

Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

Volume LXII No. 3

March 2024



WE CELEBRATE MARDI GRAS

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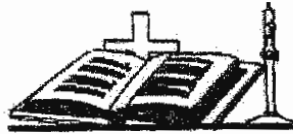


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IN MEMORIAM

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



CHAPEL SERVICE

The chapel is celebrating Lent with special services every Friday, Stations Of The Cross, at 11:00 am. We will continue to have services during Holy Week including Good Friday and Easter. Please watch for times in all notifications.

VESPERS

March 05 Rev. Shannon Kershner
Senior Minister
Central Presbyterian Church

March 12 Dr. Tony Sundermeier
Senior Pastor
First Presbyterian Church

March 19 The Rev. Julia Michener
Canon for Mission
Cathedral of St. Philip

March 26 The Rev. Monica Mainwaring
Rector
St. Martin in the Fields Episcopal Church



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

MARCH BIRTHDAYS



MARDI GRAS



Peggy Callahan dazzles in her Mardi Gras dress waiting for friends to join her



FROM DEBI'S DESK

Comments from the President of Canterbury Court

In my January article, I shared some recent legal trouble I have found myself in with my oldest daughter, Aliyah. Aliyah filed suit against me for missing dinner and was seeking damages in the form of a trip to Mexico. While looking for legal assistance from our retired Canterbury attorneys I was a bit taken back to find that the only advice offered was that of helping my daughter succeed in her suit against me! Needless to say, I decided it was best to not drag this case out and after consulting with my husband, we thought it would be best for all parties involved to settle with her and take a trip to Mexico for the girls' winter break.

We booked five nights at a resort located in Playa Del Carmen, adjacent to the Xcaret park, an eco-archeological park located in the middle of the jungle. When we checked into our hotel, we were mesmerized with the open-air lobby filled with live parrots and myna birds and the view out to the ocean. We dropped off our bags, did a quick change and beelined to one of the resort's seven pools! Being in the middle of a jungle, we had some amazing wildlife encounters on the way, including endless iguanas, monkeys, deer, coatis, and agoutis. The coatis resemble a raccoon with a monkeylike tail and the agoutis are a cross between a guinea pig and a tailless squirrel. The kids are now angling for a pet agouti. I told them I would consider it if they agreed to get rid of the cat. That request was dropped quickly.

We took an excursion to the Xcaret park one day where we drove an ATV in the jungle, went hammock ziplining, swam through underground rivers studded with stalactites, and went on an expedition piloting a boat through caves. We then swam and played with the dolphins, including a surfing experience where two dolphins lifted us by our feet and ending with a hug and a kiss from our new friends. We rounded out the trip with more swimming on the beach, pickleball, nightly shows, copious amounts of food and sweets, and a few sunburns for good measure.

I now find myself wondering if being in legal trouble with my daughter is really such a bad thing after all! I may poke the bear a little in the coming months to discover what her future demands may be. As it turns out, settling with her may be a win for the whole family and we do have a few more school breaks to plan out this year.



Debi McNeil, CPA, CEO

ADMINISTRATION



I think it is finally safe to say that Phase 2 construction will finally start affecting your daily lives. I know that everyone has gone through a lot, but the end of the road is finally in sight...so hold on to your hats!

Julie Parker

It's my recommendation to stay abreast of the numerous forms of communication that will go out each week, as this will be key as we start the renovation of our dining rooms and other common rooms and offices. We were very surprised to find out the amount of plumbing that needed to be installed for our new 2nd and 3rd floor (Club and Peachtree Tower) apartments and as such, this has added a layer of complexity to the original Phase 2 plan.

You can expect the new Grab and Go, which will be where the old Grille was located, to have plumbing work and renovations starting in early March with a completion date of mid-June. This space will be the new Court Café on steroids as well as some additional seating for McBurney's. Currently this space is mostly used for overflow seating, so the impact won't be great.

McBurney's on the other hand will start in mid-March and last until the end of April. So, George and his team will be reconfiguring the dining rooms and seating will be limited once this venue is offline. We are encouraging residents to stagger arrivals and plan to take food to go when the dining rooms are full. We are hopeful that the weather will cooperate so that the outdoor seating on the Overlook can be used

for lunch and dinner.

After McBurney's is completed, we will move on to Hancock's and the Player Dining Room. The plan so far is for all four venues to be completed by mid-June.

Did I mention yet that the main kitchen that services these dining rooms will be closed for overhead plumbing work for two weeks in mid-April? Thank goodness we have a fully functioning kitchen in Monarch Pavilion where we can produce meals during this time.

Your "go to option" throughout the dining room renovations, will be the Grille in the Garden Tower. We will continue to serve breakfast, lunch, and dinner. Rumor has it that we are seeing more residents come for breakfast...so this is great news! Chef Michele would love to start your day with a hearty homemade breakfast!

