

# Canterbury Tales

*Published by the Residents Council and Staff of Canterbury Court*

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*Canterbury's Library, see p.6*

*Credit: Anne Jones*

Art Gallery.....	18	Four C's .....	15	Library Tales.....	6
Birding at Canterbury.....	12	Debi's Desk.....	4	Nutrition Notes.....	31
Birthdays.....	3	Dining Services .....	8	Recycling.....	36
Canterbury Connections.....	16	Health Awareness.....	35	Residents Council.....	5
Canterbury Garden .....	14	Health News .....	34	Welcome Mat .....	25
Community News.....	20	In Memoriam.....	2	Wellness.....	32

## In Memoriam

Lord, keep our friend in your loving care.

Maxine Vasen, May 3



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## Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

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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. A special thank you to Nancy Fukushima, Anne Jones, and Lu Anne Schwarz who routinely send photographs of activities around CC. When you see *CT* contributors 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.



## June Birthdays

4	Renee Downs	13	Ted Shirley	22	Ann Pearce
5	Tom Branch	13	Muff Brannon	23	Catherine Howett
5	Judith Weaver	14	Sylvia White	26	Stuart Patton
6	Haydee Bundschuh	15	Mary Gibson	26	Merle Spero
6	Harriett Smith	15	Jim Walden	27	Roger Palmer
7	Margaret Langford	17	Marilyn Morgan	28	Priscilla Davis
8	Bettie Banks	18	Ben Cornett	28	Patti Balassi
9	Kathy McFarlane	19	Ora Poole	29	Katey McKellar
11	Ramona Creagh	20	Barbara Bryant	30	Emily Huie
11	Dan Stephenson	20	Vickie Keever	30	Richard Perry
11	Jeff Ashworth	21	Blake Newton		
12	Valerie Fennell	22	Joe McLure		



## From Debi's Desk

### *Comments from the President of Canterbury Court*

In a quest for serenity, many of us turn to nature's best-known homeopathic remedy, pet ownership. After all, science backs it up. Studies have shown that pets can increase happiness and reduce stress, anxiety, and depression. Given the number of pets at Canterbury, it's no wonder that so many residents have smiles on their faces each day. But what happens when nature plays a joke on us, and we find ourselves adopting animals with anxiety instead of animals who can reduce our anxiety? Well, I can tell you firsthand what happens as I have both a dog and a cat with no shortage of anxiety (insert joke about the apple not falling far from the tree here...).

We adopted Maggie, our golden retriever, six years ago when she was just three. We don't know too much about her background, only that her original owners passed away, and their adult children were allergic to what we affectionately refer to in our house as her golden glitter or fur-nado tumbleweeds of fluff. Maggie is a bundle of love but suffers from a weird fear of cardboard boxes and sneezes, and she has her own prescription of Xanax for thunderstorms. But her anxiety seems minor to what our cat suffers when heading to the vet.

We adopted our cat, Kami aka Lucy (short for Lucifer), about four years ago. She was meant to be my daughters' pet, but somehow Kami chose me, the one who

least wanted a cat, to be her person in the house. A little over a year ago, I brought Kami to the vet for her annual checkup, and the experience was a scene straight out of *The Exorcist* as she spun her head around taking no prisoners as the vet and two vet techs tried to manage her and gently suggested we try a "chill protocol" for the next visit. "Chill protocol" is apparently code for "drug your pet up completely before ever bringing her back to us again."

Fast forward a year. We have switched vets, and Kami is due for her rabies shot. I called the new vet in advance to let them know of Kami's charm and requested drugs for a chill protocol in advance of her visit. The vet encouraged us to bring her in without it, so my husband attempted the visit and texted me shortly after with a note that simply read "guess who's back on chill protocol?" The next week, we attempted the visit again, this time with a sweetly sedated cat, only to have her lose her mind when the vet came near her. So, we have another appointment in several weeks for attempt number three at a rabies shot and a heroic dose of drugs. In the meantime, if you see DeKalb County Animal Control on site looking for the owner of an unvaccinated terrorist cat, please don't share my whereabouts. I'm officially on the lam.



*Debi McNeil*

## From the Residents Council

Summer is a season that stirs fond memories—sunny days, laughter with loved ones, and the simple joy of feeling warm breezes on your face. For many of us, travel may no longer be as easy or as appealing as it once was, but that doesn't mean the pleasures of summer are out of reach. In fact, staying close to home can open new ways to enjoy the season with comfort, safety, and heartwarming connections.

One of the most delightful ways to embrace summer is by spending more time outdoors. Whether it's tending to a flower garden, enjoying morning coffee on the balcony, or taking short strolls through our garden, these moments invite nature into everyday life. The sights, sounds, and scents of summer—birds chirping, fresh-cut grass, blooming flowers—can lift spirits and bring a sense of peace.

Socializing doesn't require long road trips, either. We know that well! Sharing stories, enjoying cool drinks, and maybe

even a game of cards under the shade of a tree (the Fort?) can bring back cherished memories while creating new ones. Perhaps this summer we'll have an ice cream social

in our "backyard." There's nothing like ice cream to evoke memories of summertime. Virtual meetups such as Facetime or phone calls to faraway friends or family always brighten a summer day. For those who love to read, a summer reading list filled with travel memoirs and lighthearted or nostalgic books can turn a lazy afternoon into an escape of its own.

Most of all, summer is about savoring the moment. Slowing down and finding joy in little things can make the season feel special no matter where you are. Travel may be limited, but the spirit of summer is not. It lives in laughter, sunshine, and simple pleasures that warm the soul.



*Ann Pearce*



*Box Turtle, CC Garden*

*Credit: Chung Park*

—Ann Pearce,  
President



## Tales From the Library

### Sixty Years of Reading

It's 1965! Canterbury Court is ready to open. The library is finished, and the shelves are ready, but where are the books? Months before the planned move-in of residents, members at All Saints' and St. Luke's churches began collecting books to be donated to the new library. Boxes of books were waiting to be processed. Volunteers from the churches went to work, unpacking and organizing. Retired librarians helped make selections of what to keep and how they should be catalogued. Finally, the library shelves were filled, and a Canterbury treasure was created.

In the beginning, donated books built the library. Later, funds that were given in memory of residents and friends were used to purchase books. Finally, the Residents Council included the library in its budget. A library committee, chaired by a librarian, made selections and bought books with these funds.

Looking back through the past issues of *Canterbury Tales* reveals changes as well as many common threads throughout the library's sixty-year history. Here are some things you may enjoy:

- Excess books from early donations were donated to AAUW for their annual book fair. Now bookshelves in the Wellness Center and outside the A Room are stocked with books that are free for residents and employees.
- First purchased books came from the AAUW annual book fair. Today new

books are bought online.

- From 1965-1968, 4,000+ books were processed, using the Dewey Decimal System. Fifteen to twenty new books are currently added to the collection each month.
- Over the years, library columns in *CT* were headlined "HELP" requesting that residents return books. *January 1984–27 missing, 12 returned.* HELP requests still go out to residents; recovery techniques, however, also include a librarian stopping residents in the hallways with a photo of their overdue books. Works well!
- The first "weeding" to create shelf space for new books took place in January 1974. Library volunteers "weed" as space is needed, and those books go to the free shelves.
- Original catalog cards were typed on trusty typewriters that were donated by residents. In 1996, the Residents Council purchased a brand-new typewriter for the library. These days catalog cards and labels are produced on a volunteer's personal Mac computer.



Anne Jones

# Tales From the Library

## Sixty Years of Reading

- Over the years the library has been closed temporarily because of asbestos, flooding, and renovations in the area. This past year, we've experienced flooding, flooding, area renovations, and more flooding. Hoping for a dry 2025!

### The Heart of the Library

Shelves, tables, chairs, and books are what we see in the library. Volunteers working behind the scenes are the beating heart that keeps it going! Professional librarians, or

just residents who love to read, work daily researching, purchasing, shelving, retrieving, and reshelving books to keep the library operating 24/7. They've been doing this for 21,900+days and counting.

*JULY 1, 2025, WE WILL CELEBRATE 60 YEARS OF CANTERBURY READING!*

—Anne Jones, Chair  
Library Committee



# CC Under the Hood, Dining Services Challenges

The goals of CC Dining Services:

- Satisfy all residents, all the time; improve satisfaction over time
- Meet the dietary needs and desires of this diverse group. Provide a variety of high-quality food choices and change this on a regular basis.
- Provide a welcoming service culture experience for residents.
- Attract and retain staff to provide great service.
- Be cost effective: meet CC budget goals and minimize waste.

Some say that to “satisfy all residents, all the time” is not realistic, but the purpose of a goal is to challenge all to make improvements.

## Satisfy All Residents

The Service TRAC survey of 168 responses from September 2024 provides a measure of how well CC meets the expectations of residents. **68%** of residents reported they were satisfied. (**13%** said their needs were not met, and **18%** said nearly met.)

Question	Not met	Satisfied
Dining Services overall	13%	68%
Variety in the menus	13%	63%
Meals Nutritional balance	11%	68%
Competency of servers	9%	68%
Timeliness of food service	9%	67%

There have been several meetings with residents and Dining Services (DS) management. Several action steps have been taken because of these discussions:

- McBurney Bistro 4 Lunch.
- Upgraded “On-line” ordering system.
- Addition of “catch of the day” to Grille Menu.
- Addition of Chef’s table to McBurney and Hancock.
- Addition of the Salad Bar Table, McBurney’s.
- Fine Dining Dinner Experience, twice a month.
- Simplification of Grille menu.
- Feedback Kiosks outside the Grille and McBurney dining room.
- Self-Serve Court Café Kiosk for after-hours service.





