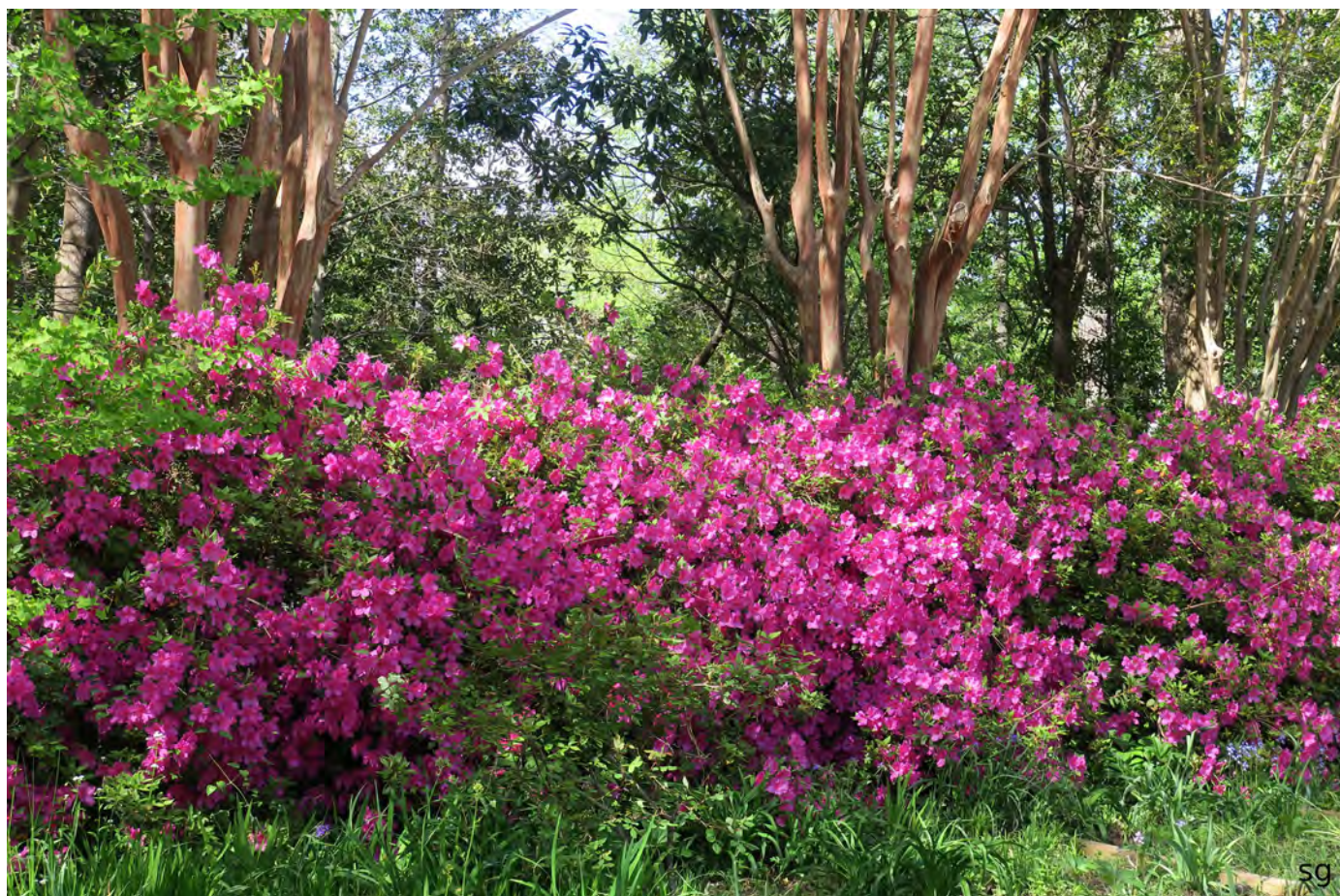


Canterbury Tales

Published by the Residents Council and Staff of Canterbury Court

LXIII: 4
April 2025



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Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

Council President.....	Ann Pearce	President and CEO.....	Debi McNeil
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		Chief of Human Resources.....	Lisa Bronstein
Editor.....			Seetha Srinivasan
Welcome Mat Editors.....			Carolyn Farley and Josh Taylor
Proofreader.....			Ann Pearce
Production.....			Resident Services

Canterbury Court is fortunate to have residents who generously volunteer to interview newcomers and prepare profiles, serve as chairs of committees and report on their activities, submit articles and items of interest, and share their photographic talents. These individuals are identified throughout the publication. If you see them around the campus, please be sure to thank them for their work. All these contributions make *Canterbury Tales* truly the voice of its residents.

Canterbury Tales is published monthly from September through June.



sg

April Birthdays

1	Larry Carlisle	11	Van Waddy	22	Maggie Harney
1	Barbara Cavanaugh	11	Susan Rahiya	22	Linda Baker
1	Eleanor Beckman	12	Marynell Jacob	23	Peggy Callahan
4	Pat Harris	14	Anne Haltiwanger	23	Barbara Clark
4	Sandy Bentz	16	Lee Morris	23	Margaret Blackmon
6	Sue Baker	17	Sue Mobley	23	Gene Cambardella
7	Alice "Boo" Jackson	19	Sharon Loy	25	Tricia Gaston
8	Ann Delatte	19	Dobie D'Aubert	28	Bob Lathan
9	Pam McGrath	20	Marguerite York	29	Dave Ewert
10	Marian Coles	20	Kathy Siegel	30	Herb Renkin
10	Jerome Poole	21	Trudi Branch		



Vespers

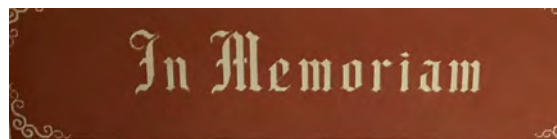
Vespers at Canterbury is a resident-organized interfaith worship service, offering end-of-day prayers, music, and spiritual messages. On Tuesdays (September – May) from 7:30 – 8:00 PM, we welcome visiting clergy from various faith traditions and denominations. Each clergy member designs his or her own worship service. Vespers is usually held in the Vermont Chapel and all Canterbury residents and guests are welcome.



April Vespers Clergy

- | | |
|-------------------|--|
| Tuesday, April 1 | The Reverend Julia Mitchener, Canon for Mission,
Cathedral of St. Philip |
| Tuesday, April 8 | Lenten Vespers with Canterbury Choristers
Directed by John King Carter
Liturgy led by the Very Reverend Horace Griffin,
Canterbury Chaplain
Vermont Tower Community Room |
| Tuesday, April 15 | Holy Week Journey from Lent to Easter, Canterbury Chaplains |
| Tuesday, April 22 | NO VESPERS |
| Tuesday, April 29 | The Reverend Dr. Dana Everhart, Senior Pastor,
Kingswood United Methodist Church |

—Judy Bodner, Chair
Vespers Committee



Lord, keep our friends in your loving care.

Malcolm “Mike” Sheldrick, March 2

David Dodd, March 18

Victor "Vic" Cavanaugh, March 21

From Debi's Desk

Comments from the President of Canterbury Court

Each year at our Annual Meeting, I have the privilege of sharing with our trustees, alumni trustees, clergy and vestry of our sponsoring churches, and the executive committee of the Residents Council the story of how Canterbury **realizes** its mission of ***weaving together a tapestry of lives*** and the beautiful intricate fabric that is created from the strong interwoven relationships of all who live, work, and volunteer in our community. This year, I told our story through numbers and it's a story I believe everyone should hear.

- 1,043, the number of days of construction for the Enrichment Project, phase 1 and 2, which both finished on time and on budget!
- \$56.8M, the amount of our tax bonds for the Enrichment Project paid off earlier than planned, due to the Garden Tower selling out a year ahead of schedule.
- 80 independent living apartments and 43 assisted living and memory support apartments sold.
- 150 new residents and 143 employee hires, representing hundreds of new threads to our tapestry.
- 2,340 wellness classes featuring strength, balance, conditioning, aquatics, and mindfulness.
- 360 house calls from our clinic team.
- 265,000 meals served (or not cooked by Canterbury residents).
- 9,300 workorders completed by our plant operations team.
- 156 Monarch Pavilion happy hours, 52 independent living happy hours, and more than 15,000 cocktails served (no wonder

everyone always has a smile).

- 12 pounds of batteries recycled in a joint effort between IT, the Recycling Committee, and the Foxhole.

- 90 Residents came together to put on our first ever Opera performance
- 60 staff members spent the night during a weather event and 18 residents who opened their homes to give them a place to sleep.
- 26 months between when we purchased the three adjacent homes on Vermont Road until the time we secured all the necessary permits to begin construction on our new Woodlands, set to open in May of this year.
- 35 dogs who entered our first Canterbury Westminster dog show.
- 15 members of the newly launched Canterbury Society for planned gifts.
- 300% increase in resident diversity.
- 4 board taskforces created to deliver the goals in our five-year strategic plan
- 1st place award for the best Senior Living Community by the Atlanta *Jewish Times*.

And finally, 60—the anniversary Canterbury Court will celebrate on July 1! Sixty wonderful years that Canterbury Court has been creating a home for older adults to thrive and build fellowship and community as it strives in its ***vision to cultivate lives of purpose and possibility***.

Our story continues to be created, and I look forward to what will be written on our pages in the coming years.



Debi McNeil

From the Residents Council

We just welcomed Spring, and a few days with temperatures in the 70s tempted me to get outside. The thought of putting colds, coughs, stomach bugs, and infections behind us is intoxicating! Spring in Atlanta is a wonderful season. One can get outside and breathe in the fresh air. And early Spring does not seem to have all the pollens that show up later. For those who want to exercise outside, now is the time. Our “backyard” is waiting for you to stroll or walk in the garden. For those more adventurous and looking for more of a challenge, perhaps you’d like to wander into the Brookhaven neighborhood, where you will encounter more “hills” and “valleys.” You may exit at either the Club or Vermont gates from our property. If you forget your card to get back in, just walk to the front entrance and they’ll welcome you home!

Many others may not be as interested in the exercise as they just want to go outside and enjoy the good weather. There are many spots to sit in and around our gardens. You might find a rocking chair and continue reading that book you’re enjoying. You might look for a place to spend some quiet time. You might find a strategically placed bench where people pass by, and you can strike up a conversation with them. If you’ve heard of the “Fort” but don’t know where it is, see if you can find a resident who can tell you; hint: it’s in the Legacy Garden tucked

away in plain sight. It has comfortable chairs with cushions and a wonderful place for a visit anytime of the day. Our gazebo offers more seating space and perhaps you could watch a



Ann Pearce

croquet game while you’re there ...or even play croquet. From what I understand, ours is the friendly version of the game. There are rules to be followed, but it’s not considered as seriously as it is at other places in town! Before too long, we’ll have access to our Woodlands. Of course, there will be places to sit and rest a spell, taking in all the natural beauty that has been added to our property.

In closing, I would like to mention a fun evening Suzanne Schull’s Life Long Singing Class, with guitar accompaniment, recently provided us. They informed and then performed as they led a “packed house” in the Vermont Community Room in singing music of the 60s and 70s. Their next “Informance” will be on May 29, and you don’t want to miss it. It will include songs honoring our country and our veterans. Put it on your calendar now! Indoors or out, let’s soak in all the good things happening at Canterbury Court.

—Ann Pearce, President

Employee Appreciation Bonus Fund

The Residents Council 2025 Employee Appreciation Bonus Fund is off to a strong start, and we are eager to keep that momentum going to reach this year's goal of \$250,000. If you have not contributed, please do so right after you put down this issue of *Canterbury Tales*. Some like to give monthly, some quarterly, and some annually. Do what works best for you.

Sincere and effusive thanks to the Residents who have made contributions during the first months of the year. Through their generosity, the Appreciation Bonus Fund has received contributions of nearly \$54,000 as of 2/28/2025! Because Canterbury adheres to a strict no tipping policy, we ask for a minimum \$750 contribution to the Fund from each Resident. A Resident couple is asked to contribute \$1,500 or more. That equates to only \$2 per day.

To support the Employee Appreciation Bonus Fund, please make your check(s) payable to "Residents Council of Canterbury Court" and place it in the Residents Council Cash Box between the mail cubbies located

in the Mail Room. Also, please write "Appreciation Bonus" on the memo line of your check.

