

Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

Volume LXII No. 5

May 2024



Cover Story 4

TWO MAJOR ACHIEVEMENTS

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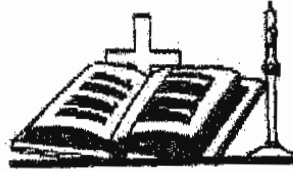
Canterbury Tales is published monthly from September through June.

FINANCIAL STATEMENT

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IN MEMORIAM

*Lord, keep our friends
in your loving care.*



CHAPEL SERVICE

In May we hope to be back in the chapel.
Please watch for announcements in your daily notices.
Gail Johnson, Altar Guild Chair

VESPERS

May 07 Dr. Simon Mainwaring
Rector
All Saints' Episcopal Church

May 14 The Rev. Nicole Lambelet
Associate Rector
St. Luke's Episcopal Church

May 21 The Choir of St. Luke's Episcopal Church
Matthew Brown, Director of Music
Service of Evensong

May 28 No Vespers—Beginning of Summer Respite

SAVE THE DATE SEPTEMBER 17, 2024
Opening fall Vesper Service



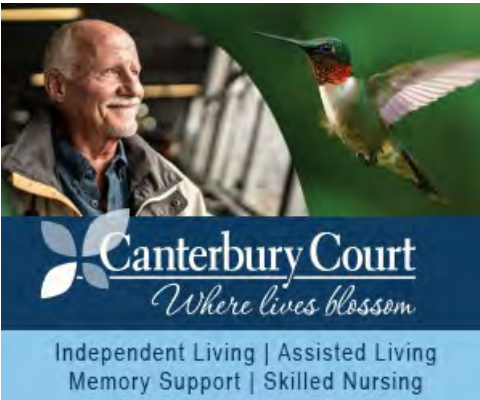
Vespers are normally held September through
May on Tuesdays at 7:30 p.m. in the Chapel.

Noradel Wilson, Vespers Chair

MAY BIRTHDAYS



COVER STORY



“...we won as the Best Senior Living Residence and Assisted Living Community in the Readers Choice awards from the **Atlanta Jewish Times.**”

Debi McNeil CEO

Thursday, April 11th, we participated in the **Pump it for Parkinson’s Event** to raise awareness and show our support for those living with Parkinson’s Disease. This was a national competition with a goal to reach 10,000,000 steps on World Parkinson Awareness Day. Starting at 7:00 a.m. and finishing at 5:00 p.m. the residents and staff set off on their mission. The goal set by the sponsors was at least 30,000 steps on the 5 NuSteps TR6 we have in our community. The event provided conversion charts for adding steps from other forms of activity to add to the total. The Resident Wellness Committee, Wellness and Resident Services planned for weeks to prepare the residents for this important event. Our goal was set at 150,000 steps—our final tally was **798,553** steps reported the following morning! We had 107 residents, 75 staff and 3 family members participating. The committee members deserve a big ovation for their recruiting residents and staff; all the Canterbury Staff, Powerback Rehabilitation, and Kathy Lyons, Personal Care got behind this movement.



FROM DEBI'S DESK

Comments from the President of Canterbury Court

As I am writing this article, I am in the 30 day countdown to my 50th birthday. Half a century. It feels big. Not daunting, or something to be feared, but big. A milestone in my life that I want to remember with something significant.

I celebrated my 16th birthday in Hod HaSharon, Israel while I was attending a 9-week high school in Israel program. I had my first drink (legally that is) on my 21st at Alabama Jack's, a seafood dive in Key Largo, FL, that my father had loved when he was younger. On my 30th, I received 150 black balloons (because at the time, 30 felt over the hill) delivered to my office at Deloitte. An entertaining "officer" interrupted my birthday party to let me know a citation would need to be issued for the music being too loud (if you know you know on that one). On my 40th, my husband and I opened a letter from my doctor to learn the sex of our unborn baby. While our friends waited impatiently for the news, we quickly googled what "lack of a Y chromosome" meant, just to be sure, then celebrated the soon-to-be arrival of our second daughter. Then just last week I learned that my oldest daughter is receiving an award on May 13th, my 50th, for tying for first place in the nation for the fifth grade in the Continental Math League competition.

There is a fantastic book of poems my mother-in-law bought for my girls when they were younger titled, **I'm Just No Good at Rhyming And Other Nonsense for Mischievous and Immature Grown-Ups** by **Chris Harris** (I highly recommend adding this title to our library, by the way). The girls asked me to read some at bedtime last night (a treat I will jump to concede anytime they ask) and I came across this poem which just felt very fitting for my upcoming day.

The Remarkable Age

Ah, what a remarkable age that you're in:
Right now you're the oldest that you've ever been –
And yet, you will never be this young again.
So dance, and be happy! Greet life with a grin!
You've the best of both worlds, youth and wisdom, within.

I am a believer that we get better and wiser with age. Age has brought me so much more comfort in who I am and what I am capable of. With so much wisdom surrounding me every day at Canterbury, I decided to solicit some advice on turning 50 from a few members of our Tapestry which I would like to share with you.

Find your people and surround yourself with them.
Practice gratitude.

ADMINISTRATION

Be authentic and true to yourself.

Don't wait for the right time to do the things on your list. It may never come, and time can't be replaced.

Do not think of slowing down in life as something negative. Think of it as a gift allowing us to appreciate the wonderful things around us.

50 is just another day.

Enjoy a good cocktail with friends.

So, as I approach the second half of my century, I want to express my gratitude for finding my people here at Canterbury who allow me to be my true self and, in turn, share their true selves with me. And let's raise a toast to enjoy the moment we are in and go do the next thing on our list.

Debi McNeil, CPA, CEO



Joye and Paul Cravens's dog Tassie and Laura Diachenko's dog Jack are on their way to visit residents in Monarch Pavilion. Laura is our new sales consultant living on campus.



May 5, 2024



May 12, 2024



May 18, 2024



May 27, 2024

APRIL ART GALLERY

Embroidery is an umbrella term that covers the three art forms: cross-stitch, needlepoint and embroidery. These three artists have mastered the art. This craft dates from 30,000 BC in China and is still evolving today. They are contributing to a beautiful and colorful world and we are drawn to admiring the display.



Haden Winborne, Julia Palmer, and Pat Henny

Pat began doing needlepoint at age 6. Her mother was her first teacher for her and two sisters, and when she moved to Atlanta and visited needlepoint shops she met Julia and Haden and friendships blossomed.

Haden began doing needlepoint early in high school and enjoys working on several pieces at the same time; the variety of changing projects keeps each one new. Her first project in high school was an Imari design, not an easy pattern.

Julia started needlepoint in 1972 as a young mother in Dayton, OH. She bundled up her two youngsters and they walked about a mile to her new "wonderland". Her first project was a coin purse which she still uses.

For both cross-stitch and needlepoint canvas is used, but there are different weights and closeness of weave. For cross-stitch a hoop is used while stretcher bars are used for needlepoint.

Whichever type of embroidery you enjoy, all are excellent for relieving stress and helping you relax. The mood-boosting benefits of embroidery are well-known.