# CC Under the Hood, Dining Services Challenges

## DS Residents Committee

### Issues (most critical = \*)

- Limited Grille menu variety \*
- Food is often not hot\*
- Special dietary needs \*
- Slow service in Grille \*
- Too much salt in food \*
- Sanitation
- Training new DS staff (esp. cooks)
- Café Kiosk process

### Non-Menu Ideas

- More management presence in dining rooms.
- Conduct survey of “favorites” and “non-favs.”
- Add an iced salad bar.

### Menu Ideas

- Rotate the menu every two weeks.
- Upgrade meat quality in general.
- Add selected items at McBurney and Grille to both menus.
- Add hamburgers to the “always available” list in Grille.
- Change “catch of the day” to “special of the day.”

### The “Happy or Not” Survey

This shows a big improvement in last eight months:

- 68% positive in 2024 Service TRAC survey.
- 90% positive in two weeks ending 5/10/25.
- Residents are providing specifics.

### DS Residents Committee Summary

The most critical (\*) issues continue to be discussed each month. We are making progress, but what is the action plan?

George: “Trial and error, be observant, report, discuss, & adjust.”

### Residents’ Dietary Needs & Desires

The goals are clear and good. The challenges are:

- Residents are a diverse group with different expectations.
- How do we better define resident expectations that Dining Services can meet?
- Specialized diets: low salt, gluten free, low-fat, better seasoning on vegetable choices.
- Consistency: food is often not hot.
- How to encourage residents to tell the on-site managers when the food is not satisfactory?

### Conclusions to Date

Dining Services reach approximately 450 residents every day, 365 days a year. It will always be a work in progress.

We encourage residents to continue to speak out about any needs or issues that need to be addressed to the DS Residents Committee chair (Katey McKellar) and DS Managers:

- George Lancie, Hospitality Director
- Montise Brown, Executive Chef
- Michele Ealey, Dining Sous Chef
- Junella Cooper, Dining Room Manager.
- Mark Mitchell, Dining Supervisor
- Andy Cross, Dining Room Supervisor
- Kasha Lovato, Grille Dining Supervisor
- Lesia Dooley Reid, Monarch Dining Manager

—Josh Taylor, 1204 GT

## Dining Services

### Edrion Williams, Culinary Supervisor

Edrion was born and raised in Albany, Georgia, and graduated from Albany High School. His mother is a nurse at Grady. His father is a long-distance truck driver. As a child, Edrion accompanied his dad on long jobs during the summer. California was his favorite state. Edrion developed an interest in different foods around the country.

His first job in Albany was at Olive Garden and then in Atlanta with them. From 2014 to 2017 he worked at Lenbrook. A friend at Canterbury told him about a job opening here. He started in November 2018, as a grill cook. He was drawn by the close-knit, family-like atmosphere with a team that not only worked together but cared about his progress. In 2019 Edrion was lead cook for Hancock and McBurney and became Culinary Supervisor in 2020.

In 2022, Edrion left Canterbury to help his father and spent 2 years driving a truck. There was little time to spend with

his children, 3 and 10. When family circumstances changed, he returned. George Lencie heard the news and asked if he'd like to come back "home."

After being away 2 years, Canterbury still felt like family. Edrion's job includes setting deadlines and goals, making sure people are doing what needs to be done, as well as cooking. He helps create menus for fine dining and dinners accompanying a movie. He loves cooking and making residents smile. "If I can put a dish in front of you and wile you with that dish, I feel amazing."

When he's not at work he enjoys playing with his kids, fishing, and recreational shooting.

—Susan Rahiya, 2104 V



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### Shawn Woods, Pastry Chef

Shawn was born in Cleveland, Ohio, where he studied electronics at a technical school. He also liked to draw and says that now cooking is his art.

Shawn moved to Atlanta in 1990 to attend Southern Polytechnic to study Technology and Food Service. He began working at hotel resorts and restaurants where he learned to do all the food service jobs. In 1995, he was working at Bennigan's when

he learned about a job opening at Canterbury Court. This was an easy decision since CC was across the street from his apartment!

Shawn has worked in every Dining Services job and has served as Pastry Chef



## Dining Services

for the past 20 years. He bakes about 300 cookies a day, serving all locations including healthcare, special events, and employee meals. He likes above all interaction with residents, as he transports pastries to the many CC locations. Sometimes, however, the number of special events can be a bit too much!

At home in Decatur, Shawn likes to spend time with his wife and their young children, and he enjoys watching sports. They also pay lots of attention to their 2-year-old grandson. Shawn will celebrate his 30th anniversary with Canterbury Court on April 30 but is in no hurry to retire.

—Josh Taylor, 1204 GT

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### Andrea Blake, Server in Azalea View

Andrea Blake was born in Portland, Jamaica, where her mother still lives. She is married and has two young daughters. She graduated high school and did one year of college.

Her first job in food service was in 2001 in Vermont in a restaurant called Stone Chimney Grill. She also worked in Queens, New York, as Dining Room Manager in a 5-star restaurant. She finally moved to Atlanta and worked in three different restaurants that served Caribbean food.

Andrea joined Canterbury Court in September 2023. When she came and met some residents, she realized that she really liked older people and would enjoy working with them. She was hired as a Server at the Azalea View Pavilion on the second floor, which has twenty-three residents.

Andrea is also a Trainer of CC staff. She tells the staff to be prompt, to boost the morale of the residents, and to go beyond their own duties and expectations. She guides her staff to be more aware of sanitation in the serving stations, to check

food temperatures routinely, and to take their jobs seriously; they should even wipe the chairs after each use to avoid the spread of disease.

Andrea thinks the menus need to be presented in simpler language so that the residents can understand the items without having to ask the server what a foreign word means. However, the servers need to know exactly what is being served.

Andrea also feels that the likes and dislikes of the residents should be considered, and that the kitchen should not run out of popular items.

Andrea is proud of the job she has with Canterbury Court and would like to apply for a scholarship to study phlebotomy, among other things, and looks forward to going back to school to advance her prospects for the future.

—Renu Lonial, 1003 GT





## Birding at Canterbury

Canterbury Court is a great place to watch birds. There is a mixed habitat with mature trees, bushes, and grassy areas. Bird baths and feeders attract additional birds. We have a small group of serious birders but a much larger group of casual birders who enjoy watching birds at the feeders and in the gardens. You can enhance your appreciation of the beautiful gardens by being able to identify the birds you hear and see.

The easiest way to identify the birds you hear is with “Merlin,” a free app for your phone. Using the microphone on your phone, Merlin collects the songs of birds you hear. It compares those songs to songs in its memory and then displays on the phone screen the names of the bird species it has identified. If you download the app, it will give you the opportunity to download a bird pack for the southeastern U.S. You can use Merlin in different ways. You can turn it on when you hear a bird song you want to identify. Alternatively, you can turn it on as soon as you step into the garden. If you use Merlin, you will discover that just a few bird species account for most of the singing you hear. The birds most commonly heard here include Carolina wrens, cardinals, song sparrows, eastern towhees, tufted titmice, and house finches. Once you are comfortable identifying the common bird songs, your ears will perk up when you hear an unfamiliar song. This is an opportunity for Merlin to help expand your bird song repertoire.

Identifying birds by sight is enjoyable but can be challenging. Birds at feeders or in



*Bill Stenson and birder Mary Earle Scovil*

bushes can be identified with the naked eye. Common feeder birds here include cardinals, Carolina wrens, Carolina chickadees, house finches, tufted titmice, downy woodpeckers, and white-breasted nuthatches. Identifying birds higher up in trees may require binoculars. “All About Birds” is a free app for your phone that helps identify birds by sight or sound. You type in the name of a bird, and the app presents photos and song recordings for that bird.

The Garden Committee has organized birding events this year including the Christmas Bird Count in early January and the Great Backyard Bird Count in February. We have also had informal bird walks in the Canterbury Court gardens and at Murphey Candler Park in Brookhaven, an excellent local birding site. We plan on having additional birding events in the future.

## Birding at Canterbury

Feel free to email me (wstenson@wustl.edu) if you have trouble with the apps or if you have suggestions for birding activities. Please note that photographs are for

identifying birds. They were not taken at Canterbury, nor are they mine.

—Bill Stenson, 1810 GT



*Carolina Wren*



*House Finch*



*Towhee*



*Downy Woodpecker*



*Song Sparrow*



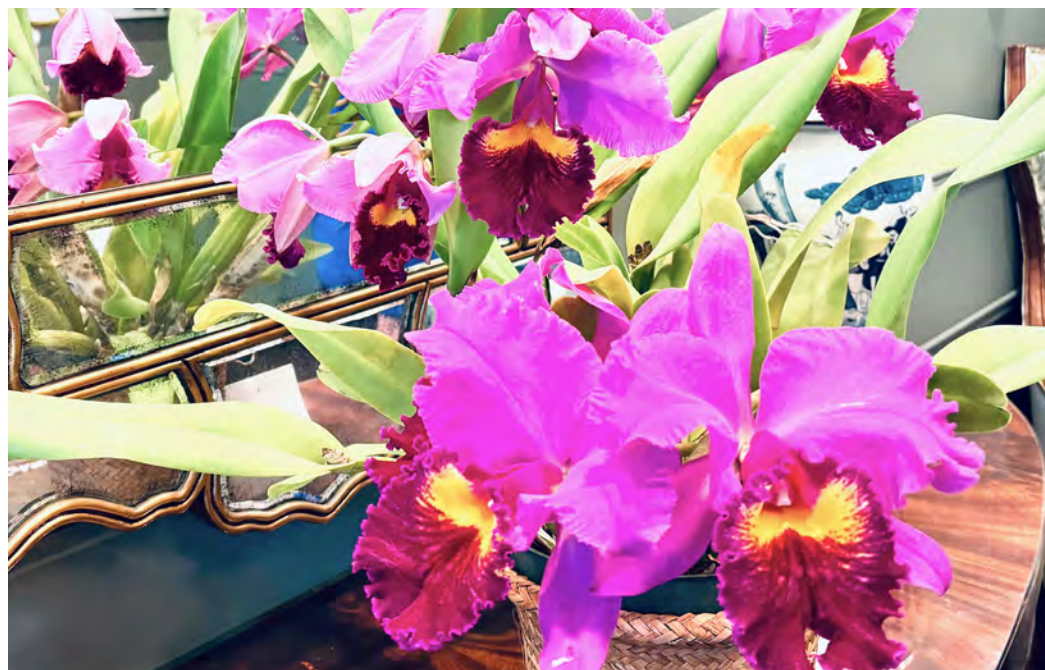
*White-breasted Nuthatch*



## Canterbury's Garden

Those crazy orchids! You may have noticed an amazing Cattleya orchid (corsage type) boasting 11 blooms, sitting proudly among the Easter flowers in the Club/ Peachtree elevator lobby. Well, there's a story behind that ten-year-old orchid.

