauty, frustration, profundity and sometimes chaos of the artistic process. While on a short trip to Paris, Lord is asked by his friend Giacometti to sit for a portrait. Giacometti promises the process will take only a few days, so Lord agrees - and ends up wondering how much longer it will go on.

#### *Breath*

**Saturday, January 12 / 3:15 pm**

**Not Rated / Runtime: 1 hr 55 min. / 2018**

In small-town Australia, teenage "Pikelet" and his best friend, "Loonie," find an escape in the ocean and a mentor in reclusive professional surfer Sando -- who

exhorts them to take chances that will have profound and enduring effects on them.

#### *Chappaquiddick*

**Thursday, January 17 / 4 pm**

**Rated: PG-13 / Runtime: 1 hr 47 min. / 2018**

In this historical drama, the car accident that doomed Ted Kennedy's presidential ambitions and resulted in the drowning death of 28-year-old Mary Jo Kopechne gets a fresh look, focusing on the cover-up that followed the crash.

#### *I Feel Pretty*

**Saturday, January 19 / 3:15 pm**

**Rated: PG-13 / Runtime: 1 hr 50 min. / 2018**

Amy Schumer stars as Renee, a woman who struggles with feelings of insecurity and inadequacy on a daily basis. After suffering a fall, she wakes up believing she is suddenly the most beautiful and capable woman on the planet. With this newfound confidence she is empowered to live her life fearlessly and flawlessly, but what will happen when she realizes her appearance never changed?

#### *The King*

**Thursday, January 24 / 4 pm**

**Rated: R / Runtime: 1 hr 48 min. / 2018**

Driving a Rolls-Royce once owned by Elvis Presley -- with a revolving crew of musicians in the backseat -- director Eugene Jarecki embarks on a 2016 cross-country road trip to explore how Elvis lost his authenticity as America lost its democracy.

#### *The Leisure Seeker*

**Saturday, January 26 / 3:15 pm**

**Rated: R / Runtime: 1 hr 52 min. / 2017**

The Leisure Seeker stars Academy Award-winner® Helen Mirren and two-time Golden Globe-winner® Donald Sutherland as a runaway couple going on an unforgettable journey in the faithful old RV they call The Leisure Seeker, travelling from Boston to The Ernest Hemingway Home in Key West. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the very end.

#### *Oh Lucy!*

**Thursday, January 31 / 4 pm**

**Not Rated / Runtime: 1 hr 35 min. / 2018**

After Tokyo office worker Setsuko Kawashima begins taking an English class, she cautiously comes out of her shell as she dons a blond wig, adopts a new persona and falls for her handsome tutor. When he suddenly disappears, she sets off to find him.



## Movie Evenings in The Auditorium: *Book of Eli*

**Wednesday, January 2 / 7 pm**

**Rated: R / Runtime: 1 hr 58 min / 2010**

In a post-apocalyptic America where the once-picturesque countryside has become a desolate and violent wasteland, one man (Denzel Washington) fights to protect that sacred tome that could hold the key to the survival of the human race in this futuristic thriller.

## *Some Like It Hot*

**Wednesday, January 9 / 7 pm**

**Rated: PG / Runtime: 2 hr 1 min / 1959**

After witnessing a Mafia murder, slick saxophone player Joe and his long-suffering buddy, Jerry, improvise a quick plan to escape from Chicago with their lives. Disguising themselves as women, they join an all-female jazz band and hop a train bound for sunny Florida. While Joe pretends to be a millionaire to win the band's sexy singer, Sugar, Jerry finds himself pursued by a real millionaire as things heat up and the mobsters close in.

## *Invictus*

**Wednesday, January 16 / 7 pm**

**Rated: PG-13 / Runtime: 2 hr 14 min. / 2009**

The film tells the inspiring true story of how Nelson Mandela joined forces with the captain of South Africa's rugby team to help unite their country. Newly elected President Mandela knows his nation remains racially and economically divided in the wake of apartheid. Believing he can bring his people together through the universal language of sport, Mandela rallies South Africa's rugby team as they make their historic run to the 1995 Rugby World Cup Championship match.