More details will be shared as each space is scheduled to temporarily close, and if timelines change, we will keep you posted, so keep your Canterbury Current and Admin update notes close at hand. As always, we are here to answer any questions that you may have. Thank you in advance for your patience and resilience. The final product will be worth the wait.

Many Blessings,



Julie Parker, COO-LNHA

VESPERS

Were You in the Room Where it Happened?

You never know what will happen at Canterbury Court Vespers. On Tuesday, January 30, the **Reverend Dr. Andy Barnett**, priest from All Saints' Episcopal Church, came to lead Vespers . . . in the Community Room, ready to play the piano with his jazz band, Mike Beshara, bass player with Bonaventure Quartet, vocalist Lauren Highsmith of Atlanta Institute of Music, and drummer Robert Boone, Jr., who plays with Count Basie Orchestra. They **promised spirituals and old familiar hymns with prayers** for the evening, and they delivered.



“When Israel was in Egypt’s Land” – The music provided background for the prayerful reflection of hope, freedom, and redemption, melded together with liturgy and prayers led by our chaplain officiant, **The Very Reverend Dr. Horace Griffin** and readings from Isaiah on freedom by resident **Richard Perry**.

Vespers honored the feast day for Absalom Jones as a prelude to February and Black History Month. **Absalom Jones** was an enslaved man who bought his freedom and after overcoming many hurdles was finally ordained as the first Black Episcopal priest in America. He is celebrated in the Episcopal/Anglican church for his deep faith, his persistence in face of obstacles, and his ministry of advocacy and hope to enslaved people. **“Let my people go.”**

Over 120 Canterbury residents from every living area on campus, people who come every week to Vespers, folks who had not

come before, people of many faiths filled the Community Room. Photos cannot capture the joy, the foot tapping, the swaying in the seats as the musicians played and sang. The room rocked with strains of **“Swing Low, Sweet Chariot, Coming for to Carry Me Home”** as residents sang along. Canterbury residents came early, stayed until they were sure there was no more music and then took more time to greet friends.

“Come thou Font of Every Blessing” - Many faith traditions seek peace and protection as night falls. Our Canterbury Court Vespers reflect that desire as representatives of many faith traditions lead Vespers on Tuesday evenings. And if you were at these Vespers, amidst this faith tradition of prayers and music you heard a Grammy winner perform! Drummer Robert Boone Jr. is part of the Count Basie Orchestra that won a Grammy at the February 4 ceremony for their album, **“Basie Swings the Blues.”** **“Precious Lord, take my hand.”** - you never know what can happen on Tuesday evenings at Canterbury Vespers.

RESIDENTS COUNCIL CORNER



Martha Solano

Canterbury has always been a generous community through financial contributions, volunteering through churches or other organizations, or just combining our resources to show our appreciation for our employees through gifts and scholarships. But in the nearly 10 years I have lived [here](#), I don't remember our doing a special volunteer event such as the trip to the Atlanta Food Bank on February 6.

Eleven intrepid Canterbury volunteers got on the bus for the trip. When we got there, we found out that if you are going to work in a warehouse, you have to wear sturdy shoes — nothing open-toed or heeled. Unfortunately, that eliminated 2 of our volunteers. We learn from these experiences.

We were all provided with some basic communication and instructions and were given two volunteer choices. Tim Smucker volunteered for an assignment that involved lifting so he was not with us for most of the time. The rest of us chose potato bagging. We were taken into the warehouse where we washed our hands and put on gloves and aprons to keep everything sanitary. (Putting gloves on wet hands was a challenge.)



One of the staff brought out a pallet with a huge bag of potatoes with around 5,000 pounds of potatoes. He explained that half of us would sort them (removing any green or bad ones) and the other half would make up 5-pound bags. Naturally, there were a few type-A women who started to organize things before we got the formal instructions. But once we started, we got into the swing of things and had a great time.

It turns out that judging how many potatoes go into a five-pound sack is a bit of a challenge. And when the bag was about half gone, we got some help from two people from Graham Packaging to do some of the heavier work.

In the end after about 3 hours, we had bagged over 4,300 pounds of potatoes, creating over 5,000 meals. Not bad for a few hours work.



In our group picture, the two helpers from Graham Packaging are on the ends and we are all holding up our various heart-shaped potatoes in salute to Valentines day. (Pictured L to R: **Graham helper, Tim Smucker, Janice Cook, Martha Solano, Huie Cooper, Shirley Timashev,**

Sue Smith, LuAnne Schwarz, Patty Cowie, Betty Bryant, and Graham helper.)

Special thanks to **Pat Miller** who got the ball rolling on this project and worked with the Atlanta Food Bank on the arrangements. **Rebecca Oleson** and **Edith O'Neal** were our staff support and driver. We all had fun and liked the idea of doing something more than signing a check. If you have an idea of another volunteer op-

portunity, let **Rebecca Oleson** or **Barbara Blender** know. It is always good to give back and remind ourselves of how blessed our lives really are.