When I came to Canterbury in 2010,



orchids were the rage. We even had a special orchid house attached to the regular greenhouse. One resident took in old, tired orchids, nursed them back to bloom and returned them to their owners. By the time I arrived, the man had retired, and the orchids were in bad shape. Before I knew it, I was in charge of the orchids, but I was never really wild about orchids. So, a team was formed. We vowed to get the plants back to

blooming and to display the blooms inside for all to enjoy.

Our big break came when one resident started receiving a stunning Cattleya orchid each month from her son from Wisconsin. (you can't get these from Kroger.) Each one different! White or yellow or purple!

When the blossoms were finished, she gave the plants to us. We had a gold mine and were able to decorate tables in the front hall several times a year.

When the time came to tear down the old greenhouse, we were all pretty tired of orchid care, but you can't just throw away Cattleyas, so I kept them in my

living room. When the new greenhouse was finished, I practically threw them on to a shelf and said, "good-bye and good luck." I ignored them and look what happened!

The moral here is to put your old orchids in the new greenhouse. They like it there.

—Margaret Langford, 872 VT



## 4 Cs

### Odds and Ends from Your 4 Cs Store

We are providing another opportunity to get rid of things you get in the mail! We already do this with calendars from the various organizations to which you donate. Now we are adding note cards (thanks to an excellent suggestion from Shirley Timashev). We all get them, and they are often very nice. We don't sell them but have no problem giving them away. There will be a box on the shelf next to the calendars to hold them. So, if you have nice note cards you have received in the mail and don't need, bring them to the store!

We get a lot of requests for special purchases, either for an individual or as a suggestion for something we might stock. For individual requests—which we will try to get if it is something stocked by the stores where we shop—please provide as much information as possible as to size, formulation, or brand. So many things come in so many varieties that it is not always possible to figure which one you want. And, please, if you make a special request, please come by to purchase it! As for general requests, we can't add many new items to our inventory, as shelf space is at a premium. But by all means, continue to make recommendations.

In case you ever doubted that 4 Cs is on top of things, I offer CeraVe moisturizing cream as an example of our residents'

good taste and judgment. There has been a lot of conversation in the store as to how well it works, and it has become a popular item. Then, just this week, the Wirecutter guide (*New York Times*, March 25)

recommended it as best for dry skin!

For the guys—we now carry men's incontinence products (pull ups and pads) and need advice as to which sizes to stock.

Every now and then I like to provide some basic information about 4 Cs (originally Canterbury Court Cash and Carry) for all the new folks who have joined us recently. It is a convenience store for all, a necessity for many, with everything you need, located on the ground floor of the Vermont Tower, down the hall to the right of the desk in the Wellness area. It is a Canterbury Court operation (as opposed to Residents Council), but staffed, managed, and shopped for entirely by volunteers. It is the friendliest place at Canterbury! So, come see us, Monday, Wednesday, and Friday 9:30-11:30 a.m., and Tuesday from 1:30 to 3:30 p.m.

Happy Summer!

—Gail Rogers, Manager  
4 Cs Store



*Gail Rogers*



May saw two Canterbury Connections gatherings—one of lawyers in our community, and the second of residents from Northeastern states.



*Lawyers at Canterbury*

Canterbury Connections to GSU Alumni and Faculty will be featured on June 25, with a reception in the Front Parlor sponsored by Dave Ewert, and a dinner organized by Ann Delatte. RSVPs may be made to Ann at 404-372-8666.

There will be two events in July. The first, on July 9, will be Canterbury Connections for Church/ Synagogue Leaders. Maggie

Harney will sponsor the reception, and Van Waddy will organize the dinner. RSVP to her at 404-216-1762. The second event will be a gathering of Canterbury Residents of 10+ Years on July 23. Mary Earle Scovil will take dinner reservations (678-686-4672), and Helene and Joe Baird will sponsor a wine reception beforehand.



# CANTERBURY CONNECTIONS



*CC's Residents from Northeastern States*

In August we'll have Canterbury Connections for High School/ Middle School Teachers on August 6. Janice Cook will kick off the event with a reception in the Front Parlor, and Mary Willingham will organize the dinner in the Hancock Room (RSVP by text to 404-723-6930). There will be a gathering of Emory University and HBCU Alumni and Faculty on August 13. In addition to alumni and faculty from Morehouse College, Spelman College, and

Emory, there will be invitations to alumni and faculty of any historically black college or university. Mary Lou Berres will sponsor the reception, and Anne Newton will take reservations for the dinner (RSVP to her at 240-505-5667). The last event in August will be on the 27th, and it will be for Music Makers Who Play Instruments. Estelle Hosch will sponsor the reception, and Cheryl Gosa will take dinner reservations from fellow musicians (RSVP to 404-234-7072).



## Art Gallery

Babette Tipping



As Canterbury's Artist of the Month, I offer paintings from thirty years of work. After stopping painting two years ago because of problems with my right hand, I recently

discovered that I could paint again using smaller watercolor brushes on canvases with acrylic paints.

I graduated from Carleton College with a BA in Art History and Fine Art. I have worked in all mediums including sculpture,

but I now prefer acrylics because of its water base and oil-like consistency.

After my first husband died at age 52, I started a new career in faux finishes, studying in New York, San Francisco, and London. I worked for my own company "Faux Art Designs" in Annapolis, Maryland, for decorators in Washington, DC, Baltimore, and Annapolis.

In 1987, I married Bill Tipping from Chicago, and we moved to Atlanta. I returned to painting based on photographs from our travels, landscapes and architecture that fascinated me, especially from Santa Fe.





## Art Gallery





## Community News

### Off to the Races!

Wearing elegantly decorated hats, sipping mint juleps, and munching on bourbon meatballs and other themed refreshments, in the appropriately decorated VTC room, CC residents did justice to their viewing of the 151st Run for the Roses. The reason for the evening may be the “shortest two

minutes in sports,” but the race goers at CC made an evening of it, as they wagered, sang “My Old Kentucky Home” along with performers on TV, and voted for the best hat and best dressed man. Congratulations to: Barbara Cavanaugh, Rene Austin, Margaret Langford, and Tom Adams!





## Community News

Visiting John C. Campbell Folk School in Brasstown, NC

Sandy and I, with our daughter and son-in-law, made our second visit to the school. This time, Beadie and Gene Cambardella happened to go the same weekend. What a magical place it is for the arts--set on a large 270-acre scattered campus in the Great Smoky Mountains! When we were there, there was also a program of British country dance with caller and live band, which we were invited to watch or join after dinner. The campus has at least 28 buildings, the studios each with tools and workspace for a particular activity. We found crafts to

suit our different inclinations: watercolor painting, enameling, basket making, woodturning, and blacksmithing. The teachers are excellent and come from afar. The school offers weekends, long weekends, and week-long classes with many levels of sleeping accommodations. The meals are served family style and are bounteous. We will be making this family weekend getaway several times a year while we acquire new skills.

—Maynard Wheeler, 819 CT



*Beadie Cambardella, Watercolor painting*



*Gene Cambardella, Enameling*

*Maynard Wheeler,  
Woodturning*



*Sandy Wheeler,  
Basket weaving*



## Community News

To the Movies with...CC Chaplains!



Avoid the hot summer days... join the chaplains in the coolness of the Canterbury theatre for a summer series, "Movies with a Chaplain."

The June film is *Lars and the Real Girl*, starring Ryan Gosling and Patricia

Clarkson. We'll watch the movie, enjoy some snacks, and discuss the theological themes woven throughout this heart-warming film!

Two showings: Thursday, June 5 at 11:00 or Thursday, June 26 at 11:00. Stay tuned for information and dates for the July and August movies!

—Chaplain Heather Flaherty

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## Community News

May Accumulation Sale

As always, eagerly anticipated and well appreciated!





## Community News

### Change in the Garden

Clyde May, still wielding his camera at 101, photographs resident Maynard Wheeler and garden staff member Kevin Guiassa as they reposition the bat house close to the Verandas.





## Community News

### Choristers Spring Concert

As they always do, Canterbury's Choristers sang to an appreciative audience that filled the Vermont Tower Community Room. Choral Director John King Carter led the group in well-loved songs from musicals by Rodgers and Hammerstein: *Carousel*, *Sound of Music*, *South Pacific*, and

*Oklahoma!* The lilting and ebullient music struck just the right note for a beautiful May day.

The singers were accompanied by Candace Keach (flute), Kerren Berz (violin), and Paul Tate (piano).