## *Selma*

**Wednesday, January 23 / 7 pm**

**Rated: PG-13 / Runtime: 2 hr 8 min / 2014**

The unforgettable true story chronicles the tumultuous three-month period in 1965, when Dr. Martin Luther King, Jr. led a dangerous campaign to secure equal voting rights in the face of violent opposition. The epic march from Selma to Montgomery culminated in President Johnson signing the Voting Rights Act of 1965, one of the most significant victories for the civil rights movement. Director Ava DuVernay's "Selma" tells the story of how the revered leader and visionary Dr. Martin Luther

King, Jr and his brothers and sisters in the movement prompted change that forever altered history.

## *Sleepless in Seattle*

**Wednesday, January 30 / 7 pm**

**Rated: PG / Runtime: 1 hr 45 min. / 1993**

Inspired by the 1957 film *An Affair to Remember*, *Sleepless in Seattle* is a light romantic comedy about a recently-engaged journalist named Annie (Meg Ryan) who sets out on a cross-country trip to meet Sam (Tom Hanks) after hearing his son's phone call to a radio talk show. Though she has never met Sam, Annie is convinced by his son's plea, for his father to find a new wife, that she is destined to be his lover. Nora Ephron's script is light and engaging, full of fine, gentle jokes, while both Ryan and Hanks give thoroughly winning performances.

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## Worship opportunities

**Duke Chapel Services**  
Sundays / 10:30 am from the Foyer  
Sign up in the Count-Me-In Book by Friday at noon.

**Duke Chapel Sunday Simulcast**  
Sundays / 10:45 am  
Ritz Theater

**Christian Fellowship Bible Study Group**  
Mondays / 4 pm  
Party Room

**Lectionary Bible Study**  
Friday, January 4 / 10:30 am  
Library Conference Room

**Presbyterian Worship with Holy Communion**  
Sunday, January 6 / 2 pm  
Serenity Place

**Catholic Mass**  
Friday, January 18 / 10:30 am  
Serenity Place

**Communion Service**  
Monday, January 21 / 11:15 am  
Serenity Place

**Friday Shabbat Service**  
Friday, January 25 / 5:30 pm  
Living Room

**Episcopal Service**  
Sunday, January 27 / 2 pm  
Serenity Place

## Fitness and well being

For full details on our fitness schedule please contact Sheri Sampson, Fitness Program Manager, at 919-419-4017 or [ssampson@forestduke.org](mailto:ssampson@forestduke.org).

### Mandatory Fitness Center Orientation

If you are new to the Fitness Center, you will need to schedule an appointment and complete a physician's consent form and liability waiver to participate in the orientation. Only those who have participated in an orientation will be cleared to use the fitness equipment. Please contact the Fitness Team at 919-419-4017, and they will gladly orient you to our equipment.

### Maintain, Don't Gain

Post Holiday Weigh-In Times  
Thursday, January 3 / 2-4 pm  
Friday, January 4 / 7:45-8:30 am  
Monday, January 7 / 2-4 pm

#### Gym

If you are unable to make one of the designated times for weigh-ins, please contact Sheri Sampson, Fitness Program Manager, to schedule a time- 919-419-4017 or stop by the Clinic between 9am-4pm by January 7th to have your weight recorded.

On average, Americans probably gain only a pound or two during the winter holiday season — but this extra weight accumulates through the years and may be a major contributor to obesity later in life, finds one study conducted by the National Institutes of Health.

Although there is nothing wrong with occasionally indulging in your favorite holiday treats, serious weight gain during the holiday season could be bad news for your health. Losing that holiday weight gain is harder than you think.

Participate in our Maintain, Don't Gain challenge to help stay on track. We will offer a weigh-in before Thanksgiving and then again, after New Year's. We will also provide great tips and offer opportunities to eat healthy and stay active during the holidays.

Everyone who is able to maintain (or lose!) weight



will be entered in a raffle to win an awesome prize!  
All cards must be completed and turned in by  
Tuesday, January 8th, when the raffle will take place.

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## **Resident/Team Member Volleyball Tournament Friday, January 4 / 3:30-4:30 pm Auditorium**

Seated Volleyball is fun and great exercise! The game is played with a large beach ball on a court slightly smaller than the traditional, standing game. Come to watch the friendly competition during a game between seated volleyball regulars and a team of staff members.

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## **The Walkie Talkies On-Campus Walking Group Saturdays / 9 am Foyer**

Walking is one of the easiest ways to maintain our physical, mental, emotional and spiritual health. Studies show that regular walking can:

- Increase bone density
- Increase balance and decrease fall risk
- Decrease blood pressure
- Improve body composition
- Improve mood

Join us every Saturday morning for a walk around campus! You decide on your pace and distance. No sign up is required, invite a neighbor, bring a friend and come on out!

