

Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

Volume LXII No. 4

April 2024



Cover Story 26

SEEN NEAR THE GREENHOUSE

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Council President.....	Martha Solano	President & CEO.....	Debi McNeil
Vice President.....	Ann Pearce	Chief Operating Officer.....	Julie Parker
Secretary.....	Barbara Blender	Chief Finance Officer.....	Matt Kurumada
Treasurer.....	Jean Schick	Marketing Director.....	Nicole Burke
Editor.....	Nancy Fukushima		
Staff Writers.....	E. Allan, L. Bell, J. Bodner, M. Capka, J/A. Groton		
Staff Writers.....	P. Heinisch, A. Jones, M. Langford, Seetha S., J. Taylor		
Staff Writers.....	J. Vroon		
Transcribers.....	Judy Hays, Seetha Srinivasan		
Res. Interviews Facilitator.....	Josh Taylor		
Proofreader.....	Ann Pearce		
Production.....	Resident Services		
Photos.....	Clyde May		

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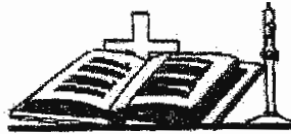
FINANCIAL STATEMENT

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Jean Schick #1013/GT

IN MEMORIAM

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



CHAPEL SERVICE

Happy Easter! We celebrated in the chapel this feast of joy. April 3rd will be our last celebration in the chapel until April 24th. On April 10th and 17th we will hold the regular Wednesday 10:30 a.m. Eucharist in the Vermont Community room. Please put that on your calendar and we will remind everyone.

Gail Johnson, Altar Guild Chair

VESPERS

- April 02 The Rev. George Maxwell
Vicar
Cathedral of St. Philip
- April 09 Rev. Dr. Katie Sundermeier
Exec. Dir., Samaritan Counseling Ctr.
Associate Pastor, First Presbyterian Church
- April 16 Rev. Charles Savage
Pastor
Sardis Methodist Church
- April 23 Rev. Jody Andrade
Presbyterian Pastor
Daughter of Jim Reedy, former resident
- April 30 Rabbi Peter Berg
Senior Rabbi
Hebrew Benevolent Congregation (The Temple)



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

Noradel Wilson, Vespers Chair

APRIL BIRTHDAYS

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WHAT ON EARTH...?





FROM DEBI'S DESK

Comments from the President of Canterbury Court

I was recently asked by a resident - who I won't name, but who may or may not hold a very significant position within the Resident's Council - to consider making the topic of my monthly Canterbury Tales articles less frivolous and to maybe focus on something more informative about things that are happening at Canterbury Court.

There is a pretty solid reason for my choosing random everyday events in my life as the subject matter of these monthly pieces. I am not a philosopher and do not profess to hold any magic words of wisdom, but I will do my best this month to take the level of silliness down a few notches.

The big topic that I think is most front and center for everyone at Canterbury are the continued construction projects now taking place inside our buildings. It was one thing to see the construction outdoors and to feel the impact of it in terms of loss of parking and use of much of our green space, but when the construction comes indoors, it goes to a whole other level. The noises get louder, the dust becomes more real, and the loss of common area spaces for extended periods of time creates headaches and inconveniences. So why would we choose to do that, especially after all we went through these last two years?

The answer is progress. That which never changes gets left behind. Our investment banker, Ziegler, recently presented to our board on the need for maintaining our physical plant (i.e., our buildings). Communities start from a position of strength when they first open and as their building fills in occupancy, they reach their peak financial performance. But then, many communities fail to maintain their physical plant, and as it deteriorates, their financial position takes a rapid decline.

No one wants to live in a dated community that isn't changing to meet the needs of the market, which in turn impacts occupancy and revenues. We must continuously reinvest into our community, keeping our spaces fresh and relevant.

An added bonus, by constantly changing the timing of the work and the space closures, we keep all of you on your toes as part of our brain health wellness program!

While change is very often not fun, it is a necessity of life to maintain our strength as a community. We will emerge from this change in just a few months like a beautiful butterfly emerging from its cocoon, ready to enjoy the splendors of our hard work.

Debi McNeil, CPA, CEO

ADMINISTRATION

Please join me in congratulating **Dara Matthews** on recently winning the **Health Services Sales Counselor of the Year** at the recent **Greystone conference**. I hired Dara as the Social Worker on the Pavilion when I moved into the Administrator position in October 2019. Right away I was impressed by Dara's knowledge and compassion. She has been a tireless advocate for many of our residents, ensuring that proper resources are put in place to maximize quality of life and independence. Dara excelled in her role as our Social Worker. She created many meaningful relationships throughout the years with both staff and residents, supporting people through difficult transitions. She also connected us with Behavioral Health Nurse Practitioner who has made a tremendous impact on the emotional well-being of some of our residents in Monarch Pavilion.



Dara Matthews
Healthcare Sales Specialist

In March of 2023, Dara approached me about the possibility of moving to the new Healthcare Sales Specialist role that was being created to manage the sales process for our new assisted living apartments. While I was sad to lose Dara as a valuable team member, I was thrilled that we would have a Sales Specialist who was committed to the mission of Canterbury Court. Throughout the past year, I have watched

Dara grow in this new role while still maintaining her connection to the values of the social work profession. Dara has been able to translate her social work skills into making genuine relationships with potential residents and their families.

Since taking this role, Dara has provided education to potential residents about our culture and services, helping guide them to find a home that will be a good fit for them. She also ushers families through the emotionally challenging process of transitioning a loved one into the memory support neighborhood in a way that is both supportive and validating. She has welcomed over 30 new residents to our community and facilitated moves for many of our Independent Living residents, as well. Congratulations, Dara!

Liz Woltzen, Nursing Home Administrator

Happy Passover



"Remember this day, on which you went free from Egypt, the house of bondage, how Adonai freed you from it with a mighty hand...!!!"

- Exodus 13:3

April 22, 2024

"Passover has a message for the conscience and the heart of all mankind. For what does it commemorate? It commemorates the deliverance of a people from degrading slavery, from most foul and cruel tyranny. And so, it is Israel's—nay, God's protest against unrighteousness, whether individual or national."

RABBI MORRIS JOSEPH

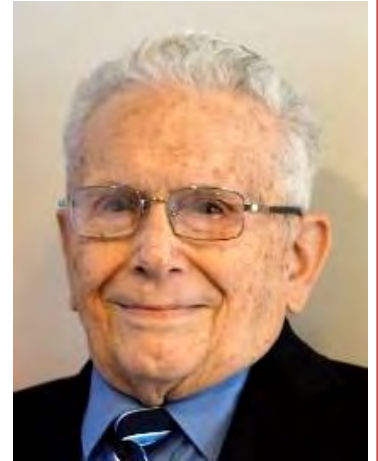
"Passover affirms the great truth that liberty is the inalienable right of every human being."

MORRIS JOSEPH

MARCH'S ART GALLERY

I was a Seattle cardiologist who retired with my wife, Ginger, to Lopez Island in the Pacific Northwest in 1996 to raise sheep, sail and pursue this longtime hobby.

For years photography has for me been a solitary, contemplative process, trying to capture on paper an image that resonates deep within. But what is this “resonance” we experience when we react viscerally to something that moves us? In his **THE WEIGHT OF GLORY** C.S. Lewis eloquently explains that “we want to be united with the beauty we see, to pass into it, to receive it into ourselves, to bathe in it, to become part of it.”



Bob Riggins

At times I have been very fortunate to have worked with some outstanding photographers—Fred Picker, Ansel Adams, and Bruce Barnbaum to name a few. Beginning with large format (4x5), then medium format and 35mm, initially with “Zone System” black and white, developing and printing in the darkroom, later with color film, and now electronically with Photoshop, it remains a steep learning experience.