## Welcome Mat

Tom Dod

Tom has been an East Coast person all his life. He was born in Radford, Virginia. His father was with the railroad, and the family moved when Tom was in his teens to Roanoke, Virginia, where he went to high school. He met his wife, Susie, there, beginning a 68-year devoted marriage. Sadly, Susie passed away in 2024, just before they were to move into Canterbury Court.

Tom went to Roanoke College for a year; then, being a good student, he was accepted to the Electrical Engineering program at Virginia Polytechnic Institute, a field which turned out to be his calling.

After graduation, Tom became one of the first employees of what became the National Aeronautics and Space Administration (NASA), starting at the newly established Goddard Space Flight Center in Greenbelt, Maryland, watching it grow to over 10,000 employees. His expertise was in antenna design and radio frequency engineering. He traveled all over the U.S. and western Europe to work with NASA offices and contractors. Early in his career, he visited the electrical engineering labs at Georgia Tech to see their anechoic test facility, a room-sized chamber with walls of foam rubber to absorb all extraneous sound and radio signals. Tech provided him with the drawings to permit him to build a similar chamber back at NASA labs. He became an amateur pilot, having his own Piper Cub airplane which he kept at a small nearby airport. He briefly became a helicopter student pilot, until a fellow student crashed their machine.

Hughes Aircraft was one of his contacts. He was involved with many Hughes scientists, including a contingent



### Tom Dod

Birthplace: Radford, Virginia

Apartment: 2321 Azalea View

Move-In Date: February 7, 2025

from Germany. He remembers “almost” meeting Howard Hughes, who came to their California site for a demonstration but unfortunately crashed his airplane into downtown Beverly Hills. (Hughes walked away, unhurt, before Tom could meet him).

Tom is an avid reader, especially enjoying genealogy. He has a four-inch-thick history of his family, going back to 1646. His family came to this country during early colonial days, from the west of England and Ireland. The Dods settled in Connecticut and New Jersey. The family business in New Jersey included an iron foundry, and General Washington’s army was one of their first customers, with a contract for making muskets.

Tom has a son, Tim, who lives in Buckhead and is a successful wealth manager for UBS. Tom is very proud of him and is especially glad to have him just down the street.

—Bill Goodhew, 358 PT



## Welcome Mat

Cheryl Gosa and Beth Gustafson

When I arrived to meet Cheryl and Beth, I found that their cat, Lily, was hiding—common when visitors arrive!

Beth grew up the third of four children and bilingual in Lyford, Texas, not far from the Mexican border. Her dad was a prosperous, innovative cotton, sugar cane, and grain farmer, and they hunted together on the King Ranch. Beth earned her degree in education from Southwestern University in Georgetown, TX, and taught special education before moving to San Antonio with her then-husband, Greg. While working in the Gucci section of a department store, her talent in sales enabled her to create and sell the entire Christmas section, down to the last display case!

After her divorce, Beth was a dental assistant when a friend urged her to attend Oblate Catholic seminary. She earned a theology degree, but as a lifelong Methodist enrolled at Emory's Candler School of Theology, where she was president of the student body and had the opportunity to know Bishop Desmond Tutu. Beth was ordained and served as both an associate and senior pastor at churches in Texas and was a chaplain at the Atlanta Olympics. She continues to serve Candler on the Committee of 100.

Cheryl moved from Toccoa to Dalton, GA, at age twelve with her parents and younger brother. She graduated from Dalton High School and the University of Georgia with a degree in Radio/TV/Film, minoring in English and Music. She then enrolled at Columbia Seminary in Decatur and later Princeton Theological Seminary, earning a master's degree in divinity and a Doctor of



### **Cheryl Gosa and Beth Gustafson**

Birthplaces: Cheryl: Toccoa, GA

Beth: Lyford, TX

Apartment: 1901 GT

Move-In Date: March 27, 2025

Ministry degree. Cheryl combined theology with her passion for media and spent ten years at First Presbyterian Church of Atlanta on the pastoral staff as Director of the Broadcast Ministry.

Cheryl adopted a 3-year-old girl from Chile, Elizabeth, now 39, who works as a CNA at Lenbrook.

Cheryl and Beth met through a mutual friend in 1998 and were married in 2020 in the courtyard at La Grotta Restaurant. They lived in Peachtree Hills for twenty-three years, working together in real estate—Beth in residential and Cheryl in commercial, specializing in selling churches. After retiring, they moved to Peachtree Hills Place but decided Canterbury was a better fit.

Both are avid gardeners and have planted a plot in the Legacy Garden. Cheryl sings and plays piano, clarinet, trumpet, banjo, and viola. Beth plays piano and is a drummer, so both will be wonderful additions to Canterbury's music programs.

—Gayle Mitchell, 1309 GT



## Welcome Mat

Jane Hale

After graduating as a French major from William and Mary, Jane served in the Peace Corps teaching English in Chad and training other Peace Corps volunteers in the Virgin Islands. She eventually received two Fulbright Scholarships, one in Senegal and one in Lesotho, as she created a career that combined her love of French, Africa, teaching, and literature. Her late husband Bill worked as a Peace Corps physician in Ethiopia, and their love of Africa was a factor in bringing the couple together when they met later in Boston.

Jane taught French and Comparative Literature at Brandeis University for 30 years after earning a Master's in Education at the University of Chicago and a PhD in French at Stanford. She also wrote two books of literary criticism on Samuel Beckett and Raymond Queneau.

Bill founded the International Health Programs at Boston University, and Jane frequently traveled with him to such places as Indonesia, Haiti, Viet Nam, Jamaica, and Tunisia. Bill, who died in 2012, spent the last years of his life founding a physician training program in the small mountain kingdom of Lesotho in Southern Africa. Jane accompanied him there often and founded a childhood literacy program, publishing the first-ever children's picture books in Sesotho, the national language, for families to share at home. Both the Lesotho-Boston Health Alliance and Family Literacy Lesotho are still going strong. Jane plans a return trip in October of this year to renew friendships and professional connections.

After Bill's death, Jane retired from Brandeis but continued teaching English



**Jane Hale**

Birthplace: Washington, DC

Apartment: 707 CT

Move-In Date: March 3, 2025

as a second language as a volunteer in her Massachusetts town of Marshfield. There she worked with a newly arrived Vietnamese family with whom she has remained close over the years. Their fourth grader, who didn't know a word of English when she arrived, is now a second-year midshipman at the U.S. Naval Academy in Annapolis and frequently comes to visit Jane at Christmas.

Eventually, Jane moved to Florida searching for better winter weather but did not find the sense of community there that she wanted. Last Thanksgiving, she came to visit Pam McGrath and her husband Doug Lipman, who were preparing to move to Canterbury. Jane accompanied them when they came to view their new apartment, and she knew the minute she entered our community that she had found her new home, and we are so glad she did. Welcome, Jane!

—Gayle Mitchell, 1309 GT

## Welcome Mat

Val McIntyre

At the time of Val's birth, her parents were living in a small town that would later become very famous. Living in Plains, Georgia, for the first eight years of her life, Val has fond family connections--a source of pleasure, pride, and interest. Moving to nearby Dawson, she never lost touch with her strong South Georgia roots.

Val graduated from Emory University, majoring in history. She had planned to be a history teacher, but student teaching curtailed that plan. She became a caseworker in the Department of Family and Children Services at the county level and was soon offered a stipend to attend the University of Georgia to receive a Master of Social Work degree, moving from the county to the state level.

Val's thirty years of work centered on child welfare, working closely with foster care and adoption programs. She was instrumental in assuring passage of the Interstate Compact on the Placement of Children legislation in Georgia and was active in the Association of Administrators of the ICPC. She developed a strong network with other state offices, served terms on the executive committee, and chaired the Permanency Planning Committee when she retired in 2001.

She can look back to establishing a framework of physical and legal protection for a vulnerable client group of children moving across state lines. Val did not expect to be living at Canterbury Court at this point. Happily married in Brookhaven for twenty-five years to a Boston native, Tom McIntyre, who was widowed, Val found wonderful,



**Val McIntyre**

Birthplace: Americus, Georgia

Apartment: 679 VT

Move-In Date: February 17, 2025

shared values, exciting travel, delightful times with Tom's children, and joy in living together. His sudden death two years ago led to reevaluation of her future.

With the support of Tom's son, Joe, and Joe's wife, Erin, and friends, she is adjusting to a new life. Val is an Anglophile who travels to England every year; a reader of history, mystery, and theology; a social justice advocate who does not hesitate to speak up when necessary; a volunteer tutor; a graduate of Sewanee's four-year Education for Ministry program; a YMCA member who loves Zumba and exercise classes; a member of St. Martin's Episcopal Church; a devoted sister and aunt/great aunt with nieces and nephews ages three through forty-nine, as well as the nucleus of a wide and intertwined circle of friends. Val is looking forward to more involvement in events and activities as she settles in at Canterbury Court.

—Jim Hoover, 1313 GT



## Welcome Mat

Glenn and Linda Moffett

If you have listened to or participated in Lifelong Singing, you have already met Glenn Moffett, who often accompanies Suzanne Shull on the piano as we practice our songs. He's an accomplished pianist who graciously shares his talents.

Fortunately for us, Glenn and Linda moved in after Thanksgiving. They have lived in Sandy Springs where they raised their family. One son practices law in Atlanta; another son lives in Santa Fe, New Mexico.

Glenn attended Atlanta's West Fulton High School. He graduated from Emory University, where he completed his undergraduate and law school degrees. After 55 years of practice as a trial attorney and litigator, he retired. In addition to his love of music, he is an avid reader and enjoys our fitness center.

