

Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

Volume LXII No. 1

January 2024



2024 RESIDENTS COUNCIL

Cover Story 14

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Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

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Vice President.....Ann Pearce
Secretary.....Barbara Blender
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***Canterbury Tales* is published monthly from September through June.**



January 1, 2024



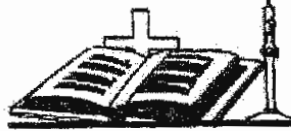
January 15, 2024



January 22, 2024

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

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CHAPEL SERVICE

Our first Chapel of the New Year is January 3. Make a resolution to join us on Wednesdays at 10:30 a.m. We welcome all residents.

Gail Johnson, Altar Guild Chair #572

VESPERS

**January 02 No Vespers
Happy New Year**

**January 09 Father John T. Howren
Rector/Pastor
Basilica of the Sacred Heart of Jesus**

**January 16 Choral Evensong
The Choir of St. Luke's Episcopal Church
Matthew Brown, Director of Music, St. Luke's**

**January 23 The Rev. Matt Babcock
Vicar
St. Luke's Episcopal Church**

**January 30 An Evening of Jazz Vespers
The Rev. Dr. Andrew Barnett (piano, All Saints' Episcopal Church)
Robert Boone, Jr. (drums, Count Basie Big Band)
Mike Beshara (base, Bonadventure Quartet)**



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

JANUARY BIRTHDAYS

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A JOYOUS SOUND FILLED THE AIR...



**“The secret to change is to focus all of your energy, not on fighting the old,
but on building the new.”
—Socrates.**



FROM DEBI'S DESK

Comments from the President of Canterbury Court

I consider myself a fairly risk adverse person. This should really come as no surprise to anyone who knows me. I'm a classic type A recovering accountant and CFO. I was even reminded last week from a former trustee of an organization where I used to work about the time I wouldn't cross the street until the crosswalk light said it was ok. What can I say? I like to follow the rules, which apparently was a trait she found comfort in with me as the CFO. Aside from the occasional game of Texas hold 'em and a stab at the lottery when the jackpot hits \$900M, I don't find myself taking much of a gamble on things.

So, I find myself a little distressed these days as I have been made aware of some potential legal action against me **and** Canterbury Court by my 11-year-old daughter for failure to be home in time for dinner. Anytime there is potential for legal woes, I find communication is key, and that it is always in the best interest of all parties to discuss the matters at hand and seek resolution before any formal legal complaints are made.

I sat down with her to discuss the challenges I face in getting home for dinner at 6:30 and to see how we might be able to find a reasonable solution. My first point of debate was the most obvious, traffic. All of us who drive in Atlanta are aware of how unpredictable traffic can be, particularly at rush hour (otherwise known as the hours between 1pm – 10pm). As someone who doesn't, she found this argument to be irrelevant.

I moved on to my second line of reasoning. I explained to her that a lot can happen in the hallways of Canterbury Court between the time I leave my office and the time I reach my car. I gave her a specific example from the week before when I intentionally left my office at 5:00pm one evening to ensure an early arrival. I had not only missed dinner the night before but bedtime as well and I knew I was skating on thin ice. As I rounded the corner of the Grille heading to the parking garage, I received a call from our consultant at Greystone who works with us on our expansion project. He told me that he had just learned that something we had been working on earlier that day needed to be submitted that evening before 6:00pm. I beelined into the Grille and set up shop at the bar to complete this submission which completely negated my attempts at an early departure. Once again, this argument was rejected and now, she has decided to name Greystone in the complaint as well.

She is seeking damages of a trip to Disney World or Mexico.

I plan to continue my attempts at resolving this matter outside the courts and I am making a new year's resolution to do better at being home for dinner. If I'm unsuccessful, however, are there any retired attorneys who might be willing to represent me pro bono?



Debi McNeil, CPA, CEO

ADMINISTRATION



Julie Parker

Happy New Year!

Prior to writing this article, I looked back at my January 2023 article and at that time, I wrote a lot about the ending of construction, which did happen late in 2023.

We took a short break until December and

then Phase 2 started. We are now in Phase 2 of the Enrichment Project and these first few months will have some disruptions. Noise from the renovation of the floors two and three in the Club Tower and floor three of the Club Tower, from where our healthcare residents once lived, will continue. All residents will be impacted starting at the end of the month when we begin refurbishing our dining rooms. They were last updated when we opened the Vermont Tower in 2005, so I think it's time!

As of the writing of this article, the plan is that **McBurney's and the space where the old Grille is located will be taken offline first**, so that McBurney's can be renovated and enlarged to accommodate more tables and refreshed with new flooring, wallcovering, artwork, lighting, tables, and chairs. **The remaining space from the old Grille will be converted for the new and improved Court Café.** The plan is to make this space more of a marketplace, where you can still grab and go a variety of items, but also eat-in if you choose. Once this space is completed, we will start refurbishing **Hancock's and the Player Dining Rooms.** These spaces should move along faster since there will be no changes in the room layouts, but just new flooring, wall coverings, and furniture.

We will have some dining room challenges during this six-to-seven-month process, so we will keep you in the loop as soon as we have solid dates and a plan. We will continue to have some dining rooms open during this time, but we may have to rely more on pick up meals and expanding hours for those dining rooms that will remain open.

On another note, we will start back this month having Quarterly Healthcare Forums, where all key healthcare staff will be in attendance so residents can learn more about what healthcare services we provide. These forums have been invaluable and will also allow residents to ask questions. With our influx of new residents, please plan on attending this meeting on **Thursday January 25th at 2:30pm in the Monarch Pavilion Community Room.** Topics of interest will change each quarter and all information will be advertised in the Canterbury Current, the Canterbury App and on the weekly calendar.

I am not one to make New Year's resolutions, but I do subscribe to trying something new and branching out to do something that I have always wanted to do, but haven't done so yet, for whatever reason. I'll bet that there is someone else here that would like to join you in a new adventure, like a friend or a neighbor. It's always more fun when you have a buddy so let's give it a try!

Many Blessings,

Julie Parker, COO-LNHA



EVENTS



Dobie D'Aubert, Furniture Store Manager, and Loyd Kinnett, her trusty assistant look over the latest additions to the new store. It is located on the Ground Floor of the Peachtree Tower, next to the loading dock.



December 8th was a cheerful 4-hands piano concert by Cathy Adams and Randy Romig continuing the Christmas music that filled our halls and hearts with lightness.



John Meisner and Kevin Chen, members of the First Violin section of the ASO charmed the fortunate audience with classical and traditional holiday music.

RESIDENTS COUNCIL CORNER



Martha Solano

2023 was a year of change for all of us at Canterbury — whether it was the influx of nearly 100 new residents for those of us living here or the challenge of moving and changing lifestyle for our new friends. At the end of all of the con-

struction and after meeting our occupancy goals, we are likely to have more than 400 residents which is more than a 75% increase in the number we had at the beginning of 2023.

I know that many of you have worked in a variety of capacities in all kinds of businesses. Some of you owned or worked in small, family-owned companies. You may have experienced the effects of growth on an organization. A small business can run with limited structure — the head of the company setting the tone and the rules of operation. This informality works until the company gets to a certain size — typically around 100 employees. At that size, it is necessary to establish some more formal operation guidelines to ensure that the organization can continue to function effectively and retain its company culture in the future.

That is the place we found ourselves in the beginning of 2023. If we did not have a clearer structure for the Residents Council and its activities, we would not be able to adjust to the requirements of our growth. This involved looking at our accounting practices and changing to a new form of accounting software to provide efficiencies and reporting options to manage our financial resources. It also involved documenting how we operated in-

cluding roles and responsibilities of officers, Executive Committee members, Standing Committees, and other groups within the Residents Council. This was a process worked through with the 2023 Executive Committee and assisted by the past Presidents of the Council. It has resulted in a DRAFT of Operation Guidelines for the 2024 Executive Committee to test, refine, and revise as necessary.