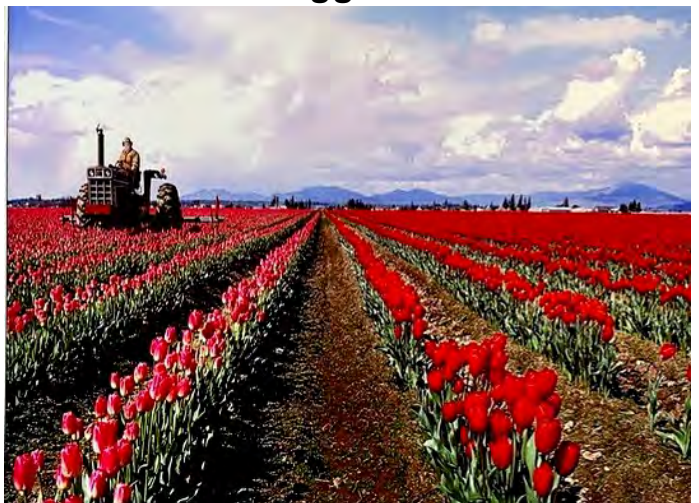
Fine art photographer Clinton Smith wrote: “One day you will look at your favorite work—those magical twelve prints—and it will occur to you that you have finally found your own special vision. You will have discovered how to get what you see, what you know and feel in your heart...onto paper. But it is the lives you touch in the process that truly matters.”

Discovering this “very own special vision” remains a challenging process, an elusive continuum which I tremendously enjoy and hope someday to find. Sharing these images with you and hearing your reaction will be an important part of my discovery. Thank you, and please enjoy!

Bob Riggins



Spring Flood, Merced River, Yosemite Valley, CA



Tulip Farm (#4) Skagit Valley, WA

RESIDENTS COUNCIL CORNER



Martha Solano

**“The Only Thing That Is
Constant Is Change”**

Heraclitus

It has always seemed to me that the most difficult times during a transition are when you see the light at the end of the tunnel. Somehow, it always takes much longer to get to the end than it should. We are at that point in the Enrichment Project where the end of construction is a few months away, but those months will be challenging for all of us since they will directly involve our daily routines. In this last “lap”, we will all need to have a lot of patience, goodwill, and humor to get us through the many disruptions. But, once we are done, I believe we will be amazed at the transition and find that there are many new amenities that we love.

I’m looking forward to a spruced-up Wellness Center with a greater variety of fitness equipment and classes. **Mike Banks**, our new Fitness Manager, has been a great addition to the team and has already gotten many of the men in the Tuesday Breakfast group to join in a special class in the new exercise equipment room. Andrew has transitioned the hydraulic equipment and his classes to the new “Restorative” room outside of the locker rooms and hot tub. This has opened up the larger room for more people to participate in group fitness activities such as aerobics, yoga, and the new Parkinson’s class from Rock Steady. And we will eventually have more space when the Court Café moves to its new location in the Club Tower.

While we’ll miss Pam in Wellness, I suspect the new Court Café, in a more central location, will become a new gathering place for residents. Comfortable seating and a greater variety of offerings — made to order along with options for after-hour purchases — and Pam’s special talent for making residents happy, is likely to make it an even more popular destination.

The new Hightower Room (formerly the Card Room) will be a great addition as a meeting space and for groups to get together for card games or other activities. And, for those of us who have always wanted our staff to have a decent break room, they will finally get it when the old Hightower Room on the ground floor in Club Tower is converted to a space for them.

Hopefully, just as Covid, construction, and other inconveniences are now a memory, the change that we’ll be going through these last months will be the same by 2025 and we will all be enjoying the new facilities and residents that are a result of this major project.

Throughout this project, I’ve heard a number of residents ask, “Why do we have to do this? Things were fine the way they were.” One of the responsibilities of the Vice-President and President of the Residents Council is to be a voting member on the Canterbury Board of Trustees. I am in my second year and have learned a great deal about what it takes to keep a place like Canterbury vital and sustainable for the future.

When Canterbury opened in 1965, it was the first community of its kind in Atlanta and the Southeast. Lenbrook opened in 1983 as our first competitor. Since then, many for-profit and non-profit communities have opened and the competition for residents is considerable. The Baby Boomer generation is looking for more amenities, activities, and lifestyle choices when they are vetting their potential move to some form of retirement living. And communities such as Canterbury must stay up with those trends or fall behind. Marketing data shows that communities that do not change eventually atrophy and go out of business or are purchased by other organizations.

I, for one, want Canterbury to continue to be the vibrant, inclusive, active, and friendly community that it has been for nearly 60 years for the next 60 years. The Enrichment Project was designed to do just that so that some of today’s residents’ children or grand-

children can live here when they reach their retirement age. That has been the case in my family and several others who live at Canterbury and I'm working on a third generation in the next 10 years or so.

Change is always hard, but Benjamin Franklin said, "When you are finished changing, you are finished." We're not finished yet.

Martha Solano #475/VT

JOANN BROWN - HEALTH SERVICES CLINIC



Joann Brown

April is Parkinson's Disease (PD) Awareness Month

You might be wondering what Parkinson's Disease is? It is a neurodegenerative condition that mostly affects the substantia nigra, a region of the brain that produces dopamine ("dopaminergic") neurons. Usually, the symptoms develop gradually over several

years. The way symptoms progress from person to person is often slightly different due to the variability of the illness. PD patients might experience:

- Hand Tremor, occurring mostly at rest
- inability to move quickly or efficiently (bradykinesia and hypokinesia)
- Rigidity or stiffness of the limbs
- Issues with balance and gait (postural instability)

There is no known cure, but there are several treatment options available, such as medication, surgery, and lifestyle changes. Parkinson's dis-

ease may not necessarily have a deadly course, although its consequences can. Per the Centers for Disease Control and Prevention (CDC), complications from PD rank as the nation's 14th leading cause of mortality. Understanding Parkinson's disease and how it progresses is the first step towards living well with it.

Our goal at Canterbury Court is to provide you with as much support as we can.

Please let us know what that might entail for you by getting in touch with Heather Flaherty, Erin Selnes, or Joann Brown. For residents with Parkinson's disease, we are also thinking about forming a support group. We value your interests and what you think would be most beneficial. **In addition, Canterbury is participating in the Nu Step Challenge "Pump it for Parkinson's Event" on April 11th, which entails 30,000 steps to help the Parkinson's Disease Foundation.** For additional information on the challenge, please click the link below; however, to join us, see **Andrew Wiltz, Mike Banks** and/or **Will Weaver**.

<https://www.parkinson.org/>
<https://wellness.nifs.org/blog/topic/pump-it-for-parkinsons>

Joanne Brown, FNP-C

AROUND CAMPUS



CHAPLAINCY IN THE MONARCH PAVILION

Our existence is comprised of many lives—physical, mental, psychological, emotional, social...the list goes on. Each has its own stages, priorities and challenges. Not least among these is our spiritual life. Whether one has a specific religious affiliation or follows their own private relationship with a higher power, each is unique, deeply personal, and part of what makes us individuals. The spiritual side of our life may evolve with time, but it is always a part of us. Canterbury Court recognizes the importance of providing a seamless transition for the spiritual needs of residents throughout the lifespan, especially as needs and levels of care change.

Enter **Reverend Heather (Flaherty)**, **Reverend Dr. Horace (Griffin)** and **Reverend Mary Beth (Walker)**. All are ordained Ministers representing the Methodist, Episcopal and Presbyterian denominations respectively. Each brings their own unique and diverse resumé of personal experiences as they carry out their pastoral callings.

When asked how providing spiritual support in the Monarch Pavilion differs from that provided in Independent Living, Mary Beth responded that loneliness, anxiety, stress and fear have no geographic location within Canterbury's walls. An especially unique and comforting aspect of Canterbury Pastoral Care however, is that all three Chaplains interact with residents throughout all areas of the Canterbury campus. While Horace has his office in the Monarch Pavilion and Mary Beth and Heather reside in the Vermont Tower, each has pastoral roles that encompass all living areas, neighborhoods, and buildings.

Residents and family members have the rare opportunity to maintain those one-on-one relationships with their Canterbury spiritual partner that may be long in the making

despite changing health or living circumstances. When one needs that special friend or counselor, who better than someone you've known, trusted, and respected, often for years, someone that knows your mind, your thoughts, your wishes, and your needs.

Ongoing Pastoral activities in the Monarch Pavilion include weekly worship services on Wisteria Park and Sage Glen and regular "Journey Groups" for residents of Azalea View. But their mission on the healthcare neighborhoods doesn't stop there. Chaplains routinely provide spiritual visits to Monarch residents and help ease the burdens associated with changing health and living circumstances and end-of-life matters. Often, they participate in or preside over a variety of memorial and funeral services for members of our Canterbury family. These experiences help build trust, interpersonal linkages, strengthen open and positive communication, and foster therapeutic dialogue. Often, just listening and being present and available makes all the difference.