Born in Washington, DC, Linda lived in Knoxville, Tennessee, prior to moving to Atlanta, where she attended Northside High School and completed her undergraduate degree at Georgia State University in Education and Sociology. Linda was always interested in banking and accounting. This enthusiasm for budget management has allowed her to share her skills as treasurer for many organizations in which she has



### **Glenn and Linda Moffett**

Birthplaces: Glenn: Atlanta  
Linda: Washington, DC

Apartment: 573 VT

Move-in Date: November 27, 2024

been involved, including PTA and the Georgia Federation of Women's Clubs. Linda has been extremely active in the Bridge Club of Atlanta, where she plays duplicate bridge regularly.

Both Glenn and Linda are active members of Peachtree Road United Methodist Church, where Linda is a choir member.

We're so grateful that they chose Canterbury Court for their home. Their presence here adds so much to our community.

—Janice Carter, 1212 GT

## Welcome Mat

Beverlye Owen

No water skiing here at Canterbury???  
A major skill and interest of Beverlye's, but  
Not Here!

Beverlye moved many times as a child with a dad in the Army, but grew up and continued to live in Hendersonville, Tennessee, around Old Hickory Lake, where she and her later-to-be husband, Dick, were waterskiing enthusiasts.

Beverlye went to Stephens College for Girls in Columbia, Missouri, focusing on Early Childhood Education, though she never planned to use that degree, hoping to be a stay-at-home Mom. As planned, she raised two daughters: Kim Robertson in Selma, Alabama, and Cindy Eckardt here in Atlanta.

Dick graduated from Vanderbilt University, and they married soon after he graduated. Dick worked in his family's business, RCO Holding Company, where he carried on the longtime family tradition, running the business where a primary function was the manufacture of twist tobacco. They bought, sold, and sorted tobacco locally, then exported that tobacco to worldwide locations.

As noted, both Beverlye and Dick were active water-skiers when they grew up in Hendersonville. Dick was the driver of the boat behind which Beverlye and her mixed-doubles partner performed. Dick won out for real when he became Beverlye's spouse. As they traveled the world for world-wide amateur water-skiing competitions, Beverlye served as the first woman on the board of the organizing water-ski association, AWSA.

Dick died suddenly December 9, 2024,



**Beverlye Owen**

Birthplace: Muscogee, Oklahoma  
Apartment: 1103 Garden Tower  
Move-in Date: March 27, 2025

and that prompted an earlier move here. They had traveled every year to Beaver Creek, Colorado, where Dick continued to enjoy skiing, but on snow. Two months every year were spent in Hawaii, where they greatly enjoyed watching the turtles (her great animal love) and whales. They took wonderful trips to Africa, particularly Botswana, Zimbabwe with Victoria Falls, and Zambia. Other trips included driving around Italy (through Tuscany) in a rented car and several barge trips, with the next one planned for this coming September--Rome to Barcelona with several long-time friends from Tennessee and her daughters.

Beverlye enjoys bridge and is a Life Master with ACBL. She reads a lot and loves time with her family in the home they share in Florida, where she goes in the spring and fall (not summer with the tourists, heat, and gnats). Beverlye is looking forward to life here at Canterbury.

—Jessica Linden, 1111 GT



## Nutrition Notes

### A Summer Reading List—For Nutrition?

It's summer reading time—and you are probably thinking that reading about healthy eating would not head your beach reading list. However, on one recent day a survey of the *New York Times*, *Atlanta Journal-Constitution*, and *Wall Street Journal* found at least four articles per publication on nutrition-related topics. Subjects included our food supply, use of a nutritional supplement, and even political intrigue. Nutrition science, often a target for misinformation, is foundational to understanding many issues. This article has some reliable resources to bolster your knowledge and a guide for separating nutrition truth from fiction.

Is pork a white or red meat? Several decades ago, the board representing pork producers widely promoted pork as “the other white meat.” They knew that if pork is considered a white meat based on its color people would buy more, thinking it had healthier fat that could fit into healthy eating plans. Science says otherwise. Hogs are biologically like cattle, and their body fat is saturated. Pork is red meat and should be eaten in limited amounts.

**Health Essentials e-newsletter of the Cleveland Clinic, a reliable nutrition resource,** has a link, <https://Clevelandclinic.org/is-pork-considered-a-red-or-white-meat> to the story of pork and a healthy diet.

#### **Other reliable nutrition reads:**

Harvard Chan School of Public Health—  
The Nutrition Source

Mayo Clinic Health System--Eat Well  
USDA Food and Nutrition Information  
Center

Center for Science in the Public Interest  
Nutrition Action newsletter

### **Red flags help you spot nutrition misinformation.**

- Who is promoting or paying for the information, and why? In the pork story an industry board promotes the information so their members can profit, a clear red flag. The Cleveland Clinic article, conversely, offers analysis by a non-profit academic medical center.

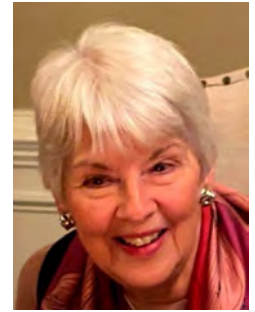
- Beware of a “cherry picker” who may focus on part but not all aspects of the story, like the color but not composition or processing of the pork meat. Instead, the Cleveland Clinic article gives a broad analysis to use in limiting but including pork in a healthy diet.

- Where is the science? Nutrition is based in science, and nutrition messengers should be able to validate the information with scientific research in published peer-reviewed literature. Avoid information arising from obscure unreplicated contrarian studies or scare tactics discrediting established scientific facts.

- Who is the messenger? For reliable nutrition information look for material provided by a Registered Dietitian or Registered Dietitian Nutritionist, like the Cleveland Clinic article, or by a PhD in human nutrition.

Summer promises news with issues steeped in nutrition implications. As you peruse media reports, use this summer reading list to enhance your knowledge, understand the nutrition implications in news, and hone your skills in spotting fake nutrition communication.

—Judy Bodner, RDN, 781 VT



Judy Bodner

## Wellness Letter

### The Fitness Challenge

On May 6, 90 residents (53 women, 37 men) participated in 4 fitness tests over a 3-hour period. We used the Senior Fitness Test assessment tool that was developed by researchers to establish standardized values on a battery of fitness tests with over 7,000 subjects up to the age of 94.

**Note:** We had a relatively normal distribution regarding age (**average 83, range 71-95**). There were a few outliers in performance on the fitness test, but these are not included in comparing scores from the Senior Fitness Test.



1) The Sit-to-Stand test was used for measuring lower body strength. Participants needed to complete as many sit-to-stand repetitions as possible in 30 seconds, with arms crossed in front. **We had an average score of 15 which puts us at 75-80 percentile rank compared to the norms at age 83, which was the average age of our group. One male and one female resident tied for the highest score of 24!**

2) The Arm-Curl test was used for measuring upper body strength. Participants needed to complete as many repetitions as they could



*Andrew Wiltz*



in 30 seconds with proper form. Men had to use an 8lb. dumbbell and women 5lb. **The average score was 21, which ranks us at 90-95% compared to the norms for our average age. The highest score was 31!**

3) Sit-and-Reach Test: this test determines lower body flexibility (particularly hamstring and lower back) in which residents needed to bring their





## Wellness Letter

### The Fitness Challenge

arms close together with hands overlapped and reach down toward the toe of a fully extended and straight leg. The space between the outstretched hand and toe is measured by a ruler, with a positive score being when they can reach to the toe or beyond. **The average score was 0.1 inches, which is within normative values for our group.**

4) The 8-Foot Up-and-Go Test is used to test agility and dynamic balance. On the signal “go,” participants needed to get up from a chair as quickly as possible, go around a cone 8 feet away, and sit down in the chair. The duration that it took was measured by a stopwatch. **The average score was 7.1 seconds, which is within normative values for our group.**

In conclusion, these are impressive results for our community! We have an



active group and welcome more to our fitness programs. We have quantitative values that validate the importance of utilizing the resources here. I’m grateful to the Wellness Team and others who want to see residents thrive and stay functionally independent.

—Andrew Wiltz, Director  
Wellness Center



*Photos: Nancy Fukushima*

## Health News

June, The Break—

All our lives we've been programmed to anticipate seasonal changes, holidays, and summer breaks. We remember trips to visit family or maybe a special vacation at the beach. Sometimes, working over the summers was a welcome change, because it was a new experience and a decision we made. Now that summer is upon us, are we ready to have fun? Are we still programmed to do something different like visiting the children or taking a major trip, or are we already stressing?

For any trip, decisions are best made well ahead of time to schedule transportation and book hotels and entertainment. For many of us this is good stress, which can be energizing, uplifting, and exciting. I prefer good stress because it's healthy, yet for some any stress is purely overwhelming, negative, and toxic.

While immersing ourselves in our work and play during schooling, family building, and careers, stress responses were triggered and learned, because change is involved and change is stressful. It is unavoidable whether we're aware or not. So good and bad stress affect us, and, of course, the bad is worse because some reactions may be more potent, promoting inflammation.

What do you do? You take care of yourself by following your physician's recommendations and trying to understand your reactions. You practice preventive care with exercise, including strengthening those muscles that help your balance, follow your diet recommendations, follow practical sleep advice, and enjoy your community.



*Jack Dawson*

So back to the question of how can you get a break? The negative reaction to stress has to be changed, so you patiently plan and gradually you change. Remember, the break is a state of mind, a habit, or hopefully a conditioned response. You get it by creating the trip diversion, the doing something different or maybe familiar with your fondest friends or loved ones, or you do something for someone else. Try it! It's not rocket science. It will bring you peace and give you your break.

—Jack Dawson, Chair  
Health Advisory Committee.