Barbara Ramsay



Julia Palmer



Haden Winborne



Pat Henny

RESIDENTS COUNCIL CORNER



Martha Solano

Since our founding in 1965, Canterbury Residents have been giving gifts to employees quarterly and at Christmas. When Julie Parker was in Dining early in her career, she remembers a resident going to the bank to get thousands of dollars in small bills to give to employees.

Then Julie and other managers would hand out the right amount to employees in their departments.

We progressed to giving checks but also had a period less than 10 years ago when Canterbury processed the checks through their payroll system. We are now going back to that process.

In all of these iterations, our purpose remained the same — to thank the employees for their care and service in making our lives comfortable and safe. Over the years, the **Employee Appreciation Fund** has grown so that we have been able to be more and more generous with our gifts. These gifts have been made based on a combination of years of service and hours worked. This will not change in the future as Canterbury takes over the payment process and changes to one gift each year in November.

Staff who are covered by the Employee Appreciation Fund (EAF for short) include all employees of Canterbury Court in positions below the Director level. Directors and senior management are not included. We also include contract employees from AUS (security) and Morrison (dining). All of these individuals are covered by the Canterbury “no-tipping” policy that prohibits them from receiving any gift or payment of financial value from a resident.

People who provide other services but are not included in the gifts are the Valets, Mas-

sage Therapists, Hair Salon, and any other individual who provides a personal service for a resident. They are not covered by Canterbury’s policies, so residents should include tips for their services as is appropriate.

Our annual goal is to receive donations sufficient to cover the gift distribution. By donating \$750 per resident (\$1,500 per couple), we are able to raise the funds to cover the gifts and also to support our **Scholarship program**. In the future, we hope to find some additional ways to support our staff through other Residents Council sponsored programs.

We encourage you to make your donations in a method that works best for you. Some residents have found that making the donation from their IRA using their Required Minimum Distribution has potential tax advantages. But whatever and however you donate, it is appreciated and will go to support our staff.

Make your donations to:

Residents Council of Canterbury Court

You can put the check in the Residents Council box in the post office between the cubbies or have it mailed to:

**3750 Peachtree Rd NE, #180
Atlanta, GA 30319**

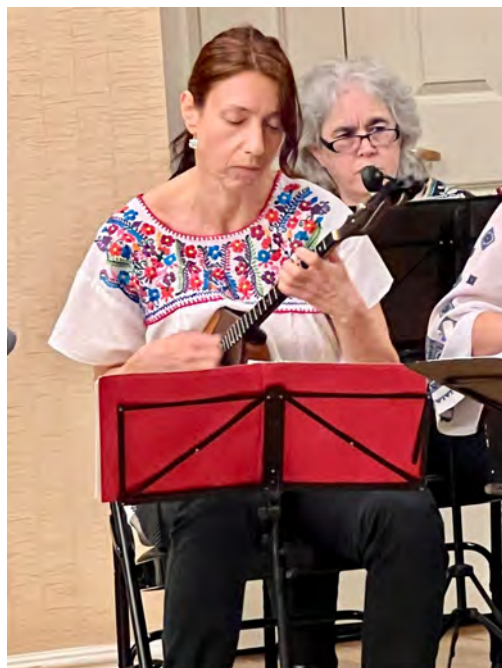
We appreciate all that you do and the staff appreciates the gifts that we give. This is a part of the Canterbury culture and will continue to be long into the future.

Coming in May

You will receive communication about our **revised Bylaws** that will be voted on by the full membership in our June 10 Residents Council meeting. Copies will be included in the APP with hard copies in the Library and Wellness Center. Stay tuned for more information.

Martha Solano

ATLANTA BALALAIKA SOCIETY



A favorite of the residents is the Atlanta Balalaika Society which we were delighted to see the end of March. The guest singer was Yulia Roman, a recent refugee from Donetsk, Ukraine. She was director of the Donetsk Choir until the war broke out and forced her, her husband and son to flee Ukraine. The domra soloist, Angelina Galashenenkova-Reed, is winner of the Northern Cup competition for Domra.



She is a former member of the Andreev Orchestra of St. Petersburg.

The music director of this orchestra, David Cooper, grew up in a family of musicians and was influenced by the varied musical cultures in Pittsburg and Western Pennsylvania. He graduated from the University of Illinois with degrees in Ethno-Musicology and Social Work. He had studied various instruments and at UI was a member of the Russian Folk and Persian Orchestras. A fellowship at the Glier Institute in Kiev allowed him to study with two prima balalaika masters. He has competed internationally, including Russia, and travels throughout the US and Canada to instruct, conduct and lead workshops.



RECYCLING COMMITTEE



**Shirley
Timashev**

Q: “To Trash, or Not to Trash: That is the Question!”

Not into recycling? Then just bag all your trash, tie it closed, and drop it down the chute. You can skip the rest of this column, because I’m going to be

“preaching to the choir.”

We have a large percentage of Canterbury Court residents participating in recycling, and we can be congratulated on that. What can be confusing for all of us is knowing which plastics are recyclable, and which are not.

Unfortunately, most plastics are not recyclable. That’s the harsh truth. With wishful thinking we tend to throw almost any plastic items into the recycle bin, and the consequence is that someone has to fish out a lot of trash, or else the recycling load is regarded as contaminated.

Conex Recycling takes plastics that are marked with 1 or 2 in the stamped triangle on the bottom of plastic containers. A good rule of thumb is that containers with a neck are recyclable, and that includes water bottles, laundry detergent jugs, glass cleaner spray bottles, and the like. Does it include random take-out contain-

ers for food? Most likely not. Canterbury Court is working on that.

The Canterbury Recycling Committee has a campaign right now with the theme, “**To Trash or Not to Trash: That is the Question!**” If you have a recycling committee



member living on your floor, you may see a bag with a sign marked, “Peek Inside and See What Belongs in Trash and NOT Recycling.” If you don’t see this in your trash room it means we need a representative on your floor. Can it be you? We’d love to hear from you!

Shirley Timashev, Chair

"The bad news is time flies. The good news is you're the pilot."

- Michael Altshuler

"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely." - Roald Dahl

"There is some good in this world, and it's worth fighting for

- J.R.R. Tolkien



CARE AND FEEDING OF YOUR BRAIN

Can the foods we eat help to prevent memory loss? The brain is a complex organ, and we cannot control many factors, like our parents and genes, that influence its function. We can, however, choose healthy foods that can slow some of the physical damage and memory loss that are part of forms of dementia and Alzheimer's Disease (AD). So, let's look at a few FAQs about the ways you can care for your brain with food as you age.

Judy Bodner

Q. First, what happens to brains with Alzheimer's?

A. Damage is complex. Just one example: Brain cells may be inflamed or injured, leading to cell death.

Q. How do nutrients and other food substances, like flavonoids, slow damage to the brain?

A. Again, one example: Flavonoids found in the bright colors of vegetables and fruits, and vitamins like Vitamins E and C, found in many foods, have antioxidants that capture excess "free radicals" roaming in the blood. These rogue free radicals can inflame and damage brain cells over time. They are one factor leading to dementia. Antioxidant-containing vitamins and



flavonoids neutralize the excess radicals, reducing their possibility of damaging cells.

Q. What foods can I eat to maintain a healthy brain?

A. Ask yourself which of the choices below you would select to promote health for your brain.

Leave off one sugar sweetened beverage each day.