At the same time, a committee headed by Joe Reynolds has been working on our Bylaws to update them for our future. These new Bylaws will be reviewed and approved by the Executive Committee and by the entire Residents Council in a Quarterly meeting. We hope to be able to do this in our March meeting but that will depend on the many moving parts of the process.

By the end of 2024, we hope to have a sound process in place for effectively running the Residents Council and achieving our four key objectives:

1. Serving as a liaison between Canterbury management and residents.
2. Enhancing the quality of life of Canterbury residents by supporting activities tailored for a variety of individuals.
3. Generating resources and providing volunteers to support these activities and the organizational structure to manage them.
4. Providing and managing opportunities and resources to express gratitude and appreciation to the employees of Canterbury Court.

To this end, we are doing the following:

1. Asking all members of the Executive Committee to take on active roles in refining operations of the Residents Council and the Standing Committees.
2. Asking the leaders of the approximately 22 standing committees to prepare a statement of their committee purpose, functions, and goals for 2024 — linking those with the strategic goals of Canterbury Court.
3. Evaluating processes for how we communicate and work with management in a more professional capacity so that we are providing advice and counsel on issues that directly affect the resident population while allowing management staff to focus on their Canterbury responsibilities.

4. Developing lines of communication for residents to make suggestions and ask questions to help us improve our organization.

I am sure that we will find other things that need to be addressed during the year and ask that we all be flexible during this year of change.

So, when someone makes a suggestion of how we might do something better, ask “Why not?” rather than “Why”. If you can try something new that might be an improvement without doing significant harm, it is probably worth a try since you can always return to the original.

And most of all, remember LET GO OF THE BRICK!

We look forward to an exciting, productive and FUN year.

Martha Solano, President

A COMMITTEE EXPO



CANTERBURY COMMITTEE EXPO!
Introducing Our Canterbury Committees
Monday, January 22, 1-3 pm
the Vermont Community Room



Come get acquainted with the 20+ committees that support our Canterbury community and see what appeals to you! Find out what goes on here, how things work, and explore your opportunities! The committees will have tables and displays to explain what they do, and in some cases invite you to sign up.

We need you! Our committees give basic support for a lot of things that make us what we are, from Gardens to Library to Vespers to Hospitality committees. They are classed as Advisory (i.e. Healthcare Advisory, Dining, Wellness), Interest (i.e. Book Club, Choristers), and Service (i.e. Scholarship, Accumulation Sale, Monarch Connections) committees. Getting involved in Canterbury community committees and activities is a great way to meet people, have fun, help your own health and well-being (involvement and socialization is important to keep us "blossoming"!), try out new things, and also to really make a difference

Judy Reidinger

ART GALLERY



My Journey With Japanese Embroidery

My journey with Japanese Embroidery (known as **Nuido**) began in the summer of 2008, a year after my retirement as a public library director in the Atlanta area. Needlework has fascinated me from childhood, starting with my mother teaching me simple embroidery stitches. From there I went on to making my clothes and doing crochet and needlepoint. Then I stopped for many years as the pressures of my job took over and I no longer had time for needlework.

I continued to admire needlework and other fiber arts, however, going to museums and exhibits to view tapestries and other forms of needle art, both locally and on trips abroad. I especially enjoyed the Victoria and Albert Museum in London, which contained exhibits of kimonos and even needlework by Mary, Queen of Scots, and the Cluny Museum in Paris with the Lady and the Unicorn (woven) tapestries. I have never forgotten an exhibit many years ago at the High Museum in Atlanta of Chinese silk embroidery. People still talk about it, especially the live demonstrations of double-sided embroidery. I didn't realize at the time that there were different kinds of silk embroidery. I just knew that I loved the color and texture of the silk and wanted to work with it.

So when I retired, I decided to see what classes might be available in the Atlanta area. A Google search turned up the Japanese Embroidery Center in Sandy Springs! It seemed like the perfect thing, so I signed up for the next beginner's class. I had no idea, of course, what I was getting into. I had never heard of Japanese Embroidery before the day I discovered it on the web, nor did I realize what an amazing thing I had stumbled upon.

I showed up at the first class confident that my earlier skills would enable me to conquer this new art form with little difficulty. That confidence certainly didn't last, as I immediately realized that I had no idea what I was doing and that acquiring this new skill was going to be challenging. But over the years the kind patience of the Tamura family who run the Center—Shuji, Masa, Kazumi, and Arata—overcame my doubts and kept me going the many times that I thought that I'd never be a decent stitcher. My fellow students, local and from all over the world, were and are a constant inspiration.

I have never imagined myself to be an artist. I can't draw or paint, but I do have a deep need to express myself artistically. And I love color. Japanese embroidery gives me the opportunity to tap into an artistic side that I didn't know I had. Learning

about Japanese culture and customs through the morning talks at our classes has been an unexpected bonus and has opened a whole new world for me. I also had to learn to deal with the frustration of not being able to get a technique right, or of the silk tangling, or of taking out more stitches than you put in in a day, or any of the many snags (pun intended) you run into. But it has been worth it. There is nothing like those days when it all goes right: when the silk shines and doesn't tangle, when a difficult technique becomes clear, or when you finally finish a piece you've been working on for months, even years.

Nuido—the “way of embroidery”—is the Tamura's term for the art of Japanese Embroidery. It means much more than just mastering the techniques. It requires a certain sensitivity and can even be spiritual when fully experienced. I have learned a great deal through practicing Nuido over the past few years. My biggest hurdle is patience. I have had to learn to take a deep breath and keep going (or take a break) when things are not going well. But from the beginning, my desire to stitch has always been greater than any frustration or difficulty. I can't not do it and miss it when I must be away from it. I don't think that there has been anything else in my life that has been as absorbing and inspirational as Japanese Embroidery. Without my embroidery to occupy me, I never would have survived the pandemic! Classes are now offered on Zoom, which has enabled more people worldwide to participate.

I simply cannot imagine what my life would be like without Nuido. If, as we students say, you can't die until you've stitched everything in your stash (and your stash is always expanding), then I will be stitching for many years to come!

Gail Rogers



EATING EDIT



START 2024 WITH THE NUTRITIONOMETER

Janus, the ancient Romans' symbol for the first month of the year, had two faces so he could look backwards and forwards,. Maybe the Romans were on to something with Janus as their symbol of transitions and new beginnings. We could apply that thinking in 2024 to the way we choose foods to benefit our health.

Judy Bodner The benefits of the thoroughly researched Mediterranean eating plan, that can prevent or control heart disease, diabetes, and other chronic conditions, are well known. Focus on using the Mediterranean plan to make healthier food choices in 2024 by following this **three-point action plan and using the NUTRITIONOMETER chart to study your current food choices.**

Action step 1: Know what you are eating now. Write down names and amounts of **all** the foods you eat and drink in one specific day.

Action step 2: Identify your healthy and less healthy choices on that day, using the **NUTRITIONOMETER**, a very general food category indicator. Check each box below if you had one or more servings of that category on the day you recorded.

NUTRITIONOMETER

CHOOSE FOR HEALTH	CK	FOODS TO SCALE BACK	CK
Leafy greens		Fried foods	
Fresh or minimally processed vegetables		Heavily processed foods (e.g. chips, lunchmeats, snack bars, donuts)	
Whole fresh fruits		Sugar sweetened beverages	
Whole grain breads, cereals		Sweets: cakes, cookies, pastries	
Chicken, seafood		White breads, refined cereals, grains	
Olive oil as fat choice		Trans fats, tropical fats, butter	

Action step 3: Ask yourself: Is the food you recorded like your usual food choices? Do you want to reduce any less healthy choices and/or increase healthy choices? For example, if you have checked several items in the **SCALE BACK** column, would you skip the cake or cookie? Or drink a glass of water instead of a soda? If you have checks in the **CHOOSE FOR HEALTH** column, bravo! Do you want to add another item, such as a vegetable or whole fruit, in those categories?