Their services are not only for residents, but help families and Canterbury caregivers navigate their challenging roles as well. Families often need a caring but objective voice to help them face life realities and navigate difficult decisions. Staff may experience emotional fatigue and benefit from guidance on how to reestablish their work/personal life balance without experiencing emotional apathy or burnout.

Support travels in both directions. As Mary Beth shared, it is an honor and privilege to be here and feel the caring and gratitude she experiences daily as she walks side-by-side with her Canterbury family. This journey we call life is not an easy one. What a comfort to know that we do not have to travel it alone.

Mary Capka

RECYCLING COMMITTEE



**Shirley
Timashev**

"What happens to the paper and cardboard we put in the big bins?"

Trucks come twice a week to pick up recycling, usually on Tuesday and Saturday, according to **Orrett Edwards**, who is supervisor of Housekeeping. We have 31 large bins, and before loading the contents onto the trucks the crew does an inspection. They reject bins that have visible amounts of trash contaminating the volume of paper, cardboard, steel cans, aluminum and recyclable plastic products. In an average week there may be around five bins rejected, and Housekeeping staff then have to go through bins to pull out trash.

Some of the problems come from construction workers who throw plastic gloves and other trash in the recycle bins, and Canterbury tries to keep that from happening. Another source of contamination comes from auxiliary personnel hired by residents as sitters and day care workers. These people need to hear from residents that we care about separating recycling from trash, and that trash needs to go down the trash chute. If you collect papers in a wastebasket that has a plastic liner, please take the whole wastebasket

to the trash room, rather than tie what can be recycled in a bag that cannot.

Daniel Wood, Operation Manager at Conex Recycling, tells us that cardboard for recycling has more than doubled since people switched a few years ago to shopping online. It may have heightened awareness of recycling since the volume of paper and cardboard products is obvious. Conex Recycling doesn't separate paper products from other recyclables. Instead they take their pick ups to a transfer station in Marietta where the final sorting into single streams of recyclables takes place.

Is it worth it to keep recyclable products separate from trash? Yes! The value of recyclables varies with market conditions, but trash removal is guaranteed to remain costly. At present trash removal costs us 7 - 8 times more!

One ton of recycled paper saves 17 trees, 380 gallons of oil, 3 cubic feet of landfill space, 4000 kilowatts of energy, and 7000 gallons of water. Bottom line: Recycling saves us money and natural resources.

Questions on recycling can be submitted to committee chair **Babette Tipping (#677/VT)** or to **Shirley Timashev**.

Shirley Timashev



EVENTS

The February 29th Wellness Fair “Getting With It” introduced the new equipment and the expanded spaces. It was well attended with explanations of the new equipment by the staff and demonstrations of some of the many programs we enjoy. Healthy snacks and drinks were offered. “Richard Simmons” PT guru welcomed us.



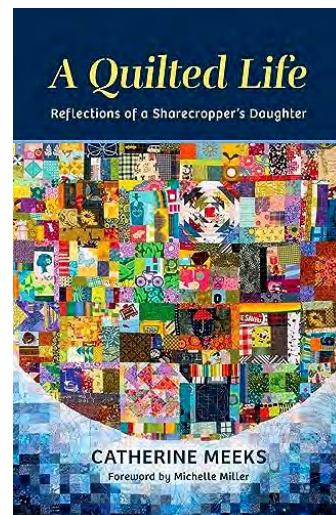
Way To Go Peggy!



Patty and Martha enjoying Chef Michelle's first Saturday Morning Ladies Breakfast. It was a hit but a bigger hit is the Men's Tuesday Morning Breakfast get-together.



Meditations for racial Healing was the topic that Catherine Meeks, the recently retired executive director of the Absalom Jones Center for Racial Healing related, speaking about what she learned growing up as a sharecropper's daughter. One of our chaplains of pastoral care, The Rev. Horace Griffin, introduced her to the attentive audience.



What a lovely way to begin our March 20th day with the melodious sounds of the Peach Pipes. Lucky us!



National Oreo Cookie Day



EVENTS

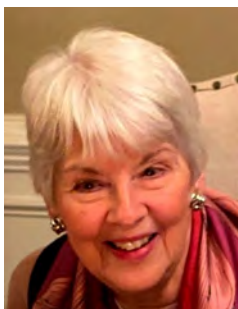
Preparing for the Oscar Nominations



Oscar Nominated Trailers were reviewed at an Oscar Party dinner along with past Oscar winners. These were reviewed by Turner Classic Movie alum Alexa Foreman. Trivia quizzes with prizes added to the fun of the evening which was very well attended.



EATING EDIT



PLAY NUTRITION APRIL FOOL

Does your familiarity with food makes you susceptible to beliefs that bypass science? Being able to spot the truth about foods lets us make effective decisions about what to eat. So, this month, play Nutrition April Fool. Do you think the statements about food, are **true**, or - **April Fool** – false?

Judy Bodner

Does your familiarity with food makes you susceptible to beliefs that bypass science? Being able to spot the truth about foods lets us make effective decisions about what to eat.

A healthy dinner should include a green vegetable.

A. Maybe your mother told you to eat your green vegetable– but does a green veggie make or break a healthy meal? if you subscribe to the green vegetable idea, you are recognizing that veggies are important. You should eat at least 5 one half cup helpings (2 ½ cups total) of cooked or raw vegetables daily.

Healthy vegetables come in many colors originating from vitamins, minerals, and antioxidants that keep our bodies working well. Eating a variety of brightly colored veggies gives our bodies many necessary materials – and no single vegetable or color, green or otherwise is the sole perfect choice. The green vegetable admonition is too simplistic to indicate a healthy meal. **April Fool.**



The “organic” seal means the food is legally regulated and healthy.

A. The US Department of Agriculture legally

regulated organic symbol means that the food cannot use synthetic fertilizers, pesticides, growth hormones, etc. The organic label does not protect against bacterial contamination or guarantee healthy nutritional value. A box of crackers with the organic label that uses refined flour and has a low fiber content is less healthy than a non-organic whole grain cracker with more fiber. For some foods the organic label may not be worth additional cost. This statement that legally regulated organic labeling guarantees comprehensive healthfulness is false. **April Fool.**



Plain canned veggies and fruits are as healthy as fresh.

A. Are you suspicious? Don't be. Canned fruits and veggies (without added fats or sugars) are comparable to fresh in nutritional value. They are canned soon after harvest, and their cost and storage life may help people eat more fruits and vegetables. **True.**

How did you score?

Don't be fooled about food:

Steer clear of claims that any single food is vital for health; variety is key for healthy eating.

Ignore broad claims like “natural” on the package; use the label for facts.

Check label ingredients list: avoid foods with less healthy tropical fats like palm or coconut oils, added sugars, long lists of additives.

Judy Bodner

CARPE DIEM FOR NEW YORK

Five years and a pandemic had passed since my last solo annual trip to New York City. If I was ever going back, I had to seize the moment, so I was off to New York on February 27 to soak up five days of only-in-New-York experiences.



The “Women Dressing Women” exhibit at the Metropolitan Museum, about 20th and 21st century women fashion designers, was a “must see” just before Women’s History Month. The exhibit highlighted the challenges women face in a field where they often have been relegated to clothing construction and excluded from the creative design and ownership of a fashion house. A few broke through the “fabric ceiling” to own their design houses, and their pieces look as current today as when first presented.

Ann Lowe’s displayed pink gown with tiny three-dimensional fabric roses showed her unparalleled construction skills. She designed Jackie Kennedy’s wedding dress (not displayed.). Sadly, the talented Ms. Lowe as a black woman from the South faced additional discrimination, was not a businessperson, and even with a First Lady’s patronage could not make her business financially viable. Coco Chanel, on the other hand, was the consummate marketer who successfully obtained financing and branded her work. Her 1920’s black dinner suit on display was totally Chanel.

Newly opened Met exhibit, “The Harlem Renaissance and Transatlantic Modernism”, portrayed the vibrancy of Harlem as a world center for and celebration of black life and culture with works by artists, some obscure until recently. Notable also were works by European artists, like Matisse, who spent time in Harlem and painted black people and experiences, all when that work was more appreciated in Europe than America. Met exhibits seem to capture the essence of a culture and issue, amplifying history and provoking questions.