(NOTE: Resident contributions for the employee appreciation bonuses are not tax deductible as charitable contributions. If you have questions about this, you should consult with your tax advisor.)

The appreciation fund program has been a tradition at Canterbury Court since 1966, nearly sixty years. Please show your gratitude to our wonderful employees and make your contribution today!

—Martha Solano, Chair
Employee Appreciation Programs Committee

—Bill Newton, Chair
Philanthropic Development Committee



Canterbury Court Financial Update

At the most recent Residents Council meeting on March 10, CFO Matt Kurumada provided an informative review of the financial performance of Canterbury Court. For 2 plus years Canterbury Court has seen significant positive growth in several key financial measures.

- Operating revenue
- Operating income after expenses or adjusted EBITDA
- Debt Service Coverage
- Days of Cash on Hand

Suffice it to say, Canterbury Court finances are in very good shape, which is welcome news to all residents, as well for the investors who have financed the growth projects of the last five years.

For more details, see the detailed "Residents Council Meeting CFO Report" at Residents Council Tab on the Canterbury App.

—Josh Taylor, 1204 GT

Parting Thoughts

Writing this final article for *Canterbury Tales* is a special moment, and I am very grateful for the opportunity. As you all know, my last day after nearly 32 years was March 28, and I wanted to close this chapter of my career with a few parting thoughts.

For half my life, Canterbury Court has been more than just a workplace—it has shaped me into the person I am today. I am deeply grateful to everyone who mentored me along the way, offering opportunities that allowed me to grow in ways I never imagined.

When I arrived in 1993 as the Director of Dining Services, I was just 33 years old and had never had an adult relationship with my grandparents. I had very little understanding of the incredible capabilities of older adults; their active lifestyles, and the desire to keep learning well into their 70s, 80s, and beyond. At that time, I thought 50 was *old*!

Of course, now that I've passed that milestone myself, I know better. The residents of Canterbury Court have shown me that life continues to be rich and full, even after setbacks. Their resilience and ability to reinvent themselves have inspired me and will continue to do so when my next opportunity comes.

I am asked, "What's next?" My answer: I trust that God will open the next door, as I do not believe that it's my



time to retire. Like so many of you, I continue to seek purpose, connection, and service. Whatever door opens, I assure you that I will walk through it with the same passion and gratitude that I have experienced here.

As I move forward, I take with me the treasured memories of this extraordinary community—the laughter, the stories, the friendships, and the deep sense of belonging. I will always cherish that I too was part of this beautiful tapestry.

—Many blessings,
Julie Parker



Frank Player and George Hightower

Frank Player and George Hightower were foundational to the establishment of Canterbury Court. Frank was one of the two initial driving forces for the idea of a “retirement” home. George Hightower was deeply involved in the design and construction of CC. Below residents share memories of them.

Frank A. Player

Canterbury Court is indebted to the vision and hard work of many. Betty Ann and I had the pleasure of knowing two of these, George Hightower and Frank Player.

Among their extensive involvement with All Saints’ Episcopal Church was All Saints’ Canterbury Club for College Students, where Frank and Mimi (Miriam Clementine Fleming) Player were two of the Adult Advisors. One of my very first and fondest memories is Sunday Dinner at their house at 2644 Dellwood Drive. They were a welcoming couple with great food, real China, fine silver, and hardwood floors with Persian rugs, none of which we had at GA Tech where I attended. Frank and Mimi had married at All Saints’ in 1935 and had two children, son Frank (Tony) Jr. (1938-2009), and daughter Cora Culpepper (1936-2020) of Columbus, GA.

Mimi (1913-1964) died far too early of cancer and a portion of Canterbury’s Legacy Garden is named for her. Frank lived a long life, long enough to marry Vaughn Courts, and to build and occupy a house together at 721 West Wesley. He also lived long enough (1907-2002) to outlast his memory. In 1946, Frank founded Player & Co, 531 Bishop St NW, Atlanta, GA 30318, a prime contractor for industrial electrical and mechanical systems. The headquarters can still be seen from 17th Street exiting Atlantic Station.

Frank was a longtime faithful usher at All Saints’ and (way before there was any



Frank Player at dedication of CC dining room named in his honor, September 3, 1992. To his left is Vaughn Player and to his right is Margaret Hancock.

awareness, or even concept of political correctness) developed the habit of putting his hand (as if dancing) on the small of the back of the lady that he was directing to a seat. So much so that, I am told, he was named “The usher with the nice touch.”

No one who ever knew Frank would be surprised that this energetic entrepreneur and Southern Gentleman would be one of the key “players” of founding Canterbury Court Continuing Care Retirement Community. He has touched many lives.

—Jim Wylie, 522 CT

A Frank Player Reminiscence

As a young college student and a frequent visitor to Frank Player's mountain home, "Chantilly," on Lake Burton — a well-recognized cornerstone structure right on the water in a central location — I had front seat access to the adult character of the man. Frank Player was as spirit-filled as he was principled, as creative and playful as he was traditional. He used to talk about his plans as a contractor for building Canterbury Court, a project for which he had high hopes as a spiritually grounded community he would not live to participate in himself.

I smile, now that I am a settled, satisfied adult living in this home we call Canterbury Court. Passing the Player Room right next to our dining hall each evening, I am reminded of how privileged I am to live in a home so blessed with the positive energies of a man who valued community as much as he did beauty and comfort.

—Van Waddy, 1511 GT

George Hightower

George Hightower, along with his wife Emily, and their two daughters, Emily and Georgia, were next door neighbors of Betty Ann and mine in Collier Hills. They were wonderfully experienced neighbors to us as newly marrieds and new parents. Betty Ann and I never dreamed, that over sixty years later, we would benefit from the vision and implementation of our neighbor's Canterbury Court.

Although we were a generation apart, we remained friends even after the Wylies moved away. George and I were both members of the Downtown Kiwanis Club. George was a member of the Hospitality Committee and could be seen each Tuesday handing out name badges with the greeting, "Howdy Partner," no matter the sex, age,



Emily and George Hightower

or status. Everybody was George's Partner although few had the energy or stamina to

keep up with him. He was a doer and would often implement an approved action before the minutes reflecting their approval could be written. One of my favorites is the story of George climbing and straightening the crooked neon cross atop All Saints' steeple while other parishioners were trying to figure out how to do it.

At George's funeral service, at All Saints', one of his sons-in-law recalled:

When George was fighting in Asia, his unit had orders to fly out all U.S. roops and all U.S. radio equipment, which meant many of the locals that had aided the Allies were sure to meet their death when the advancing

enemy arrived. Knowing this, Geoge went up to the U.S. pilot, pulled out his revolver, pointed at the pilot's head and said, "Our radio equipment is to be jettisoned, our friends are to be taken with us." Upon arriving safely back at the base, George was summoned by his commanding officer regarding this Court Marshall offense. When George walked in, his commanding officer said, "Geo ge you did the right thing. Dismissed."

—Jim Wylie, 522 CT

George Hightower Reminiscences

Sometime in the late 1970s, I taught a Sunday School class at All Saints' on 20th Century Chinese History (don't ask). George Hightower attended in his Flying Tigers jacket. All were astonished that the jacket still fit him, 35 years after he first wore it a member of Gen. Claire Chennault's Flying Tigers, based in China.

Sometime in the first decade of this

century, I was talking with All Saints' Rector, Geoffrey Hoare, about buildings and grounds. He mentioned that the church air-conditioning system had to be replaced—50 years after George Hightower had installed it. Only a George Hightower-installed system could last 50 years.

—Bob Miller, 1409 GT

A Second-Generation Resident Reflect

Ask Eleanor Beckman about her years at Canterbury, and she begins with memories of her father, who came to independent living in CC in 1993 after her mother died, moved to assisted living, and then the health center until he died in 1996.

Eleanor's father Joe Westbrook loved life, he loved his life at Canterbury, and, adds Eleanor, "was much sought after by the women."



One time she got a call from one of his caregivers who reported that it was time for his medication but that she couldn't find him. Eleanor raced to his apartment, and when he arrived shortly thereafter asked him where he was, he responded that "it isn't any of your business." The nurse commented, "he was probably with a lady friend." When Eleanor hosted a party for his 90th birthday at the Driving Club, a busload of people came from Canterbury. At the party, Joe told his nephew, who had replaced his car that had been stolen from its spot at Canterbury: "Next time, I don't want a car that is casket gray."

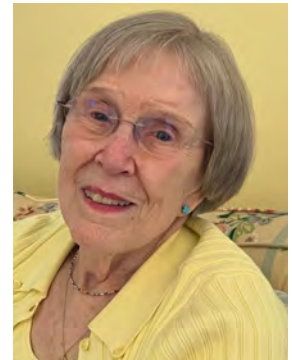


So, it is no surprise that in 2013 when Eleanor decided to move from her large home, she looked no farther than Canterbury Court. She knew the excellent care

her father had received at Canterbury and that it provided an environment in which his

indomitable spirit stayed undimmed until he died.

Eleanor was still working for Worth Collection, an upscale women's clothing company, when she moved, and her apartment in



Eleanor Beckman

Vermont gave her the separate office that she needed. She was also serving as the wedding director at First Presbyterian Church, which she did for 20 years. Eleanor settled easily into her life in Canterbury. She had friends who were residents and made many more. She has a circle of friends, who meet every Saturday for drinks and dinner, but above all for companionship.

Eleanor has welcomed changes at Canterbury: the expanding wellness center, the increasing number of cultural and intellectual activities, the Garden Tower that added a new dimension to CC (and brought friends like Katey and Clint McKellar and Janice and Andy Carter), and the effort being made to diversify CC's demographic.

Is there a change that she would like to see made? Yes, a larger dining space. Eleanor frequently takes her food to her apartment. For her, the dining rooms are not conducive to a relaxed meal, enjoyed with friends.

As she enters her 12th year in CC, Eleanor Beckman says that her earliest appreciation for Canterbury Court as a lively, warm, welcoming place, with a variety of people from interesting backgrounds, not merely endures, it thrives. "I love it," she says.

—Seetha Srinivasan, 1012 GT

Welcome Mat

Carol Bartlett

Carol Bartlett is a person who can see the future. It isn't that she has special vision or extrasensory power — it's that what she envisions often comes true because she works hard to make it happen.

Georgia Interfaith Power & Light (GIPL) is an example of what Carol makes happen. She was cofounder of this organization in 2003, a collaborative, interfaith organization at the intersection of environment, science, and faith. Today there are 127 GIPL Green Teams all over Georgia.

Carol grew up in Washington, DC, then moved to a rather rural area of northern Virginia. After high school, she went to the University of Delaware, where she got a degree in English with a minor in French. She received an MA from the University of Pennsylvania and an Ed.S. from Georgia State.

Carol had a varied career teaching communication skills and topics to specific groups, adapting to their different needs. Whether she was with a group of students who needed extra help getting ready for college, or with a group of veterans especially interested in technical topics, or working with a group of teaching assistants who needed to learn how to teach, Carol was energized by her students. Time and again, she saw how they deeply valued the opportunity to grow by wrestling with the challenges she posed to them.

Carol has a blended family that rallies to support one another. All five adult children happen to be working in non-profits or education. They are scattered geographically — Durham, NC; Boston, MA; Lake



Carol Bartlett

Birthplace: Petersburg, Virginia

Apartment: 270 Vermont

Move-in Date: January 23, 2025

Worth, FL; Athens, GA; and Atlanta. They tackle such issues as fundraising for a global health task force, educating school boards, teaching math at the primary school level, helping individuals move towards home ownership, and environmental work with water issues.

Carol was impressed with Canterbury Court when she took a tour of the campus with a friend. She was thinking that Canterbury might be the right place when she was ready for a move. Her husband died four years ago, and she was now on her own. Canterbury felt like such a perfect fit for her that she decided she wanted to be here to enjoy all the offerings and also be able to contribute back for a while.

Carol immediately joined the Recycling Plus Committee, and she is also involved in Lifelong Singing and the Garden Committee. As she looks to the future, she sees Canterbury Court as the place to be.