If you follow this action plan and use the **NUTRITIONOMETER** to align your food choices more closely with the Mediterranean plan, you are taking a concrete step to manage your health. The goal in following this plan is to eat **fresh and minimally processed foods with few or no chemical additives.** Look for more information about the Mediterranean eating plan during February, when the American Heart Association sponsors Heart Month.

Judy Bodner

Fresh and minimally processed foods with few or no chemical additives.



EVENTS



The Atlanta Community Symphony orchestra added to the joy of the season with a holiday program that included the “sound of the merry oboe” not commonly heard in small orchestral groups.

COVER STORY

For the first time in at least 9 years, the Residents Council Executive Committee has **three new** residents elected as officers of the Corporation. The Principals of this Committee are enjoying the new Monarch lobby and preparing for an exciting and active 2024. Pictured (from left to right) are **Barbara Blender**, Secretary; **Martha Solano**, President; **Ann Pearce**, Vice President; and **Jean Schick**, Treasurer.

While Martha is holding her gavel, Ann is holding a brick to remind all of us to “Let Go of the Brick” this year. Change is always difficult but they are confident that

all residents – old and new – are up for the challenge.

Along with the rest of the Executive Committee (**Virgil Brown, Jim Coomer, Nancy Fukushima, Mary Patton Higgins, Aaron Johnson, Margaret Jones, Pat Miller, and Bill Newton**) they will be working to meet the mission of the Residents Council – To enrich the lives of all who live and work in our Community. They will work with management and residents to make Canterbury the BEST place to live with the BEST people.

Martha Solano

“What would life be if we had no courage to attempt anything?”
– Vincent Van Gogh

“When the winds of change blow, some people build walls and others build windmills.”
— Chinese Proverb

OUR ARTISTIC DIRECTOR



A BRIEF THANK YOU

Two years ago, Mary Earle Scovil asked me to take over her long-held position as Artistic Director of **Canterbury Tales**. Thank you, Mary Earle.

Working with a creative Editor, photographer, and a host of superb contributors has been sheer joy. And receiving positive feedback about my writing has been greatly appreciated.

It is time for me to turn attention to some personal and family matters and to “bless and release” my spot on the **Tales**, knowing that it will be filled by a masterful talent. And, so, I pass on my inkwell and quill.

The **Canterbury Tales** is not Chaucerian. We have no Knight, Miller, Host, Wife of Bath or Parson but our publication does capture the current thoughts and social environment of our community. It is a worthy contribution and I am thankful to have been a part of it.

Ann Delatte

STAFF CHRISTMAS PARTY

Residents turn the tables and serve our much appreciated staff



The food was ordered in to make sure all staff could enjoy the event



JOANN BROWN - HEALTH SERVICES CLINIC



Joann Brown

Glaucoma is referred to as "the sneak thief of sight" since it never causes symptoms and, once it does, causes lifelong vision loss. It is possible to lose up to 40% of one's vision without realizing it. The most common cause of permanent blindness is glaucoma. Similar to diabetes and hypertension, the early stages of glaucoma are symptomless. For this reason, maintaining healthy vision depends on early detection and intervention.

What is glaucoma? It is a collection of conditions that gradually and suddenly take away one's vision. The optic nerve is the source of vision loss. This neuron functions similarly to a multimillion-wire electrical cord. It is in charge of sending visual images from the eye to the brain.

There is no cure for Glaucoma. Medication or surgery, however, can halt or stop further eyesight loss. Among other things, the kind of glaucoma determines the proper course of treatment. Early detection is vital to stopping the progress of the disease.

There are two main types of glaucoma:

- primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glauco-

ma.

- Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma. Here are some ways you can help raise awareness:

1. Speak with loved ones about glaucoma. Don't hide your glaucoma from others. Inform your family members about this.
2. Send a friend to www.glaucoma.org for more information.
3. Ask to receive a complimentary instructional pamphlet for yourself or a friend.
4. Participate in community events such as fund-raisers, online seminars, or get-togethers to help educate yourself and raise awareness.

It's imperative to have regular eye exams. Join us this month as we welcome Dr. Sapna Desai (Eye Consultants of Atlanta) to Canterbury Court for an eye exam screening and a discussion of many cutting-edge glaucoma treatment options. Eye drops alone are no longer the exclusive form of treatment. Injections, lasers, and minimally invasive surgery are more alternatives. This enables us to customize treatment programs to meet the needs of each patient. Date and Time to be released soon. Please be sure to check The Current and/or announcements for upcoming

We need your relatively clean, non-political, positive, socially acceptable jokes and stories. E-mail attachments are preferred but hard copy is acceptable. Please put your name on all sheets of hard copy **submittals**. Sheets are easily separated in the chaos of the editor's desk. Send them to the editor.

THE CHORISTERS SING CHRISTMAS



**John King Carter, Director
Joyce Johnson, piano
Melanie Fuller, flute
Will Myers, violin
Rachel Worler, trumpet
Tom Elston, handbells**



**“Songs of good cheer
Christmas is here!”**

A joyous evening of beautiful music by our wonderful Canterbury Choristers enjoyed by family and friends



NORM'S CORNER



Norm Currey

MORE OF MY VILLAGE

Picture yourself standing in that North Yorkshire village of Pickering, to the South are the Wolds - an agricultural area of fairly substantial hills. The Romans had a road along their "tops" to the coast.

Periodically, they had roads descending down into the valley, and due to the steepness the horse-drawn chariots had to have a series of S-shaped trenches with large 45 degree banks to help the horses keep the speed of the heavy chariots down to a manageable level. The sharply-curved bends with their steep sides served another purpose—providing excellent tracks for us kids to guide our taboggans down there in the winter!



Today there is the "main" road that connects York to the coast and the railroad that connects the village to the Moors on the other side of the valley. Then as you look across the valley to see the Moors we see the narrow strip of civilization from Scarborough on the coast to Thris (about 30 miles inland) which was the home of veterinarian and author James Herriot. North of that line there is NOTHING! Now a lot of people like "nothing", and that's all it is—miles and miles of hills covered with banks of heather. By the way, James Cook was born in that area, west of Whitby. He worked among the ships here until he went off in his own ship to find Australia, New Zealand and Hawaii.

Lastly, our guy is traveled southwest to the old city of York. As you walk around that city you will experience its "oldness" as you walk observing the sidewalk, stores, the old city walls and a cathedral which dates to the 12th century.

For those of you who are interested, quite a bit of the lands of Yorkshire are owned by two Lords. I have no idea of how that all comes about, but everyone seems to be happy with the situation.

You and yours might enjoy a visit to Yorkshire and should make a great effort to visit it. Get there in two hours by high speed train from London's King Cross station. Happy travels!

Norm Currey

Most of you have had the great pleasure of meeting and knowing Ann Delatte, the Canterbury Tales retiring Artistic Director who brought so much talent to our publication. She has a wonderful, unique background of experience and accomplishment which has enhanced and entranced the talent of our staff. Not only that, she is a truly nice and generous person and we are so glad she is a part of our lives here at Canterbury. That will not change, but we will miss her not being on our staff. Thank you so much, Ann!

SCHOLARSHIP COMMITTEE



Lee Quenneh

Through a series of Canterbury Tales

articles in the coming months, the Scholarship Committee plans to introduce residents to the employees who are currently participating in our scholarship program and highlight the academic and career successes of some of our former scholarship recipients. In this issue we are pleased to introduce **Lee Quenneh, a Certified Nursing Assistant (CNA) in the Monarch Pavilion.**

Lee began her nursing education at Smart Institute in Monrovia, Liberia. After moving to the United States, she met and married her husband Keh, also from Liberia. The couple have a seven year old son, Thomas, and reside in Snellville. Lee is enrolled at Gwinnett Tech preparing for the Licensed Practical Nurse (LPN) exam.