*Correction to February article: I inadvertently left **Joyce Choplin's** name off the list of Accumulation Sale store managers. She and her team do yeomen's work with clothing donations.*

WELLNESS AREA GROWTH



The changes mean more space for larger classes and for new equipment to be added. Many of our new residents have been used to more demanding exercises using different machines and weights and this gives them the opportunity to continue using what they had in the past. The goal is to keep us healthy and active.



JOANN BROWN - HEALTH SERVICES CLINIC



Joann Brown

March is Colorectal Awareness Month

The second most deadly type of cancer in the US is colorectal cancer, which is cancer of the colon or rectum. However, because of screening, it's one of the few cancers that can be avoided. During one's lifetime, colorectal cancer will affect one in every twenty-four persons. All individuals at average risk should start receiving routine tests between the ages of 45 and 75, according to the United States Preventive Services Task Force (USPSTF). Your ethnicity, way of life, and family history will influence the appropriate time for you to get screened, therefore, ask your doctor about screening. Polyps are abnormal growths in the colon or rectum that, if left untreated, may become cancer. Like colorectal cancer, polyps are not often symptomatic, especially at first. An individual may unknowingly have polyps or colorectal cancer. This is why it is so important to get screened for colorectal cancer often.

If symptoms are present, they could consist of:

- A change in bowel habits.
- Blood in or on your stool (bowel movement).
- Constipation, diarrhea, or the impression that the gut does not empty completely.

- Persistent aches, cramps, or pain in the abdomen.
- Loss of weight for an unknown reason.

There are numerous choices for screening. You can even do some of them at home. Every test has benefits and drawbacks. Discuss with your doctor the benefits and drawbacks of each test as well as the recommended frequency of testing. Several screening tests consist of the FIT-DNA test, fecal immunochemical test (FIT), and guaiac-based fecal occult blood test (gFOBT); additionally, flexible sigmoidoscopy, colonoscopy, and CT colonography (Virtual Colonoscopy) are included testing options.

It's crucial to consult your physician to determine which test or screening is right for you.

Resources:

- <https://www.cdc.gov/cancer/colorectal>
- <https://colorectalcaner.org/>
- <https://fightcolorectalcaner.org/screening>



Joanne Brown, FNP-C

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, Nancy Fukushima, at 37ctails50@gmail.com.

ART GALLERY



RICHARD POPE PERRY FEBRUARY 2024

Richard Perry, is a native of Atlanta, a cradle Episcopalian, and an active member of the Cathedral of St. Philip since 1950.

Having served in almost every capacity at St. Philip's, Richard wrote a history of the church in 1996. It provides a pictorial history of Atlanta's outstanding physical and spiritual landmarks.

Richard graduated from North Fulton High School, Emory University and the Lamar School of Law of Emory. He is married to Lucy Perry and the father of three children. He is still a practicing attorney in Roswell, specializing in Taxation and the Representation of the Elderly.

This photographic history follows the Cathedral of St. Philip from 1847 to 1980.



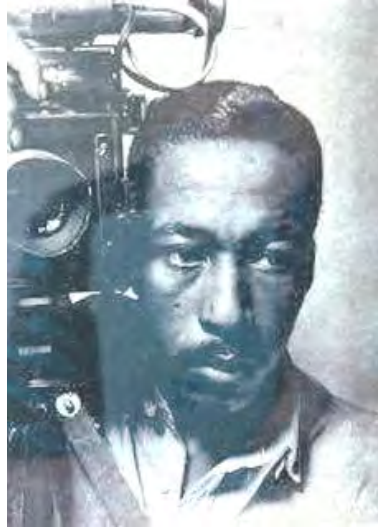
1847—The Episcopal Parish of St. Philip was admitted into the Diocese and the church building constructed on Hunter Street, facing the north side of the Capitol Building.



1980— The Most Rev. Donald Coggin, 101st Archbishop of Canterbury, who preached the Dedication Services.

BLACK HISTORY MONTH

Gordon Parks was the first African-American on the staff of Life magazine and was the first Black writer and director of a studio film. He told Life magazine "I saw that the camera could be a weapon against poverty, against racism, against all sorts of social wrongs. I knew at that point I had to have a camera."



February was Black History Month and has official recognition of governments in the United States, Canada, Ireland and the United Kingdom.



Dorothy Height used her background in education and social work to advance women's rights



Rosa Parks was an activist in the civil rights movement and became known for her role in the Montgomery bus boycott when she refused to give up her seat to a white man.



Jane Bolin was the first Black woman to attend Yale Law School in 1931. In 1939, she became the first Black female judge in the United States. One of her significant contributions throughout her career was working with private employers to hire people based on their skills, not discriminating because of race. She served on several significant Boards providing leadership throughout the Nation.