To reach the theater for a matinee play, I had to walk through Times Square. The sidewalk suddenly had two lanes separated by a metal railing, and I opted for the one marked fast lane. Avoiding the slow lane for tourists, I almost missed a quintessential Times Square scene of actors practicing a march, led by a drum major waving baton, and wearing a huge, plumed hat, tattoos and little else.

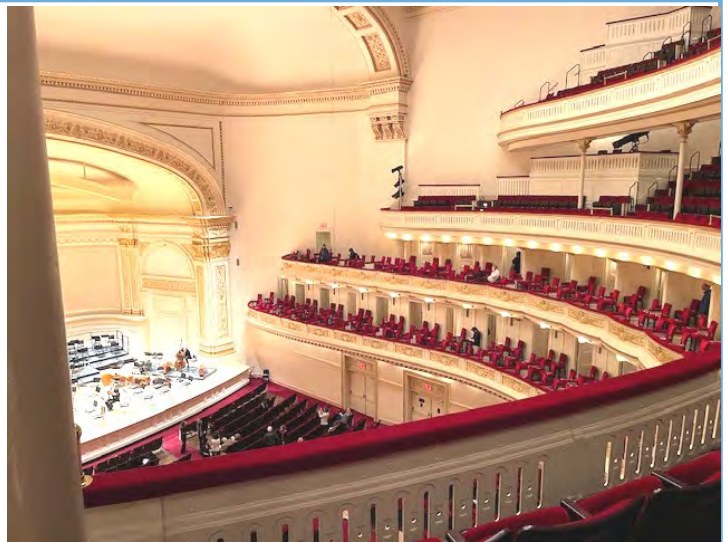
The play “Prayer for the French Republic” centered on a French Jewish family

whose members had lived in France for generations, and survived the holocaust, only to experience antisemitic violence in 2016. They grappled with questions about their French identity, antisemitism, and their ultimate decision to emigrate to Israel for a safer life, leaving theatergoers grappling with hatred's tenacity and sway.

My trip was timed to see the Frick Madison museum before the Madison Ave location closed on March 3. Art lovers know that 19th century industrialist Henry Clay Frick's collection of mostly European art is housed in his Fifth Avenue home. That mansion is being renovated and in 2021 just when they needed a temporary place to display the collection the former Whitney museum building on Madison Avenue, designed by 20th century contemporary architect Marcel Breuer, was available.

The Frick curators created the Frick Madison, for three magnificent years celebrating the contrasts between the ultra-modern building with gray granite floors, gray concrete walls, and trapezoid windows, and the representational art. Seeing the traditional art in juxtaposition with the unadorned contemporary materials freed the art and the viewer to study it. With the looming closing of the Frick Madison, though, I felt like I was at once in a historic and yet funereal moment in this unique museum that in three days would disappear forever.

My last evening in New York was spent attending a bucket list concert by the Vienna Philharmonic Orchestra in Carnegie Hall. The Bruckner (unfinished) symphony was played flawlessly, and the acoustics are incredible. I had never been to Carnegie Hall, – and I did not even need to practice to get there.



Alas, my New York trip had to end on day five, with thoughts of so much New York, so little time, and so many good reasons to return before five years.



Judy Bodner

EVENTS

March 15th we gathered to celebrate the Grand Opening of our Greenhouse. It is a state of the art facility that will protect our most treasured plants and satisfy our most discerning gardeners. Debi McNeil, cut the ribbon held by Tammy Clark and E'lexis Brewer, Design Assistant.



EVENTS

March 14th the Accumulation Sale crew were ready to welcome the eager shoppers: residents, staff, and visitors to the marvelous array of clothing and jewelry wonderfully displayed by this group of enthusiastic residents raising money for the Residents Council committees and events. And the shoppers were overjoyed to spend money on a purposeful objective and get a great bargain on some beautiful items.



WELCOME MAT

**The Welcome Mats (pg 20-25)
have been left blank intentionally**



WELCOME MAT



WELCOME MAT

WELCOME MAT



WELCOME MAT

WELCOME MAT

FOUR C'S



Gail Rogers

We want to devote part of this month's message to remembering **Norm Currey**, who had a long history with 4 C's. Norm was one of Canterbury's treasures and not just to the store. To know him was a joy. He played many roles during his years here, including working with the Accumulation Sale (often taking furniture to purchasers' vehicles), displaying his beautiful art in the gallery, and sharing his experiences in England during World War II through lectures and writing. A long-time charge clerk in the store, he also wrote our monthly Canterbury Tales article. When 4 C's reopened after a temporary Covid shutdown, Norm decided that he would not return to working in the store, but continued to write articles. Eventually

he got his own column where he could share his knowledge and many interests. He was a true Renaissance man indeed, and we will miss his dropping by to buy stamps and say hello.

On a more mundane note, please be aware that 4 C's will be closed for a couple of weeks from April 23 to May 9 (dates subject to change!) as part of the Wellness Center renovation. Neither volunteers nor customers will have access to the store during that time. We will not be able to fill or deliver orders, so plan accordingly! There will be no changes to the store itself.

In the meantime, Happy Spring!

Gail Rogers, Co-Chair Anne Haltiwanger, Co-Chair

COVER STORY

The Love Snake (*Aphrodite infatuatious*) has been seen in the Garden in front of the greenhouse. This is a common but somewhat secretive species whose presence was first indicated on April 1st when a delightful perfume-like odor was detected by a Canterbury resident. The odor originates from the skin of the female snakes.

The Love Snake is not poisonous though it does bite and injects venom which has the effect of causing those bitten to be especially susceptible to falling in love very quickly. Side effects of the bite include great joy, but occasional emotional distress has been reported, also.

This photograph appears to show a gravid



ovoviviparous female who will soon give birth to living young. Perhaps the local population will increase as the young feed on a diet of mythology, superstition, and humor supplemented with chocolate.

Jim Satterfield
Photos: Sandra Garber

TALES FROM THE LIBRARY



Anne Jones

NEW BOOKS

THE PHOENIX CROWN
by **Kate Quinn** and **Janie Chang**



This is an unforgettable narrative about the in-

tertwined lives of two wronged women, spanning from the chaos of the San Francisco earthquake to the glittering palaces of Versailles.

are at the center of this novel about the power of love to transcend lost.

THE HUNTER
by **Tana French**

From the author of *The Searcher*, this spellbinding new novel is a dark and lyrical take of revenge, friendship, and loyalty in collision.

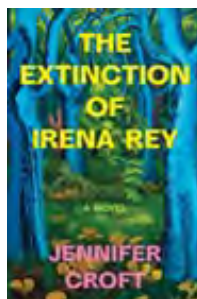


COLD VICTORY
by **Karl Marlantes**



Marlantes moves from the jungles of Vietnam to the spectral tundra of a Cold War-era Finland with his fascination of militaria and historical detail.

THE EXTENSION OF IRENA REY by **Jennifer Croft**



From the International Booker Prize-winning translator and Women's Prize finalist, this is a beguiling novel about eight translators and their search for a world-renowned author who goes missing in a primeval Polish forest.

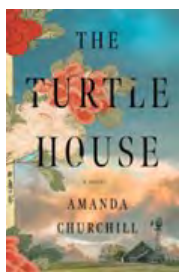
THE WAGER
by **David Grann**

From the author of *Killers of the Flower Moon*, this is a page-turning story of shipwreck, survival, and savagery culminating in a court martial that reveals a shocking truth.

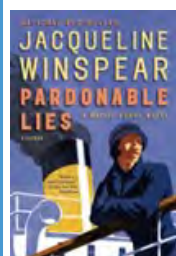


THE TURTLE HOUSE
by **Amanda Churchill**

This debut novel is the tender, big-hearted story about women, family, and the complicated history of Texas.



PARDONABLE LIES
by **Jacqueline Winspear**



Book three of the bestselling series with London investigator Maisie Dobbs. Winspear is always a Canterbury Court favorite author.



THE NIGHT IS LONG BUT LIGHT COMES IN THE MORNING: MEDITATIONS FOR RACIAL HEALING
by **Catherine Meeks**

From the winner of The President Joseph R. Biden Lifetime Achievement Award, and recent Canterbury Court speaker, this is a spiritual guide to restoring yourself from racial trauma and committing to the long work of dismantling racism.