## Health Awareness

### ☀️ Spring into Summer: Staying Healthy and Hydrated 🌻

As the vibrant blooms of spring begin to fade and the thick clouds of pollen settle, we welcome the warmth and sunshine of the summer season. With clearer skies and longer days ahead, many of us are ready to enjoy more outdoor activities and perhaps even a bit of travel.

As you make your summer plans, it's important to take simple steps to keep your immune system strong. Whether you're going on a trip or just spending time outside, remember to:

- 💧 Stay hydrated
- 🥗 Eat nutritious meals
- 😴 Get plenty of rest
- 🧴 Use sunscreen and wear a hat

Need support? Your Health Service Clinic is here for you!

📅 Open Monday–Friday, 7:00 a.m. – 5:00 p.m. (Closed on holidays)

We're always here if and when you need us.

Wishing you a safe, sunny, and healthy summer!

—Your Health Services Clinic Team  
Joann, Queen, and Latisha



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



## Recycling

### Separate Recycling from Trash

“It droppeth as a gentle rain from heaven” may be a mangling of a Shakespeare quote, but it is certainly not what we have been getting in some of our trash/recycle rooms. The photo shows the Vermont Tower ground floor (near the Wellness Center and the Chapel) trash bin to the left (underneath the trash chute through which trash comes from all 8 floors above) and the recycle bin to the right, into which the ground floor residents and workers place their material for recycling. It is possible that these papers ended up on the floor because they fell out of the down trash chute as that material was aimed for the trash bin.

No matter how it got there. This is symptomatic of some of the problems that remain with our recycling program here at Canterbury.

Personal care workers for some of our residents are placing their trash wrapped in a bag along with their plastic gloves in the RECYCLE bin. Please instruct your personal care worker to place all personal care debris in the bag down the TRASH Chute, so it ends up in trash; not RECYCLING. All our take-out clamshell containers (which may be the dark item to the right front) are not 1s or 2s. ONLY plastic marked 1 and 2, along with rinsed bottles, goes in recycling along with magazines, newspapers, single pages of paper, and broken-down cardboard boxes. Plus, shredded paper in a PAPER bag.

Takeout clamshells go in a plastic bag



and then down the trash chute.

Plastic bags can go back to those grocery stores that accept them, or down the trash chute.

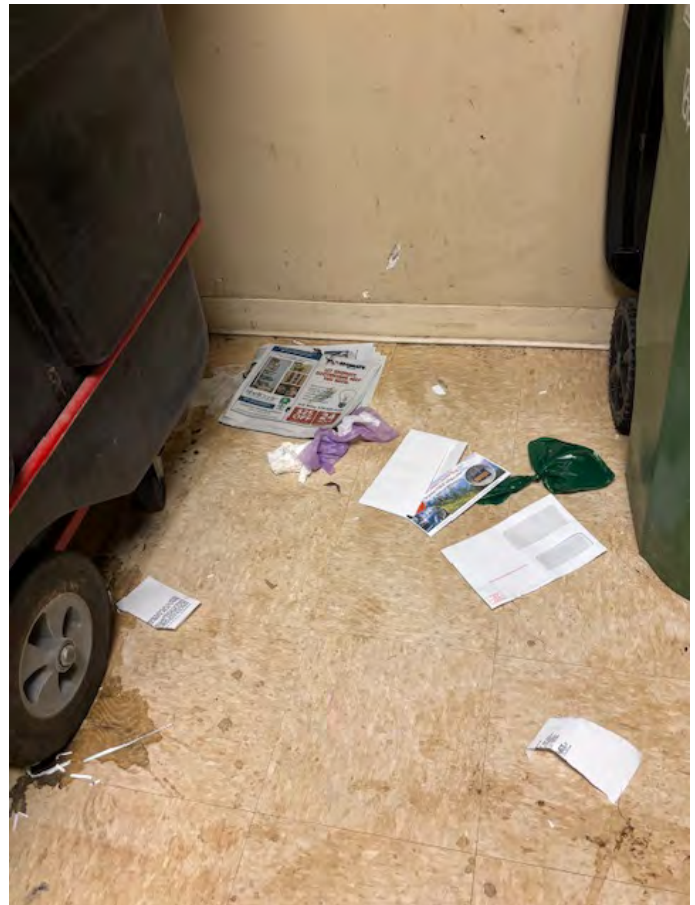
NEVER in the recycle bin.

Thank you all for the focus you have on proper recycling, because there are just a few of us who do not follow guidelines pertaining to recyclable material.

—Jessica Linden, Chair  
Recycling Committee



*Jessica Linden*











June 2025

Photo: Lu Anne Schwarz

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>June 2025</div> <div>Activities, Events &amp; Trips</div> </div>						
1 3:00pm: Chat & Stitch, Game Rm	2 1:35pm: Trip to Kroger 2:30pm: Parkinson's Support Group, Admin	3 11:00am: Tai Chi, P1&2 11:00am: Trip to Publix 11:00am: "Ancient Prejudices to Modern Challenges", VTCRm 2:00pm: Stress Management with Mary Capka, VTCRm	4 10:30am: Worship Svc, Chapel 12:50-2:30pm: Cannabis Card Consult, Health Svcs Clinic	5 10:30am-2:30pm: Global Jewelry Repair & Sales, Garden Rm 11:00am: "Lars and the Real Girl" Movie with Pastoral Care, VTT 3:00pm: Hootenanny Jam, VTCRm 7:00pm: ASO, Series #4	6 <i>D-DAY</i> 11:00am: Quarterly Housekeeping Forum, VTCRm 1:00pm: "Adam's Rib" Movie Showing with Alexa Foreman, VTT 1:35pm: Trip to Trader Joe's & Aldi 1:30pm: "Keep in Mind" w/ Fini Shell, Art Studio 2:00pm: Tech Talk w/ IT, VTCRm 5:00pm: Happy Hour w/ Jeff Bianchi, FP	7 2:00pm: Mah Jongg, GHR 7:00pm: Game Night, GHR
8 12:30pm: Sunday Brunch w/ Scotty B, FP 3:00pm: Chat & Stitch, Game Rm	9 1:35pm: Trip to Kroger 7:30pm: Quarterly Resident Council Mtg, VTCRm	10 10:30-11:00am: B/P & Diabetes Check, Wellness 11:00am: Tai Chi, P1&2 11:00am: Trip to Publix 6:15pm: Trip to Atlanta Opera's "Semele"	11 10:30am: Worship Svc, Chapel 4:00pm: Bingo, Admin	12 11:00am: Atlanta Symphony Orchestra Performance and Ticket Sales, VTCRm	13 10:00am: Jewelry Class w/ Gillian Gussack, Art Studio 11:30am: Lunch Trip to Fox Bros. BBQ 1:30pm: "Keep in Mind" w/ Fini Shell, Art Studio 1:35pm: Trip to Kroger 4:00pm: Civil Conversations, VTCRm 5:00pm: Happy Hour w/ Carey Sanders, FP	14 <i>FLAG DAY</i> 2:00pm: Mah Jongg, GHR 7:00pm: Game Night, GHR 
15 <i>FATHER'S DAY</i> 12:30pm: Father's Day Brunch Music w/ Jim Tiernan, FP 3:00pm: Chat & Stitch, Game Rm	16 1:30pm: Garden Comm Mtg, Admin 1:35pm: Trip to Kroger 2:30pm: Art Talk, VTCRm	17 11:00am: Tai Chi, P1&2 11:00am: Trip to Publix 2:00-4:00pm: Dermatology Consultants, Health Svcs Clinic	18 10:30am: Worship Svc, Chapel 2:00pm: Admin Update w/ Residents, VTCRm/Zoom 5:15pm: Trip to The Painted Pin	19 <i>JUNETEENTH</i> 2:00pm: Let's Talk, P1&2 2:30pm: Care Partner Support Group, 7 <sup>th</sup> floor Club Tower Lounge	20 <i>SUMMER SOLSTICE</i> 1:00pm: "Stagecoach" Movie Showing w/ Alexa Foreman, VTT 1:30pm: "Keep in Mind" w/ Fini Shell, Art Studio 1:35pm: Trip to Trader Joe's & Aldi 3:00pm: Frame & Mat Class w/ Gene Cambardella, Fox Hole 5:00pm: Happy Hour w/ Sonya Shell, FP	21 2:00pm: Mah Jongg, GHR 7:00pm: Game Night, GHR
22 12:30pm: Sunday Brunch Music w/ Susan Marie, FP 3:00pm: Chat & Stitch, Game Rm 29 Trip to "Book of Mormon" at Fox Theatre	23 1:00pm: Trip to Wai's Gong Fu Tea House 1:35pm: Trip to Kroger 2:30pm: Parkinson's Support Group, Admin	24 11:00am: Tai Chi, P1&2 11:00am: Trip to Publix	25 <b>PODIATRIST</b> 10:30am: Worship Svc, Chapel 4:00pm: Bingo, Admin	26 11:00am: "Lars and the Real Girl" Movie w/ Pastoral Care, VTT	27 10:00am: Pocket Fans w/ Gillian Gussack, Art Studio 1:30pm: "Keep in Mind" w/ Fini Shell, Art Studio 1:35pm: Trip to Kroger 4:00pm: Civil Conversations, VTCRm 5:00pm: Happy Hour w/ The Bostons, FP	28 2:00pm: Mah Jongg, GHR 7:00pm: Game Night, GHR





## JUNE HAPPY HOUR ENTERTAINMENT

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

- ♪ **June 6** **Jeff Bianchi** opens the month with acoustic guitar.
- ♪ **June 8** **Scotty B.** returns with original and well-known songs for Sunday Brunch at 12:30pm.
- ♪ **June 13** Welcome back **Carey Sanders**, singing and playing your requests.
- ♪ **June 15** **Jim Tiernan** entertains for a Father's Day Brunch from 12:30-1:30pm.
- ♪ **June 20** Vocalist **Sonya Shell** sings your favorites.
- ♪ **June 22** **Susan Marie** joins Sunday Brunch with piano tunes at 12:30pm.
- ♪ **June 27** **The Bostons** return on keyboards and vocals with favorite sing-along songs.  
Refreshments provided by Personal Care Inc.