Jonathan Taft, Director of Nursing said, "I frequently hear comments from family members about Lee's caring and her compassionate nature. We are fortunate to have Lee on our Canterbury Team."

Tom Adams

TREASURER'S REPORT



Tom Tredway

Contributions to the Appreciation Fund as of November 30 totaled **\$153,883.90**. Expenses from the fund totaled **\$117,904.51** of which **\$98,010.13** were gifts to the employees and **\$19,894.38** were scholarship payments.

Income to the General Fund as of November 30 was \$25,439.21 due to the ongoing furniture sales. Expenses from the

General Fund as of November 30 were \$116,735.78.

Letters to the residents requesting contributions to the Appreciation Fund will be sent at the end of January. Your contributions to the Appreciation Fund provide for gifts to the employees showing our appreciation for what they do to make our lives better, and also, to provide for scholarship payments to the employees who attend college.

Tom Tredway

FOXHOLE

As you can see from the photo, the Foxhole has room for more members. The Foxhole can take the place of the workshop you left behind when you moved to Canterbury. It is a well-equipped wood-working shop that can handle many household repairs. Currently there are about 15 members who work on their personal projects as well as offer their skills and services to Canterbury



residents who need assistance with repairs. The invitation to become a member is out to new and current residents who enjoy this kind of puttering.

You can learn more about membership at the Foxhole table during the Canterbury Committee Expo scheduled for Monday, January 22nd in the Community room from 1:00 to 3:00 p.m. There will be 21 other Residents Council Committees represented at this Expo. The event will be a great opportunity for you to learn about the offerings of these Advisory, Service and Interest groups. The Foxhole is a combination Service and Interest group we hope you will find appealing.

The current membership boasts several

expert craftsmen who are willing to teach and help with projects. The next training session will be coming up in January. The subject will be the proper and safe operation of the table saw. Training sessions on other shop equipment and subjects of interest will be available during the year.

You know you are a member when you have a key to the Foxhole, located on the Parking Garage level under the Vermont tower. To get a key you must sign a liability release form and agree to clean up after yourself. Please visit the Foxhole table on January 22nd and learn more about how the Foxhole works and how you can become a member.

Fay Pearce

**“You’re off to great places! Today is your day! Your mountain is waiting,
So get on your way!” — Dr. Seuss**

WELCOME MAT

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RESIDENT APP NEW BUTTON



When you look at your Canterbury App to check a resident picture or sign up for an event, you will notice a new button at the top.

This is our new **Question & Suggestion Box**. When you go to this button, you will find a form that allows you to ask questions or make positive suggestions regarding life at Canterbury.

These will be reviewed by a “resident site manager” who will determine how to respond. It may be referred to a Resident Committee or to someone in Canterbury management, or it may be something that can be answered directly. Our goal will be to respond in some

form within 5 business days and hope to be able to respond more quickly.

For residents who do not use the app, you may write up your question or suggestion and put it in the Residents Council box in the Post Office. If you do not provide your name and contact information, we will not be able to respond directly.

Our goal with this new option is to provide a central way to communicate among residents. We have no idea of what kind of responses we will get so this is a work In process. We will keep you posted in the Current and/or Canterbury Tales.

Martha Solano

WELCOME MAT

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WELCOME MAT

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INTRODUCING MONARCH STAFF

Jasmine Sims joined the Canterbury Court family in April 2023 as the new Assistant Director of Nursing in the Monarch Pavilion.

While she interacts with multiple clinical areas, her primary focus is nursing **management** in the skilled care neighborhood of Sage Glen.

Born in Atlanta, GA, she was originally interested in becoming a teacher after receiving her bachelor's degree in psychology from Georgia State University. She eventually decided to change her career path and pursue a second bachelor's degree in nursing at Georgia Southwestern State University in Americus, Georgia.

She began her professional career at the Shepherd Center, then moved on to Northside Hospital as a staff nurse. She quickly became a Clinical Nurse Supervisor. After the trauma of providing acute care nursing through Covid, she found her heart drawn to a smaller, more personal healthcare environment. She recalled the moving stories of her aunt, a Certified Nursing Assistant formerly associated with Canterbury Court, and thought this might be a good match. She found it! Here, supported by Johnathon Taft, Director of Nursing, and the rest of health-care leadership, she added her nursing talents to those of other Canterbury care staff to make a difference.

On a typical day, Jasmine usually has 1-2 meetings, may make rounds with the Medical Director Dr. Jesse Cannon, follows up on any resident concerns or issues, and checks in with staff on the happenings of the day. She may also conduct hiring interviews, work with staff to set up educational opportunities, and help with planning and scheduling orientation for



Jasmine Sims, RN,BSN

newly hired team members. **One of her most useful management tools is the daily “stand up meeting” at shift change. Here, staff learn of new happenings, share their thoughts and concerns, and may “huddle” to discuss and gameplan how to address a specific resident or family need.** As with most things, communication, coordination and commitment increase the chance of success. Jasmine believes that the “stand up meeting” offers all these possibilities.

Jasmine continues her intensive orientation to the intricacies of dementia care, memory support care, and the Eden Alternative. She intends to use that knowledge as a manager to positively impact the Monarch clinical culture.

When asked what is her biggest challenge, she cites transitioning from acute hospital nursing to a non-hospital clinical environment. While what she does clinically may have changed, she enjoys the opportunity to get to know staff and residents at a closer, more personal level and build on-going relationships. Her happiest moments are when she can make a difference in a resident's daily life in a tangible way, like helping with a medical appointment or coordinating transportation.

As she says, **“Canterbury Court is a unique place with a growing and evolving culture and a special relationship between staff, residents, family and leadership. With good leadership and a genuine sense of caring, it is different from so many other places I've experienced. I appreciate being part of this wonderful team.”**

Mary Capka

FOUR C'S



Gail Rogers

Happy New Year to one and all! I hope that you have better luck with your personal resolutions than I do. Those of us who work in 4 C's resolve to continue to provide you with excellent service and the products you want and need! So, on that

subject I'm going to answer your questions (whether you have them or not) about how those products get to the store. Shopping is done primarily by residents, but I'd be remiss if I didn't mention the big help that **Alexandra Newman-Kofinas** has been. She did all of our delivery orders until we started doing them ourselves, plus she gets our office supplies. Many thanks to her!

One of the questions we get asked the most is "Why are the prices different on the same items?". The simple answer is, it depends on when and where they're purchased (just as it does when you shop for yourself). We always try to get the best prices possible, especially when there are sales (BOGO rules!). But sales don't always happen when we need something badly or when we are available to shop. So, prices fluctuate. Sales can create an expectation that that is the usual price. But that certainly doesn't mean

we won't continue to look for them!

Where do we shop? We shop at a variety of nearby stores—in person and by delivery—**primarily Kroger, Sam's, and Walmart, with Publix, Dollar Tree, and the Post Office** (stamps fly out the door) as needed. Costco, as someone is bound to mention, only has a few of the products we need. With so many new folks visiting the store, shopping is a constant activity. We try to buy what we need, in sufficient quantities to last awhile, but not overbuy. It never fails that just as soon as we stock up on a popular product, the demand disappears. Such is retail.

Can I make a special request? Yes, within limits. If we can find it at one of our regular stores, we'll get it, but not necessarily quickly. Be sure to specify, brand, size, flavor, etc. But if you're having trouble finding it, chances are that we will as well.

If you have other questions, drop by and ask them. And, while you're there, look around. You'll be amazed at what we have!

Gail Rogers, Co-Chair

Anne Haltiwanger, Co-Chair



"I walk slowly, but I never walk backward."