Anne Jones

AFTER ANNIE
by **Anna Quindlen**

Quindlen's trademark wisdom on family, friendships, and the ties that bind us all



CANTERBURY SCHOLARS

We are pleased to introduce D. Kay Watson, a Licensed Practical Nurse [LPN] in Assisted Living at Monarch Pavilion. She has been in Atlanta 27 years and working at Canterbury for two years on our previous health care floors before moving to Monarch. In the past she has lived in Houston and Little Rock where she earned her LPN with honors.



D. Kay Watson

After working in marketing and public relations for many years, plus rearing her children, becoming a Master Gardener and helping with the family landscaping business, Kay sought out a career in nursing. She thought it to be more mentally challenging and socially purposeful.

In Atlanta in the past, she has worked with medically fragile children and with pregnant and homeless women recovering from addictions. After being at Canterbury these last two years, she loves her

residents and their families, considering it an honor to offer them care at such a vulnerable time in their lives.

Kay has always planned to continue training to become a Registered Nurse [RN], and sought out the Scholarship Program at Canterbury to financially assist her work at Georgia State University in meeting the prerequisites for entering an RN program. In 2023, she entered the LPN to RN Bridge

program at Georgia Highlands College in Rome. Kay plans to continue after earning an RN to the Bachelor of Science in Nursing degree [BSN]. She's encouraged others in nursing at Canterbury to continue their education as well, and many have. Of her own search for new and challenging experiences through education, she often jokes that she'll be buried with her school books

Valerie Fennell



SALVATION ARMY RED KETTLE DRIVE CHRISTMAS 2023

Thank you to everyone who contributed to the Canterbury Court Virtual Red Kettle, in support of The Salvation Army. By collecting a total of **\$12,003 in 2023**, Canterbury surpassed our donations of \$9,518 collected in 2022. As inflation rises, so does the need in our communities. Your donations will allow The Salvation Army to continue providing much needed assistance to families struggling to pay their bills and put food on their tables. Mary and I want to personally thank you for your generosity.

Thank you again for supporting such a worthy cause!

Bob and Mary Kesterton

GARDEN COMMITTEE



Margaret Langford

There are Flowers Everywhere! Whether you walk into the front hall (when it's not under construction), stroll in the gardens, or even observe residents'

balconies, you can see flowers. No matter what the season, thanks to Llewellyn Bell and her committee there are beautiful arrangements around just about every corner inside the buildings. One touch that makes Canterbury more homelike, is the small vase of our own garden flowers on the table outside of our new mailroom.

Inside the old Legacy Garden, there are 16 individual residents' gardens which have been brightening our campus for over 50 years. Come out and see the spring bulbs, camellias, pansies, foxglove, iris, violets and lilies. Soon the azaleas will burst forth, with the red bud and dogwood trees and the fantastic

"snowball" tree over the Fort. Wander down to the Native Plant Bog and look closely for Green and Gold's yellow carpet, possibly a bloodroot or a trillium, Virginia Blue Bells, India Pinks, tiny blue iris and the showy Native Azalea.

The new gardens near the greenhouse are still something of a mystery, but we finally got a watering system put in, so there will be plenty of action soon. It will be fun to watch the progress, and there is bound to be camaraderie among the gardeners as they test out their gardening skills. However, there is one spot, #24, which is already in full bloom. Check it out. It's stunning!

Don't miss a thing. Take a walk every day!



Margaret Langford, Chair



Beadie and Gene Cambardella have help from son Mario, and granddaughter Perry Marie, in preparing their garden plot for spring planting. Their garden is located near the greenhouse. Beadie wrote, "...love our garden and the green house."

WELLNESS



**Andrew
Wiltz**

A Parkinson's Foundation backed study reported that nearly 90,000 people are diagnosed with Parkinson's disease (PD) in the U.S. each year. There will be 1.2 million with PD by 2030. With the prevalence and incidence of Parkinson's,

we need to find ways to better support the PD community. We would like to share some ways Canterbury supports our residents and others living with Parkinson's.

On Thursday, April 11th, we have a large team of residents and staff that will be participating in the **NUSTEP 30,000 Challenge**, as we **Pump it for Parkinson's on World Parkinson's Day**. We are excited to see the interest in this event, as there are several teams that will be stationed at the **5 NUSTEP's** that we have in the community. This event has been organized by the National Institute for Fitness and Sport (NIFS), NUSTEP and International Council on Active Aging with a goal of **10 million steps** nationwide at various communities and healthcare centers. The goal is to have **30,000 steps on each NUSTEP**. We can do this! There will be tracking sheets for our 5 machines from **7:30 a.m. to 4:30 p.m.** The sessions must be at least **15 minutes**, and we will fill these spots out quickly. **We will have 3 NUSTEPS in the Restorative Room in the Wellness Center and the other two will be in the Monarch Pavilion Fitness.** We have a sign-up sheet at the Wellness Reception Desk with appointment card reminders. Let's show our support on World Parkinson's Day!

The **Rock Steady Boxing** program has

completed its first month at Canterbury. This class is led by **Soni Pelino**, physical therapist and certified Rock Steady Instructor. Her program is backed by scientific research that shows that it is very effective for improving symptoms typically experienced by those with PD. The class is a combination of boxing, balance, and agility drills. She has 8 regular participants, and we expect this class to grow!

Powerback Rehabilitation has two programs to support Parkinson's. They offer the **LSVT BIG program**. It is an intensive, effective, one-on-one treatment created to help people with PD and other neurological conditions address walking, balance, and other activities of daily living. **Will Weaver, Director of Rehab and Physical Therapist Assistant, and Tyler Tredway, Physical Therapist, are certified.** In addition, Erin Verner, Speech Therapist, offers the **SPEAK OUT program**. This is a one-on-one evidence-based therapy that primarily helps to "Speak with INTENT", thereby bypassing compromised "automatic" motor system and instead accessing the preserved "intentional" motor system. Both programs require a prescription from your doctor and are worth the effort to get one!

We revised our Wellness class schedule in March. The Wellness Team offers you **47 classes a week!** We encourage you to get a copy and study the variety of options to meet your needs. Recently, we added a men's group class led by **Mike Banks**. Our goal is to ensure that we have something for everyone in our program, and we welcome you to be a part of it!

Andrew Wiltz, Wellness Director

BOOK CLUB

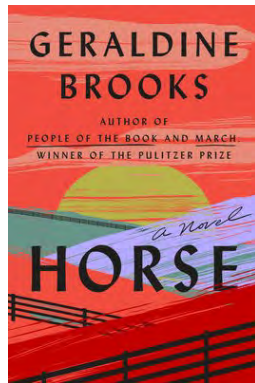


Elizabeth Allan

Reviewer and
Discussion Leader:
Elizabeth Allan

MONDAY, APRIL 1,
2024
Vermont Tower 2 PM
Community Room

HORSE
by **Geraldine Brooks**



The hero in **HORSE** is, of course, a real horse (not the owner or the trainer, although the trainer is important)...an exact quote from the front earflap of the novel's cover:

"A discarded painting in a junk pile, a skeleton in an attic, and the greatest racehorse in American history: from these strands, a Pulitzer Prize winner (Geraldine Brooks) braids a sweeping story of spirit obsession, and injustice."

The "sweeping story" includes the years 1850-1920—and makes special mention of the Women's and Civil Rights movements in the 1960s and 70s. If those topics don't intrigue you—think of the titles of other of books written by Brooks: **The Secret Chord, Caleb's Crossing, People of the Book, and Year of Wonder.** The above mention of "injustice" refers to the examples in the novel when a black groom or trainer would have been the reason a horse was a winner at the racetrack, but would not receive any public credit.

In her Afterword, Brooks explains that this novel is a work of the imagination, but that most of the details of the details regarding the REAL horse (Lexington) and his brilliant racing career—are true. In the middle of the last century the main topic of any newspapers sports pages (even in New York) was the racetrack—instead of baseball, football or basketball.

We lived in middle Tennessee for a few years, and I sometimes attended Tennessee Walking Horse events, but never any races. So, the book **HORSE** was valuable to read and learn more about the history of racetrack popularity. (I had paid attention to the Kentucky Derby... and knew a few people who attended)

Lexington was successful on the racetrack, but his major importance was as a father ("stud sire" is the term). Apparently he and several mares had 575 foals (children)! Many of these foals went on to be outstanding champions—four winning the Belmont Stakes and three winning the Preakness. Very impressive.