## ***JUNE ACTIVITIES*** **Regularly Scheduled Events**

### ***Chat and Stitch Sundays***

*3:00pm, Vermont Game Room*

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

### ***Canterbury Hootenanny Jam, Thursdays***



*3:00pm, 1<sup>st</sup> Thursday of each month (June 5), Vermont Community Room*

What is a Hootenanny Jam? Some people call it a "singalong", but it refers to a type of informal, often impromptu, musical gathering typically featuring folk music and familiar songs, with a relaxed atmosphere. Everyone participates in singing and making music! All singers, non-singers and their musical instruments are welcome to join the fun.

Resident Carr Simon has added a lot of new songs to the songbook and will be there with her guitar. 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 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 Kathy Siegel at (404)702-4031.

## **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.

\*\*\*\*\*

## **Parkinson's Support Group, Monday June 2&23**

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 or [erisamom@att.net](mailto:erisamom@att.net) or Penny Prime at (404)644-5193 or [pbprime@gmail.com](mailto:pbprime@gmail.com).

## **Cannabis Card Drive, Wednesday June 4**

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(404)365-3159 or Ext. 3159 or email Joann Brown at [joannbrown@canterburyccrc.org](mailto:joannbrown@canterburyccrc.org) to make an appointment.

## **Locksley with Global Jewelry Repairs and Sales, Thursday June 5**

10:30am-2:30pm, Garden Room

Do you have a watch battery that needs to be replaced or a necklace with a broken clasp? Locksley can help you with these. He also carries a selection of rings, earrings, and other jewelry for sale.

## **Bingo, Wednesday June 11&25**

4:00pm, Administrative Dining Room

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

## **Civil Conversations, Friday June 13&27**

4:00pm, Vermont Community Room

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

## **Administrative Update with Residents, Wednesday June 18**

2:00pm, 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. You may join in person or via Zoom. A direct link will be sent to your email the morning of the meeting.

## **"Let's Talk" with Resident Council, Thursday June 19**

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, Thursday June 19**

*2:30pm, Club Tower 7<sup>th</sup> 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.

\*\*\* Many of the regularly scheduled groups above are resident initiated and led each month. You are invited to get involved to continue to enjoy current interests and possibly find new ones. A full list of resident led groups may be found on the Mail Room notice board and Canterbury app.

## **JUNE EVENTS AND 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.

### ***“Ancient Prejudices to Modern Challenges” with Brendan Murphy, Tuesday June 3***

*11:00am, Vermont Community Room*

This lecture from award-winning Marist educator Mr. Brendan Murphy, delves into the deep-rooted and sorrowful history of Christian antisemitism, tracing its origins from the first century to the Nostra Aetate Declaration of 1965. Murphy has served as the founding director of the Bearing Witness Institute for Interreligious and Ecumenical Dialogue at Marist School since 1994 and has been recognized with the Outstanding Educator Award from the Anne Frank Center in New York, Marist School’s Goizueta Chair of Excellence Award, and many others. Learn more about historical and contemporary relations between the Christian and Jewish communities with this insightful lecture. All residents are welcome and encouraged to attend.

### ***Stress Management with Mary Capka, Tuesday June 3***

*2:00pm, Vermont Community Room*

Stress is not going away. We must learn to live with it. Join Mary Capka as she discusses different types of stress, helps you explore how effectively you currently cope with your stress, and ways you can better manage stress to improve your life. It’s your life....your choice. This presentation is the last of a three-part series. Attendance to the previous two sessions is not required to benefit from the lecture. Both residents and staff are invited to attend.

### ***“Lars and the Real Girl” Movie Showing with Pastoral Care, Thursday June 5***

*11:00am, Vermont Theater*

Join Pastoral Care for the first movie in a summer series as “Lars and the Real Girl” will be featured. This comedy/romance from 2007 stars extremely shy Lars (Ryan Gosling), who finds it impossible to make friends or socialize. His family worries about him so when he announces he met someone on the internet, they are overjoyed until they find out she is a life-size plastic woman. On the advice of a doctor, his family and the rest of the community go along with his

delusion. After the movie, one of the chaplains will lead a discussion around the theological themes woven throughout the movie. Join us for this offbeat and endearing movie!

### **Atlanta Symphony Orchestra, Thursday June 5**



Series #4 Oundjian Conducts Mahler Symphony No. 7

The ASO closes the season with a bang!

The bus will load from the Front Entrance at 6:45pm and leave promptly at 7:00pm. You must sign up at the Wellness Center desk to reserve your seat.

Concert tickets may be purchased by visiting [www.aso.org](http://www.aso.org) or calling (404)733-4800.

### **Housekeeping Quarterly Meeting, Friday June 6**

*11:00am, Vermont Community Room*

Join Housekeeping Manager Ashaki Borders as she leads this Housekeeping/ Environmental Services meeting to present department news. There is also time for a Q&A session after.

### **“Adam’s Rib” Movie Showing with TCM Alum Alexa Foreman, Friday June 6**

*1:00pm, Vermont Theater*

Join Alexa Foreman for this 1949, Oscar nominated screwball comedy about the domestic and professional tensions that mount when a husband (Spencer Tracy) and wife Katherine Hepburn) work as opposing lawyers in a case involving a woman who shot her husband. Light refreshments will be served.

### **Tech Talk with Canterbury IT, Friday June 6**

*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.

### **Quarterly Resident Council Meeting, Monday June 9**

*7:30pm, Vermont Community Room*

All residents are invited and encouraged to attend this quarterly meeting led by Ann Pearce and members of the Residents Council. Come learn what your Residents Council is doing and how you can get involved. There will also be reports given by committee chairs about their latest news.

### **Trip to Atlanta Opera’s “Semele”, Tuesday, June 10**

*6:15pm, leaving from the Front Entrance*

Like a painting springing to life, *Semele* wraps a stunning design around the emotional Baroque music of G.F. Handel. This beautiful production is a modern mythology- a universe where gods walk among us and mortals yearn for love and immortality. Tickets for this production can be purchased through [www.atlantaopera.org](http://www.atlantaopera.org) or call the box office at (404)881-8885. Sign up for transportation at the Wellness Center desk. A \$8 trip fee will be added to your monthly account.



## ***Atlanta Symphony Orchestra Performance & Ticket Sales, Thursday June 12***

*11:00am, Vermont Community Room*

Join musicians and sales representatives from the Atlanta Symphony Orchestra for a special performance and presentation about their upcoming 2025/2026 season! Atlanta Symphony cellist Brad Ritchie will be leading a chamber string quartet for Canterbury residents. Ritchie joined the ASO in 1997 and is also in the Atlanta Chamber Players. With the Atlanta Chamber Players, he has toured the world with performances at Carnegie Hall, the American Cathedral in Paris, and the International Chamber Music Festival in San Miguel de Allende, Mexico. In addition to his orchestral responsibilities, he has performed with chamber ensembles across Atlanta.

Sales representatives will offer a preview of their upcoming 2025/2026 season which includes performances of Beethoven's Ninth Symphony and several pieces by American composers such as Duke Ellington and Leonard Bernstein as part of their America 250 celebration. Canterbury residents are eligible for a special group rate for most symphony performances with transportation provided to all Thursday evening performances at the symphony. Residents will be able to subscribe in person and ask questions about the upcoming season, their subscription, seating and more.

## ***Jewelry Class with Gillian Gussack, Friday June 13***

*10:00am, Creative Art Studio*

Join Gillian as she returns with this popular class, showing you how to create unique pieces of jewelry from earrings and bracelets to necklaces using a wide variety of stones, beads, and jewels. All materials are supplied and no experience is necessary.

## ***Lunch Trip to Fox Brothers BBQ, Friday June 13***

*11:30am, leaving from the Front Entrance*

Join us for a quick trip up Peachtree to Fox Brothers BBQ. Two brothers from Fort Worth moved to Atlanta and opened several locations, offering Texas-style barbecue after they couldn't find the Texas flavors they missed. Now all locations offer guests their signature style of smoked brisket, pulled pork, wings, and a mix of original side dishes.

A \$8 trip fee will be added to your monthly account. Lunch is on your own. This trip is limited to 12 residents. Sign up at the Wellness Center Desk.

## ***Art Talk with John Tilford, Monday June 16***

*2:30pm, Vermont Community Room*

Two millennia of Imperial China is the subject of this month's art talk with John Daniel Tilford of Oglethorpe University. John will lecture on the art and culture of Imperial China. Spanning over 2,000 years the Chinese Empire ushered in remarkable advancements in the arts, commerce, and culture. John will examine various highlights of the various dynasties leading up to the final day of imperial rule.

## ***Trip to The Painted Pin Bowling Alley, Wednesday June 18***

*5:15pm, leaving from the Front Entrance*

When was the last time you went bowling? How about an upscale bowling boutique and entertainment venue in an industrial warehouse in the heart of Buckhead's Miami Circle? If you have been here, you already know how much fun The Painted Pin is. If not, join us for an evening of fun games, a menu of small plates, sandwiches, and salads, along with specialty drinks.

A \$8 trip fee will be added to your monthly account. Meal and drink orders are on your own. This trip is limited to 12 residents. Sign up at the Wellness Center Desk.