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## **Line Dancing Saturday, January 5 & 19 / 10 am Group Exercise Room**

Do you like to move and groove to music? Come learn a few line-dances in a casual, fun environment. No partner or experience needed! Gwen Cowan will be leading this activity in the Group Exercise Studio.

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## **Seated Volleyball Saturdays when available / 11:00 am Auditorium**

Residents are really enjoying Seated Volleyball. It is a fun, friendly way to spend time with your neighbors! The game is played with a large beach ball and on a court slightly smaller than the traditional, standing form of the game, yet the excitement is just as large. Other than these modifications, the rules to the game are the same. Come join in the fun! See page 20 for information on the Resident/Team Member Seated Volleyball Tournament.

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## **Fitness Classes at JCC No sign-up required. You are responsible for your own transportation. Sign in at the JCC's front desk as a Forest Resident.**

Starting in January, Forest Residents are welcome to attend the following classes at the JCC located just around the corner at 1937 W Cornwallis Rd.

### **Zumba**

#### **Sundays / 3:30 pm**

Dance to rhythms set to Latin and International beats.

### **Neuro-muscular Integrative Action (NIA)**

#### **Mondays & Thursdays / 11:30 am**

NIA is a holistic movement practice that combines the spirited energy of jazz with modern dance and improvisational movement. All Levels of Fitness welcome.

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## **Square Dancing Monday, January 7 & 21 / 4 pm Group Exercise Room**

Square Dancing is a fun activity and does not require fancy footwork. The dancers actually walk in time with the music to make formations and figures. Square Dancing is good exercise for both body and mind so don't miss out on this exciting opportunity to Do-Si-Do on a Monday afternoon!

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## Zumba Dancing

Saturday, January 12 & 26 / 10 am  
Group Exercise Room

**An anonymous donor has offset the fees for 2018/19. Thank you and enjoy!**

Did you know that “Zumba” is Columbian slang for fast? This fitness craze was created by Alberto "Beto" Perez in the early 90's when he forgot his music tapes for his aerobics class. He grabbed his Latin music tapes from his car and improvised. He mixed his Latin inspired moves with aerobic exercises and changed the way we think about exercise.



Zumba has many cultural influences. Salsa, merengue, cha-cha, cumbia, mambo, samba, reggaeton, belly dancing, flamenco, Bollywood and African used in the workouts.

No experience is necessary and steps can be modified to meet your fitness level. Classes will be held two Saturdays a month through December. You will have the option to remain on your feet or perform the dances seated. Please join certified Zumba instructor, Benita Perkins for this great class!

## International Dancing

Monday, January 14 & 28 / 4 pm  
Group Exercise Room

Allan Troxler is one of the area's favorite dance instructors and callers, and residents love this dance opportunity. The repertoire of dances in Allan's bag ranges from Scandinavia to Israel to England to the U.S. He calls his dancing “community dancing,” which is done in circles and long lines, so no partners are needed. Allan encourages dancers of all experience levels to come give it a try! Be sure to wear casual clothes and comfortable, smooth-soled shoes.

## The Forest Striders Off-Campus Hiking Group

Various Wednesdays / 1 pm  
**Sign up in the Count-Me-In Book.**

The Forest at Duke is located so close to many amazing parks, greenways and trail systems. Let's get out and explore on foot! It's a great way to stay fit and get to know fellow residents. We have two hiking trips planned each month. Trail distances vary, but we will have approximately an hour of hiking time on each trip. You can always go at your own pace and

rest as needed. Please be sure to read each trail description carefully.

## January 16

**Riverwalk (Hillsborough)**

Paved, some incline, scenic.

## January 30

**Little River Regional Park Natural Area (Rougement)**

Dirt Trail, rocks, roots, hills, recommended for the more experienced hiker. Trekking poles or walking sticks are encouraged.

With 391 acres of park and natural area developed from tobacco farmland, the Little River Regional Park & Natural Area offers ample opportunity to take in the natural beauty of Durham County. There are seven miles of hiking trails, seven miles of mountain biking trails, and a birding trail taking you through hardwood forest and around the flowing waters. In addition, there are restored buildings from the farms and mills once active on the site.