Lexington

Book Club Advisory Team

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

Elizabeth Allan, Chair

RESIDENT SERVICES



Rebecca Oleson
Resident Services

APRIL HAPPY HOUR & SUNDAY BRUNCH ENTERTAINMENT

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

- ⌘ Pianist **Dan Staggs** returns to Canterbury to entertain and take requests on Friday, April 5th in the Vermont Tower Community Room.
- ⌘ Enjoy brunch music with **Craig Gleason** at 1:30pm on Sunday, April 7th.
- ⌘ Welcome back **The Jim Hampton Jazz Duo** on Friday, April 12th.
- ⌘ Singer and piano player **Beth Waller** returns to sing your favorites on Friday, April 19th.
- ⌘ Newcomer (and resident Joyce Vroon's son) **Brad Vroon** entertains on Friday, April 26th.

APRIL MUSICAL TRIPS

***Sign up for all trips at the Wellness Center 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.

Stutzmann Conducts Mozart & Brahms, April 4

Join music director Nathalie Stutzmann and the ASO for an evening in old Vienna, featuring two iconic works by Brahms.

Delta Series #3

Nathalie Stutzmann & Renée Fleming, April 11

Hear the incomparable Renée Fleming as she joins the ASO for an evening of Richard Strauss.

Delta Series #4

Stutzmann Conducts Pires & Beethoven, April 18

Portuguese piano virtuoso Maria João Pires makes her ASO debut in an evening not to be missed.

Delta Series #1

Gershwin's Rhapsody in Blue, April 25

Guest conductor Lina Gonzalez-Granados makes her ASO debut with a delightful music from the Americas where classical meets jazz.

Delta Series #2



Atlanta Opera's "Die Walküre, April 30

The daughters of Wotan, ruler of the gods, are tasked with guiding the souls of fallen warriors to Valhalla. But as scandal erupts, Wotan finds himself at odds with who he most trusts. Greer Grimsley returns in his Atlanta Opera's new production, sung in German with English supertitles.

This performance is 4 hours and 25 minutes long with several intermissions between acts. To purchase tickets for the Tuesday, April 30th, 8:00pm performance visit www.atlantaopera.org or call (404)881-8801. The bus will load from the Front Entrance at 6:00pm and leave promptly at 6:15pm.

APRIL ACTIVITIES & EVENTS

Mah Jongg Saturdays

Canterbury continues Mah Jongg Saturdays in April at 2:00pm in Peachtree 1&2. 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 April 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 with resident Jeann Blankenship each Tuesday in the Art Room on the ground floor of Peachtree Tower from 10am to noon. All residents and skill levels 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.

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.

"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.

Book Club, April 1

All residents are invited to the April meeting of the Canterbury Book Club on Monday, April 1st at 2:00pm in the Vermont Tower Community Room, when resident Elizabeth Allan leads the discussion for *Horse* by Geraldine Brooks.

Four Hands, One Piano Performance, April 1

Attracted by a shared love of piano ensemble playing, Kristi Helfen and Pamela Martin began their collaboration of the Four Hands, One Piano team ten years ago. Kristi teaches Applied Piano at Oxford College of Emory University, having earned a Master of Music degree from Georgia State University. Pamela is a graduate of the Oberlin Conservatory of Music in Maryland and currently teaches private lessons in her home when not freelancing performances. All residents are encouraged to attend this lively piano performance on Monday, April 1st at 7:30pm in the Vermont Tower Community Room.

Bingo, April 3 & 17

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 on Wednesday, April 3rd and again on the 17th.

Global Jewelry Repairs and Sales, April 4

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, April 4th from 10:00am to 2:00pm.

Beekeeper Talk with Linda Tillman, April 4

Linda Tillman, past president of the Georgia Beekeeper's Association and named beekeeper of the year in 2020, will visit Canterbury to teach us all things beekeeping. Linda was instrumental in passing the Georgia Save the Bee license plate and regularly posts bee related YouTube videos about inspecting hives, trips for better beekeeping and cooking with honey. Enjoy learning about how to help our Georgia bee population along with honey themed drinks (mead) and nibbles on Thursday, April 4th at 2:00pm in the Monarch Tower Community Room.

Neva's Accessories Sale, April 5

Neva returns to showcase her latest jewelry, scarves and bags that will complement any Spring or Summer wardrobe. See her vast selection of handmade, high quality items on Friday, April 5th from 12:00-6:00pm in Peachtree 1&2 of the Vermont Tower Community Room. Cash, checks and major credit cards accepted.

"Brigadoon" Movie Showing with Alexa Foreman, April 5

This vibrant MGM musical stars Gene Kelly, Van Johnson and Cyd Charisse and tells of a mythical kingdom which rises out of the Scottish mist every 100 years. Vincent Minnelli directs and songs include "It's Almost Like Being in Love." See this classic, nominated for three Oscars, and find out some behind the scenes trivia with Alexa on Friday, April 5th at 1:00pm in the Vermont Tower Movie Theater. Remember to use the farthest elevators in Vermont Tower to access the theater.

Lunch Trip to The Chastain, April 9

The Chastain is a neighborhood restaurant whose cuisine is rooted in locally grown seasonal ingredients, some of which are harvested directly from the onsite culinary garden. Menus are driven by this garden as well as what their farm partners have fresh on hand, giving the diner an experience of tasting food at their peak. Join us on this culinary adventure on Tuesday, April 9th. We will load the bus from the Front Entrance at 11:00am and leave promptly at 11:15am on Tuesday, April 9th.

Administrative & Enrichment Project Update, April 10 & 24

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 Phase 2 is well under way. 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.

Shopping and Lunch Trip to The Forum, April 11

After an early morning walk on the NuStep for Parkinsons this morning (see Andrew's article!), join us for a relaxed afternoon of Spring and Summer shopping at The Forum, located nearby in Peachtree Corners. Add to your wardrobe from collections by Brighton, Chico's, DSW, J. Jill, and more and with over sixteen eateries, you're sure to find something to suit your taste. This trip will load from the Front Entrance at 10:00am and leave promptly at 10:15am on Thursday, April 11th.

Cristo Rey Student Intern Presentation, April 11

Join this year's Cristo Rey student interns as they relate what their year at Canterbury has been like, how they have interacted with the various departments, assisted committee members as well as staff and residents alike. This is a time to celebrate the student accomplishments and support and encourage them in their future endeavors as some will go on to attend college and others another year of high school. Join them on Thursday, April 11th at 1:30pm in the Vermont Tower Community Room.

Floral Metal Sculptures with Gillian Gussack, April 12

Make your garden stand out or add a colorful piece of self-made art to your planters on your balconies with floral metal sculptures. Gillian will show you how to create different shapes to achieve these unique designs. All materials are provided and no experience is necessary. Come learn how to unleash your creative side on Friday, April 12th from 10:00am to noon in the Art Room.

Civil Conversations, April 12 & 26

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, April 12th and 26th at 4:00pm in the Vermont Tower Community Room.



Wayne Freedman Piano Concert, April 17

Pianist and singer Wayne Freedman returns to Canterbury for an evening of songs that will range from light classical works by Chopin, Debussy and Mozart as well as popular favorites from Billy Joel, the Beatles and scores from Broadway and Hollywood. Enjoy an evening of songs you can sing along to on Wednesday, April 17th at 7:30pm in the Vermont Tower Community Room.

Trip to the Chattahoochee Nature Center with Lunch at The Mill Kitchen & Bar, April 18

Get your nature on with this short trip to the 127-acre nature center on the Chattahoochee River. Closed-toed shoes, hats and breathable clothing are recommended as we will embark on a guided tour of the aviaries and beaver habitat along the Wildlife Walk paved paths and learn about regional plants and animals with a center naturalist. Before our walk though, enjoy a craft inspired, locally sourced lunch at The Mill Kitchen & Bar, known for being the quintessential Southern neighborhood restaurant with a large selection of craft beers. This trip takes place Thursday, April 18th. The bus will load from the Front Entrance at 11:00am and leave promptly at 11:15am. A \$25 trip charge will be added to your monthly account. Lunch is on your own.