Add a salad of dark leafy greens 4-5 times a week.

Add a serving of legumes, like lentils, pinto beans 2-3 times a week.

Read the food label and eat one less ultra-processed food each day.

Any of these choices help! Choosing a wide variety of fresh or minimally processed foods, emphasizing plant-based foods, and limiting highly processed foods, fried foods, and added sugars, provides healthy care for our bodies, including our brains.

Q. This looks familiar. Are these recommendations from the Mediterranean eating plan?

A. Yes, you are right! These recommendations follow the Mediterranean-style plan that also benefits your heart and is embraced for diabetes control. The Green Heart symbol in our Canterbury dining room indicates heart healthy choices according to this plan. While there is no guarantee that the Mediterranean style foods will prevent cognitive decline, there are enough compelling data and no downsides to making these changes in your eating pattern.

Read more on the Harvard site: The Nutrition Source, hsph.harvard.edu

Judy Bodner

ACCUMULATION SALE

KUDOS TO ACCUMULATION SALE VOLUNTEERS

Canterbury residents and employees reap the benefits of the accumulation sale when they get to enjoy making a special purchase during the clothing/jewelry sale, find that perfect end table in the furniture store for that empty spot in their home, or discover just the household treasure they've been looking for in the A Room. Volunteers make the sales look so easy that it's not always evident how much time was spent in getting items ready.

The **clothing team**, led by **Joyce Choplin**, has a regular schedule for collecting, sorting, and pricing clothing. When it's time for a sale, they are ready with racks and racks of well-organized merchandise. **Jewelry** team leader, **Lucy Perry**, screens and separates jewelry into categories as it is received, and spends a significant amount of time researching prices before the sale.

Household Treasures volunteers in the A Room, under the leadership of **Gerry Dobrasz**, follow a similar process of making sure that donations are frequently sorted and shelved, so that they are prepared for a sale when they have sufficient

treasures.

And last, but not least, **Furniture Store** leader, **Dobie D'Aubert**, works constantly to make sure that furniture is inventoried, priced, and tagged so that residents and employees may purchase items from the store that is open 24/7. Maintenance employees joke that they are afraid to stand still when they move furniture in for fear that she will put a price tag on them.

The sale proceeds fund the activities of the Residents Council, including administrative expenses like insurance and accounting fees, as well as expenditures of committees like Garden/Flowers, Hospitality, Choristers, and the Library. The Accumulation Sale also sponsors Mardi Gras, Derby, Luau, and Halloween parties.

These hardworking teams have set new records this year, achieving almost half of their annual income goal during the first quarter!

The next time you see one of these team leaders or a member of their hardworking teams, give them a big thank you for helping to make Canterbury such a great place to live.

Anne Jones

"The best thing for being sad," replied Merlin, beginning to puff and blow, "is to learn something. That's the only thing that never fails. You may grow old and trembling in your anatomies, you may lie awake at night listening to the disorder of your veins, you may miss your only love, you may see the world about you devastated by evil lunatics, or know your honour trampled in the sewers of baser minds. There is only one thing for it then — to learn. Learn why the world wags and what wags it. That is the only thing which the mind can never exhaust, never alienate, never be tortured by, never fear or distrust, and never dream of regretting. Learning is the only thing for you. Look what a lot of things there are to learn."

— T.H. White, The Once and Future King

Contributor: Sandra Garber

THE SURPRISING ECONOMICS OF IMMIGRATION

Shai Robkin, a Behavioral Economist, represented OLLI Emory at Canterbury on Friday, 19 April, and gave a most informative talk on the economics of immigration.

Robkin reminded us that there are several ways to look at immigration, and that his talk was not political but about the history and effects of immigration on the economy.

He spoke of how immigration is a fraught and misunderstood topic in America's social discourse, and that much of what we believe was based largely on myth. He pointed out some of the myths and said that perhaps the most prevalent among them is that most crimes are committed by immigrants. Robin said the data showed just the opposite.

Robkin traced different patterns of immigrants from the 1800's through today. Immigrants arrived on our shores from Great Britain and Norway 150 years ago with more recent arrivals being from countries like, El Salvador, Mexico, and Guatemala. The irony is that each population was discriminated against, which reminded me of stories from my grandmother and their journey.

The effect of immigrants on nearly all aspects of the economy became apparent in Robkin's discussion. He reminded us that if we did not want immigration, we needed to be prepared to mow our own lawns, repair our roofs, work on farms to **produce** our food, suffer a shortage in medical care, have a diminished technology sector, and a reduction in population growth. Essentially, we would not have today's economy if we did not have immigration.

Robkin compared the educational and professional accomplishments of immigrants and their children with US born residents.

I was surprised that data showed the children of immigrants doing better than native born Americans. When asked why, he said the main reasons were:

1. location—immigrants were willing to move where the action is--and
2. their dedicated work ethic.



Shai Robkin

The talk reminded me of where I come from and that I need to take a broad look at the issues I am assessing, especially before the election.

I want to thank **OLLI Director Stephanie Tarpley** and **Annie Nicols** who brought the program to us.

The **Osher Lifelong Learning Institute at Emory University (OLLI at Emory)** is a community of seasoned adults who wish to stay mentally alert and physically active through classes and social programs that nourish the mind, body, and soul. It was started in 1979 as Emory Senior University and is membership managed. More information is available at olli.emory.edu.

I also want to thank all of you who came and hope I will see you at our next talk. The topic is **The Ukraine war and the effect on the USA if they lose.**



Pat Miller

EVENTS



Our amazing staff and residents are enthusiastic and adaptable as we all adjust the venue changes to accommodate the modernization and improvement of our usual facilities. We have the pleasure of experiencing the changes taking place as we get to observe the results of the activity. And how we admire our staff as they relocate their offices, moving furniture and necessary equipment to temporary locations. We are part of a great team of staff and residents. Our original kitchen is getting an uplift also, with some of the cooking taking place on large commercial-sized grills now located outside on a back patio.



KNOW YOUR STAFF

On any given day, you will probably find **Amy Maslia** roaming the neighborhoods of Azalea View listening to and engaging with residents. As Activities Assistant for Canterbury Court's Assisted Living areas, she supports teasing out encounters that add meaning and stimulation to a resident's daily life. She strives to give each resident a "Good Day", be it whatever that individual perceives it to be.

Many of Amy's activity choices for Azalea View strongly reflect core principles of the Eden Alternative. Without relevant choices, Elders often experience loneliness, helplessness and boredom. When given such meaningful options and opportunities for happiness, well-being can grow in an environment of connectedness, growth, and joy. She listens to resident comments and suggestions, and adjusts her offerings based on their feedback.

A popular offering on Azalea View is "Cooking with Amy". Offered twice monthly, residents gather to prepare a simple dish. Amy acknowledges that cooking is "not her strength", but residents enjoy watching her attempts, laughing over mishaps, and "if edible", partaking of the final product. With smiles and connection being the main ingredients of the recipe, all present seem to recognize that it's not the finished dish, but the journey that matters.