—Shirley Timashev, 1412 GT

Welcome Mat

Mercer and Mary Dye

The same doctor delivered them, nine months apart, at Emory. The connection continued as they were Northside High School sweethearts. After graduating, Mary attended UGA, and Mercer attended Mercer in Macon. Mary had several summer jobs at BellSouth while at UGA and decided a BellSouth career was for her. She was the first female instructor at the Plant Training Center in Decatur to teach equipment operation and basic engineering courses. She retired after 27 years in various management positions.

Mercer completed three years at Mercer, graduating from West Georgia with a double major in art and biology. Mercer worked at an art gallery run by a professor of his until Mary suggested he get a real job. That sent Mercer into a large Atlanta construction company where his father was manager. Shortly thereafter, Mercer and his dad started Dye Construction Company. The company was a design/ build organization specializing in manufacturing plant design and construction. Mercer spent 29 years there, with half those years in aviation work for airports like DeKalb-Peachtree (PDK) and Fulton County. After his dad retired, Mercer moved out of construction and specialized in the design of aviation support facilities (terminals and hangars for corporate aircraft). Dye Aviation Facilities Architecture continues as of today designing aviation support facilities across the nation, including Hawaii. Mercer bought a fixed base operation (aircraft support facility) at DeKalb-Peachtree Airport. As an owner/ operator, he ran his architectural firm for another 20 years. Five years ago, Niles Bolton and Associates of Atlanta bought



Mary and Mercer Dye

Birthplaces: Mercer: Atlanta Emory Hospital

Mary: Atlanta Emory Hospital

Apartment: 1302 Garden Tower

Move-in Date: November 21, 2024

the company.

Mercer and Mary have a wonderful daughter, Jennifer, a great son-in-law, Kelly, and two fantastic grandsons. Gabe, age 20, is bound this summer for work in Ireland as a rising junior at George Mason University. The younger grandson, Gavin, aged 16, is a sophomore at Woodward Academy and loves the robotics team.

Mary served two terms on the board of Zoo Atlanta. She has also been involved in Peachtree Presbyterian Church as an elder and moderator of Presbyterian Women (PW). Mary loves reading, cooking, and flower arranging, getting involved here with Beadie Cambardella's committee. Mercer has been admitted to the Foxhole here and hopes to get them into building model cars for the Canterbury Grand Prix, Pinewood Derby. They love to travel around the world and have fond memories of the magnificent wildebeest migration they saw while in Tanzania and Kenya.

—Jessica Linden 1111 GT

Welcome Mat

Marilyn Morgan and Lee Morris

1976: Marilyn and Lee, graduating Emory Law School classmates, say their goodbyes. They reconnect 45 years later.

2024: The wedding ceremony of Marilyn and Lee at St. Dunstan, attended by their blended family of five children and nine grandchildren. The couple honeymooned on a Rotary trip seeking grants for Shepherd Center physicians to share their expertise with Ukrainian trauma physicians.

2025: These reunited newlyweds move to Canterbury Court.

How this came to pass: Marilyn lived in San Jose, CA, for 55 of her years. For college, though, Marilyn wanted to study in a different locale. She chose Emory University and excelled in academics and pulchritude—she was selected both Miss Emory and Georgia Tech’s Homecoming Queen, as well as President of Emory’s chapter of Mortar Board. After college, she worked as the bookkeeper for the Southern Regional Council’s Voter Education Project. This experience cemented her desire to attend Emory Law School. In practice back in San Jose, Marilyn developed a specialty in bankruptcy law and was chosen by the Ninth Circuit as U.S. Bankruptcy Judge for the Northern District of CA, a position she held for 22 years. She also became a life-long Rotarian. She and her late husband retired to Pinehurst, NC.

With a teacher/Naval Officer father, Lee lived in 14 different locales before landing in the DC area for high school. He majored in accounting (graduating from Duke in three years). After passing the CPA exam and working for three years as a CPA in Raleigh, Lee enrolled at Emory Law School. He served as Managing Editor of



Lee Morris and Marilyn Morgan

Birthplaces: Marilyn: San Jose, CA

Lee: Greenville, AL

Apartment: 280 VT

Move-in Date: January 10, 2025

the *Emory Law Review*. Despite childhood polio and surgeries, Lee played rugby well enough to try out for the USA rugby team. Lee practiced with two well-known Atlanta law firms, then became CFO and General Counsel of Stevens & Wilkinson, Architects and Engineers. Lee is well known in Atlanta for his 16 years of service on the Atlanta City Council and later the Fulton County Commission.

At law school, Lee had a crush on Marilyn, but she dated and married his roommate, while Lee dated Marilyn’s roommate. They lost touch, but both kept in touch with Marilyn’s roommate, which led Marilyn in 2021 to google Lee’s County Commission webpage. She emailed Lee, who had also lost his spouse. That email was the beginning of their “happily ever after.”

Strange are the highways of life and fate, but Canterbury Court is blessed to have newlyweds Marilyn and Lee among us.

—Bob Miller, 1409 GT

Welcome Mat

J. Laurence Ransom

In her book *Operating Instructions*, Anne Lamott writes about the anxiety parents experience when they realize their new baby does not come with operating instructions. They must wing it. However, if the new baby is born in distress or with other medical challenges, help is needed. A neonatologist and/or a pediatric hematologist, such as Dr. J. Laurence Ransom, to the rescue. The youngest patient in Dr. Ransom's care to survive was 24 weeks. The lowest birthweight was 350 grams.

His formal education includes Wake Forest School of Medicine, Johns Hopkins, University of Tennessee, Kentucky College of Medicine, and the Institute von Europaeschen Studien.

He goes by Doctor Ransom to the parents of his patients; Laurence to his technical readers (neonatal-perinatal medicine and pediatric hematology-oncology); Larry to his friends; apiarist to childhood friends; farmer to his McCaysville neighbors; son to his OBGYN father and mother; brother to his two brothers and three sisters; dad to his two daughters, Amy Kincheloe, PhD and Dr. Carla Ransom; Grampy to his grandchildren; perfect pitch tenor to the Canterbury Court Choristers; and globalist to anyone who knows him. His significant other, Judy Mascho, can call him anything she wants to.

In Greensboro, he was Medical Director of Level IIIC NICU and founding member of Piedmont Neonatology PC, a private practice of neonatal medicine, located at Moses Cone Memorial Hospital. Upon retirement, his only responsibility was that of a general neonatologist. To be closer to his six young



J. Laurence Ransom

Birthplace: Cumberland, MD

Apartment: 410 CT

Move-in Date: 16 December 2024

grandchildren in Atlanta, Larry moved from Greensboro, NC, to McCaysville, GA. In McCaysville, Larry could indulge in two of his greatest passions – apiculture and agriculture [Master Horticulturalist, University of Guelph]. Now in Atlanta himself, “Grampy” is in “The Land of Milk and Honey!” When he has time for another of his passions, underwater photography, is beyond my imagination.

In another book, *Bird by Bird*, Anne Lamott expands on the virtues and necessity of doing things “one bird at a time.” Ditto for growing old. Just as “It takes a village” to raise a child, similar observations can be made of growing old together in a community. *Willkommen*, Dr. J. Laurence Ransom, *Bei Neo-Continual Care* Canterbury Court

—Jim Wylie, 522 CT

Welcome Mat

Angie and Pete Sayeski

When I walked into the Sayeski apartment, I was struck by how beautiful the foyer is with its bold wallpaper and artwork displayed on three walls. As Angie and Pete ushered me in, I saw that their apartment is filled with their large eclectic art collection and wallpapered accent walls, including one prominent wall being covered with original works by their six grandchildren.

Pete said that following the death of his father during World War II, his mother remarried when he was 8, and the family moved to Moultrie, GA. He became a Georgia boy through and through, and later attended the University of Georgia, graduating with a major in Economics.

Angie attended Valdosta State because her father thought UGA was too big, but it was a good match for her as she loved every minute of her time there. She majored in English but also was interested in drama, speech, and art.

Angie and Pete met on a blind date and married in 1968, settling in Moultrie for 3 years, where Pete sold educational materials to school districts in Florida and Georgia. The couple moved to Atlanta for 10 years, then Boston for 4, New Jersey for 3, and finally Columbus, Ohio, for 21 years. During those years, Pete worked for Houghton Mifflin and then McGraw Hill, both of which specialized in producing and marketing textbooks for elementary and secondary students.

Angie was a stay-at-home mom for their four children in the early years, but finally in Columbus, she was able to follow her



Angie and Pete Sayeski

Birthplaces: Angie, Blakeley, GA
Pete, Salamanca, NY

Apartment: 38 VT

Move-in Date: December 10, 2024

heart and work as a docent at the Columbus Museum of Art, volunteer backstage, act in community theaters, and take art classes.

In 2010, the couple moved back to Atlanta where three of their four children and their families live nearby. They settled in a house on Old Ivy, just down the road from Canterbury. So, when they decided to make a move, they knew Canterbury was the right place for them.

The family owns a timber farm in Wilkes County where the grandchildren love to visit. It also turned out to be the perfect place to teach them how to drive and parallel park. But they also found the perfect apartment here at Canterbury as there is an art room for Angie, an office for Pete, and still plenty of space for visits from children and grandchildren. Welcome to Canterbury, Pete and Angie!

—Gayle Mitchell, 1309 GT

Welcome Mat

Barry and Merle Spero

A charming giraffe brought a smile to my face outside the Speros' apartment as I arrived to visit them in Vermont Tower. I discovered many more inside, while receiving a warm welcome from Barry and Merle.

Both grew up in Virginia, Barry in Petersburg and Merle in Norfolk.

As a child, Merle loved horses and was fortunate to live across the road from a stable. There she spent her weekly allowance to ride. Later, she worked at the stable, caring for the horses and continuing to ride. As an adult, Merle played golf and tennis. She developed a lifelong interest in college basketball. Barry swam competitively in high school and college. His early interest in sports developed into a love of more adventurous activities--skydiving and scuba diving.

They met when Merle visited a friend she knew through a high school sorority. Later, they met again at Virginia Beach, and the rest is history.

Barry graduated from the University of Richmond with a Bachelor of Science. He received a Master's of Hospital Administration from the Medical College of Virginia, which included a year of residency at Baptist Hospital in Nashville.

Barry had a diverse career. After two years in the Army Medical Services Corps at Walson Army Hospital at Fort Dix, he moved back to Nashville to work at Baptist Hospital. For the next 34 years, he served as CEO of hospitals: Bon Secours in Grosse Pointe, Michigan, Mt. Sinai Medical Center in Cleveland, Newton-Wellesley Hospital in Massachusetts, Maimonides Medical Center, Brooklyn, and Masonicare, Wallingford, Connecticut.

Merle was a stay-at-home mom. When



Merle and Barry Spero

Birthplaces: Merle: Forest Hills, New York
Barry: Richmond, Virginia

Apartment: 474 Vermont

Move-in Date: December 20, 2024

the children were in school, she worked a few hours a day in a jewelry store. When they moved to Connecticut, a friend owned a jewelry store, and Merle enjoyed working in many facets of the business.

Barry retired twenty years ago. He and Merle moved to Kissimmee, Florida, where they stayed active and engaged. They volunteered with a charity that works with children with disabilities and their families. Barry and Merle also stayed physically active during retirement. When they left Florida, they were riding their bikes eight miles a day.

The Speros have three daughters, one who lives in the Atlanta area, the others in Cleveland and Chicago, respectively. They have eight grandchildren, seven of whom are boys.

The Speros sought a highly rated continuing care retirement facility with a friendly atmosphere. They chose Canterbury, and we are happy to welcome them.

—Susan Rahiya, 2104 Verandas

Welcome Mat

Margie Vines

Margie, born on December 29, providing her parents a year-end tax deduction, is a true Capricorn, raised in western Pennsylvania coal mine country--hardworking, visionary, and ambitious. She met her husband-to-be at Bethany College in West Virginia, where she was a member of Zeta Tau Alpha sorority and obtained a degree in biology and education. Margie's college majors served them both well, as she was able to support them while her husband attained a medical degree.

Her first job after college was as a high school Physical Education teacher in Charlottesville, Virginia. Much to her surprise, she was also required to teach driver's education --surprised particularly since she had only gotten her own license that month! Luckily, her students didn't seem to notice.