Abraham Lincoln



TALES FROM THE LIBRARY

NEW BOOKS

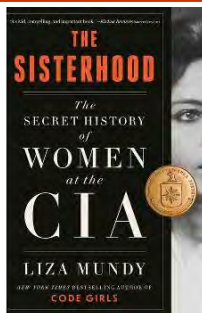
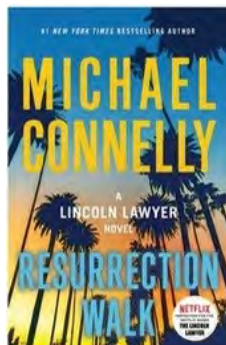


Anne Jones

Resurrection Walk (Lincoln Lawyer)
by **Michael Connelly**

Defense attorney Mickey Haller is back, en-

listing the help of his half-brother, Harry Bosch, to prove the innocence of a woman convicted of killing her husband.

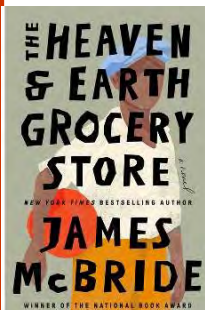
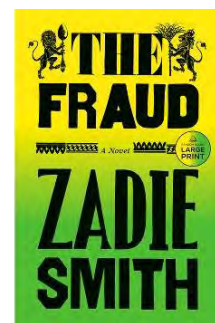


The Sisterhood: The Secret History of Women at the CIA
by **Liza Mundy**

The acclaimed author of *Code Girls* returns with a well-researched history of three generations at the CIA.

The Fraud
by **Zadie Smith**

A kaleidoscopic work of historical fiction set against a legal trial that divided Victorian England, about who gets to tell their story and who gets to be believed.

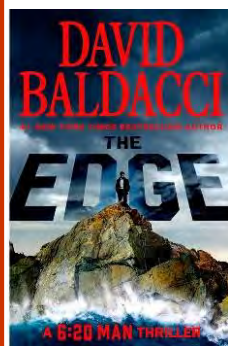
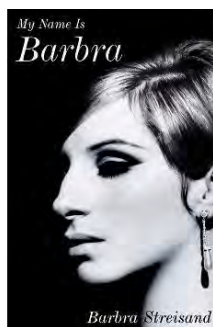


The Heaven & Earth Grocery Store
by **James McBride**

From James McBride, author of the bestselling Oprah's Book Club pick *Deacon King Kong*, comes a novel about small-town secrets and the people who keep them.

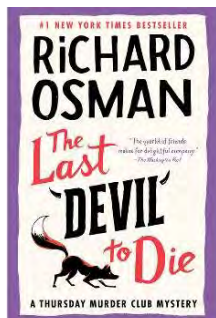
My Name is Barbra
by **Barbra Streisand**

The long-awaited memoir by the superstar of stage, screen, recordings and television.



The Edge (6:20 Man, 2)
by **David Baldacci**

The 6:20 Man is back, dropped by his handlers into a small town in Maine to solve the murder of a CIA agent who knew America's dirtiest secrets.

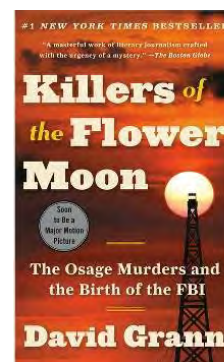


The Last Devil to Die: A Thursday Murder Club Mystery
by **Richard Osman**

A new mystery is afoot in the fourth book in the Thursday Murder Club series, involving antique dealers, drug dealers, art forgers, and online fraudsters.

Killers of the Flower Moon: The Osage Murders and the Birth of the FBI
by **David Grann**

A twisting, haunting true-life murder mystery about one of the most monstrous crimes in American history, from the author of *The Wager* and *The Lost City of Z*.



Anne Jones

GARDEN COMMITTEE



Margaret Langford

It occurred to me that perhaps residents (new comers, as well as old timers,) might want to know more about the Garden Committee. We meet once a month on the third Monday of each month, presently back in the Community Room at 2 PM. We

have a walk/around before the meeting at 1 PM, starting at the sitting area outside the Peachtree elevator ground floor. Our Garden Specialist, Tammy Clark, leads us along the paths, pointing out what has been done and what needs doing. At our meeting we hear reports, launch new ideas, and sometimes vote on items. However, it is not a discussion meeting as such, and it usually lasts less than one hour. We sometimes schedule guest speakers, tours, instruction demonstrations that are open to all the residents.

Canterbury has a contract with **Ruho Landscaping, Inc.** for mowing lawns, blowing the paths clean, light pruning and other chores and helping residents with their gardens.

The Greenhouse is open for business! If you would like a space to keep your plants during the winter, please contact **LuAnne Schwarz (3758)**, and she will



assign you a "bin". You will be responsible for watering and caring for your plants.

The Garden Committee also oversees the individual gardens. We have 16 spots in the old Legacy Gardens and 20 new spots up near the greenhouse. If you would like one for yourself, please call **Margaret Langford (3872)**. We ask that you be able to tend to the garden yourself, calling on Ruho gardeners only for heavy digging and planting. When you put in a work order for help, the expense will be charged to your apartment.

If you wish to find out more, please come to our next Garden Committee meeting on Monday, January 15, 2024 at 2 PM in the Community Room.

Margaret Langford, Chair



WELLNESS



**Andrew
Wiltz**

According to the C.D.C, there are about 36 million falls reported among older adults each year resulting in more than 32,000 deaths. This is an alarming statistic on the prevalence of falls in older adults. It is our mission to strengthen your body to

avoid falls because of potentially serious consequences. You have the resources that could prevent a fall, and we hope that you practice the lifestyle choices needed to accomplish this.

How many of you know someone where a fall begins a cascading series of events that led to death? There is a good chance that most of us know someone. In cases where the tumble doesn't cause serious injuries, it can still lead to significant changes in behavior due to fear of falling again. The sphere of venturing out grows smaller which exacerbates the issue as one gets weaker. In a C.D.C report from 2018, falls are the 7th leading cause of death in adults 65 and older, and the prevalence has increased by 30% in recent years.

The causes for falls can be complicated and could involve one or more risk factors such as lower body weakness, poor gait, and polypharmacy (taking four or more medications). There are other conditions,

but we will get to that later. Though we might not be able to completely reverse some conditions that occur as we age, we can learn how to manage them and utilize everything healthcare providers and preventative measures such as what you have in the Wellness Center.

Falls can be prevented. We can help you target specific areas that can improve your odds of avoiding serious injury due to taking a spill. We have a full schedule of classes that focus on strengthening your body and working on balance. The Wellness Team is fortunate to work closely with Powerback Rehabilitation. This is a great asset for our community to have a comprehensive team that works on multiple fronts to address important areas of need to remain functionally independent.

Let's decrease the number of incidences related to falls by increasing our awareness of how to prevent them through education and action! Wellness and Powerback Rehabilitation will be conducting an in-service on **Strategies to Prevent Falls at Canterbury Court on Thursday, February 1st at 2:00 p.m. in the Community**



Andrew Wiltz, Wellness Director

“What the caterpillar calls the end, the rest of the world calls a butterfly.” Lao Tzu.

“The secret to change is to focus all of your energy, not on fighting the old, but on building the new.” Socrates.

BOOK CLUB



Elizabeth Allan

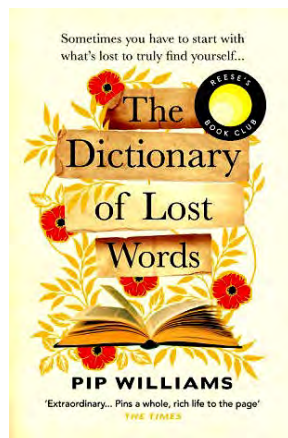
**Meets
February 5, 2024
Community Room
2:00 PM**

**THE DICTIONARY
OF LOST WORDS**
by
Pip William

Reviewer and Discussion Leader
Mary Patton Higgins

The last sentence in the “Author’s Notes” section of **The Dictionary of Lost Words** is an excellent summary of “the story” of the writing and publication of the first **Oxford Dictionary**.