Another regular event is "Trivia and Discussion". Also offered twice monthly, residents answer trivia questions to flex their memory, then engage in more reminiscent and reflective thoughts. Topics vary widely. Recently, one discussion topic queried participants on "What is the best thing about growing old, and what is the worst?", followed up with, "What can be done to make it better?" Amy then uses her skills and training to focus the discussion on helping participants strengthen their empowerment and self-determination skills.

Some seek out her group activities. Others prefer more solitary time. While it is important to offer options and identify signs of possible depression, she respects each person's right to select their level of group participation. As a resident once told her, "At my age, I've earned the right to do



Amy Maslia
Activities Assistant

nothing if that's what makes me happy." While she enjoys when an activity is well attended, that is not her measure of success. If one person has a great experience, she feels her goal achieved.

Especially for those more inclined to solitude, Amy enjoys delivering daily mail and packages. She asks about the arriving letter or package and if it is "good mail" or just "mail mail." Greeting cards are a special treat. They often open the door for a dialogue, but Amy is careful not to push or pressure. Being open, available, and caring is the goal, but the individual has the final word.

"I love my job," says Amy. She appreciates that she can be a part of giving someone the possibility of that "Good Day."

Mary Capka

WELCOME MAT

WELCOME MAT

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FOUR C'S



Gail Rogers

As I write this at the end of April, 4 C's—along with all the services at that end of the Vermont Wellness Center—is scheduled to be closed from **April 29 to May 16**

(dates, as always, subject to change!) as improvements are made to

the floor and wall coverings. There will be no changes to the store itself. **Neither staff nor residents will be able to access the store during that time. So, if you haven't stocked up by now, you'll just have to wait or get your items some other way.** Rest assured that we'll be replenishing stock to prepare for the mad rush we anticipate when we reopen. We'll have graduation cards as well. But we will miss seeing you!

It's been great to see new residents discover 4 C's and all that we have to offer. Not only do we have the supplies you need (many of them, anyway), but we also provide a wonderful opportunity to meet your neighbors and learn about Canterbury and have fun in the process.

It's a very friendly place! It may seem as though we're isolated on our hallway, but we have quite a view on the Canterbury world. Folks stop in on their way to and from exercise and the pool, chapel, Emma's desk, and, of course, Pam and the Court Café. Lot goes on in our hallway, and we're anxious to rejoin the fun!

See you in a couple of weeks!

Gail Rogers, Co-Chair

Anne Haltiwanger, Co-Chair

FOLLOWING THE BREADCRUMBS

In following the breadcrumbs of my life
The trail leads past some things I did not see
When early on this path I chanced to be
While seeking pleasures lured on by life's fife.

When at last weary of the siren's song
Of riches always just beyond my grasp
The music of the pipe now heard as rasp
I turned and forced myself against the throng.

As gradually the surging masses thinned
I saw my scattered crumbs along the way
Toward paths I must have seen but did
not take.

A wiser traveler now, I comprehend
The signs were always there for me to weigh
But I desired the clear, not the opaque.

Jim Coomer

"Hope is that thing inside us that insists, despite all the evidence to the contrary, that something better awaits us if we have the courage to reach for it and to work for it and to fight for it." - Barack Obama

**"Be the change that you wish to see in the world."
- Mahatma Gandhi**

TALES FROM THE LIBRARY



Anne Jones

MYSTERIES

Canterbury readers seem to love a good mystery. Many of the books checked out of the library on a regular basis are mysteries. It's always fun to finally discover the answer to "who done it?" We are looking for some answers, too. **Ours relate to "who has it?"** Although, we all try to keep up with checked-out library books, some do occasionally get misplaced. We are asking for your help in finding some missing books. When you find one, please drop it in the library books drop. If you found it in a particularly interesting spot, attach a note to let us know where it was. We've had some fun discoveries in the past.

HELP US FIND THESE MISSING-IN-ACTION BOOKS!

Baldacci, David – Mercy
Bethea, Sally Sierer – Keeping the Chattahoochee
Diaz, Hernan - Trust
Hilderbrand, Elin – The Castaways
Krueger, William Kent – Purgatory Ridge
Perry, Imani – South to America
Woods, Stuart – Choppy Waters

NEW LAYOUT

In response to requests, new books have been separated between fiction and non-fiction. The new fiction books will continue to be displayed in the shelves at the entrance to the library. New nonfiction books are now on the shelves under the

large painting in the nonfiction section. In addition, some recent books of interest are located in the moveable cart next to the window in the nonfiction section. We hope this new arrangement will make it easier for you to locate your favorite books.

BOOK DONATIONS

We have been fortunate this year to receive several recently released, hardcover books as donations. If you have books that you would like to donate, please make sure you call Anne Jones (770-262-2657) to let her know which books you have before you leave them in the library. The staff will check our catalog files to determine whether or not we already have the book. They will also see if the author is a favorite of Canterbury readers or if it would be a good addition to the collection. We will then let you know if we can accept it for the library, or we can add it to the \$1 sale shelves outside the A Room. Thank you all for your generosity.

"The only thing that you absolutely have to know is the location of the library."

-Albert Einstein



Anne Jones

GARDEN COMMITTEE



Margaret Langford

!ATTENTION ALL DOGGIES AND DOG OWNERS!!

Our gardens will soon feature more than just flowers. **May 14, 2024** is the Grand Opening of the Extended Dog Park, and it will be called the Randy Wilson Memorial

Dog Park. About ten years ago, Randy and Noradel generously sponsored the creation of a small dog park for Canterbury in the woods behind the old greenhouse. However, with the addition of the Garden Tower, our roster of canine residents has grown considerably, so our **Dog Park will expand from 800 square feet to 3200 square feet.** And Tammy has ordered play equipment (with more dignity, it is called “dog agility equipment”) for our 30 dogs.

On a recent Friday in April, representatives from our project company, JLL, as well as many workers from our architects’

firm, Rule, Joy, Trammell and Rubio, came to help us. They worked from 9 AM to 3 PM, digging holes and setting fence poles in concrete, clearing the land. Arbor Guard gave us three loads of wood chips to cover the ground.

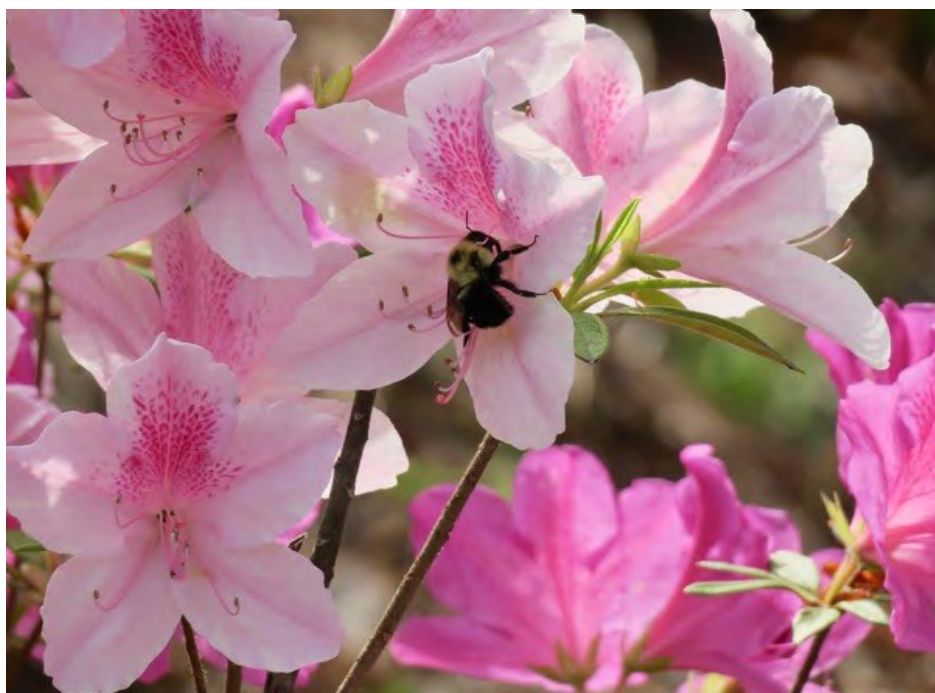
On May 14, the Westminster Dog Show (which coincidentally takes place that day) will have nothing on us, as our dogs and their owners will parade in front of us and “compete” in a few exercises.