Creola Katherine Johnson was an American Mathematician whose calculations of orbital mechanics as a NASA employee were critical to the success of the first and subsequent US-crewed space flights. Her IQ score was around 162. She was one of the first black students in WVA graduate schools.



Going into A Canterbury Pantry and Coming Out with a 3-Part Plan

It's National Nutrition Month, a great time to talk about enjoyable-to-eat, essential-to-our-health food. Three **Health Advisory Committee members** talked for this column about choosing simple, healthy foods that fit our Canterbury lifestyles.

Judy Bodner, **Ellen Martin, RN, CNM** (Certified Nurse Midwife) who has given healthy eating advice to moms-to-be, and **Bonnie Finne**, known as a fabulous cook, joined this **Eating Edit author, a Registered Dietitian Nutritionist (RDN)**, around Bonnie's dining room table to talk about food and access Bonnie's pantry for ideas.

Bonnie started with advice to buy and keep on hand fresh veggies and fruits for lunches and other quick meals. "Don't worry," Bonnie advises, "if some spoils before you can eat it. Having fresh produce on hand means you are more likely to eat (and benefit from) the fruits and veggies. Produce does last longer if you wait to wash the items until you use them".

Some of our favorite fresh items for quick, healthy meals and snacks include leafy greens (the darker the better), like arugula, chard, kale, spinach, veggies like red, yellow, green peppers, mushrooms, celery, carrots, and tomatoes. Ellen remarked, "fruits like blueberries and clementines are easy staples too."

Did you notice that most of these veggies and fruits are brightly colored? Colors come from beneficial elements that act

like nature's clean-up crew in our bodies, combating substances that over time infiltrate cells and can cause heart disease, cancer, diabetes. Voila - these brightly colored ingredients make a quick salad while protecting your body organs and helping you eat the recommended 6 – 7 daily fruit and veggie servings.

Canned foods like artichokes and green beans add flavor to salad and can be as nutritious as fresh if additives are limited. Check the label; a can of low-sodium green beans proved the point, with only water added.

Bonnie's easy salad dressing avoids the processed traps from additives in commercial dressings: 1 cup of olive oil, ¼ cup vinegar and surprise flavor of 2 tablespoons orange juice and 1 ½ teaspoons Dijon mustard.

Bonnie shared her **plan to create three dishes from the basic veggies and fruits** named:

1. **salad**,
2. **stir fry** combining veggie ingredients with chicken breast sauteed in olive oil, and
3. **simple vegetable soup** using the veggies and purchased chicken broth (low sodium is available and tasty), with fewer additives than canned soups.

The power to choose our foods is ours. We agreed that choosing healthy foods lets us experience better health and life quality as we age.

MARDI GRAS



Bob Kesterton
And Mary Kesterton



MARDI GRAS



INTRODUCING LOCKSLEY BARRETT

One Thursday morning my wife gathered her jewelry needing repairs. She left the items with **Locksley Barrett** to be repaired. Mr. Barrett had set up his fully equipped workstation in the George High-tower room the first Thursday of the month between 11am and 2pm. Although he indicated that he had a number of repairs, he promised that he would have my requests completed by 2pm, perhaps later. Arriving early that afternoon the work was not completed. So I decided to wait and asked if I could observe his work since I have an interest in jewelry making.

Wait I did for the next two hours with a most remarkable, talented, and highly skilled craftsman at his trade all the while recounting his fascinating life story.

Born in Jamaica 60-odd years ago, he began his apprenticeship at 14 encouraged by his grandfather who extolled that “by learning a trade you will be able to support yourself.” Relocating to New York City at 17, he worked his way up the jewelry ladder by starting as a metal polisher. After some years and hard work, Locksley finally became a master diamond setter in the heart of the diamond district of NYC, 47th Street. He built a reputation as the “Jamaican expert.” This distinction was mentored by Hasidic Jews who monopolized that industry. As a successful high-flying bachelor living the American dream, he settled down marrying a beautiful Jamaican woman and started a family. His success in NYC abruptly ended in the eighties when the Berlin Wall came down. Eastern European craftsmen migrated to the city and flooded the market, undercutting existing diamond setters’ earnings.

Moving to Atlanta he progressed with his



craft by repairing jewelry at a number of retirement communities. Observing Locksley I was amazed not only by how quickly he determined what repairs were needed, but more importantly how well he approached each resident and staff. With his infectious smile and Jamaican accent, he instantly imparted a sincere trust to his clients. Also his cost estimate was reasonable for the skill and time required for each repair.

Canterbury is indeed fortunate to have such a skilled artisan for the last 11 years. So please bring your ready-to-discard or damaged jewelry to his mobile workshop and come away knowing your jewelry was skillfully repaired by a most gracious, gentle man who will make your day sparkle.

RECYCLING COMMITTEE



**Shirley
Timashev**

Q & A ON COMPOSTING

“Is there interest in composting at Canterbury Court?”