There are many reasons to enjoy this book. Whether you’ve ever visited Oxford, England or not, the city still comes alive (There is a good map and drawings of buildings.) My husband and I



were fortunate to stay for over a week just two blocks from the city square, and we both walked often to and past the Scriptorium (library).

Many thanks to Mary Patton who suggested this book. I am sure the discussion will bring up the question of whether many women were part of the creation of the Dictionary. According to author Pip Williams....it was mainly a male endeavor.

Don’t worry. You will learn much; but it is not a textbook. The leading character, Esme (I pronounce it “eassymay”) is a young girl who loves words and has questions.

Come to Book Club with your own questions and comments.

Book Club Advisory Team

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

Elizabeth Allan, Chair

SOUNDS OF SILENCE

**Before sound was heard...there was sound;
the endless lapping of water upon land...
wave upon endless wave advancing and retreating with monotonous regularity.**

**Thus was deposited in a hostile environment;
eons of life forms leaving testimony to their existence in the form of multi-colored,
sunbaked shells along the shore.**

**What will be the testimony of those who found them?
Will the similarity of our shells be too mundane for the collector's bowl?**

Jim Coomer

RESIDENT SERVICES



Rebecca Oleson
Resident Services
Director

JANUARY HAPPY HOUR & SUNDAY BRUNCH ENTER

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

- ⌘ Welcome back singer **Beth Waller** on Friday, January 5th.
- ⌘ Enjoy pre-dinner music with **Craig Gleason** at 4:00pm on Sunday, January 7th.
- ⌘ Welcome new residents to Canterbury since our last **New Resident Reception** in November! This event will be held in the Vermont

Tower Community Room, with the Jim Hampton Trio on Friday, January 12th at 5:00pm.

All are welcome!

- ⌘ Newcomer **Sybil Eberhart** entertains at 4:00pm on Friday, January 19th.
- ⌘ Enjoy the music of **Susan Marie** for Sunday Brunch from 12:30-1:30pm on January 21st.
- ⌘ **Keith West** returns to play your favorite requests on Friday, January 26th.

JANUARY MUSICAL EVENTS

*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. Canterbury provides transportation free of charge to each 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 Bruckner & ASO Chorus, January 18

Maestro Nathalie Stutzmann marshals the combined forces of the Atlanta Symphony Orchestra and Chorus to perform Bruckner's Symphony No. 9 and *Te Deum*, two epic works cut from the same cloth. The *Te Deum* is a hymn of praise and thanksgiving to God and the Ninth Symphony is dedicated to "the beloved God," but was tragically incomplete at the composer's death. Nevertheless, this piece has over an hour's worth of completed music and *Te Deum* serves as a satisfying cap to the evening. This performance is part of a two-week celebration of Bruckner in 2024 and Delta Series #2.

Stutzmann Conducts Mozart & Bruckner, January 25

Two composers lived, worked, and died in Vienna. One was a paragon of classicism, the other a mystic. One loved the nightlife and the other intensely pious and riddled with self-doubt. Yet a kinship exists between the two. Born 68 years apart, Mozart and Bruckner helped define the essence of one of the world's great musical capitals. This week, ASO music director Nathalie Stutzmann welcomes pianist Sunwook Kim to perform. This performance is part of a two-week celebration of Bruckner in 2024 and Delta Series #1.

Atlanta Opera's "La bohème", January 23

The Atlanta Opera has been named one of the top ten in the United States for operatic performances so it is fitting that they open their season with the masterpiece *La bohème*. This tragic story of four friends clinging to each other as harsh realities of life threaten to tear them apart has been told time and again- now, discover its origin as one of the greatest operas ever written. This event will take place Tuesday, January 23rd at 7:30pm. The bus will load from the front entrance at 6:00pm and leave promptly at 6:15pm. Purchase tickets by visiting www.atlantaopera.org or calling (404)881-8885.

JANUARY ACTIVITIES & TRIPS

*****Please note January 1st and 15th are holidays. Banks, government offices and the post office will be closed. Some Canterbury departments will also be closed but return to normal business hours on Tuesday, January 2nd and January 16th.**

Mah Jongg Saturdays

Canterbury continues Mah Jongg Saturdays in January at 2:00pm in the George Hightower Room. For more information on this tile-based game played in Asia for over 300 years, 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 or would like to start- needlepoint, cross-stitch, knitting or even mending. Learn new stitches or brush up on old ones or just come to chat! This group will meet each Sunday in January at 3:00pm in the Vermont Tower Game Room. 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. Each week, resident Jeann Blankenship leads you with new techniques and inspirations for you to try. The schedule for January is as follows and will occur 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!

January 2nd: Beginning Watercolor

January 9th: Watercolor Pet Portraits

January 16th: Painting Trees with Oliver Pyle

January 23rd: Continuous Line Drawings

January 30th: Painting Negative Space



Locksley with Global Jewelry Sales & Repair, January 4

Do you need a watch battery replaced or have jewelry that needs repair? Locksley can help! He also has a selection of jewelry for sale. He will be at Canterbury on Thursday, January 4th from 10am to 2:30pm in the [Monarch Pavilion Community Room](#).

“Sunset Boulevard” Movie Showing with Alexa Foreman, January 5

Former silent star Gloria Swanson is riveting in this 1950 atmospheric drama set in Hollywood. Other studios begged director Billy Wilder not to release it, fearing it would damage the industry as this movie follows a screenwriter who develops a relationship with a faded film star determined to make a triumphant return. Both William Holden and Gloria Swanson were nominated for Oscars, as was the movie. Join Alexa for this classic on Friday, January 5th at 1:00pm in the Vermont Tower Movie Theater. Light refreshments will be served.

Civil Conversations, January 5 & 19

Have an interest in the world around you and want to talk about it? Residents Barbara Blender, Jim Coomer and Margaret Jones will lead the 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, January 5th and 19th at 4:00pm in the Vermont Tower Community Room.

Origami Class with Gillian Gussack, January 8

The word origami (from Japanese *oru* [to fold] and *kami* [paper]) has become the generic description of this art form and translates literally to “fold paper.” Join Gillian when she leads this class in creating different objects, other than cranes, from paper folds. No experience is necessary and all materials are supplied. This creative and fun class will take place on Monday, January 8th at 10:00am in the Art Room, located on the Ground Floor of Peachtree Tower.

Book Club, January 8

All residents are invited to the January meeting of the Canterbury Book Club on Monday, January 8th at 2:00pm in the Vermont Tower Community Room, when resident Barbara Clark leads the discussion on Jane Austen’s *Persuasion*.

Art Talk, January 8

Oglethorpe University Museum of Art Curator of Collections John Daniel Tilford will examine the origins and evolution of the Surrealism movement in visual art. Max Ernst is considered the founder of this style but artists around the world soon took Surrealism to further depths through their individual lenses. In Great Britain, Conroy Maddox was the longest standing artist of Surrealism while in the United States the lesser-known Gertrude Abercrombie would embrace this style under the influence of great Jazz musicians. Join John for this informative talk on Monday, January 8th at 3:30pm in the Vermont Tower Community Room.

Explore Your Personal Singing Style, January 10 & 24

Everyone has a “vocal footprint” according to Jan Smith, nationally known and Atlanta based coach. Is your voice best suited for folk, jazz, country, Broadway, classical, or hymn singing? 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 feed-back and encouragement from your instructor and peers. Join Suzanne Shull for this introductory class on Wednesday, January 10th at 2:00pm in the Vermont Tower Community Room.

Suzanne Shull is a “seasoned” music instructor who currently teaches at the Chautauqua Institution during the summer season. She is a former classroom music teacher and choral director, ASO Choral alto, church choir director, and chamber music concert manager so she comes with years of experience. Let her expertise guide you in finding your own singing style and possibly a new talent- the ukulele.