So come join the celebration, even if you have a cat or a gold fish back in your apartment, and on the way, admire the flowers!



Margaret Langford, Chair # 872/VT

On a beautiful April day Sandra Garber caught this busy bumblebee helping himself to some tasty pollen and nectar.



Bumblebees flap their wings back and forth rather than up and down at 200 beats per second.

Apparently, bumblebees’ wings are more similar to a helicopter propeller than an airplane’s.

WELLNESS



**Andrew
Wiltz**

We always have a responsive audience for our **Fall Prevention In-Service**. At the last presentation, we emphasized the importance of utilizing our resources with exercise classes and **Powerback Rehabilitation**. Our relationship with

Powerback is invaluable in providing a comprehensive fitness and rehabilitation program at Canterbury Court. Whether it be a group class or one-on-one attention, it is our mission to assist you in reaching your goals. To do this, it is important for you to see measurable results. It is important to assess your fall risks which might lead to another fall event and that we work in tandem with Powerback to prevent.

We would like to recruit you to join us in a fitness testing campaign that culminates with an assessment day. This is something that we have done annually with the Rehabilitative Therapy Team since 2010. We aim to make it educational, motivational, and fun! If you participate, you are a winner! The data that we receive is invaluable 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 conducted by Dr. Jessie Jones and Roberta Rikli.

The tests to be administered will measure strength, flexibility, agility and fall risk. We can modify or omit certain parts of the evaluation if there is a physical limitation or concern. The duration of the assessment is about 15 to 20 minutes.

From past events, we can tell you that the energy exhibited by the testers and participants is palpable. By acquiring your benchmarks, we look at it as an opportunity to reach certain goals and objectives together. It will be valued personally and for the community.

For fourteen years, we have been accumulating data on the benefits of participating in our program. We have evidence of residents in their 90's that have scored at levels of someone 10 years younger over a 10-year span! When you commit to a lifestyle of wellness, you can remain healthy and viable in your 60's, 70's, 80's and 90's. **The Fitness Assessment Event will be held on Tuesday, June 4th from 9:00 a.m. to 11:30 a.m. in the Community Room. Please schedule an appointment with Andrew Wiltz or Mike Banks to prevent wait times.** There will be light refreshments and healthy snacks for the participants. If you cannot attend on that day due to prior commitments, we can schedule you for an assessment on a date that suits 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:

andrewwiltz@canterburyccrc.org

or call Mike Banks at ext. 2403, or email:

mikebanks@canterburyccrc.org

Andrew Wiltz, Wellness Director

BOOK CLUB



Elizabeth Allan

Monday, May 6th, 2024
Community Room
2: 00 PM

**LESSONS IN
CHEMISTRY**
by
Bonnie Garmus

Reviewer: **Llewellyn Bell**

Llewellyn and I had both read, enjoyed, and discussed this delightful novel, so I was especially pleased when she agreed to write this review for **Canterbury Tales**—plus lead the discussion in the Community Room. The conversation is always lively when a good number of participants have read the book itself, but—if time is short or you can't find a copy—the summary below will help. Thank you, Llewellyn, for providing us this brief “taste” below!!

“This novel has an exciting plot that opens in November, 1961, and moves quickly — telling the stories of several very interesting people—plus a very intelligent and loving dog named Six-Thirty! As a matter of fact, almost all of the characters described by the author are intelligent. However, that presents a big problem because the story also includes several stupid and hateful villains!

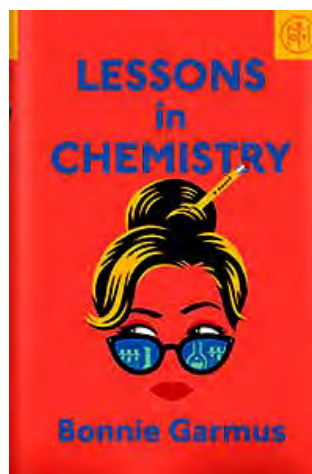
The main character, Elizabeth Zott, finds herself struggling against the prevailing cultural norms of the era. Women are overlooked in their careers while men are promoted. Women are paid less than men for doing the same

work, and women are discouraged from having careers...Elizabeth and the other characters are right in the middle of all of this—with plenty of family drama and tragedy thrown in!

How in the world does author Gramus put all this together in a **lively story** that is sprinkled with much humor? It is amazing...but she does!

I hope that you have already read **Lessons in Chemistry**, but—if you have not—try to get a copy and read it before the next BOOK CLUB meeting on May 6th—and come to join in the discussion.”

Llewellyn Bell



Book Club Advisory Team

Elizabeth Allan
Valerie Fennel
Mary Patton Higgins
Kay Marshall
Helen Mary McClellan

Elizabeth Allan, Chair

Do what you can with all you have, wherever you are.
-Theodore Roosevelt

RESIDENT SERVICES



MAY FRIDAY HAPPY HOUR ENTERTAINMENT

Happy hours this month are held in the Front Parlor and begin at 5:00pm unless otherwise noted in your weekly calendar.

Rebecca Oleson
Resident Services
Director

- ⌘ **Carey Sander (piano) and Dar Canarmony (guitar)** return May 3rd.
- ⌘ Enjoy singing along with **Keith West** on May 10th.
- ⌘ **Beth Moore** entertains on May 17th with refreshments provided by

Personal Care, Inc.

- ⌘ Enjoy the 1st **Canterbury Sock Hop** with **The Bostons** in the Vermont Tower Community Room from 6:00-8:30pm on Friday, May 24th.
- ⌘ Enjoy music by **Judy Boehm** on May 31st.

MAY MUSICAL TRIPS

***Sign up for all trips at the Front Desk, on the Canterbury app, or call Emma Bourne at Ext. 3062.**



Trips to Atlanta Symphony Orchestra

For more information about concerts below or to purchase tickets, visit www.aso.org or call (404)733-4800. Canterbury provides transportation free of charge to each *Thursday evening* ASO performance, but you must sign up to reserve your seat. Please meet at the Front Entrance. The bus will load at 6:45pm and leave promptly at 7:00pm for each performance below.

Rachmaninoff's Second Symphony, May 2

Young conducting sensation Dmitry Matvienko leads the ASO and welcomes pianist Yeol Eum Son in her first Atlanta performance.