The Recycling Committee was asked to investigate current plans for composting at Canterbury Court, specifically to see about recycling organic material which would otherwise be treated as kitchen

trash. We found out that there is a new project just getting started, under the leadership of **Tammy Clark, Garden Specialist**. She has been consulting with **Pat Davis, Emily Huie** and **Sandra Garber** from the garden committee and with **George Lancie, Hospitality Director**. Previously there had been a program to save kitchen scraps and have them picked up periodically by a commercial outfit.

The new plan will have composting done on site. Three large bins have been constructed on the path to the dog park from recycled wooden pallets and chicken wire with the help of **Frank Wooten, Director of Plant Operations**, and **Mike Smith** from Foxhole. Food preparation scraps such as fruit and vegetable peelings, egg

shells, coffee grounds and tea bags will be interspersed with layers of mulched leaves.

To hasten the production of a rich brown, humus-like soil amendment, the compost will need to be kept moist and aerated by turning it with a pitchfork. Tammy will take responsibility to see that this is done. Although there’s a lot of physical labor involved, Tammy expects to get help from something very little: earthworms. She has experimented with using them in her own garden at home.

Canterbury residents who have garden plots or greenhouse space will have access to the compost when it is mature and ready to be used. Tammy will also use the compost to give new garden plantings a good start. As a soil amendment, compost aerates clay soil and provides the nutrition benefits of fertilizer. Once the composting program is well established in partnership with the Canterbury kitchen, the recycling committee and the garden committee will discuss involvement of Canterbury residents. The committees will need to work out how such items would be collected.

Questions on recycling can be submitted to committee chair **Babette Tipping ((Apt #677))** or to

Pleased to show off the new recycle bins are (l to r) Tammy Clark, Garden Specialist, Frank Wooten, Director of Plant Operations and resident Mike Smith, Foxhole member.



THE EDEN ALTERNATIVE: A PRIMER

Often, the term “**Eden**” appears in various Canterbury articles, comes up at Canterbury meetings, and is the subject of casual conversation around the campus. But what is Eden and what does it mean at Canterbury Court? Originally published in the fall of 2022, this article seeks to inform our newer residents and refresh those more familiar with the primary concepts of the “**Eden Alternative**” as Canterbury healthcare strives to integrate its core principles into our healthcare neighborhoods.

Eden is a widely-accepted international model for “**Senior**” living communities (or as Eden prefers to say, “**Elder**”). It focuses on educating and influencing the culture of Elder living communities away from a “**Clinical Model**” to something more collaborative and humanizing. In a purely clinical model, “**Care Providers**” set the tone of daily Elder life based on traditional medical priorities and long-used time schedules. Well-meaning clinical staff decide (or guess!) Elder needs and wants and schedule daily routines accordingly. Some examples might include arbitrarily deciding when Elders should eat, bathe, and even take a nap! At a deeper level, it might include deciding what type of music is played, what type of activities are offered (or NOT offered), visiting rules, and where and how mobile and immobile Elders spend their daytime hours.

Over the years, Canterbury staff have taken many steps to address these issues and give Elders more autonomy and choice. These efforts are highly commendable. But without a well-formulated template on which to build a comprehensive program, their caring efforts cannot reach their full potential. Canterbury administration chose the Eden Alternative to provide that structure and training to accomplish true culture change.

In Eden terms, without meaningful choice, Elders frequently experience “**Loneliness**”, “**Helplessness**”, and “**Boredom**”. Known as the three Eden “**Plagues**”, these feelings can profoundly affect the human spirit. Elders question what they have to look forward to in

life. Without the hope for happiness, life becomes little more than a waiting game to something hopefully better. Apathy replaces involvement. Sadness and disconnection often follow. Physical wellbeing suffers.

Eden provides the tools and more importantly, encourages staff to be willing and open to thoughtfully listen to the preferences, desires, and priorities of the individual Elder. Staff assume the role of “**Care Partner**”, not director, to work together with the Elder or their family to address those wishes. In Eden terms, that is “**Person-Directed Care**”. Done successfully and implemented early, the Eden Plagues can typically be avoided altogether. If not, Eden principles still offer hope and options no matter where the Elder is in their journey through life.

No one can deny that growing old can seriously limit physical, psychological and emotional options. Eden provides strategies and examples of how staff can bridge these obstacles and reconnect with someone experiencing apathy or deep depression. Eden strives to give the Elder every opportunity to be not only alive, but experience happiness and fulfillment again, despite their limitations.

Eden recognizes that fighting the negatives of the “Plagues” fall into seven “**Domains**” of well-being. These are (partial descriptions) “**Identity**” (being seen as an individual, Mary Capka—not just “Room 22”); “**Connectedness**” (feeling part of a bigger whole—be it with other people, a sense of community, connection to family and memories, oneness with nature, etc.); and “**Security**” (freedom from doubt and anxiety, having dignity, privacy and respect).