One advantage of teaching school was that she had more flexible work hours to find time to start a family while her husband attended medical school. His career as a professor and practitioner of neuroradiology took the family to various spots around the U.S.--Virginia, Missouri, Maryland, and their last stop in Jacksonville, Florida. Raising her three girls--Pam, Cathy, and Kristie--is one of Margie's proudest accomplishments. Of course, over the years, Margie managed to squeeze in many rounds of golf, thrilling hands of bridge, and even a paralegal degree.

Two of her three daughters live in the



Margie Vines

Birthplace: Uniontown, PA
Apartment: 617 Club Tower
Move-in Date: November 15, 2024

Atlanta area, where Margie has lived for fifteen years. She has nine grandchildren, ranging in age from seventeen to thirty-five, and four great-grandsons. She's really hoping that one of her grandchildren will supplement her great-grandchild assortment with a girl!

Margie moved here from Park Springs, an active retirement community in Stone Mountain, to be closer to her two daughters living in-town. She has really enjoyed her first months at Canterbury Court. Everyone has been very friendly, helpful, and welcoming. She has nothing but "kudos" for the food here (has so informed George) and looks forward to getting more involved with the exercise programs, church, and playing bridge.

—Jim Hoover, 1313 GT

Canterbury's Garden

It's hard to imagine Canterbury Court in 1965 with one lone building (now Club Tower) on Peachtree Road surrounded by large homes. That building was the tallest one for miles around, and behind it was the loveliest garden, designed by Edward Daugherty.



Ed Daugherty

On March 5, the Garden Committee presented a program on the history of our gardens, featuring this same Edward Daugherty, now a resident of Canterbury at the age of 98. One of Atlanta's premier landscape architects, he had studied with Frederick Law Olmsted and graduated from Harvard with two degrees in Landscape Architecture. Many of Ed Daugherty's design plans are on display at the Atlanta History Center, including those for the Governor's Mansion and the Atlanta Botanical Garden.

Sandra Pagano welcomed the audience, Libba Shortridge introduced the speaker, and then Ed took the microphone. With the aid of maps on the big screen, he proceeded to describe the beginnings of our gardens. Following a line drawn from Piedmont Park to our present location, he described dramatic changes in population growth, in buildings and in commerce, mentioning that his family had never lived far away from Peachtree Road. Edward then talked about the early grounds of the new building and about the first residents who lived there. They were a

close-knit, lively group, eager to be outdoors, and to have gardens such as those they had left behind. For exercise they walked around the building and up and down sidewalks, until Ed designed the gardens in the backyard, now called our Legacy Garden.



The garden was designed as a series of "rooms" with walking paths looping in two circles down to a natural bog. For the residents who wanted their own private spots to cultivate, Ed drew a series of small garden spots, cascading down from the entrance, "to be like colorful jewels." In the middle area, a granite "fort" provided a place for sitting, and a red "Monet" bridge marked the end of the garden, all "creating a sense of mystery and discovery."

The Legacy Garden endures with its enormous Silver Maple and its Oak trees standing sentinel. The Bog has been developed with native plants, while the original plantings of shrubs and flowers are kept as close to the original plans as possible.

We are grateful to Edward Daugherty and to all who have given it care throughout the years.

—Margaret Langford
For the Garden Committee

Invitation to Connect: Development of the New Woodlands Project Talk by David Sacks Friday, April 25, 2:30pm, VTCRm

The latest enhancement to the Canterbury Community is a one-and-a-quarter acre strolling garden through a natural woodland. The presentation will show how the space has been developed, from its early concept plans to its design and construction through 2024-2025 (and future improvements), and how it relates to the significant legacy that is Canterbury's original landscape.

Community News

Global Warming and Climate Change

Slava Timashev recently gave a talk titled “Dr Jekyll and Mr. Hyde of Carbon Use: The Dual Role of Planet’s Infrastructure in Global Warming.” During the glasnost of Gorbachev, Slava established the Science and Engineering Center for Reliability and Safety of Large Machine Systems in the Russian Academy of Science and came to Florida Atlantic University (FAU) as a visiting scholar in 1990. (At FAU, Slava met Shirley Hayes. She went to Russia with a college group in 1991, and in 1994 on a grant project. Shirley and Slava married in 1996.)

Slava was asked to be a member of an Intergovernmental Panel for Climate Change (IPCC) of scientists working on sequestration of atmospheric carbon. The IPCC group of scientists working on mitigating global warming was awarded the Nobel Peace Prize in 2007 along with Al Gore, who received half of that award.

Global warming is caused by greenhouse gases (GHG), notably by CO₂. The carbon footprint (CF) is the amount of CO₂ equivalent that enters the atmosphere through human activity. Globally, the biggest GHG emitting sectors are Energy (73.2%), Agriculture (18.4%), with Industry a distant third (5.2%). The five worst countries because of their size and per capita use are China, U.S., India, Russia, and Brazil, according to the 2023 Global Carbon Project. Yet of all CO₂ emitted into the atmosphere, only about half remains in the atmosphere where it causes climate change. The other half is removed by CO₂ sinks on land (vegetation through photosynthesis) and the

oceans (through diffusion).

Glaciers and sea ice in the Antarctic and Arctic areas are melting, causing sea levels to rise and currents to change. The “Mr. Hyde” activity in the Amazon Rain Forest has severely decreased tree canopy, which removes CO₂ through photosynthesis. Rapid melting of the permafrost in Russia, Canada, and Greenland, where the methane ice melts quickly as the soil thaws, is frightening. That permafrost layer contains 1.6 trillion tons of CO₂, which is about twice as much as the Earth’s atmosphere currently contains.

Richard Branson (Virgin Enterprises) has offered a \$25 million prize (the largest-ever science prize) for a way to extract 1 gigaton (a billion tons) of carbon from the atmosphere a year. One of the fastest ways to capture atmospheric carbon may be to grow fast-growing algae and turn it into biochar through pyrolysis, yet this has not been shown to be economical at scale. Currently 11 finalists, who may include a “Dr Jekyll,” are working toward this prize. Slava concluded by saying that society must remove CO₂ more rapidly than it is doing now.



Slava Timashev

—Jessica Linden, 1111 GT

Community News

Canterbury Court's 30th Mardi Gras

Mardi Gras at Canterbury Court was celebrated, as usual, in great style! In keeping with tradition, there was a parade led by 2025's royal couple Queen Joye Craven and King Paul Craven. At dinner there was gumbo, frog legs, gator; for dessert king cake and other themed items, while Hurricanes flowed freely. Revelers danced to the music of Judy Boehm on her accordion and the Class Act Band. Thanks to Chris Calhoun and his team, all was appropriately resplendent in purple, green, and gold. *Laissez les bons temps rouler!*



Community News

Canterbury's First Informance

Suzanne Shull's creative name for the first performance of her Lifelong Singing Class doesn't do full justice to the charming and lively musical evening her students presented. About 28 singers performed well-loved songs from the 1960s and 1970s, sometimes accompanied by Suzanne and Carr Simon on guitars. Individual singers gave the context for pieces, and audience participation was encouraged and facilitated by providing lyrics. Ever the instructor, Suzanne gave information about the benefits of singing.

The best benefit, however, is the performance itself!



Community News

Understanding Atrial Fibrillation

Ken Lyda who worked with cardiologist Jack Dawson for 25 years, spoke to residents about atrial fibrillation

It seems that we increasingly hear of people being diagnosed with atrial fibrillation. Atrial fibrillation occurs when the left atria of the heart quivers instead of beating regularly. This causes blood to coagulate there forming a clot that may be propelled to the brain or body. One of the main causes of A Fib is advancing age, because the heart beats approximately 60,000 times/day, and it begins to tire just as we do.

The first equipment for recording heart beats, an EKG machine, was developed around 1900 and required patients to have their hands and feet immersed in cold water which grounded the electrical impulses going through the body. It was the first visual evidence of an irregular heartbeat, which can cause a patient to lose up to 15 percent of cardiac output. One of the most clinically significant arrhythmias is atrial fibrillation which can be a major cause of strokes.

Besides age, other common causes of A fib are congestive heart failure, high blood pressure, diabetes, obstructive sleep apnea, alcohol abuse, and being female, as females have a higher chance of suffering from it than males.

Some of the symptoms of A fib are heart palpitations, shortness of breath, and weakness although 50 percent of patients have no symptoms at all.

The first treatment to manage A fib is to prescribe anticoagulants, or blood thinners, to control blood clots, as well as Beta blockers to control the heart rate. The patient would be asked to return in a month so the physician can ascertain if the treatment is working. If more potent



*Kenneth E. Lyda,
MSN, FNP, Cardiac
Electrophysiology,
Piedmont Heart
Institute*

medications are needed, patients might require a 2-day hospital stay while drug choices and dosages are defined

Ablation might be tried if the above treatments aren't effective, or if a patient can't tolerate anticoagulants. This treatment involves inserting a catheter through the groin to the left atria and destroying the offending tissue. There is a new type of ablation, Faropulse ablation, which is safer and emits 20,000 volts in only 2 seconds thereby eliminating the tissue.

Another procedure is the Watchman, which causes closure of the left atrial appendage. This again involves a catheter through the groin to the left atria where a small filter is placed to catch any blood clots that might have formed. This is an outpatient procedure but takes place in a hospital.

Although atrial fibrillation is a serious cardiac issue, with proper diagnosis and management it can usually be treated effectively. Therefore, patients must be sure to see their cardiologists on a regular basis for monitoring.

—Gayle Mitchell, 1309 GT

Community News

Foreign Policy in the Trump Administration

George Brown began his talk by noting that though the Trump administration is in its very early days, there are features of its foreign policy that are becoming apparent. The desire for quick action and emphasis on cutting what is perceived as wasteful spending are evident in the domestic and international arena. Is Mr. Trump a pragmatist? A realist? An opportunist? Perhaps all three, Brown offered and outlined five characteristics of his approach

Mr. Trump is clearly transactional. What are the returns to the U.S. in any relationship? His book *The Art of the Deal* is pertinent to all his thinking.

He is unilateral, insistent on putting America's interests first. He is convinced that other nations have taken advantage of America and that it has given away too much.

Mr. Trump is unpredictable and proud of it.

He favors expanding presidential power, persuaded that he "alone can fix it."

Mr. Trump admires leaders with absolute power.

With these convictions, it is not surprising that one of the administration's first actions was to ruthlessly dismantle USAID, a prime example of America exercising soft power. This and other post-World War II initiatives were established to ensure mutual security and because American leaders believed that the efforts were good for the world and good for America.

Brown pointed out that Mr. Trump is an iconoclast and disinclined to follow precedent. He noted the rapid withdrawal from the WHO, which is among the many



*George Brown
International
Relations scholar,
retired director of
Friendship Force
International, and
a professor at
Senior University
of Greater Atlanta*

global agencies that the U.S. took the lead in establishing.

The imposition of tariffs is another clear indication of Mr. Trump's foreign policy. So, why does Mr. Trump want to impose them and spark what even the *Wall Street Journal* called "The Dumbest Trade War in History"? Brown's answer: because he can; because he believes that it creates revenue for the government; and because he rejects globalization.

Brown briefly touched on how this altered approach may affect the Ukraine war, NATO, and American allies. It has been almost eighty years since the end of World War II, and the direction of America's foreign policy has been shaped by its place in the post-war world. Presidents may differ on details and emphasis, but the general approach has been steadfast—until now. Is PAX America over? Professor Brown concluded that it is too soon to tell.

—Seetha Srinivasan, 1012, GT

Community News

Book Club Having a Good Year!



Our Canterbury Book Club meets on the first Monday of the month at 2pm in the Vermont Community Room. A resident usually offers a presentation on the selected book and there is always time for discussion. Everyone then

enjoys light refreshments.

The book for April 7, is *The Chancellor: The Remarkable Odyssey of Angela Merkel* by Kati Marton, and our speaker will be Elizabeth Allan. Come enjoy a lively discussion about this important European leader.

On May 5, we end the year with the

book *The Thursday Murder Club* by Richard Osman with M. C. Lindsay as discussion leader.

Suggestions for books to consider for next year are encouraged. Recommend a book you've enjoyed or one you'd like to read. Send ideas to Lynne Browne at lubrowne@bellsouth.net.

I want to thank the members of our committee for their efforts and support this past year. They include the afore mentioned Lynne Browne, Anne Jones, Sarah Fountain, Marian Coles and Helen Mary McClellan.