Olli's "The Surprising Economics of Immigrants", April 19

Emory University's OLLI program brings instructor Shai Robkin to Canterbury to discuss a timely topic. Immigration is a misunderstood topic in America's social discourse with much of what we believe largely based on myth. How different were the experiences of immigrants from centuries earlier compared to those today? How do immigrants compare educationally, professionally and economically with US born residents? This lecture will dig into some of these questions and discuss the policy implications of what we find.

This program is sponsored by Emory University's OLLI (Osher Lifelong Learning Institute), a program designed for seasoned adults who enjoy learning for fun. An OLLI representative will be on hand after the lecture with literature on all the program's offerings, available both in person and via Zoom. This event takes place Friday, April 19th at 1:00pm in the Vermont Tower Community Room.

Shirley Irek Student Piano Recital, April 21

The piano students of Shirley Irek return to Canterbury to perform their yearly recital. Students range in age and skill from tiny beginners to advanced students performing classical repertoire. After lunch, come to support and encourage these students and enjoy an hour of classical music on Sunday, April 21st at 3:00pm in the Vermont Tower Community Room. Light refreshments will be served.

Earth Day Service with Pastoral Care, April 22

Happy Earth Day! You are invited to a short service to celebrate and honor the beauty of God's creation on Monday, April 22nd at 11:30am. Weather permitting, we will meet in the Martha Gay Monarch Pavilion Plaza. In the case of rain, we will move inside to the Monarch Pavilion Community Room. All residents are welcome and encouraged to attend.

Tomoko Uchino & Gloria Lin Piano Concert, April 24

Join us for another unforgettable evening of Four-Hand piano music as distinguished pianists Tomoko Uchino and Gloria Lin take the stage together. With a wealth of accolades and experience between them, this dynamic duo promises to deliver a concert experience like no other. Together, these two virtuosos will showcase their collaborative expertise, presenting a diverse program that traverses time and genre. From 19th century classics to modern masterpieces, their concert will be a thrilling journey through the rich tapestry of music. This special event takes place on Wednesday, April 24th at 7:30pm in the Vermont Tower Community Room.

Champagne Tasting with Bethany Taylor, April 25

Bethany returns to Canterbury to show you the world of champagne! Learn how this famous sparkling wine was invented in the northernmost region of France by the Champenois family, even though Dom Perignon is affectionately known as the “father of champagne” for perfecting its production. Bethany will lead you through four levels of champagne to include Henriot Brut Rose, Nomine Renard 2016, Marie Weiss NV Ployez, and Luna Nida Prosecco. Dining will provide coordinating appetizers. There will be a \$50 fee charged to your monthly account. You must sign up by Thursday, April 18th. After this time, you will be assessed the required fee if you need to cancel. This fun event takes place Thursday, April 24th at 4:00pm in the Monarch Tower Community Room.

Wildwood Chamber Players, April 25

Return to the 18th century in a palace chamber where you are dressed in your finest silk and brocade when the Wildwood Chamber Players perform for you. This ensemble includes Kim Johnson (violin, viola), Brooke Lurvey (flute), Reynolds McClatchey (flute), Ann Moceyunas (cello) and Elizabeth Perry (keyboard). Pieces will include a flute solo by J.S. Bach, several pieces for the flute, viola and cello by Georg Tellemann, and a flute and bass piece by Henry Purcell. This rococo-esque concert will be held Thursday, April 25th at 7:30pm in the Vermont Tower Community Room. Light themed refreshments will be served.

Perspective Drawing with Gillian Gussack, April 26

Like to draw, sketch or doodle? Let Gillian show you how to add the linear illusion of depth to your art. Perspective drawing shows that as an object gets further away from the viewer, they appear to decrease in size at a constant rate, giving the drawing perspective. This is not a difficult technique to learn and you do not have to be an experienced artist to attend this class. All skill levels are welcome and all materials are provided. Join this fun class on Friday, April 26th in the Art Room from 10:00am to 12:00pm.

Trip to the Kadampa Meditation Center with Lunch at Lady Bird, April 26

The Kadampa Meditation Center of Georgia is a modern Buddhist center in the heart of Inman Park, two blocks from the Beltline. A place in the heart of the hustle and bustle of the city but also a quiet and tranquil place to leave that all behind. Enjoy relaxation as we participate in a meditation, then go to lunch at Lady Bird Grove and Mess Hall for elevated campfire cuisine, outdoors appreciation and gathering with good company. This unique restaurant features 10,000 square feet of indoor and outdoor spaces to explore. Join us for this fun afternoon of learning and relaxation on Friday, April 26th. The bus will load from the front entrance at 10:15am and leave promptly at 10:30am. There will be a \$20 fee added to your monthly account for this trip. Lunch is on your own.

Art Talk with John Tilford, April 29

This month, Oglethorpe University Museum of Art Curator of Collections, John Tilford, will examine the Golden Age of 17th century Dutch art to include works by Rembrandt van Rijn and Jan Steen among others. This exhibition will coincide with the High Museum's upcoming exhibition, "Dutch Art in a Global Age: Masterpieces from the Museum of Fine Arts, Boston", to open April 19th at the High Museum. John will visit Canterbury on Monday, April 29th at 2:30pm in the Vermont Tower Community Room. All residents are welcome and invited to attend!

APRIL WELLNESS EVENTS

Saturday, April 13th and Wednesday, April 24th:

Hearing Aid Clinic with Audiologist Monica Walker
Call (404)777-5252 to schedule an appointment.

This month residents will be seen in the Monarch Pavilion Community Room on Saturday, April 13th and in Peachtree 1&2 of the Vermont Tower Community Room on Wednesday, April 24th from 9:00am to 3:00pm.

Tuesday, April 9th:

10:30am Blood Pressure and Diabetes Check with Personal Care, Inc.
Wellness Center

Pump It For Parkinson's Event, April 11th:

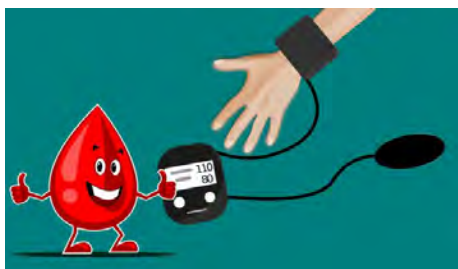
7:30am to 4:30pm

Refer to Andrew Wiltz's article on page 30 for more information.

Tuesday, April 16th:

Podiatrist Dr. Jeanine Jones

Call the Clinic at Ext. 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 CC Notification emails or the in-house tv channel for the most current movie schedule information and location, as Phase 2 Enrichment construction will affect this schedule.

Mar 29-Apr 4

Movie # 1

Miss Potter (2006) 1h 30min

This is the story of Beatrix Potter, author of the beloved and best-selling children's book, "The Tale of Peter Rabbit", and her struggle for love, happiness and success.

Movie # 2

Jesus Christ Superstar (1973) 1h 45min

This is the film version of the musical stage play, presenting the last few weeks of Christ's life from the view of Judas Iscariot, his betrayer.

Movie Special: Mar 31 & Apr 4

Patterns of Evidence: Exodus (2014) 2h

Filmmaker Tim Mahoney travels the globe in search of archaeological evidence that the Exodus, as told in the Old Testament, actually occurred.

Apr 5-11

Movie #1

The April Fools (1969) 1h 35min

A married stockbroker (Jack Lemmon) meets his boss's (Peter Lawford) wife (Catherine Deneuve) at a cocktail party and decides to run off with her to Paris.

Movie #2

Out of Sight (1998) 2h, Rated R

Meet Jack Foley (George Clooney), the most successful bank robber in the country. On the day he escapes jail, he finds himself stealing something far more precious than money - Karen Sisco's (Jennifer Lopez) heart. What he doesn't know is that she is a Federal Marshal. Are they willing to risk it all to find out if there's more between them and just the law.

Movie Special: Apr 7 & 11

You Are What You Eat (2024) 45min

A group of identical twins change their diets and lifestyles for eight weeks in a scientific experiment designed to explore how foods impact the body in more ways than physical. In this first episode, the twins must stick to either a plant-based or omnivorous diet to determine what is the healthiest.

Apr 12-18

Movie #1

Waitress (2007) 1h 45min

Jenna (Keri Russell) works in a diner in a small Southern town and is a genius at creating desserts, but her marriage to an overbearing lout (Jeremy Sisto) makes happiness impossible. When she discovers she is pregnant, she makes plans to skip town before anyone knows but she meets the new town doctor (Nathan Fillion) and it changes everything.