The last four Domains are “**Autonomy**” (the right to make choices about your life); “**Meaning**” (living with hope, purpose and value); “**Growth**” (developing, expanding, and evolving as an individual); and “**Joy**” (experiencing happiness, delight and contentment). The Eden Initiative and Eden training help an organization evolve into a

culture that truly understands the Plagues of aging and embraces the Domains of well-being to combat them.

Once the organizational commitment is made, Eden offers a structured guide to implement Eden principles in the real world. The Eden “**GROWTH Model**” outlines five steps to success (partial list):

“**G**” (Get Real): Assess what’s going on now. What works? What doesn’t? What are our Residents and their families telling us? What change is needed first to address their priority needs and wants?;

“**R**” (Reach Out): Who needs to be involved? What training is needed? Who’s done this elsewhere successfully?;

“**O**” (Open Up and Dream): What does success look like to us? To our Residents? What do we hope to accomplish?;

“**W**” (Work Up a Plan): What are our short/long term goals? How should we implement? What do we measure along the way?;

“**T**” (Take Action): Who needs to do what? What could get in our way to success? How will we share successes/address problems along the way? and

“**H**” (Hold Steady/Reach Further): How will we know if it’s working? How will we monitor against backsliding into the old ways? How will we celebrate our success? What’s our next goal?

Canterbury Court has long prided itself as a warm and inviting culture. It is an organization willing to commit time, resources, and money towards not just being a place of refuge, but one embracing growth, connectedness, and true community. To date, many members of Canterbury administration, healthcare, other departmental leadership, staff, and several members of the Health Advisory Committee have taken the Certification Course offered by Eden. Several more are scheduled to take it in the future.

The inevitable disruption associated with opening any new healthcare community is now quickly disappearing behind us, and the unique potential and opportunity to incorporate more principles of Eden culture is ripe for development. Let’s use this once-in-a-lifetime golden opportunity to make our Canterbury home a wonderful place to live and “**Thrive**”.

Want to learn more? Read:

Being Mortal: Medicine and What Matters in the End by *Atul Gawande* available in the Canterbury Court library

In the Arms of Elders by *William H. Thomas* (available through Amazon)

FROM ALFRED, LORD TENNYSON’S “ULYSSES”

“and tho’
We are not now that strength which in old days
Moved earth and heaven, that which we are, we are,
One equal temper of heroic hearts,
Made weak by time and fate, but strong in will
To strive, to seek, to find, and not to yield.”

EVENTS



Mary Capka's friend Cindy Wohlsclagel conducted a cheerful and productive Valentine card-making class on February 2nd. The residents who participated made beautiful, cute and clever cards to share with special people in their lives. The recipients who were fortunate to receive these cards were truly delighted.



When renovation on the card/chat room began, the bookshelves in the entrance had to be removed. The Accumulation Sale was able to recycle them to Margaret Blackmon's apartment. They are a perfect fit.

AROUND CAMPUS



Frank, Alan, and Tammy temporarily relocated their offices to the 7th floor, Club Tower, and were immediately invited to the Tuesday cocktail hour.



Chef Michele Ealey got t-shirts for this group (the Bar Chix) that show up on Friday to support the bar in the Grill. In return, the group got an apron for her. Who says it's dull in the old folks home!



Mah Jongg Saturdays in the Vermont Peachtree Community Room are busy with active minds learning the intricacies of this ancient game of "poker". The aim is to make matching sets and pairs—a set is three or four identical tiles or three consecutive tiles and a pair is two of the same tiles. To win Mah Jongg, a player must form four sets and one pair.



Pat Miller is a serious observer

WELCOME MAT

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FOUR C'S



Gail Rogers

It was a normal Wednesday morning as I unlocked the door to 4 C's one morning last month and got ready to open up. As I looked around, I froze. The shelf containing the toilet tissue was empty! I could have sworn that there had been enough to last for a couple

more days at least. Then the trouble started. A steady stream of customers, including one store volunteer, came in with shopping bags wide open to receive the necessary supplies. They stared horrified at the empty shelf. Great wailing ensued. "What am I going to do?!" I could only grovel and apologize, as it is my responsibility to keep that shelf stocked. But who would have expected so many people to run out at the same time! Fortunately, the

caring and concern for others for which Canterbury is known came to the rescue as residents offered their neighbors a roll or two to tide them over. In this way we got through the morning, and there is now a good supply! If I had ever doubted the importance of 4 C's to the lives of Canterbury residents, I certainly no longer do! We are here for you, even if we sometimes run out of things.

What we do have this month are St. Patrick's Day cards, lots of crackers and cereal, nuts, laundry supplies, soup, paper towels, and smiles! Come see us while they're still available!

ELECTION INFORMATION

The election coming up this year is the most important election in our lifetime. It is very important for new residents to make sure that their registration is up-to-date to reflect their change of address.