Come join us, and it's not required that you've read the book of the month!

—Margaret Jones, Chair
Book Club Committee

Parkinson's Support Group Changes Meeting Dates

Starting with Monday, April 28, 2025, the Parkinson's Support Group will meet on the 4th Monday of the month at 2:30 pm in the Admin Dining Room. This is a change from meeting on the 2nd Monday and is intended to provide a time and place that has fewer conflicts with other Canterbury activities. All who have Parkinson's, who care for Parkinson's people, and who have relatives or friends they wish to support are welcome to the meeting. To join the email list for this group, contact Kathy Solley (erisamom@att.net or 404-234-6019).

Community News

CC's Second Annual Water Ball Challenge

Residents and staff faced off with gusto in Canterbury's second annual water ball tournament. Depending on how the scoring is done, residents won one of the three games, or staff won two of three! What scores above all, however, is the merriment and the good-natured rivalry!



Staff Cheerleaders



CEO at the ready!

Art Gallery

Bill Goodhew



Bill Goodhew has been an amateur photographer since he borrowed his mother's box Brownie. He was given a Sears Tower developing kit for his twelfth birthday and has been hooked ever since. He progressed through black and white contact prints to 35 mm, to 2 ¼ inch square, to film enlargers, and finally to digital (but not mirrorless)

His interest has always been nature and scenic photography. That has taken him to the Arctic, Alaska, Canada, Iceland, the Galapagos, Western Europe, Patagonia, Kenya, Tanzania, Madagascar, and Antarctica.

He and Joan have hiked in Canada, Switzerland, France, throughout Italy, and Germany. A highlight was a walk across England, from the Irish Sea to the North Sea.

And, of course, many pictures of their children and grandchildren, including the dreaded home movies. Their traveling days are over, but Bill has several thousand images on his computer, yet to be processed with Lightroom and photoshop.

The featured photographs were taken in Alaska's Katmai National Park and Preserve. Brown bears are a significant attraction in the area and play a crucial role in the ecosystem. These bears are skinny because they have recently emerged from hibernation. They are indifferent to humans provided they don't get too close—and don't ever get between a mother and her cubs.



Art Gallery



Accumulation Sale

The first Accumulation Sale of 2025 was a successful event held in the Garden Room and Administrative Dining Room on the lower level of Peachtree Tower. This Sale plus January and February purchases, including furniture, generated an income of \$6,142 for the Residents Council.

Many volunteers worked tirelessly to help both on the February Donation Day and on the day of the Sale. They sorted, priced, moved, arranged, affixed, bagged, and otherwise assembled and organized a huge



amount of clothing, jewelry, and bric-a-brac to offer to residents, visitors, and staff.

“Virtual” prizes for effort, energy, and exertion go to Linda Baker, Judy Hays, Susan Sawyer, Vicki Crawford, Pam Tisdale, Mary Churchill, Kathy Siegel, Fran Pughsley, Gayle Mitchell, Keith Garrison, Ann Haltiwanger, Judith Weaver, Joyce Vroon, Ellen Martin, and Mary Caroline (“MC”) Lindsay. Clothing prizes go to Joyce Choplin and her team Donna Fullilove, Jessica Linden, Joye Craven, Kathy Solley and Sarah Hansen. Jewelry prizes go to Lucy Perry and her team Mary Capka, Barbara Ramsey, Ellen Robinson, Patty Cowie, Bennie Smith, Valerie Fennell, Carolyn Farley, and Claudia Wright. Furniture sales take place under the watchful eye of Dobie D’Aubert and the talent of Jean Schick. Make no mistake: this is an elite group of Canterbury residents!

The work of the Accumulation Sale continues after our sales. Volunteers pack up the final items of clothing and bric-a-brac and take them to the Free Rack and/or the A Room. This job involves pushing clothing racks or luggage racks of boxes. It is not a hard job, but the volunteers who worked in the sale are tired, and we need a fresh batch



Pat Wildman



of helpers for about one hour.

A second need is help from an investigator/researcher. Often items are donated for accumulation sales, and we need help assessing their value. This entails research on eBay or other sites to explore what our prices should be.

The Accumulation Sales committee will have many Donation Days and Sales ahead.

Plan to be on deck and join the A team! Please also consider being part of a group that helps after the actual sale. If you feel you can be of help in any capacity or have questions about donations, please call: Pat Wildman (678) 429-3883, or email her patwildman22@gmail.com

—Pat Wildman, Chair
Accumulation Sales Committee

Recycling Committee

Recycle PLUS is the Reduce, Reuse, Recycle group here in Canterbury

Students in the Master's of Environmental Management program at Duke University's Nicholas School of the Environment have partnered with the Duke Law School's Environmental Law and Policy Clinic and other conservation organizations with their client Oceana, an international ocean conservation organization, to develop a plastics reduction pilot program at museums and aquariums through the North Carolina Department of Natural and Cultural Resources (DCNR). The goal is to reduce the amount of discarded plastic waste that can disrupt ecosystems and harm the health of humans, wildlife, and aquatic life.

An Environmental Policy Fellow at DCNR is on a statewide initiative to phase out plastic water bottles and bags in state parks and, eventually, install water stations where visitors can refill their personal water bottles. Making such reuse systems available and convenient in state facilities and public spaces like parks and airports not only reduces plastic waste in the short term but also changes consumer expectations and behavior over time.

Leakage from waste management systems is a major source of environmental contamination globally. Improved waste management and recycling infrastructure, implementing storm water controls such as "trash traps," imposing fines for improper disposal, and improving litter clean up can all help prevent leakage.

But these efforts cost local government, and earlier interventions in the plastic life

cycle, such as discouraging plastic use are more cost effective. Reduce, Reuse, Recycle could be Refuse, Reduce, Reuse, Repurpose, and then finally Recycle as the last intervention.

Preventing Waste: Duke's Policy Clinic emphasizes practices that stop plastic waste before it starts.

What we can emphasize here at Canterbury is recycling responsibly:

First off, please **KEEP PLASTIC BAGS OUT OF THE RECYCLE BIN**. Recycle your papers, magazines, junk mail, cereal, and shoe boxes. Break down cardboard boxes. Receipts with thermal coating contain chemicals that cannot be recycled. Rinsed-out cardboard beverage containers are recyclable. Rinsed-out plastics that are 1s and 2s are recyclable. Our dining room food takeout clamshells are **NOT** recyclable, they are 5s and 6s. Tissues, paper towels, and napkins are **NOT** recyclable. If in doubt, throw it out, in a plastic bag and down the chute.

For glass: Remove the metal screw caps from your wine bottles and recycle them separate from the glass bottles you put in the glass bin.

Thank you for all you do to recycle what you can here at Canterbury.

—Jessica Linden, Chair
Recycling Committee



Jessica Linden



Tales From the Library

Oldies But Goodies Series

Last month we suggested that residents look to the right as they enter the library to check out the collection of nonfiction books. This month you might want to take your usual left to the fiction section, but head back to the corner for a look at some oldies but goodies at the end of the alphabet.

Stuart Woods, a native Georgian who graduated from the University of Georgia, published more than seventy best sellers. Some of the ongoing characters in his book include Stone Barrington and Teddy Fay. With three shelves full of his books, readers can always find an action-packed one

Danielle Steel is one of the bestselling fiction authors of all time. She has written almost 200 books, including 140+ novels. Despite a resounding lack of critical acclaim, all her novels have been best sellers and continue to be popular among Canterbury readers.

Anne Perry (born Juliet Marion Hulme) was a British writer who was also a convicted murderer. After being released from prison, she lived in England and the United States before settling in Scotland where she began writing under the name Anne Perry. Her most notable characters were Thomas and Charlotte Pitt and William Monk. At the time of her death in 2023, she had published 102 books.

Jacqueline Winspear was born in England and emigrated to the United States in 1990. Growing up she heard stories of her grandfather who was severely wounded and shell-shocked at the Battle of the Somme in 1916 and became deeply interested in the “war to end all

Wars.” Her 18 novels in the award-winning Maisie Dobbs historical mystery series grew out of that interest. The Canterbury library has all of her books. You might want to read them in order.

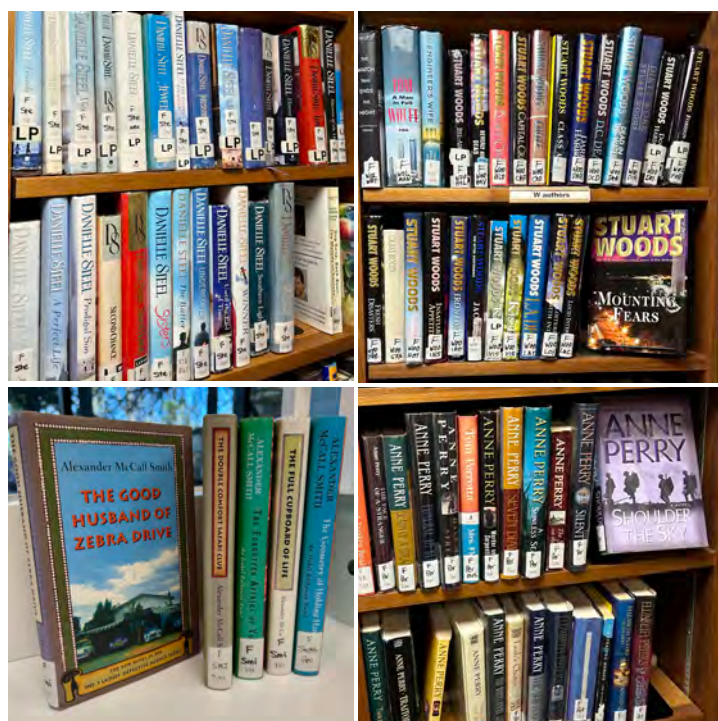


Anne Jones

Sir Alexander

McCall Smith is a Scottish legal scholar and author of fiction. Raised in Southern Rhodesia (now Zimbabwe), he is a former Professor of Medical Law at the University of Edinburgh. He is well known as the creator of *The No. 1 Ladies' Detective Agency* series, featuring Mma Precious Ramotswe and set in Gaborone, Botswana.

—Anne Jones, Chair
Library Committee





Canterbury Connections on February 19 was for residents who Lived Abroad. Helen Mary McClellan organized the dinner, and Slava and Shirley Timashev sponsored the reception.



CANTERBURY CONNECTIONS

Canterbury Connections on March 5 and 19 gathered residents with Celtic ancestry. It was the first time that the crowd for Canterbury Connections was so large that it had to be held on two different evenings. Katey and Clint McKellar sponsored the reception on March 5, and Carolyn and Vince Farley on March 19. Dot McFarlane handled dinner reservations on both evenings.



CANTERBURY CONNECTIONS



Canterbury Connections on April 2 will bring together people whose careers were in science or math-related fields such as accounting, finance, computers, mathematics engineering, and physical sciences. Frankly, we're calling the program Canterbury Connections for Nerds. Jean Schick will host the wine reception, and Mary Nell McLauchlin will take dinner reservations.

Canterbury Connections on April 30 will be for Alumni, Parents, and Teachers affiliated with Westminster School. Mary Kay Johnson will host the reception, and Sandy Cooter will take dinner reservations.

To suggest topics for other Canterbury Connections, contact Haden Winborne at 404-275-5176 or Jan Smith at 404-358-4462 or Shirley Timashev at 202-413-1119.

Four C's

What's on your mind? We get quite a few questions about how we stock the store, so here are some FAQ's (Frequently Asked Questions, for the acronym-challenged among you):

1. Where do you buy your stock? We buy primarily from Kroger, Sam's, Publix, Walmart, and Dollar Tree.
2. Why are there different prices for the same item? This happens a lot. It depends on when and where the item was purchased. We love sales and take advantage of them when we can. The BOGOs at Publix are favorites and also the reason for many of the varying prices. But if we need something, we'll buy it whether or not it's on sale.
3. Do you take special requests? We do, if they can be found at one of the above-mentioned stores.
4. I can get (fill in the name of your item) cheaper than this. Possibly, but remember that we have already built in the sales tax, plus a small amount for overhead. And you can't beat the convenience!
5. What are these loyalty points I keep hearing about? People who purchased units in the Garden Tower before it opened and had to wait for months or even years were given credits to be used for extra food purchases, some activities, and items in the store. We certainly hope that they will continue to buy from us after their points are

used up!