Ukulele and You, January 10 & 24

Learn basic chords and strumming on the instrument that is a great vehicle for playing with a group. Our repertoire will be folk and popular ukulele songs from the past as well as current popular tunes written especially for the Uke like Izzy’s “Over the Rainbow.” If you’ve tried to learn in a private setting, you will find that the group setting is way more fun and quickly builds confidence. Another fun outcome is being able to accompany singing. This class will be led by Suzanne Shull and immediately follows Explore Your Personal Singing Style class on Wednesday, January 10th at 3:00pm in the Vermont Tower Community Room. You do not need to currently own a ukulele. Instruments will be provided.

Bingo, January 10 & 24

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 Administrative Dining Room on the Ground Floor of Peachtree Tower at 4:00pm on Wednesday, January 10th and 24th.

“Keep in Mind” with Fini Shell, January 12 & 26

Keep in Mind is a brain fitness program that stimulates and stretches thinking. We use fun and sometimes challenging word games to target specific brain functions such as executive function, long term memory, etc. The exercises are designed to contribute to the growth, strength and agility of the brain.

Come join Fini for an entertaining hour of fun filled word games that can stimulate your brain and strengthen your thinking process. Many people report their minds feel more agile and alert after participating in a session. Come and give it a try on Friday, January 12th and again on the 26th at 1:30pm in the Card Room.

Sounds of Freedom: Celebrating the Legacy of the Rev. Dr. Martin Luther King, Jr., January 14

This concert, presented by All Saints’ Episcopal Church, explores music’s power to unite, empower, inspire and transform a community. Hosted by the Rev. Natosha Reid Rice, we will experience freedom songs from the Civil Rights movement as they were originally intended: communal songs. We will also look at jazz improvisation as social commentary, drawing on the sacred tradition established by artists like John Coltrane, Duke Ellington, and Mahalia Jackson. Join this powerful performance on Sunday, January 14th at All Saints’. The bus will load from the front entrance at 1:15pm and leave promptly at 1:30pm.

Administrative Update with Residents, January 17 & 31

Join CEO Debi McNeil and others as they give you the latest news on Canterbury construction projects and important information as we enter Phase 2 of our enrichment project. This update will be held in the Vermont Tower Community Room and via Zoom on [Wednesday, January 17th](#) and [31st](#) at 4:00pm. A direct link will be sent to your email the morning of the meeting, or you may join in person in the Community Room. All residents, especially newcomers, are encouraged to attend this informational meeting.

Trip to the Atlanta Beltline with Lunch at Barbecue Kitchen, January 18

Atlanta tour guide Jim Howe takes us on a drive around the proposed 22-mile, inner city railroad route for the downtown Atlanta neighborhoods. We will see some of the adjacent walking trails that are already completed beside where the planned railroad tracks will go. We will skirt around Ansley Park, Inman Park, Cabbagetown, Southside Atlanta and the West End. We will also see how many of Atlanta's older neighborhoods have already seen an improvement in property values because of the planned route and how they will benefit because of the improved transportation network.

For lunch, we will enjoy a 50-year-old Atlanta institution, Barbecue Kitchen in College Park, where the barbecue platter is a traditional favorite on the menu. It is a no-frills restaurant far away from Buckhead proper with original wood booths and floors but the food is award-winning and good!

Join us on this fun trip Thursday, January 18th. The bus will load from the Front Entrance at 10:15am and leave promptly at 10:30am. Please sign up at the Wellness Center desk, use the Canterbury app or call Emma Bourne at Ext. 3062.

Caregiver Support Group, January 18

Being a caregiver can be stressful and thankfully there is a space created to be an outlet for your stress. The Caregiver Support Group is designed to be a place where caregivers can gather to talk, receive, and give emotional support. This group is led by Rev. James Hicks, Manager of Chaplain and Bereavement Services at Hospice Atlanta on Thursday, January 18th at 2:30pm in the Card Room. All are welcome!

“Indiscreet” Movie Showing with Alexa Foreman, January 19

What's better than Cary Grant and Ingrid Bergman? Here they play an elegant couple who meet in London and fall in love. Everything seems great-except that Grant is married- or is he? Stanley Donen directed this sophisticated romance filmed on location in London. A little bit of trivia is that Cary Grant said this was his personal favorite film. Join Alexa on Friday, January 19th at 1:00pm in the Vermont Tower Theater for this movie showing and more behind-the-scenes facts. Light refreshments will be served.

Glaucoma Screening and Discussion, January 19

The most common cause of lifelong vision loss is glaucoma and is called “the sneak thief of sight” because there are no symptoms thus maintaining healthy vision and early detection and intervention are imperative. Join Dr. Sapna Desai of Eye Consultants of Atlanta for an eye exam screening and a discussion of the many cutting-edge glaucoma treatment options in the Monarch Community Room on Friday, January 19th at 2:00pm.

Canterbury Committee Expo, January 22

All residents are invited to this great opportunity to learn about the offerings of the 22 Resident Council committees at Canterbury and how you can become involved and an active participant in your community. This event will be held in the Vermont Tower Community Room on Monday, January 22nd from 1:00pm-3:00pm.

“Plan While You Can” with Pastoral Care, January 23

While not necessarily a fun topic, planning your funeral service is an important one. It eases the burden on your family members and lets the process be streamlined so your wishes can be followed, making it easier for those left behind. Join Mary Beth Walker as she and the Pastoral Care team lead this difficult but necessary discussion as they speak about the process of what family members need to know once you pass. Join this informational discussion on Tuesday, January 23rd at 2:00pm in the Vermont Tower Community Room.

“My Journey with Japanese Embroidery” with Gail Rogers, January 25

Have you noticed the stunning Japanese embroidery on the Gallery Wall? This is a passion of resident Gail Rogers and her journey into this art form is quite an interesting one. Listen to Gail as she describes her experiences, displays some of her artwork, and demonstrates the tools and materials used to create them on Thursday, January 25th at 11:00am in the Vermont Tower Community Room. All are invited and welcome to attend.

Quarterly Healthcare Forum, January 25

Join key healthcare staff as they explain what healthcare services are provided for you at Canterbury. These forums are invaluable and allow residents to ask questions. Please plan to attend this informative session on Thursday, January 25th at 2:30pm in the Vermont Tower Community Room.

Quilling Class with Gillian Gussack, January 26

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, January 26th at 2:00pm in the Art Room, located on the ground floor of Peachtree Tower. No experience is necessary and all materials are supplied.

JANUARY WELLNESS EVENTS

Saturday, January 6th and Wednesday, January 24th :

Hearing Aid Clinic with Audiologist Monica Walker

Call (404)777-5252 to schedule an appointment.

This month residents will be seen in [Peachtree 1&2](#)

of the Vermont Tower Community Room from 9:00am to 5:00pm.

Tuesday, January 9th:

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

Wellness Center

Tuesday, January 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 weekly schedules posted in elevators, on bulletin boards and channel 1 for the most current information. Every effort is made to show the scheduled movie, but it may be necessary at times to substitute.

Dec 29-Jan4

Movie #1

When Harry Met Sally (1989) 1h 36min, Rated R

In 1977, college graduates Harry (Billy Crystal) and Sally (Meg Ryan) share a contentious car ride from Chicago to New York, Ten years later, they meet again at a bookstore, and attempt to stay friends without sex becoming an issue between them.

Movie #2

Maestro (2023) 2h 9min, Rated R

This love story chronicles the lifelong relationship of conductor-composer Leonard Bernstein and actress Felicia Montealegre.

Dec 31& Jan4

Movie Special

Live to 100: Secrets of the Blue Zones: The Journey Begins (2023) 2h 37min

How can people live so long and with such great health? A trip to Okinawa reveals simple secrets about diet, lifestyle and longevity. They maintain their sense of purpose no matter what age and you won't find them laying around on the sofa.

Jan 5-11

Movie #1

Bundle of Joy (1956) 1h 38min

After finding a baby outside an orphanage, a salesgirl (Debbie Reynolds) receives sympathy from those around her, including her boss' son (Eddie Fisher), as they all assume the baby is hers.