Delta Series #3

Robert Spano + Garrick Ohlsson, May 9

Hear pianist Ohlsson, under the direction of Music Director Laureate Spano, play one of the most difficult Rachmaninoff pieces written for piano.

Delta Series #4

Robert Spano + Rite of Spring, May 16

ASO Music Director Laureate Robert Spano conducts Stravinsky's masterpiece and welcomes the return of American composer Jonathan Leshnoff for the world premier of his oratorio *The Sacrifice of Isaac*.

Delta Series #1

Stutzmann + Trifonov, May 30

Piano superstar Daniil Trifonov joins the ASO and Music Director Nathalie Stutzmann for the Piano Concerto No. 2 by Johannes Brahms.

Delta Series #2

MAY ACTIVITIES & EVENTS

Mah Jongg Saturdays

Canterbury continues Mah Jongg Saturdays in May at 2:00pm in the Admin Dining Room, located on the Ground Floor of Peachtree Tower. For more information, please contact Ann Pearce at Ext. 3655.

Chat and Stitch Sundays

Come join residents for friendly conversation and any kind of handiwork project you are working on each Sunday in May at 3:00pm in the 7th floor lounge of Club Tower. For more information, please call Haden Winborne at Ext. 3810.

Open Art Room Tuesdays

Come explore your creativity, work on a current project or start a new one with Open Art Room Tuesdays in the Art Room on the ground floor of Peachtree Tower from 10am to noon. All residents are welcome to attend!

Explore Your Personal Singing Style Thursdays

This class, led by Suzanne Shull, is designed to encourage the exploration of your own voice using music that you choose and to give you opportunities for feedback and encouragement from your instructor and peers. Join Suzanne Shull for this class in the Vermont Tower Community Room each Thursday at 3:00pm. On Thursday, May 16th, this class will move to Monarch Community Room. On May 23rd, this class will begin at 3:30pm.

Ukulele and You Thursdays

Learn basic chords and strumming on the instrument meant to be played in a group. This class is for beginners and a review for those who already play and will be held in the Vermont Tower Community Room immediately following “Explore Your Personal Singing Style.” You do not need to currently own a ukulele. Instruments will be provided. This class will be held each Thursday in the Vermont Tower Community Room beginning at 4:00pm. On Thursday, May 16th, this class will move to Monarch Community Room. On May 23rd, this class will begin at 4:30pm.

“Keep in Mind” with Fini Shell Fridays

Keep in Mind is a brain fitness program that stimulates and stretches thinking. We use fun and sometimes challenging word games designed to contribute to the growth, strength and agility of the brain. Come join Fini for an entertaining hour of fun-filled word games each Friday at 1:30pm in the Art Room, located on the ground floor of Peachtree Tower.

Bingo, May 1, 15 & 29

Join us for an afternoon of fun and play your hand at luck when we play classic Bingo games and a cover-all finale game with a jackpot winner. Each card is \$2 to play. Games will be held in the Monarch Pavilion Community Room, located on the first floor of Monarch Pavilion, at 4:00pm every other Wednesday in May. Please note Bingo will be held in the Vermont Tower Community Room on May 1st.

Global Jewelry Repairs and Sales, May 2

Locksley with Global Jewelry returns to take care of your jewelry repair and watch battery needs. He also has a good selection of various pieces of jewelry for sale. Visit him this month in the Vermont Tower Community Room on Thursday, May 2nd from 10:00am to 2:00pm.

Bocce Ball Lessons, May 2 & 22

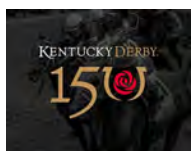
Did you know Canterbury has a Bocce Ball Court on the Overlook Deck? Learn how to play this fun and strategic game with Katie Coyne from Cornhole Atlanta on Thursday, May 2nd at 11:00am and again at 2:00pm on Wednesday, May 22nd.

Fulton County Board of Elections Visit, May 2

Did you receive notice that your absentee ballot was not counted in the last local election? This may be due to the poor mail system the past few months but the Fulton County Board of Elections staff will be at Canterbury to help you figure this out when they are able to check requests for absentee ballots, make sure your voting location has been updated since your move to Canterbury, and other pertinent information or questions you may have. If you have it, be sure to bring your voting card, driver's license or passport- even if they are expired. Visit this staff for all your voting needs in the Monarch Community Room on Thursday, May 2nd from 2:00-4:00pm.

“Holiday” Movie Showing with Alexa Foreman, May 3

In this 1936 romantic comedy, Johnny (Cary Grant) seems like a solid match for Julia (Doris Nolan), a socialite, but he is more interested in traveling than in business and soon wonders if he is more suited to be with Linda (Katharine Hepburn). She is Julia's outspoken younger sister, with whom he has much more in common. Join Alexa Foreman for this Film Hall of Fame winning movie on Friday, May 3rd at 1:00pm in the Vermont Tower Community Room. Light movie refreshments will be served.



150th Anniversary of the Kentucky Derby, May 4

Join in the fun as we hold the yearly showing of the Kentucky Derby- “the most exciting two minutes in sports.” There will also be a hat contest with prizes, authentic derby food (bourbon balls and cheese straws) and drinks (mint julep), and of course the race itself. Watch as three-year-old thoroughbreds race at a distance of one and a quarter mile to victory. It is the first leg of the American Triple Crown, followed by Preakness Stakes, and then the Belmont Stakes.

Why are the hats a tradition? Because they have always been considered to be a sign of good luck so people thought the bigger the hat, the better the luck so over the years the hats have indeed gotten bigger and adorned with more flowers and ribbons.

Bring your best hat for a chance at a special derby prize and place your dollar bets as to who you think your hat will bring good luck to. Will it be Fierceness (5-2), Sierra Leone (3-1), Catching Freedom (8-1) or Forever Young (10-1)?

Join us after dinner in the Vermont Tower Community Room on Saturday, May 4th. Post time is 6:57pm but doors will open at 6:00pm for the pre-show with signature cocktails and refreshments.

Book Club, May 6

All residents are invited to the May meeting of the Canterbury Book Club on Monday, May 6th at 2:00pm in the Vermont Tower Community Room, when resident Llewellyn Bell leads the discussion for Lessons in Chemistry by author Bonnie Garmus.

Early Voting at the Buckhead Library, May 7

Voters are able to participate in early voting for the May 21st General Primary from April 29th to May 17th, excluding Mother's Day Sunday. Canterbury will provide transportation to the Buckhead Library on Tuesday, May 7th, leaving from the front entrance promptly at 2:00pm. Look for sample ballots near the Mail Room. You may also visit www.fultoncountyga.gov for more information.

Atlanta New Horizon Band, May 8

Enjoy music from New Horizon Band as we celebrate an early Summer and Memorial Day with this program containing songs like "Armed Forces Medley", "America the Beautiful" and "A Dixieland Intermezzo" on Wednesday, May 8th at 2:00pm in the Vermont Tower Community Room.

Administrative & Enrichment Project Update, May 8 & 22

Join CEO Debi McNeil for updates regarding everything Canterbury. All residents are invited to attend, but especially new ones, so you can be kept up to date on the latest news and ask questions as this portion of Phase 2 is close to being completed. Join us in person in the Vermont Tower Community Room at 4:00pm or you are also welcome to join via Zoom. A link will be emailed the morning of each session.