6. Do you buy from Costco or Amazon? Costco doesn't carry many of the things we need and can get from Sam's, but the main reason is that it doesn't take the Canterbury-supplied credit card. We do buy some things from Amazon, mostly office supplies and other odd things, but can you imagine many more boxes coming to the front desk?!
7. Do you deliver? We do! Just call us at 3284 or 404 231-8234 during open hours, and we will bring them to you after the store closes.
8. Can we get deliveries when the store is closed? Only when there is an urgent medical need. You will need to call Gail Rogers or Anne Haltiwanger personally, realizing that we may not always be available.
9. How do you get those wonderful cards so cheaply? It's a secret! (But Dollar Tree might be involved.)
10. What about stamps to mail them with? Yep—strips and rolls.

I hope this answers your questions! I'll close with a recent quote: "You guys have the best selection of things! I will go on TV and give a testimonial!"

—Gail Rogers, Manager
Four C's Store



Gail Rogers



Stock for Processing

Nutrition Notes

Can You Be Fooled by Food?

Can food fool you? Yes! In recognition of April Fool's Day let's look at how and identify tools to prevent being made fools over food.

Food advertising on the package can lead you to make unhealthy purchases in the grocery store. For example, a box of hazelnut-cocoa cereal puffs states that it is organic, gluten free, and has “only 9 grams of sugar.” Those claims are accurate and legal, but they are designed to entice you to buy, not to offer complete nutrition information.

The **Nutrition Facts** chart and **Ingredients** list on the package give nutrition information regulated by the FDA, providing a fuller picture of this cereal. Some of the multiple grains are refined, not whole. Nine grams of added sugars is more than a third of the sugar recommended for women in an entire day. Added ingredients are used to make crusty puffs. USDA standards regulate how organic ingredients must be grown and processed, but “organic” on the label does not validate nutritional value or address ingredient combination.

Media is full of articles extoling a specific food. Read with a questioning mind. A credible print publication recently touted chickpeas as healthy plant protein abundant with several necessary nutrients. The writer did many things right with accurate nutrition information about a healthy food, but here are some questions to ask when reading this and similar articles.

Is the source for determining nutrient needs the widely accepted National Academy of Sciences Institute of Medicine Dietary Reference Intakes? Are credible, credentialed nutrition experts consulted to explain answers?

How should you evaluate a statement that the food is “high in—name the nutrient”? What is the serving size on which the statement is based? Does this serving provide most of your daily requirement, like an orange providing Vitamin C, or is “high” relative? How much of the food would you need to eat to accumulate the daily requirement?

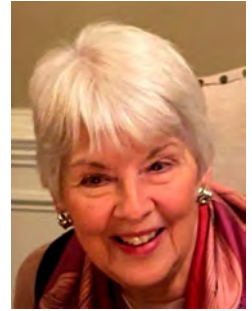
The writer gave easily understood percentages of daily needs for specific nutrients that chickpeas provide. However, this article's percentages are based on a serving size that is double what the average person might eat so it overstates benefits. A reader could think chickpeas have an outsized place in healthy eating, rather than being one of many healthy choices. Even otherwise good articles can mislead.

Fool proof tools for healthy food choices:

1. Best food content information is on package's **Nutrition Facts** chart and **Ingredients** list.
2. Carefully evaluate discussions of single foods. No one food meets all nutritional needs.
3. Space-limited media materials may not offer full details. Look for:
 - a. Credentialed experts cited.
 - b. Whether commercial “benefactors” underwrote content.
 - c. Science-based information.
 - d. Realistic serving sizes.

Don't let yourself be fooled by food!

—Judy Bodner, RDN
781 VT



Judy Bodner

Wellness Letter

Fitness Assessment Event

In March, we had a presentation on strategies to prevent falls in our community. Considering the prevalence of this issue, there was an attentive audience. We emphasized the importance of participating in strength and balance classes in the Wellness Center and using Powerback Rehabilitation to address poor balance and gait issues. Our relationship with Powerback is invaluable in providing a comprehensive Wellness Program. Whether it be a group class or one-on-one attention to your fitness needs, it is our mission to assist you in reaching your goals. To do this, it is important for you to see measurable results. Also, it is essential to assess your fall risks, which leads to another event on which we collaborate with Powerback.

We will be on a campaign to sign up participants for a Fitness Assessment event. This is something that we have done annually since 2010. The experience is educational, motivational, and lots of fun! The data that we receive is vital in establishing benchmarks for yourself and the older adult population. The scores are compared to performance standards based on 7,000 men and women, ages 60 to 94, from the *Senior Fitness Test Manual* by Roberta E. Rikli and C. Jessie Jones.

The tests to be administered are the following: lower-body strength, upper-body strength, lower body flexibility, and the 8-foot up-and-go test to assess dynamic balance. We can modify or omit certain parts of the test if there is a physical limitation or

concern. The duration of the assessment is about 15 to 20 minutes.

Last year, we had 80 participants with an age range of 70 to 96 years old. By participating, you have already won! Establishing your benchmarks is an opportunity to work on goals and objectives together. It is of personal value and for the community.

When you make exercise an integral part of your lifestyle, you could remain healthy and able in your 60s, 70s, 80s, and 90s. **The Fitness Assessment Event will be held on Tuesday, May 6th from 9:00 a.m. to Noon in the Vermont Tower Community Room. Please schedule an appointment with Andrew Wiltz or Mike Banks.** This is to reduce wait times for participants. There will be light refreshments and healthy snacks! If you cannot attend on that day, we can schedule an assessment at a time that works for you. The results will be held in confidence unless you would like to share your numbers with friends or family.

We encourage you to schedule your appointment today! Call Andrew Wiltz at ext. 3061 or email at andrewwiltz@canterburycrc.org or Mike Banks at ext. 2403 or email at mikebanks@canterburycrc.org



Andrew Wiltz

—Andrew Wiltz, Director
Wellness Center

Health Awareness

Allergy Awareness

Georgia's allergy season starts early, beginning in late February and often lasting until June, with tree pollens live oak, pine, cedar, and birch peaking in spring. By late April, grass pollens such as rye grass and Bermuda grass dominate, followed by weed pollens like ragweed from August to November. The state's mild winters and long growing seasons extend the allergy season, sometimes starting as early as January. Common allergens include trees, grass, and weed pollen, along with mold spores from outdoor sources. While Georgia's pleasant weather invites outdoor activities, high pollen counts can make them challenging for allergy sufferers.

Managing allergies involves identifying triggers, taking precautions, and using treatments. Keeping a symptom diary, consulting an allergist, and reducing exposures such as staying indoors during high pollen counts, washing bedding frequently, and keeping pets out of bedrooms can help. Medications like antihistamines, nasal sprays, decongestants, and eye drops provide symptom relief, and a doctor or pharmacist can recommend the best options. Immunotherapy, including allergy shots and sublingual tablets, can help desensitize the body over time. Additional strategies include using a saline nasal rinse, showering and changing clothes after being outdoors, keeping your home clean, using air purifiers,

and staying hydrated. If you have a severe allergy, wearing a medical-alert bracelet or necklace can ensure others are aware of your condition in case of a reaction. These steps can help alleviate symptoms and improve overall comfort during allergy season.

Distinguishing between allergies and a cold/virus can be challenging since they share symptoms like sneezing, congestion, and a runny nose. However, key differences can help identify the cause. Allergies result from an immune reaction to allergens like pollen or dust, causing itchy eyes, sneezing, and a dry cough, with symptoms that last as long as exposure continues. In contrast, colds/virus stem from viral infections, often leading to a sore throat, mucus-producing cough, and sometimes a mild fever, typically resolving within 7–10 days. Recognizing these differences can help in managing symptoms effectively. If you have trouble deciphering between the two, contact the Health Service Clinic or your medical provider for guidance.



Joann Brown

—Joann Brown, FNP-C
Director, Health Services Center

Health News

Your Health in Context of Your Day

I gaze in the mirror each morning, and my hair is a mess. I brush my teeth, take my pills, get dressed, and groom until I feel I have done the best I can do. I then tell myself, “This is as good as it gets.”

I’m in survival mode—counteracting loneliness, helplessness, and boredom with exercise and being more socially active. Staying healthy is a bigger task than I envisioned when I was younger. Being in medicine, I know it’s smart to maintain good nutrition, so I avoid overeating and try to keep tabs on my intake of salt and sugar. I also religiously take my prescribed medications. However, I do know that there are parts of me that, in spite of my efforts, are breaking down more than they are building up.

The stark truth is we can fool ourselves into thinking we’re doing all we need to do when we are not. Unfortunately, aging has that kind of hold on us! Sometimes, we need to do more. Change can be insignificant or life changing, and each change triggers stress to varying degrees. Even healthy change is stressful, as it invokes shifts in our sensors that trigger reactions in our thoughts and emotions. Change takes motivation, dedication, and energy.

Response can be smooth and positive, but a reaction can be more vigorous and even violent. The former is what you experience watching a beloved newborn, or staring at a

fireplace while relaxing, or watching the ocean at the beach. The latter gets our attention, and we become instantly alert and ready for action as, for example, when we are driving in terrible traffic on the freeway. Also, we know that sometimes we experience both emotions simultaneously, such as when we babysit a toddler or walk on a new, uneven path. We usually understand the difference. We don’t always have to fight, flee, or freeze. We have instincts and training in many things, so most of the time we don’t have to think it through, because we will hopefully respond appropriately.

One of the things you should do is compare your medications with your diagnoses. For example, many of us take medications for hypertension and because our blood pressure is in the 140/90 range, we feel that our pressure is normal. However, the preferred range these days is under 120/80, not 140/90, so this is something that should be discussed with your doctor.

April is Stress Awareness Month, so let’s prepare and be ready for Life, because as we know Life Will Happen!

—Jack Dawson, Chair
Health Advisory Committee



Jack Dawson

Resident Services

Save the Date!

- April 3: Canterbury Hootenanny Jam
- April 4: Neva's Accessories Spring Sale
Tech Talk with IT Department
- April 5: Shopping Trip to The Avalon in Alpharetta
- April 6: Sunday Brunch with Scotty
- April 6: Trip to *Love Letters* at Synchronicity Theatre
- April 8: Lenten Vespers with the Canterbury Choristers
- April 10: *The Textiles of Ireland* Book Author Talk with Mary Ann Williams
- April 11: Paper Lilies Class with Gillian Gussack
The Artist movie showing with Alexa Foreman
Native American Interfaith Traditions Talk
- April 16: Passover Seder Event
- April 18: Good Friday
Trivia Happy Hour
- April 19: Pat Davis Garden Dedication Ceremony
- April 20: Easter
- April 21: "Birds of Canterbury" Talk
- April 21: Bob's Broadway Chorus Show
- April 22: Canterbury Garden Bird Walk
Dermatology Associates Visit
- April 23: Administrative Update with Residents
Spelman College Glee Club Performance
- April 25: *The Story of Sea Biscuit* Movie Showing w/ Alexa Foreman
"Canterbury Woodlands" Talk with David Sacks
- April 26: Trip to *The Reservoir* at The Alliance Theatre
- April 28: Art Talk with John Tilford
- April 29: Tie One On Scarf Class with Mary Capka
Trip to *Seigfried* at Cobb Energy Performing Arts Centre



April 2025

LAS



APRIL HAPPY HOUR ENTERTAINMENT

*Happy Hours this month are held in the Front Parlor
and begin at 5:00pm unless otherwise noted.*

- ♪ **April 4:** Carey Sanders opens April Happy Hour with vocals and piano.
- ♪ **April 6:** Welcome newcomer **Scotty B** with vocals and guitar, playing original music and your favorites for Sunday Brunch, starting at 11:30am.
- ♪ **April 11:** Keith West returns with vocals and guitar.
- ♪ **April 18:** At resident's request, we will hold a Trivia Happy Hour with **Ricky Thein**.
- ♪ **April 25:** Beth Moore returns with vocals and piano, playing your favorites and taking requests. Refreshments provided by Mackay Asbury with Personal Care, Inc.
- ♪ **April 27:** Susan Marie closes out the month with Sunday Brunch, starting at 12:30pm.