GA ELECTION DATES

- **Presidential Preference Primary (PPP)**
March 12, 2024
- **General Primary / Nonpartisan Election**
May 21, 2024
- **General Primary / Nonpartisan Election**
Runoff June 18, 2024
- **General Election Runoff for Federal**
Offices June 18, 2024
- **General Election**
November 5, 2024
- **General Election Runoff**
- **General Election Runoff for Federal**
Offices December 3, 2024

The Fulton County Board of Elections staff will be at Canterbury on **Friday, March 1st between 2:00 and 4:00pm in the Front Parlor** to register residents who wish to vote by absentee ballot. This is the last day to request an absentee ballot! Once you are registered, you are able to vote by absentee ballot for the remainder of the election season, including the General Election on November 5th.

Canterbury will also provide transportation to key elections if you would like to vote in person. Your polling place is:
Sarah Smith Intermediate School
4141 Wieuca Rd. Atlanta 30342.

Look to your weekly current for the most up to date information about absentee, early and poll day voting opportunities.

TALES FROM THE LIBRARY



Anne Jones

January was a busy month in the Library. A major leak from construction work above the entry hall created a minor flood. Fortunately, the books and new shelving escaped damage, but the ceiling and flooring had to be replaced. This meant that there was no access to the library for a few weeks as repairs were made.



Library volunteers came to the rescue with a mobile library in the front parlor, making it possible for residents to check out the most recent offerings and to return their read books



During the time the library was closed, the newspapers were moved to the front parlor. Residents enjoyed reading the papers in the open, well-lit setting, often sitting in front of the fire place. Feedback was so positive about the new location that the newspapers have been relocated to that area.



Now that the Library is open again, volunteers **LuAnne Schwarz** and **Sue Smith**, are continuing the weeding of books. Because of limited shelf space, it is necessary to review the books, and remove those that haven't been checked out in the last few years. These deaccessioned books are then recycled to the book sale



or the free carousel in the Wellness Center. As reluctant as we are to remove books from the collection, we are happy that they will find a new home.

A new addition to the newspapers is a large print edition of the New York Times. This is a weekly publication that arrives by mail each Thursday. Check it out in the front parlor.

Regarding the newspapers, we want to thank **Betty Bryant** for making sure that the papers are in good order and also for distributing older papers to residents that enjoy reading them in their apartment.

Now that the library is open again, please check your apartment to make sure you return the books you were holding.

CANTERBURY SCHOLARS

I sat across the desk from Angela while I asked her questions about her education goals. The phone rang insistently so she apologized and answered. She acknowledged what she heard and agreed to check on the situation right away. This is Angela's job in Wisteria/Monarch where she is the manager of the Assisted Living area of Monarch. She is responsible for the needed care and personal satisfaction of the residents in this area.

Angela's bag of responsibility is heavy with other tasks. She lives with her elderly mother and aunt. In addition, her seven year old grandson is in her care. Angela looks after the household with devotion, but her ultimate goal is not there; it is in the determination to become a Registered Nurse.

Angela believes that nursing is a calling, and she received her first call at a young age. When she was seventeen, her father became ill, and Angela became his caretaker. Caring for him brought the first understanding of the joy of helping others. The pursuit of a nursing education went "on hold," however, while she married and raised three children. Now, at this time of her life, she is able to focus on her education, and she has completed her core courses for the RN Program. She is awaiting her admission to the program which will then join her home and her job in her daily schedule.



Angela Proctor

The Canterbury Court Scholarship Program hopes to continue financial and emotional support to Angela as she goes forward. We are proud to have her employed in Monarch. Her comment when asked about her job satisfaction was:

"Knowing I can make someone else's life better makes me better."

GARDEN COMMITTEE



**Margaret
Langford**

Tammy Clark, our Garden Specialist, is literally counting the days until spring. "28 more days to go," she announced as I write this.

For those who identify spring with daffodils and tulips, come join the newly formed "**Bulb Brigade**". The only requirement is that you be able to get close to the ground to plant the bulbs in the fall. We will help you get back up. About four of us worked together to plant daffodils and tulips in a cutting garden for the Flower Arrangers, out behind the Garden Tower. Walk over and see how they are doing.

There are many areas where we need volunteers to help:

1. **Birds.** Caring for their houses and feeders, identifying, going on bird walks, having speakers, etc.

2. **Tammy needs help in the Memory Care Garden, working with residents in Horticulture Therapy with the residents.**

3. **Nicole Burke in Marketing, needs knowledgeable residents to take perspective residents on walks through the garden.**

If you are interested in helping in any of these areas, please call and let me know. **Margaret Langford..678-686-4872 or x3872.**

Even though March weather is unpredictable, there will be plenty of sunny days for walking the garden paths. Come out and welcome Spring!



Migrating, going to Disney World, new military drones...?