Bob's Broadway Chorus, May 8

Sing along to favorites when Bob's Broadway Chorus returns to Canterbury to share their love of Broadway show tunes. This chorus is comprised of 40 volunteers, with 20 to 29 vocalists performing. Led by director Barry Levin, this chorus is as committed to building relationships with their audience as they are delivering a fine-tuned performance. Enjoy this fun choral event after dinner on Wednesday, May 8th at 7:30pm in the Vermont Tower Community Room.

Wai's Gong Fu Tea House Tea Tasting & Tutorial, May 9

Come try great tea brewed the correct way as we join a Sommelier Tea Master in an educational and 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, black and pu'er are just a few offered. While you enjoy tea, learn about the process of your particular choices. This educational and fun trip will take place Thursday, May 9th.

We will load from the front entrance at 12:45pm and leave promptly at 1:00pm. There will be a \$20 fee added to your monthly account. This trip is limited to 12 participants so you can fully enjoy the tea experience. Please sign up by May 6th.

Civil Conversations, May 10 & 31

Join the roundtable with residents Barbara Blender, Jim Coomer and Margaret Jones, as they lead discussions on current topics. No particular viewpoint is required, just an interest in what's going on in the world. All residents are welcome to attend this dynamic discussion group on Friday, May 10th and 31st at 4:00pm in the Vermont Tower Community Room.

Trip to the Good Neighbor Day Air Show at PDK Airport, May 11

Enjoy your neighborhood airport with a celebration of the 80th anniversary of D-day when we visit Dekalb-Peachtree Airport. Featured will be the Trojan Thunder who perform aerobatic maneuvers amidst clouds of smoke, Full Throttle Formation Team, who fly experimental aircraft built by the pilots who fly them, and other flying aces! This year PDK is adding a car show where you can relive the glory days with numerous classic cars alongside the classic war birds of the air show. Join in on the fun outing on Saturday, May 11th. We will load from the front entrance at 11:00am and leave promptly at 11:15am. There will be a \$8 transportation fee added to your account. Dining Services will provide boxed lunches. Bring a hat, sunscreen, sunglasses, comfortable shoes and a folding chair, if you have one. Canterbury will also bring chairs for use.

Art Talk with John Tilford, May 13

In May, Oglethorpe University Museum of Art's Curator of Collections will discuss the Brummer Family Collection and the last century of gifts to major museums from this collection. The Brummer family were voracious dealers and collectors in Europe and America over the past century. This collection has now been disbursed to multiple major museums throughout the country. Learn more about these donated works with John on Monday, May 13th at 2:30pm in the Vermont Tower Community Room. All are invited to attend!

Canterbury Dog Park Expansion Grand Opening & Dog Show, May 14

Canterbury is celebrating the grand opening and expansion of the dog park, aptly named the Randy Wilson Memorial Dog Park and coincides with the Westminster Dog Show. Today, the Canterbury dogs will be the stars of the show as we have a fun afternoon planned. Have your pet walk the red carpet in style and receive goody bags for being such good boys and girls. There will also be ribbons for dog categories including: working, herding, hound, sporting, non-sporting, terrier and toy. Agility trainer Robin Puryear will be on hand to give you tips on how to navigate the new agility equipment and have fun doing it! Join us as we celebrate this grand opening on Tuesday, May 14th at 3:00pm in the Canterbury Garden's Dog park entrance.

Dinner Trip to Anis Café & Bistro, May 15

Canterbury has been known for taking lunch trips each month but we are going to add something new- a dinner trip. Join us as we visit Anis Café & Bistro. This thriving French inspired café has served customers since 1994 with a vision of transporting visitors to the south of France; Provence to be exact. Experience a taste of Provence in the heart of Buckhead on Wednesday, May 15th. We will load from the front entrance at 5:00pm and leave promptly at 5:15pm. There will be a \$8 trip fee charged to your monthly account. Dinner is on your own. This trip is limited to 12 participants.

Jewelry Class with Gillian Gussack, May 17

Gillian returns with her many baubles and beads in a wide variety of colors so you can create beautiful, unique pieces of jewelry- necklaces, earrings or bracelets. No experience is necessary and all materials are provided. Join the fun on Friday, May 17th at 10:00am in the Art Room, located on the ground floor of Peachtree Tower.

“September” Movie Showing with Alexa Foreman, May 17

Loosely based on the notorious Lana Turner murder case in 1958, this movie stars and impressive cast of characters: Mia Farrow, Sam Waterston, Dianne Wiest, Elaine Stritch and Denholm Elliott. The movie was shot at the Kaufman Astoria Studios in New York and directed by Woody Allen. See this dramatic comedy with Alexa on Friday, May 17th at 1:00pm in the Vermont Tower Community Room.

Susan Marie Student Recital, May 18

Susan Marie will present her piano students in their Spring Recital on Saturday, May 18th at 2:00pm in the Vermont Tower Community Room. Students range in age from 6-15 years old and are from beginning to late intermediate levels in performance. An awards ceremony will be held afterward followed by refreshments. Come support these young musicians! All are invited to attend.

Lunch Trip to Oaxaca, May 21

This Mexican restaurant’s goal is to bring traditional Oazacan inspired cuisine to Atlanta, working with local vendors to bring the freshest ingredients possible. What best defines them though is their corn, imported from Oaxaca, Mexico. Join us as we visit this casual eatery offering simple, yet inventive takes on authentic dishes and artisan crafted cocktails on Tuesday, May 21st. The bus will load from the front entrance at 11:00am and leave promptly at 11:15am. Lunch is on your own. A \$8 trip fee will be charged to your monthly account.

Senior University of Greater Atlanta’s “The War in Ukraine: How Will It Affect Us?”, May 21

This lecture, presented by George Brown, will examine the wide range of possible outcomes for the war in Ukraine. Will Putin succeed in his attempt to expand Russia’s control over this key region or will Ukraine, with the backing of NATO, break through the Russian lines and regain lost territory? How will the US elections affect the eventual outcome of the war?

Guest speaker George Brown, retired president of Friendship Force International, holds his PhD in international studies from the University of Virginia and taught political science at Capital University in Columbus, Ohio. He also served as Director of Agnes Scott’s Global Awareness Program. In his retirement, he is a presenter at SUGA, and this presentation is taken directly from his course called “The World on Fire.”

Learn about the possibilities of this timely topic on Tuesday, May 21st at 2:00pm in the Vermont Tower Community Room. Class schedules and more information about classes, both in person and on Zoom, will be available.

Quarterly Healthcare Forum, May 23

Our Quarterly Healthcare Forum will be held on Thursday May 23rd in the Vermont Tower Community Room at 2:00pm. Come and meet with our entire healthcare team and learn more about what Canterbury offers in Independent Living and in Monarch Pavilion. There will be time for a question and answer session after.

Alexandria Rice Haines' Student Recital, May 23

Join Mrs. Rice Haines for an evening of beautiful music featuring her cello students, accompanied on piano by collaborative artist, Ms. Shirley Irek. Students range in grades from elementary school through graduating high school seniors. Performances will include scores by Bach, Popper, Bazelaire, Dvorak, Saint-Saens and more! Students will bring light refreshments to be shared by all. Come support these young, talented musicians at 7:00pm on Thursday, May 23rd in the Vermont Tower Community Room.