## ***"Stagecoach" Movie Showing with TCM Alum Alexa Foreman, Friday June 20***

*1:00pm, Vermont Theater*

John Ford's landmark Western revolves around an assorted group of colorful passengers aboard the Overland stagecoach bound for Lordsburg, New Mexico, in the 1880s. An alcoholic philosophizer (Thomas Mitchell), a lady of ill repute (Claire Trevor), and a timid liquor salesman (Donald Meek) are among the motley crew of travelers who must contend with an escaped outlaw, the Ringo Kid (John Wayne), and the ever-present threat of an Apache attack as they make their way across the Wild West. This 1939 two-time Academy Award action western will be led by Turner Classic Movie alum Alexa Foreman. Light refreshments will be served.

## ***Frame and Mat Making with Gene Cambardella, Friday June 20***

*3:00pm, Foxhole*

Join Gene in the Foxhole as he leads you through the process of frame and mat making to help your paintings and portraits stand out. No experience is necessary and all materials will be supplied. This class is limited to 10 participants. Sign up at the Wellness Center desk. There is no charge for this class.

## ***Trip to Wai's Gong Fu Tea House, Monday June 23***

*1:00pm, leaving from the Front Entrance*

Come try great tea brewed the correct way as we join a Sommelier Tea Master in a fun setting where you get to experience the process, flavors, and smells of whole leaf tea in a relaxing environment. Guests will choose three tea flavors to taste. Loose leaf white, green, oolong, red, and black are just a few offered. While you enjoy tea, learn about the process of your particular choices.

This fun trip will load from the front entrance at 12:45pm and leave promptly at 1:00pm. There will be a \$20 tasting fee and \$8 trip fee added to your monthly account. This trip is limited to 12 participants so you can fully enjoy this authentic tea experience.

## ***Fabric Pocket Fan Class with Gillian Gussack, Friday June 27***

*10:00am, Creative Art Studio*

Gillian returns to Canterbury with a new class - fabric pocket fans, just in time for the warmer



Atlanta months ahead. This fan will be small enough to fit in your purse but large enough to cool you off in warm situations. No experience is necessary as Gillian will lead you through the steps. All materials are also supplied. Sign up at the Wellness Center desk to reserve your seat for this new class offering.

### ***Trip to “The Book of Mormon” at The Fox Theatre, Sunday June 29***

*12:00pm, leaving from the Front Entrance*

“The Book of Mormon”, a wildly popular musical comedy, has been a Broadway staple since 2011. Known for its outrageous humor and irreverent take on religious topics, particularly the Mormon faith. This comedy follows the adventures of two young Mormon missionaries sent to Uganda and has earned nine Tony Awards, including Best Musical.

Tickets for this June 29<sup>th</sup> 2:00pm performance can be purchased through the Fox Theatre website at [www.foxtheatre.org](http://www.foxtheatre.org) or by calling the box office at (404)881-2100. Please note that concessions at the theatre are cashless, meaning purchases are by credit or debit card only. Sign up at the Wellness Center desk to reserve your seat on the bus.

## **JUNE WELLNESS EVENTS**

### **Hearing Aid Clinic with Audiologist Monica Walker**

***Saturday, June 7<sup>th</sup> and 21<sup>st</sup>***

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

### **Blood Pressure and Diabetes Check with Personal Care, Inc**

***10:30-11:00am: Tuesday, June 10<sup>th</sup>, Wellness Center***

**Dermatology Consultants** will visit Canterbury and offer skin check biopsies, mole checks, offer solutions for hair loss, psoriasis, eczema, rosacea and more. Residents will be seen in the Health Services Clinic on ***Tuesday, June 17<sup>th</sup> from 2:00-4:00pm***. Call (404)351-7546 to schedule an appointment.

**Podiatrist Dr. Jeanine Jones** will see residents in the Health Services Clinic ***Wednesday, June 25<sup>th</sup>*** Call the clinic at Ext. 3159 or (404)365-3159 to schedule an appointment.

# 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.

## May 30-June 5

### Movie #1

#### *The Thomas Crown Affair (1968) 1h 40min*

Bored millionaire Thomas Crown (Steve McQueen) concocts and executes a brilliant scheme to rob a bank without having to do any of the work himself. When Vicki Anderson (Faye Dunaway), an investigator for the bank's insurance company, takes an interest in Crown, the two begin a complicated cat and mouse game with a romantic undertone.

Genre: Crime/Thriller

### Movie #2

#### *The Thomas Crown Affair (1999) 2h, Rated R*

This remake of the original 1968 film stars Pierce Brosnan as Thomas Crown and Rene Russo as Catherine Banning, an investigator for a museum's insurance company. To find out where Banning's loyalties lie, Crown returns a stolen painting and essentially turns himself in, hoping that Banning's feelings for him will lead to an escape.

Genre: Romance/Crime

## June 1&5

### Movie Special

#### *Bob Mackie: Naked Illusion (2024) 1h 45min*

Bob Mackie, a six-decade costume designer, received a Lifetime Achievement Award and Tony nomination for The Cher Show. His unique, unfiltered style is showcased in this documentary.

Genre: Biographical Documentary

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## June 6-12

### Movie #1

#### *The Imitation Game (2014) 1h 55min*

In 1939, newly created British Intelligence agency, M16, recruits Cambridge math alum Alan Turing (Benedict Cumberbatch) to crack Nazi codes. Turing and his team succeed and become heroes, but in 1952, the quiet genius encounters disgrace when authorities reveal he is gay and send him to prison.

Genre: Thriller/ War

### Movie #2

#### *Cabaret (1972) 2h*

In Berlin in 1931, American cabaret singer Sally Bowles (Liza Minnelli) meets British academic Brian Roberts (Michael York). Despite his confusion over his sexuality, the pair become lovers, but the arrival of wealthy playboy Maximilian (Helmut Griem) complicates matters for them both.

Genre: Musical/Drama



**June 8&12**  
**Movie Special**

**Live to 100: Secrets of the Blue Zones, Ep. 1&2 (2023) 1h 20min**

This four-part series starts with *The Journey Begins*, which examines how people live so long and with such great health. A trip to Okinawa reveals simple secrets about diet, lifestyle and longevity. In *An Unexpected Discovery* we visit the island of Sardinia, where people live in harmony. Learn about the effortless style in which work and play seem to be united.

Genre: Documentary

\*\*\*\*\*

**June 13-19**

**Movie #1**

**Parenthood (1989) 2h**

Perfectionist Gil Buckman (Steve Martin) struggles with the deficiencies of his children, thinking they reflect poorly on his parenting. But his siblings are dealing with their own troubles when one sister's (Diane Weist) teenage daughter becomes pregnant, another (Jane Kozak) clashes with her husband (Rick Moranis) when she wants more children. Gil's other brother has a young son he can barely handle.

Genre: Comedy/Drama

**Movie #2**

**On Golden Pond (1981) 1h 50min**

Cantankerous retiree Norman Thayer (Henry Fonda) and his conciliatory wife, Ethel (Katharine Hepburn) spend summers at their New England home on the shores of Golden Pond. This year, their adult daughter Chelsea (Jane Fonda), visits with her new fiancée and his teen son on their way to Europe. After leaving the teen with Norman to bond, Chelsea returns, attempting to repair the long-strained relationship with her aging father before it's too late.

Genre: Drama

**June 15&19**

**Movie Special**

**Live to 100: Secrets of the Blue Zones; Ep. 3&4 (1977) 1h 20min**

In episode three, both the Greek island of Ikaria and a peninsula in Costa Rica are visited as they boast some of the world's healthiest and most active folks over 100 years old. In *The Future of Longevity* Singapore is visited as well as the United States to find out how to create a blue zone in a rapidly changing world.

Genre: Documentary

\*\*\*\*\*

**June 20-26**

**Movie #1**

**Glory (1989) 2h, Rated R**

Following the Battle of Antietam, Col. Robert Shaw (Matthew Broderick) is offered command of the United States' first all African American regiment. With junior officer Forbes (Cary Elwes), Shaw puts together a strong and proud unit, including an escaped slave Trip (Denzel Washington) and the wise gravedigger John (Morgan Freeman).

Genre: War/Drama

**Movie #2**

***The Birth of a Nation* (2016) 2h, Rated R**

Nat Turner is an enslaved Baptist preacher who lives on a Virginia plantation owned by Samuel Turner. With rumors of insurrection, Nate is encouraged to sermonize to other slaves. As Nate witnesses the horrific treatment of his fellow man, he realizes he can no longer stand by and preach, and leads a rebellion in Southampton County.

Genre: Drama/History

**June**

**Movie Special**

***Becoming Frederick Douglas* (2022) 1h**

Discover how a man born into slavery became one of the nation's most influential leaders and an American icon.

Genre: Historical Documentary

\*\*\*\*\*

**June 27-July 3**

**Movie # 1**

***The Birdcage* (1996) 2h; Rated R**

In this classic remake, engaged couple Val Goldman (Dan Futterman) and Barbara Keeley (Calista Flockhart) shakily introduce their future in-laws. Armand (Robin Williams) pretends to be straight and hides his relationship with Albert (Nathan Lane) in order to please Barbara's father, Republican senator Kevin Keely (Gene Hackman).

Genre: Comedy/Drama

**Movie # 2**

***Yellow Submarine* (1968) 1h 30m**

The music-loving inhabitants of Pepperland are under siege by the Blue Meanies, a nasty group of music-hating creatures. The mayor dispatches sailor Old Fred (Lance Percival) to enlist the help of the Beatles - John Lennon, Paul McCartney, George Harrison, and Ringo Starr.

Genre: Musical/Family

**June 29&July 3**

**Movie Special**

***Joan Didion: The Center Will Not Hold* (2017) 1h**

Actor and director Griffin Dunne uses a treasure trove of archival footage to chronicle Joan Didion's influential career.

Genre: Documentary

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