## Triangle Rock Club Morrisville

Wednesday, January 23 / 1 pm  
**\$22.00 for instruction, gear and transportation**

**To register, complete the Master Sign-Up Sheet included with your Activities Book and available in the Connections Room by Monday, January 14.**

Have you ever been rock climbing? Would you like to give it a try? No experience required, equipment (harness and climbing shoes) provided. Wear comfortable clothing that will allow you to move freely.

## Fitness Trackers

Did you get a Fit-Bit over the holidays? Are you interested in buying one? For more information and instruction on Fit-Bits and other “Fitness Trackers” please contact Sheri Sampson or stop by during Supervised Training times in the Gym.



## Dining events

**New Year's Day Lunch**  
Tuesday, January 1 / 11:30 am-1:30 pm  
Greenwood's / Rosewood / Heartwood  
Sign up by calling the reservation line at  
919-419-4036 or by email at  
diningreservations@forestduke.org.

Menu:

- White Bean & Veggie Soup
- Shrimp Cocktail
- Cornbread Muffins
- Carved Ham
- Apricot-Glazed Salmon
- (V) Stuffed Cabbage
- Collard Greens / Black-Eyed Peas/  
Roasted New Potatoes/  
Roasted Cauliflower
- Assorted Holiday Desserts

## Vacation travel

The Department of Resident Life is happy to suggest trips offered by highly recommended area tour leaders to keep you moving and seeing new sights! For specific information on the offerings below and even more trip ideas, please see the **Vacation Travel binder located in Connections**. It boasts a collection of interesting tours, including national and international, and day, overnight and extended!

If you're a travel aficionado, we need your help selecting great travel opportunities either from your personal experience or from among our recommended partners such as World Premier Tours and Aria Tours. Contact Meghan Rodriguez at 919-419-4043 if you have some expertise to make some recommendations.

  
THE FOREST AT DUKE

## Vacation Travel

This binder boasts a collection of interesting tours to keep you moving and seeing the sights!

If you're a travel aficionado, we need your help featuring great travel opportunities either from your personal experience or from among our recommended partners such as World Premier Tours and Aria Tours.

Contact Meghan Rodriguez in Resident Life to make your recommendations.





## Southern Leisure Tours

Well-known owner Steve Tuten runs this popular local tour company, offering many single day and over night trips that Forest at Duke residents have been enjoying for years.

### *Church Basement Ladies 2: A Second Helping* at Temple Theater

Thursday, January 10

**Temple Theater in Sanford, North Carolina**  
**To register, contact Southern Leisure Tours directly at (919) 471-6137. Space open until filled.**

The first Church Basement Ladies broke all Temple box office records. For the sequel, we pick up the story in 1969 as the world is rapidly changing with war protests and women everywhere demanding equal pay for equal work. In their small rural community, the ladies of the Lutheran church basement kitchen are dealing with changes of their own. This show celebrates the women who work so hard and with such dedication in the church kitchen no matter the denomination. Everyone knows a character from this show in their own life! Before the show we enjoy lunch at Mrs. Lacy's.

### *Boeing, Boeing* at Temple Theater

Friday, February 15

**Temple Theater in Sanford, North Carolina**  
**To register, contact Southern Leisure Tours directly at (919) 471-6137. Space open until filled.**

In the hysterical play *Boeing, Boeing*, it's the 1960s, and swinging bachelor Bernard couldn't be happier: a flat in Paris and three gorgeous stewardesses all engaged to him without knowing about each other. Bernard's perfect life runs into turbulence when a new and speedier Boeing jet throws off all his careful planning. Soon all three ladies are in town simultaneously and catastrophe looms. A riotous farce ensues! Fasten your seatbelts! As always, we enjoy lunch at Mrs. Lacy's.

## Premiere World Discovery

This well-respected tour company offers worldwide guided travel, specializing in serving the needs and interests of individuals of retirement age. Each trip comes with a tour director to take care of logistics so you just have to take care of having fun and relaxing.

### Great Trains and Grand Canyon

October 6-11, 2019

**To register, contact Premiere World Discovery directly at (877) 953-8687 or [critter@premierworlddiscovery.com](mailto:critter@premierworlddiscovery.com).**

**Space open until filled.**

Experience Arizona at it's finest. You will spend time in Phoenix and Sedona, where you will take in the beauty of the country through multiple train rides and a trip to the Grand Canyon.