Sock Hop Dance, May 24

Join Calvin and Patricia Boston as they play for this fun evening of dancing and reminiscing. Songs will range from Perry Como to Bill Haley & the Comets with a bit of trivia thrown in. We will also have a dance contest and costume contest so dust off those saddle shoes and poodle skirts and join in the fun on Friday, May 24th 6:00-8:30pm in the Vermont Tower Community Room.

Tour of Roswell & Alpharetta with Jim Howe, May 30

Enjoy antebellum charm by visiting and touring Bulloch Hall, where Mittie Bulloch married Theodore Roosevelt, Sr. in 1853. See other historic Roswell homes and the Roswell Mills, the industry started by Roswell King. After lunch at Village Tavern, we visit downtown Alpharetta to see the new courthouse and modern town center. Tour Guide Jim Howe will be our host for this informative trip on Thursday, May 30th. We will load the bus from the front entrance at 10:15am and leave promptly at 10:30am. A fee of \$25 will be charged to your monthly account. Lunch will be on your own.

Quilling Class with Gillian Gussack, May 31

Quilling is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs. This art form can be traced back to the 15th century! Learn how to make your own designs when Gillian leads you through the simple steps on Friday, May 31st at 10:00am in the Art Room, located on the ground floor of Peachtree Tower. No experience is necessary and all materials are supplied.

MAY WELLNESS EVENTS

*** There will be no Blood Pressure & Diabetes Check
with Personal Care, Inc. this month.**

Wednesday, May 8th and Saturday, May 25th:

Hearing Aid Clinic with Audiologist Monica Walker. Call (404)777-5252 to schedule an appointment. This month residents will be seen in Admin Dining, located on the ground floor of Peachtree tower on May 8th and seen in Peachtree 1&2 of Vermont Tower Community Room on May 25th.

Tuesday, May 21st:

Podiatrist Dr. Jeanine Jones. Call the Clinic at Ext. 3159 to schedule an appointment.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>May 2024</h1> <h2>Activities and Events</h2>						
5 3:15: "7 Days Out: Kentucky Derby" documentary, VTCRm 3:00: Chat & Stitch, 7th	6 1:35pm: Bus to Kroger 2:00: Book Club "Lessons in Chemistry", VTCRm 4:00: Choristers Rehearsal, VTCRm	7 10:00: Open Art Time 11:00: Tai-Chi, VTCRm 11:00: Trip to Publix 2:00: Bus to Early Voting at Buckhead Library 7:30: Vespers w/ Rev. Dr. Simon Mainwaring, VTCRm	8 HEARING AID CLINIC 10:30: Holy Communion, VTC 2:00: Atlanta New Horizon's Band, VTCRm 4:00: Admin Update w/ Residents, VTCRm/Zoom 7:30: Bob's Broadway Chorus, VTCRm	9 1:00: Trip to Gong Fu Tea Tasting 3:00: Explore Your Personal Singing Style, VTCRm 4:00: Ukulele and You, VTCRm 7:00: ASO, Series #3	10 1:30: Keep In Mind w/ Fini Shell, Art Rm 1:35: Trip to Trader Joe's & Aldi 4:00: Civil Conversations, VTCRm 5:00: Happy Hour with Keith West, FP	11 11:30: Trip to PDK Air Show 2:00: Mah Jongg, Admin Dining
12 MOTHER'S DAY 3:00: Chat & Stitch, 7th floor lounge 3:15: "7 Days Out: Westminster Dog Show" documentary, VTCRm	13 1:35: Trip to Kroger 2:30: Art Talk, VTCRm 4:00: Choristers Rehearsal, VTCRm	14 10:00: Open Art Time 11:00: Trip to Publix 11:00: Tai-Chi, VTCRm 3:00: Dog Park Expansion Grand Opening & Canterbury Dog Show, Gardens 7:30: Vespers w/ The Rev. Nicole Lambelet, VTCRm	15 10:30: Holy Communion, VTC 4:00: Bingo, Monarch CRm 5:15: Dinner Trip to Anis Café & Bistro	16 2:30: Care Partner Support Group, 7th Fl Lounge 3:00: Explore Your Personal Singing Style, Monarch CRm 4:00: Ukulele and You, Monarch CRm 7:00: ASO, Series #1	17 10:00: Jewelry Class w/ Gillian Gussack, Art Rm 1:00: "September" Movie Show-ing w/ Alexa Foreman, VTCRm 1:30: Keep in Mind w/ Fini Shell, Art Rm 1:35: Trip to Kroger 5:00: Happy Hour with Beth Moore with refreshments by Personal Care, Inc., FP	18 2:00: Mah Jongg, Admin Dining 2:00: Susan Marie Student's Recital, VTCRm
19 3:00: Chat & Stitch, 7th floor lounge	20 1:35: Trip to Kroger 2:00: Andrew Finn Magill Performance, VTCRm 4:00: Choristers Rehearsal, VTCRm	21 PODIATRIST 10:00: Open Art Time 11:00: Tai Chi, VTCRm 11:15: Lunch Trip to Oaxaca 2:00: SUGA Presentation "The War in Ukraine", VTCRm 3:00: Trip to Publix 7:30: Vespers Service of Evensong w/ The St. Luke's Episcopal Church Choir, VTCRm	22 10:30: Holy Communion, VTC 2:00: Bocce Ball Lessons, Overlook Deck 4:00: Admin Update w/ Residents, VTCRm/Zoom	23 2:00: Quarterly Healthcare Forum, VTCRm 3:30: Explore Your Personal Singing Style, VTCRm 4:30: Ukulele and You, VTCRm 7:00: Alexandria Rice Haines Student Piano & Cello Recital, VTCRm	24 1:30: Keep in Mind w/ Fini Shell, Art Rm 1:35: Trip to Trader Joe's & Aldi 6:00: Sock Hop w/ The Bostons, VTCRm	25 HEARING AID CLINIC 2:00: Mah Jongg, Admin Dining
26 3:00: Chat & Stitch, 7th floor lounge	27 MEMORIAL DAY 11:00: Memorial Day Holiday Program with Craig Gleason 1:00: Choristers Rehearsal, VTCRm	28 10:00: Open Art Time 11:00: Trip to Publix 11:00: Tai Chi, VTCRm 1:35: Trip to Kroger 7:30: Vespers Summer Respite; No Services until September 17th	29 10:30: Holy Communion, VTC 4:00: Bingo, Monarch CRm	30 10:30: Trip to Historic Roswell and Alpharetta w/ tour of Bulloch House and lunch at Village Tavern w/ Jim Howe 3:00: Explore Your Personal Singing Style, VTCRm 4:00: Ukulele and You, VTCRm 7:00: ASO, Series #2	31 10:00: Quilting Class w/ Gillian Gussack, Art Rm 1:30: Keep in Mind w/ Fini Shell, Art Rm 4:00: Civil Conversations, VTCRm 5:00: Happy Hour w/ Judy Boehm, FP	



Canterbury Court
Where lives blossom

March 2024