APRIL ACTIVITIES **Regularly Scheduled Events**

Chat and Stitch Sundays

3:00pm, Vermont Game Room

Come join residents for friendly conversation and any kind of handiwork project you are working on each Sunday. For more information, call Haden Winborne at Ext. 3810 or (404)352-1151.

Choristers Rehearsal, Mondays

4:00pm, Vermont Community Room

Vespers Service, Tuesdays

7:30pm, Vermont Chapel

Vespers is a resident-organized interfaith worship service, offering peaceful end-of-day prayers, music and messages. Vespers welcomes clergy from various faith traditions. Each worship leader designs his or her own service.

April 1 The Reverend Julia Mitchener, Canon for Mission, Cathedral of St. Philip

April 8 Lenten Vespers with the Canterbury Choristers, Directed by John King Carter
Liturgy led by The Rev. Dr. Horace Griffin, Canterbury Chaplain
To be held in the Vermont Community Room

April 15 Holy Week Journey from Lent to Easter, Canterbury Chaplains

April 22 NO Vespers

April 29 The Reverend Dr. Dana Everhart, Senior Pastor, Kingswood UMC

Singing and Ukulele Classes with Suzanne Shull, Thursdays

2:45pm Lifelong Singing, Vermont Community Room- each Thursday

4:00pm, Play Ukulele- each Thursday except the 1st Thursday

Lifelong Singing helps you find your voice by learning breathing techniques and gaining a deeper understanding of the music. You are also invited to learn or continue ukulele lessons (Play Ukulele!). You do not currently need to own a ukulele to participate. *This month, classes will be held in the Vermont Community Room each Thursday with the exception of Play Ukulele on April 3rd. Moving forward, the first Thursday each month Play Ukulele will be replaced with a new form of music class- Canterbury Hootenanny Jam. (See details below).* For more information contact Suzanne Shull at (404)281-0790 or suzanneshull@gmail.com



Canterbury Hootenanny Jam, Thursdays

4:00pm, 1st Thursday of each month (April 3rd), Vermont Community Room

Remember how much fun it was singing along to familiar songs with the Lifelong Singers at their Informance on March 13th? Everyone joined in and nobody wanted the evening to end. Now the singing will continue with this new monthly gathering.

A ‘hootenanny jam’ refers to a type of informal, often impromptu, musical gathering typically featuring folk music and familiar songs, with a relaxed and participatory atmosphere. The music is often improvisational and spontaneous with a focus on having fun and sharing music. Everyone can participate in singing and making music! All instruments will be welcome so dust off your guitar, banjo, mandolin, fiddle or bongos and find the kazoo buried in your bureau or even bring some spoons if you feel like it and come join the fun! We will be singing from the *Rise Up Singing* and *Rise Again* Songbooks, so if you have copies bring them with you. Resident Carr Simon will lead these sessions and be there with her guitar to get this series started. Together, we will figure out the best way to get everyone involved and singing!

“Keep in Mind” with Fini Shell, Fridays

1:30pm, Creative Art Studio

Join Fini for an entertaining hour of fun-filled word games that help to keep your mind sharp.

Mah Jongg, Saturdays

2:00pm, George Hightower Room

This group meets to play this fun tile game. For more information, please contact Ann Pearce at Ext. 3655 or (404)313-2123.

Game Night, Saturdays

7:00pm, George Hightower Room

Learn how to play Rummikub and Bananagrams. Contact Mary Nell McLauchlin (678)333-8931 to reserve your seat at the table.

Cannabis Card Drive, April 2

12:50-2:30pm, Canterbury Clinic

Dr. Cannon will evaluate residents for medical cannabis card applications on the first Wednesday of each month. If interested, call the Clinic to make an appointment at (404)365-3159 or Ext. 3159 or email Joann Brown at joannbrown@canterburyccrc.org. The service cost is \$75 payable via cash, check, Venmo, or PayPal. Please remember to bring your driver's license or photo ID. Cardholders can now enjoy a 20% discount on all products. Simply use the coupon code CANTERBURY at checkout.

Bingo, April 2 & 16

4:00pm, Administrative Dining Room

Join us for an afternoon of fun in the Administrative Dining Room before dinner when we play classic Bingo games and a cover-all finale with a jackpot winner. Each card is \$2 to play.

Global Jewelry Repairs and Sales, April 3

10:30am to 2:30pm, Garden Room, located on the Ground Floor between Club and Peachtree Tower. Locksley has a wide selection of jewelry for sale and can also repair jewelry for you.

Civil Conversations, April 4 & 18

4:00pm, Vermont Community Room

Join this lively roundtable discussion about current events led by fellow residents.

Canterbury Book Club, April 7

2:00pm, Vermont Community Room

All residents are welcome to the April Book Club meeting where they will discuss "The Chancellor: The Remarkable Odyssey of Angela Merkel." Resident Elizabeth Allan will lead this discussion. With May being the last Book Club for the summer, you are encouraged to send recommendations of a book you enjoyed reading or one you'd like to read to Lynne Browne at lubrowne@bellsouth.net.

"Let's Talk" with Resident Council, April 17

2:00pm, Peachtree 1&2

Join Martha Solano to share your concerns, questions and thoughts on all things Canterbury. All residents welcome!

Care Partner Support Group, April 17

2:30pm, Club Tower 7th Floor Lounge

This group is designed to be a place where caregivers can gather to talk, receive, and give emotional support. This group is led monthly by Rev. James Hicks, Manager of Chaplain and Bereavement Services of Hospice Atlanta. All are welcome.

Administrative Update with Residents, April 23

2:30pm, Vermont Community Room/Zoom

Join CEO Debi McNeil for updates regarding everything Canterbury! All residents are invited and encouraged to attend to learn the latest information and to ask questions. Please note time change.

Parkinson's Support Group, April 28

2:30pm, Administrative Dining Room

Anyone who has Parkinson's Disease (PD), is a caregiver, care partner, spouse, friend or otherwise connected to someone with Parkinson's is welcome to this support group. For more information contact Kathy Solley at (404)[234-6019](tel:234-6019) or erisamom@att.net or Penny Prime at (404)644-5193 or pbprime@gmail.com.

Trip to Chastain Park Conservancy, April 30

10:30am, Leaving from the Front Entrance

This not-for-profit organization is dedicated to the stewardship of Troy Chastain Memorial Park's natural and historic resources. They invite Canterbury to attend "Gardening for Seniors" lecture that promotes the benefits of gardening- emotional and physical wellbeing- as well as the benefits of and types of raised beds. In partnership with the North Fulton Master Gardeners, the teaching site at Farm Chastain offers numerous free classes and examples of raised bed gardening. After our class, we will have the opportunity to tour this area and have lunch. Boxed lunches will be provided by Dining Services.

April Events & Trips

Please remember to sign up for all trips and events as noted below. Canterbury will provide transportation to venues with five or more residents signed up. Sign up at the Wellness Center desk or on the Canterbury app. In most cases, there will be an \$8 trip fee added to your account.



April Atlanta Symphony Orchestra Events

April 3: Series #1 Beethoven Project: Stutzmann Conducts Triple Concerto

April 10: Series #3 Nathalie Stutzmann Conducts Tchaikovsky and Ravel

April 24: Series #2 Sibelius Violin Concerto

Canterbury will provide free transportation to these Thursday evening events with the bus loading from the Front Entrance at 6:45pm and leaving promptly at 7:00pm. You must sign up at the Wellness Center desk or on the Canterbury app to reserve your seat. Concert tickets may be purchased by visiting www.aso.org or calling (404)733-4800.

April Pastoral Care Events

Stations of the Cross

April 4 & 11

11:00am, Canterbury Chapel

Morning Lenten Prayer

April 6

9:00am, Vermont Tower Chapel

Maundy Thursday Service

April 17

4:00pm, Canterbury Chapel

Good Friday Service

April 18

11:00am, Canterbury Chapel

Easter Sunday Service

April 20

3:00pm, Canterbury Chapel

April Dining Events

April 9: Lunch & Learn with Chef, Private Dining Room

April 16: Passover Dinner, Vermont Community Room

April 20: Easter Brunch, Hancock Dining Room

April 25: Fine Dining Event, Player Room

Trip to Fleurs De Villes “Downton Abbey” Flower Show, April 2

1:30pm, leaving from the Front Entrance

Join us for a quick trip to Phipps Plaza for this exhibit inspired by popular British series “Downton Abbey.” The exhibit will feature 12 fresh floral mannequins designed by Atlanta’s leading florists, showcasing the series’ characters and iconic 20th century fashion. You can vote for your favorite for a chance to win a two-night stay in Nobu Hotel Atlanta’s Zen Suite, complete with complimentary valet parking and breakfast for two.



Lenbrook vs Canterbury Water Ball Game, April 4

10:00am, Wellness Pool

The Canterbury Senior Spikers have been challenged to a fun game of Water Ball. All are welcome to join and cheer on our team!

Neva’s Accessories and Jewelry Sale, April 4

12:00-6:00pm, George Hightower Room

Neva returns to Canterbury with a wide selection of Spring pieces including jewelry, handbags, capes and scarves. Stop by to see her excellent selection at great prices! Shop for yourself or someone special. Credit cards, cash and checks accepted.

Tech Talk with IT, April 4

2:00pm, Vermont Community Room

Join IT Director Denis Omeranovic and his team as they lead this discussion about your phones, online safety, and other tech questions you may have. Feel free to bring your smart phones or tablets with you. This is the first talk in a series to be held monthly.

Shopping Trip to Avalon Alpharetta, April 5

10:45am, leaving from the Front Entrance

With more than 570,000 square feet of retail stores there is a wealth of amazing finds around each turn. Avalon is your one-stop destination for the best clothing, accessories, beauty and more. Lunch will be on your own.

Trip to “Love Letters” at Synchronicity Theatre, April 6

2:15pm, leaving from the Front Entrance

This play starring Jennifer Levison and Mitchell Anderson tells the story of two people who exchange letters, but not marriage vows, in a warm but complicated friendship lasting fifty years. Because they choose others as mates, and live to regret it, this play has a wistful tone. To purchase tickets go to www.synchrotheatre.com



“Castles, Bogs and Viking Towns: The Hunt for Ireland’s Ancient Textiles” Talk with Mary Ann Williams, April 10

11:00am, Vermont Community Room

For nearly 30 years, Elizabeth Wincott Heckett studied ancient Irish textiles. A collection of her papers, talks and reports about these rare artifacts was published by Cork University Press this past November. In this talk, Mary Ann Williams (daughter of resident Emily Huie), will tell about Libby’s life and work and relate stories about her most interesting findings. All residents are invited to attend this special event.

Paper Lilies Class with Gillian Gussack, April 11

10:00am, Creative Art Studio

Join Gillian as she shows you how to create beautiful paper lilies that will last forever and need no care! All materials are supplied for this free class and no experience is necessary.

“The Artist” Movie Showing with Alexa Foreman, April 11

1:00pm, Vermont Movie Theater

This French movie, which won Best Picture of 2011, takes place in Hollywood, between 1927 and 1932, and focuses on the relationship between a rising young actress and an older silent film star as silent cinema falls out of fashion and is replaced by the “talkies”. An absolute delight! Join Alexa for this movie showing and behind-the-scene trivia and facts. Light refreshments served.

Native American Interfaith Discussion, April 11

2:00pm, Vermont Community Room

Canterbury chaplains are excited to welcome Dr. James Owen as our final speaker in our series of Interfaith discussions. Dr. Owen is the Assistant Director to the Institute of Native American Studies in the Department of History at the University of Georgia. His research focuses on indigenous and creole language documents from the past, with a focus on native interpretations of Christian hymns and biblical narratives.

Palm Sunday Garden Walk, April 13

2:00pm, Peachtree Tower Garden Patio

All residents are invited to meet on the patio outside the Garden Room to walk through the garden. Palms will be provided. Warm up your voices and be ready to sing!

Shirley Irek Student Piano Recital, April 13

3:00pm, Vermont Community Room

Please join these aspiring young piano students for an afternoon of beautiful classical piano music. They will play music by Beethoven, Chopin, Rachmaninoff and others. Concluding the program will be the magnificent Grieg Piano Concerto performed on both pianos!