Movie #2

Capote (2005) 2h, Rated R

Reading of the murder of a Kansas family, New York City novelist Truman Capote (Philip Seymour Hoffman) decides to cover the story himself and travel to the small town with his childhood friend, novelist Harper Lee (Catherine Keener). When two people are arrested and charged, Capote forms an emotional bond with them during his jailhouse interviews despite the young criminal's apparent guilt.

Movie Special: Apr 14 & 18

20 Days in Mariupol (2023) 1h 35min

As the Russian invasion begins, a team of Ukrainian journalists trapped in the besieged city of Mariupol struggles to continue their work documenting the war's atrocities.

Apr 19-25

Movie #1

The Garden of Finzi-Continis (1970) 1h 35min; Rated R

This classic Italian drama focuses on the intellectual Finzi-Contini family, Jewish aristocrats who live on an idyllic estate. Siblings regularly hold parties with their friends, largely sheltered from the growing anti-Semitism in their country. When the Fascist movement becomes stronger however, it affects everyone in the orbit of the family.

Movie #2

My Big Fat Greek Wedding (2002) 1h 35min

Everyone in the Portokalos family worries about Toula (Via Vardalos). Still unmarried at age 30, she works at the Greek restaurant owned by her parents. After taking a job at her aunt's travel agency, she falls in love with a teacher who is tall, handsome and definitely not Greek. Toula isn't sure which will be more upsetting to her father, that her love interest is a foreigner or that he's a vegetarian.

Movie Special: Apr 21 & 25

You Are What You Eat (2024) 45min

In this second episode, the twins begin their diets with a mix of successes and struggles. The recommended dietary guidelines raise concerns and a renowned chef changes course.

Apr 26 -May 2

Movie # 1

Sideways (2004) 2h; Rated R

Struggling writer and wine enthusiast Miles (Paul Giamatti) takes his engaged friend Jack (Thomas Haden Church) on a trip to the wine country for a last single-guy bonding experience. While Miles wants to relax and enjoy the wine, Jack is in search of a fling before his wedding. This is when things start to go sideways.

40

Movie #2

Movie #2
The Intern (2015) 2h

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back in the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. He soon becomes popular with his young co-workers, including Jules (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules.

Movie Special: Apr 28 & May 2
The Elephant Whisperers (2022) 40min

Bomman and Bellie, a couple in South India, devote their lives to caring for an orphaned baby elephant named Raghu, forging a family like no other that tests the barrier between the human and animal world.



Needed: Canterbury Tales Interviewers

We have 61 individuals and couples not yet interviewed who have moved to CC Independent Living since September, and more are on the way. Canterbury Tales is NOT published in summer, so that just leaves the May and June issues. We now have twelve interviewing teams, but we need more teams if we are going to catch up with 61 new residents before summer. Please consider volunteering to help. Contact Josh Taylor (Garden Tower #1204) at jet1939@gmail.com or (404)441-8264 to learn more about what is involved. m

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 APRIL FOOLS' DAY 2:00: Book Club, VTCRm 4:00: Choristers Rehearsal, VTCRm 7:30: Four Hands, One Piano, VTCRm	2 10:00: Open Art Time 11:00: Trip to Publix 11:00: Tai Chi, P1&2 1:35: Trip to Kroger 7:30: Vespers w/ The Rev. George Maxwell	3 10:30: Holy Communion, VTC 4:00: Bingo, MCRm	4 10:00: Global Jewelry, VTCRm 2:00: Beekkeeping Talk, MCRm 3:00: Explore Your Personal Singing Style, VTCRm 4:00: Ukulele and You, VTCRm 7:00: ASO, Series #3	5 12:00: Neva's Accessories Sale, P1&2 1:00: "Brigadoon" Movie Showing w/ Alexa, VTT 1:30: Keep in Mind w/ Fini Shell, Art Rm 1:35: Trip to Kroger 5:00: Happy Hour w/ Dan Staggs, VTCRm	6 2:00: Mah Jongg, P1&2	
7 Sunday service livestreams 1:30: Sunday Brunch w/ Craig Gleason, FP 3:00: Chat & Stitch, 7th floor lounge	8 1:35pm: Bus to Kroger 4:00: Choristers Rehearsal, VTCRm	9 10:00: Open Art Time 10:30: B/P & Diabetes Check with Personal Care, Wellness Center 11:00: Tai-Chi, P1&2 11:00: Lunch Trip to The Chastain 2:30: Trip to Publix 7:30: Vespers w/ Rev. Dr. Katie Sundermeier, VTCRm	10 10:30: Holy Communion, VTCRm 4:00: Admin Update w/ Residents, VTCRm/Zoom	11 PUMP IT FOR PARKINSONS DAY 10:00: Shopping and Lunch Trip to The Forum 1:30: Cristo Rey Intern Project Presentation, VTCRm 3:00: Explore Your Personal Singing Style, VTCRm 4:00: Ukulele and You, VTCRm 7:00: ASO, Series #4	12 10:00: Metal Floral Sculptures w/ Gillian Gussack, Art Room 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 Jim Hampton, FP	13 HEARING AID CLINIC, MCRm 2:00: Mah Jongg, P1&2	
14 Sunday service livestreams 3:00: Chat & Stitch, 7th floor lounge	15 1:35: Trip to Kroger 4:00: Choristers Rehearsal, VTCRm	16 PODIATRIST 10:00: Open Art Time 11:00: Trip to Publix 11:00: Tai-Chi, P1&2 7:30: Vespers w/ Rev. Charles Savage, VTCRm	17 10:30: Holy Communion, VTCRm 4:00: Bingo, MCRm 7:30: Wayne Freedman Piano Concert, VTCRm	18 11:00: Trip to The Mill Kitchen and Chattanooga Nature Center 3:00: Explore Your Personal Singing Style, VTCRm 4:00: Ukulele and You, VTCRm 7:00: ASO, Series #1	19 1:00: The Surprising Economics of Immigrants w/ Emory Olli, VTCRm 1:30: Keep in Mind w/ Fini Shell, Art Rm 1:35: Trip to Kroger 5:00: Happy Hour with Beth Moore, FP	20 2:00: Mah Jongg, P1&2	
21 Sunday service livestreams 3:00: Shirley Irek Student Recitals, VTCRm 3:00: Chat & Stitch, 7th floor lounge	22 PASSOVER, EARTH DAY 11:30: Earth Day Service w/ Pastoral Care, MCRm and Plaza 1:35: Trip to Kroger 4:00: Choristers Rehearsal, VTCRm	23 10:00: Open Art Time 11:00: Trip to Publix 11:00: Tai Chi, P1&2 7:30: Vespers w/ Rev. Jody Andrade, VTCRm	24 HEARING AID CLINIC, P1&2 10:30: Holy Communion, VTCRm 4:00: Admin Update w/ Residents, VTCRm/Zoom 7:30: Gloria Lin & Tomosko Uchino Performance, VTCRm	25 4:00: Champagne Tasting Event, MCRm 3:00: Explore Your Personal Singing Style, VTCRm 4:00: Ukulele and You, VTCRm 7:00: ASO, Series #2 7:30: Wildwood Chamber Players, VTCRm	26 10:00: Perspective Drawing w/ Gillian Gussack, Art Rm 11:00: Trip to the Kadampa Meditation Center w/ Lunch at Lady Bird 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 Brad Vroon, VTCRm	27 2:00: Mah Jongg, P1&2	
28 Sunday service livestreams 3:00: Chat & Stitch, 7th floor lounge	29 1:35: Trip to Kroger 2:30: Art Talk, VTCRm 4:00: Choristers Rehearsal, VTCRm	30 10:00: Open Art Time 11:00: Trip to Publix 11:00: Tai Chi, P1&2 6:15: Trip to Atlanta Opera's "Die Walküre" 7:30: Vespers w/ Rabbi Peter Berg, VTC	LEGEND FP: Front Parlor P1&2: Peachtree Rooms in VTCRm VTCRm: Vermont Tower Community Room VTC: Vermont Tower Chapel VTT: Vermont Tower Theater	<h1>April 2024</h1> <h2>Activities and Events</h2>			



March 2024