### Switzerland, France and Christmas Markets on The Rhine

December 3-11, 2019

**To register, contact Premiere World Discovery directly at (877) 953-8687 or [critter@premierworlddiscovery.com](mailto:critter@premierworlddiscovery.com).**

**Space open until filled.**

Enjoy the beautiful sights of Switzerland, France and Germany during the holiday season as you visit various Christmas Markets along the Rhine, traveling first class in the MS Amadeus Silver II, a floating 5-star hotel.



## Concierge transportation

Need a ride to the airport? Looking to enjoy a night out on the town with friends but don't want to worry about driving yourself after a glass of wine or the hassle of finding parking? Why not consider **The Forest's Concierge Transportation Service**? Not only is there no wait time for pick-ups since the driver is all yours for the duration of your outing, but you will feel comfortable and confident knowing your driver is a familiar face; one of The Forest's very own!

For information on rates and availability, or to book this service, please call the **Activities Main Desk** at **919-419-4069** or email **ResidentLife@forestduke.org**.

Make sure to also stop by the Concierge information desk outside of the Auditorium to check out the featured trips recommended by the Department of Resident Life and receive a 10% discount on Concierge fees for booking. Each special is available for a limited time so don't miss out!

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## On campus shuttle



The Forest at Duke is conducting a 60-day trial run of an On-Campus Shuttle Service. With this service, you, your friends and guests can **keep dining and socializing** into the evening while providing safe travel and alleviating parking congestion on-campus.

### Hours of Operation are:

Monday through Thursday:	5:00 pm – 8:00 pm*
Friday:	4:00 pm – 8:00 pm*
Saturday:	5:00 pm – 8:00 pm*

\*This is the last depart time from the Community Center Entrance before completing its final loop around campus. In some cases the shuttle will run later to accommodate a later program. Please see the Activities Book or Forest Forward for details.

The shuttle will run a continuous loop around campus during these times, including down all culs-du-sac and Fountain View Lane. It will also stop at both the Community Center and Health and Wellness Center Entrances. To help estimate your wait time, each loop will take approximately 20 minutes to complete.

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**On the cover...**

**The cover photo was taken by  
resident Carol Carson.**



**Please see page 7 for  
information about our annual  
Penguin Appreciation Day event.**

If you have taken pictures that you would like featured in a monthly Activities book or other Forest at Duke publication, please submit them by email to [ResidentLife@forestduke.org](mailto:ResidentLife@forestduke.org).

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## Department of Resident Life

919-419-4069

[residentlife@forestduke.org](mailto:residentlife@forestduke.org)

*If you prefer to receive the monthly Activities Book via email please contact the Department of Resident Life at 919-419-4069 or ResidentLife@forestduke.org.*

*The Department of Resident Life may cancel transportation no later than one business day before an event due to low participation. This excludes memorials, religious services, and South Square/Southpoint shopping trips which will continue regardless of the number of residents signed up for transportation. In the interest of resident and team member safety, we may cancel transportation due to inclement weather.*

The key below describes the dimensions of wellness. Use the icons below to learn more about the diverse programs within your Activities Book.

 <b>KEEP BEING</b>	<b>EMOTIONAL WELLNESS:</b> The Forest at Duke is home to people who haven't stopped being, developing, pursuing, laughing!
 <b>KEEP LEARNING</b>	<b>INTELLECTUAL WELLNESS:</b> The Forest is full of seekers of knowledge and lifelong learning, education and exploration.
 <b>KEEP DOING</b>	<b>OCCUPATIONAL WELLNESS:</b> Whatever your formal occupation, you have a meaningful role in your community and your world.
 <b>KEEP MOVING</b>	<b>PHYSICAL WELLNESS:</b> From yoga to cardio, power walking to personal training, never stop moving, playing, strengthening.
 <b>KEEP MIXING</b>	<b>SOCIAL WELLNESS:</b> Those who live here take a interest in interesting people and make every event an occasion for spontaneity!
 <b>KEEP SEARCHING</b>	<b>SPIRITUAL WELLNESS:</b> The big questions can be the best questions when we're searching, thinking, conversing, and inquiring.
 <b>KEEP SHARING</b>	<b>ENVIRONMENTAL WELLNESS:</b> We appreciate our surroundings, tending to the things that lift us up and keep us grounded.
 <b>KEEP GOING</b>	<b>CULTURAL WELLNESS:</b> Encourage, support and bring good people together and to bring out our best.