Pat Davis Bog Bridge Dedication Ceremony, April 19

2:00pm, Monarch Community Room and Martha Gay Plaza

Residents are invited to this dedication service and plaque reveal honoring former resident Pat Davis for her contribution to the Canterbury Bog of native plants. This event will be held in the Monarch Community Room and will extend to the Martha Gay Plaza with a short walk to the Legacy Garden bridge to view the plaque and the Bog. Light refreshments will be served.

"Birds of Canterbury Court" with Bill Stenson, April 21

12:45pm, Administrative Dining Room

You are invited to attend this talk and slide show hosted by resident and avid birder Bill Stenson, where he will show you how to identify the birds you see and hear in the gardens and at your feeders. There will also be an introduction to Merlin, a phone app that uses the microphone on your phone to identify the birds you hear singing.

Bob's Broadway Chorus Event, April 21

7:00pm, Vermont Community Room

Join this dynamic group that encourages active participation in songs you already know. This fun group mostly sings Broadway tunes but have added to their repertoire to include other well-known tunes. This group has been entertaining around Atlanta for about nineteen years and is a volunteer group of almost 40 members. This is a show you won't want to miss!

Canterbury Bird Walk, April 22

10:00am, Meeting in the Garden Room on the Ground Floor of Club Tower

You are invited by resident Bill Stenson to join him on a Canterbury Bird Walk through the Canterbury gardens to learn how to spot and identify the birds by sight and sound. This walk will last 30-45 minutes. If you have binoculars, please bring them. Residents will meet in the Garden Room then venture outside into the Canterbury gardens.

Spelman College Glee Club Performance, April 23

4:00pm, Vermont Community Room

As the oldest collegiate choir of African American women in the United States, the Spelman Glee Club has not only preserved the legacy of Black choral music but has also inspired generations of young women to find their voices and share their artistry with the world. Join us for this very special presentation. All residents are invited and encouraged to attend!

Silk Scarf Class with Gillian Gussack, April 25

10:00am, Creative Art Studio

Come learn how to make beautiful, handmade printed scarves in this fun class. Make one for yourself to take home or for a friend. No experience is necessary and all materials are supplied—even the scarves!

“The Story of Seabiscuit” Movie Showing with Alexa Foreman, April 25

1:00pm, Vermont Movie Theater

Though shot in Technicolor, the film starring Shirley Temple, incorporates actual black and white and color footage of Seabiscuit in races, including the 1940 Santa Anita Handicap and the 1938 match race against rival War Admiral, which is still considered by many to be the greatest horse race of all time. Temple would retire from the screen the same year the movie was released in 1949. See this classic film before our annual Kentucky Derby Party in May and learn more trivia from Alexa. Light refreshments will be served.

“Invitation to Connect: The Development of the New Woodlands Project” Lecture with David Sacks, April 25

2:30pm, Vermont Community Room

The latest enhancement to the Canterbury community is a one and a quarter acre strolling garden through a natural woodland. This lecture will show how this space has been developed, from its early concept plans to its design and construction in 2024-2025 and future improvements, and how it relates to the significant legacy that is Canterbury’s original landscape. This lecture will be led by David Sacks, ASLA, Landscape architect for the Woodlands project.

Trip to “The Reservoir” at The Alliance Theatre, April 26

1:15pm, leaving from the Front Entrance

Josh’s life is a mess. He’s come home to Denver from NYU to get his life together but can’t manage to stay sober. Desperate for camaraderie, he decides to bring his four loveable grandparents on his road to recovery. Served with outrageous humor and truth, this play reminds us that sometimes the path forward isn’t the one we expect. This play is presented in partnership with the Denver Center for the Performing Arts. To purchase tickets, visit www.alliancetheatre.org or call (404)733-4600.

Art Talk with John Tilford, April 28

2:30pm, Vermont Community Room

This month, Oglethorpe University Museum of Art Curator of Collections, John Daniel Tilford, will examine the life and work of Austrian artist Gustav Klimt. A key member of the Vienna Secession Movement, Klimt’s body of work is heralded today as revolutionary in the canon of groundbreaking compositions celebrating the female form and the inner psyche of his sitters.

“Tie One On” with Mary Capka, April 29

2:00pm, Vermont Community Room

Do you have a drawer of beautiful scarves but are unsure how to wear them? Join resident Mary Capka and see how, with a few easy steps, you can create a beautiful fashion statement. Bring your favorite scarves (square or rectangle) and a scarf pin if you have it or use those provided in

class. “Tying one on” has never been more fun! Pre-registration is required and is limited to 12 participants.

Trip to Atlanta Opera’s “Siegfried”, April 29

5:00pm, leaving from the Front Entrance

This is the epic five-hour opera that shatters the oppression of the ancients to create a vision of a magnificent future where love, courage, and wisdom triumph over the lure of unfettered power. Don’t miss this opportunity to see the most epic drama of all time. There will be two intermissions for this performance. To purchase tickets go to www.atlantaopera.org or call (404)881-8885.

APRIL WELLNESS EVENTS

Blood Pressure and Diabetes Check with Personal Care, Inc on *Tuesday, April 8th from 10:30am-11:00am in the Wellness Center.*

Hearing Aid Clinic with Audiologist Monica Walker on *Saturday, April 12th and 26th.*

Residents will be seen in the Monarch Salon, located on the first floor of Monarch Tower. Call (404)777-5252 to schedule an appointment.

Podiatrist Dr. Jeanine Jones will see residents on *Wednesday, April 16th.*

Call the Healthcare Clinic at Ext. 3159 or (404)365-3159 to schedule an appointment.

SAVE THE DATE

May 3: Kentucky Derby Party

May 4: Trip to “Beautiful” The Carol King Musical at Byers Theatre

Sandy Springs Performing Arts Centre

For tickets visit www.cityspringstheatre.com

May 6: Stress Management Class with Mary Capka

Balalaika Russian Orchestra

May 13: Trip to Murphy Candler Park

May 16: Trip to the Delta Flight Museum

May 18: “Pride and Prejudice” at Shakespeare Tavern

For tickets visit www.shakespearetavern.com

May 19: Chorister’s Spring Concert

May 29: Atlanta Beltline Tour with Jim Howe; lunch at Krog Market

MOVIES



In the Vermont Tower Theater, daily at 3:15pm & 7:30pm, two films alternate between afternoon and evening with a movie special on Sunday and Thursday. Please see your morning email for the most current information. Every effort is made to show the scheduled movie, but it may be necessary to substitute at times.

March 28-April 3

Movie #1

A Complete Unknown (2024) 2h 20min; Rated R

In the early 1960s, 19-year-old Bob Dylan (Timothée Chalamet) arrives in New York with his guitar and revolutionary talent, destined to change the course of American music. Forming his most intimate relationships during his rise to fame, he grows restless with the folk movement, making a controversial choice that reverberates worldwide.

Genre: Drama/Music; Oscar contender

Movie #2

Chariots of Fire (1981) 2h

Two British track athletes (Ben Cross, Ian Charleson), one a determined Jew and the other a devout Christian, are driven to win in the 1924 Olympics as they wrestle with issues of pride and conscience.

Genre: Biography/Docudrama; winner of 4 Oscars in 1982

March 30 & April 3

Movie Special

Planet Earth III: Episodes 3&4 (2021) 2h

In this continuing documentary, episode three takes you to the *Deserts and Grasslands* where nature puts on its most dramatic show. In episode four, *Freshwater* describes a rich and diverse habitat that covers one tenth of all species on the planet and is filled with never-ending surprises.

Narrated by David Attenborough

Genre: Series Documentary

April 4-10

Movie # 1

The Conversation (1974) 2h

Surveillance expert Harry Caul (Gene Hackman) is hired by a mysterious client's aid (Harrison Ford) to tail a young couple, Mark (Frederic Forrest) and Ann (Cindy Williams). Caul manages to record a cryptic conversation between them and becomes obsessed with the resulting tape, trying to determine if the couple are in danger.

Genre: Thriller/Mystery

Movie # 2

Ordinary People (1980) 2h 5min, Rated R

Tormented by guilt following the death of his older brother, Buck, in a sailing accident, alienated teenager Conrad Jarrett (Timothy Hutton) attempts suicide. Returning home from a psychiatric hospital, he tries to deal with his mental anguish and reconnect with his mother, Beth (Mary Tyler Moore), who has grown cold and angry, and his emotionally wounded father, Calvin (Donald Sutherland), with the help of his psychiatrist, Dr. Berger (Judd Hirsch).

Genre: Drama

April 6&10

Movie Special

Women in Fashion:100 Years of Design (2023) 1h 25min

This film focuses on the impact and empowerment of women fashion designers over the past 100 years. Today's designers talk about the past, the present and future of design with the stories of Coco Chanel, Diane von Furstenberg, Carolina Herrera, Vivienne Westwood, Donna Karan, Gabriela Heart and Hanako Maeda.

Genre: Drama Documentary

April 11-17

Movie #1

Argo (2012) 2h, Rated R

On November 4, 1979, militants storm the U.S. embassy in Tehran, Iran, taking 66 Americans hostage. Amid the chaos, six Americans manage to slip away and find refuge with the Canadian ambassador. Against time, the U.S. government calls on extractor Tony Mendez (Ben Affleck) to rescue them. His plan is to pose as a Hollywood producer scouting locations in Iran and train the refugees to act as his "film" crew.

Genre: Thriller/ Action

Movie #2

I'm Still Here (2024) 2h 15min

Eunice Paiva begins a lonely battle to learn the truth behind the disappearance of her husband, former deputy Robens Paiva, while trying to keep her family together.

Genre: Historical Drama

April 13&17

Movie Special

A Man on the Inside: Episodes 1&2 (2024) 1h

This series features Charles (Ted Danson), a retired man, who gets a new lease on life when he answers an ad from a private investigator and becomes a mole in a secret investigation in a retirement home. In episode one, Charles is encouraged by his daughter to try something new. In episode two, he charms his fellow residents at happy hour while finding his footing as a sleuth.

Genre: Comedy/Crime

April 18-24

Movie #1

Lilies of the Field (1963) 1h 35min

When traveling African American handyman Homer Smith (Sidney Poitier) stops by a farm in rural Arizona, he is welcomed by a group of Roman Catholic nuns. Realizing the farm needs a lot of work, Homer takes on several repair projects for them. Impressed by his kindness and strong work ethic, the nuns come to believe he was sent by God to help build them a chapel.

Genre : Comedy/Drama

Movie #2

Good Will Hunting (1997) 2h, Rated "R"

Will Hunting (Matt Damon) has a genius-level IQ but chooses to work as a janitor at MIT. When he solves a difficult graduate-level math problem, his talents are discovered by Professor Gerald Lambeau (Stellan Skarsgard), who decides to help the misguided youth reach his potential. Therapist Sean Maguire (Robin Williams) helps to guide him on his journey as well.

Genre: Romance/Drama

April 20&24

Movie Special

The History of Easter (2021) 1h

The origin behind Easter is known to all- the resurrection of Jesus- but the origins of the traditions that accompany the holiday are less familiar. How did Christians first celebrate it? When did the bunnies come into play? And why do bunnies hide eggs?

Genre: Documentary

April 25-May1

Movie #1

Are You There God? It's Me, Margaret (2023) 1h 45min

Eleven-year-old Margaret moves to a new town and starts to contemplate everything about life, friendship and adolescence. She relies on her mother, Barbara (Rachel McAdams), who offers loving support, and her grandmother, Sylvia (Kathy Bates), who's coming to terms with finding happiness in the next phase of her life. Questions of identity, one's place in the world, and what brings meaning to life soon brings them closer together than ever before.

Genre: Comedy/Drama

Movie #2

The Post (2017) 2h

Katharine Graham (Meryl Streep) is the first female publisher of a major American newspaper- The Washington Post. With help from editor Ben Bradlee (Tom Hanks), Graham races to catch up with The New York Times to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents. Together, they must overcome their differences as they risk their careers and freedom to help bring long-buried truths to light.

Genre: Thriller/War

April 27&May 1

Movie Special

Man on the Inside: Episodes 3&4 (2024) 1h

In this continuing series, Charles has some explaining to do when Emily unexpectedly arrives in town. In episode four, Pacific View's group activities give Charles the perfect opportunity to narrow down his list of suspects, but his chumminess raises concern for Julie.

Genre: Comedy/Crime