Movie #2

Phantom Thread (2017) 2h 10min, Rated R

Set in 1950s London, Reynolds Woodcock (Daniel Day-Lewis) is a renowned dress-maker whose fastidious life is disrupted by a young, strong-willed woman, Alma, who becomes his muse and lover.

Jan 7&11

Movie Special

Audrey (2020) 1h 40min

An intimate portrait of legendary Hollywood actress, fashion icon and humanitarian Audrey Hepburn, who stood for love above all else.

Jan 12-18

Movie #1

Funny Face (1957) 1h 43min

An impromptu fashion shoot at a book store brings about a new fashion model discovery in the shop clerk. Starring Audrey Hepburn and Fred Astaire.

Movie #2

The Boy Who Harnessed The Wind (2019) 1h 53min

Against the odds, a thirteen-year-old boy in Malawi invents an unconventional way to save his family and village from famine.

Jan 14&18

Movie Special

Amend: The Fight For America (2020) 1h 17min

Will Smith hosts this look at the evolving, often lethal, fight for equal rights in America through the lens of the US Constitution's 14th Amendment.

Jan 19-25

Movie # 1

Harriet (2019) 2h 5min

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity and tenacity freed hundreds of slaves and changed the course of history.

Movie # 2

Rustin (2023) 1h 46min

Activist Bayard Rustin faces racism and homophobia as he helps change the course of Civil Rights history by orchestrating the 1963 March on Washington.

Jan 21&25

Movie Special

We Dare To Dream (2023) 1h 38min

An inspirational and intimate story that follows athletes on their journey to become part of the 2020 Olympic Games. Narrated in first person and often asking the difficult questions, Al-Kateab listens to athletes who have seen their dreams vanish and accompanies them through their suffering.

Jan 26-Feb 1

Movie #1

I, Tonya (2017) 2h; Rated R

Competitive ice skater Tonya Harding (Margot Robbie) rises amongst the ranks at the U.S. Figure Skating Championships, but her future in the activity is thrown into doubt when her ex-husband intervenes.

Movie #2

The Two Faces of January (2014) 1h 36min



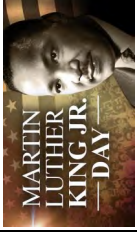
A thriller centered on a con artist, his wife and a stranger who flee Athens after one of them is caught up in the death of a private detective. Starring Kristen Dunst.

Jan 28 & Feb 1

Movie Special

The Order of Myths (2008) 1h 18min

This award-winning documentary explores the racially divided Mardi Gras traditions in Mobile, Alabama.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p>1 New Year's Day</p> 	<p>2 10:00: Open Art: Beginning Watercolor, Art Rm 11:00: NO Tai Chi 11:00: Bus to Publix 1:35: Bus to Kroger 7:30: NO Vespers</p>	<p>3 10:30: Holy Communion, Chapel 3:00: Enrichment Project Update, VTCRm/Zoom</p>	<p>4 10:00: Global Jewelry, Monarch CRm</p>	<p>5 1:00: "Sunset Boulevard" Movie Showing w/ Alexa, VTT 1:35: Bus to Trader Joes & Aldi 4:00: Civil Conversations, VTCRm 5:00: Happy Hour with Beth Waller, FP</p>	<p>6 EPIPHANY 9:00: Hearing Aid Clinic, P1&2 2:00: Mah Jongg, GHR</p> 	
<p>7 Sunday service livestreams 10:00: Sunday Service Bus Trips (All Saints' & St. Luke's) 3:00: Chat & Stitch, Game Rm 4:00: Sunday Brunch w/ Craig Gleason, FP</p>	<p>8 10:00: Paper Origami Class w/ Gillian, Art Rm 2:00: Book Club, VTCRm 3:30: Art Talk, VTCRm</p>	<p>9 10:00: Open Art: Watercolor Pet Portraits, Art Rm 10:30: B/P & Diabetics Check w/ Personal Care, Wellness Center 11:00: Bus to Publix 11:00: Tai-Chi, VTCRm 7:30: Vespers, Chapel</p>	<p>10 10:30: Holy Communion, Chapel 2:00: Explore Your Personal Singing Style, VTCRm 3:00: Ukulele and You, VTCRm 4:00: Bingo, Admin Dining</p>	<p>11</p>	<p>12 1:30: Keep In Mind with Fini Shell, Card Rm 1:35: Bus to Kroger 5:00: New Resident Reception with the Jim Hampton Trio, VTCRm</p>	<p>13 2:00: Mah Jongg, GHR</p>	
<p>14 Sunday service livestreams 10:00: Sunday Service Bus Trips (All Saints' & St. Luke's) 1:30: Trip to "Sounds of Freedom" Concert at All Saints', 3:00: Chat & Stitch, Game Rm</p>	<p>15 Martin Luther King Jr. Day</p> 	<p>16 PODIATRIST 10:00: Open Art: Painting Trees w/ Oliver Pyle, Art Rm 11:00: Bus to Publix 11:00: Tai-Chi, VTCRm 1:35: Bus to Kroger 7:30: Vespers, VTCRm</p>	<p>17 10:30: Holy Communion, Chapel 3:00: Enrichment Project Update, VTCRm/Zoom</p>	<p>18 10:30: Atlanta Beltline Tour with Lunch at Barbecue Kitchen Trip 2:30: Caregiver Support Group, Card 7:00: ASO, Series #2</p>	<p>19 1:00: "Indiscreet" Movie Showing w/ Alexa, VTT 1:35: Bus to Trader Joes & Aldi 2:00: Glaucoma Health Talk and Screening, Monarch CRm 4:00: Civil Conversations, VTCRm 4:00: Happy Hour w/ Sybil Eberhart, FP</p>	<p>20 2:00: Mah Jongg, GHR</p>	
<p>21 Sunday service livestreams 10:00: Sunday Service Bus Trips (All Saints' & St. Luke's) 12:30: Sunday Brunch w/ Susan Marie, FP 3:00: Chat & Stitch, Game Rm</p>	<p>22 1:00: Canterbury Committee Expo, VTCRm</p>	<p>23 10:00: Open Art: Continuous Line Drawing, Art Rm 11:00: Bus to Publix 11:00: Tai Chi, VTCRm 2:00: Plan While You Can w/ Pastoral Care, VTCRm 6:15: Atlanta Opera "La bohème" Trip 7:30: Vespers, VTChapel</p>	<p>24 HEARING AID CLINIC 10:30: Holy Communion, Chapel 2:00: Explore Your Personal Singing Style, VTCRm 3:00: Ukulele and You, VTCRm 4:00: Bingo, Admin Dining</p>	<p>25 11:00: "My Journey with Japanese Embroidery" Talk w/ Gail Rogers, VTCRm 2:30: Quarterly Healthcare Forum, VTCRm 7:00: ASO, Series #1</p>	<p>26 1:30: Keep in Mind with Fini Shell, Card Rm 1:35: Bus to Kroger 2:00: Quilling Class w/ Gillian Gussack, Art Rm 5:00: Happy Hour w/ Keith West, FP</p>	<p>27 2:00: Mah Jongg, GHR</p>	
<p>28 Sunday service livestreams 10:00: Sunday Service Bus Trips (All Saints' & St. Luke's) 3:00: Chat & Stitch, Game Rm</p>	<p>29</p>	<p>30 10:00: Open Art: Painting Negative Space, Art Rm 11:00: Bus to Publix 11:00: Tai Chi, VTCRm 7:30: Vespers, VT Chapel</p>	<p>31 10:30: Holy Communion, Chapel 3:00: Enrichment Project Update, VTCRm/Zoom</p>	<p>January 2024</p> <p>Activities and Events</p>			<p>LEGEND FP: Front Parlor VTCRm: Vermont Tower Community Room VTT: Vermont Tower Theater</p>



JANUARY 2024