WELLNESS



**Andrew
Wiltz**

The Publix that I go to in Decatur had a renovation project and made changes to the aisles as part of their facelift. At first, I was a little confused, as it broke up my routine of knowing exactly where everything is. Over time, I got used to the changes which the store made to

expand their inventory. We understand that some in our community might need time to adjust to the changes that have been made in the Wellness Center. This will give us more latitude to add diversity to our programs. I'd like to touch on this more and am excited to share some other important developments.

I'm hopeful most of you already know the significant changes that have occurred in the Wellness Center and program. We re-configured our floor plans to consolidate our Life Fitness resistance training equipment in one room. With this, there are more choices to maximize your strength needs and capabilities. Also, we moved our group exercise classes that don't involve machines to the room where the existing equipment used to be. Our Aerobics classes can get filled, so this change creates more space to move freely, perform supine/prone exercises and dance!

We have added another full-time member to the Wellness Staff! **Mike Banks** started working with us officially on Monday, February 19th. He might not need much of an introduction to those that have been coming regularly to his classes when he was with Aerobic Atlanta. Mike is passionate about fitness, knowledgeable and easy to talk to. He has expressed to me on several occasions that he would love to come to Canterbury to contribute more broadly to our ob-

jectives. We will be expanding on the Group Exercise and Wellness Coach Programs with his presence. We are all excited to see Mike grow with us!

On Wednesday, March 6 at 10:00 a.m. in the Group Exercise Room, we will be hosting Soni Pelino, who will be introducing the Rock Steady Program! I'm going to share her bio and reason for coming to Canterbury in her own words below:

*I'm **Soni Pelino**. I graduated from Emory University School of Medicine with my Doctorate in Physical Therapy about 15 years ago. Prior to that, I served in the United States Air Force for 8 years. I am currently a physical therapist for Wellstar Health System as well as a certified **Rock Steady Boxing Coach**. I truly believe that exercise is as important as food and water. As a physical therapist, I have treated many different diagnoses, but I have a special interest in Parkinson's Disease. Recent research is showing that high intensity exercise training is a highly effective treatment for slowing down the progression of PD. **Rock Steady** is a well-researched program that incorporates fun, balance, agility, and varying levels of intensity; and is one of the few programs recognized by the Parkinson's Foundation. I have witnessed the positive effects of this program and I look forward to sharing it with you.*

For this initial demonstration, we welcome anyone to attend to support and learn about this program. However, to participate regularly, you must have a diagnosis of Parkinson's. If we can have enough support, Soni has blocked off every Wednesday at 10:00 a.m. to develop the class at our community. We hope that is the case!

Andrew Wiltz, Wellness Director

BOOK CLUB



Elizabeth Allan

**MONDAY, MARCH 4,
2024 AT 2 PM.**

**Vermont Tower
Community Room**

THE LOST MAN
By *Jane Harper*

Reviewer and Discussion Leader:
Helen Mary McClellan

Three brothers— Nathan, Bub and Cameron—are ranchers in the lonely Australian outback, but they rarely see each other. Cameron’s car has been sighted by a low flying helicopter; so his two brothers are summoned to meet at a spot called “the stockman’s grave”...an old burial site for an unknown man long ago.



Cameron was a sharp and knowledgeable man who would have known not to leave his car (filled with water and supplies), to walk anywhere; so why did he? Was he forced?

One reviewer writes, “A crime masterpiece...rarely does a puzzle so complicated fit together perfectly!”

Part of this puzzle includes the challenging human relationships between—especially—family members(wife, children and siblings).

The brutal conditions of the Australian Outback play a role in every aspect of the story.

The wide and empty space in much of Australia is certainly different from what most of us know here in Georgia. If you had grown up there, would it have made a difference?

Read the book if you have a chance, come to the gathering, listen to the review, and decide for yourself about the puzzle.

Book Club Advisory Team

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

RESIDENT INTERVIEWS FACILITATOR

Canterbury Tales new team member Josh Taylor has been chosen to arrange interviews of new residents. He will work with our writing staff (which we hope will increase as new residents become acclimated to life here) and the new residents. We wish to cover the earliest arrivals first, but the final decision will be left up to Josh.

RESIDENT SERVICES



Rebecca Oleson
Resident Services
Director

MARCH HAPPY HOUR & SUNDAY BRUNCH ENTERTAINMENT

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

- ⌘ Welcome back the vocal and piano talents of **Beth Moore** on Friday, March 1st. Refreshments provided by Personal Care, Inc.
- ⌘ Enjoy brunch music with **Craig Gleason** at 1:30pm on Sunday, March 3rd.

- ⌘ Welcome newcomer **Carey Sanders** on Friday, March 8th.
- ⌘ Enjoy an early St. Patrick's Day Happy Hour with **Jim Hampton** in the Vermont Tower Community Room on Friday, March 15th.
- ⌘ **Judy Boehm** entertains in the Vermont Tower Community Room on Friday, March 22nd.
- ⌘ **Sybil Eberhart** returns to entertain in the Vermont Tower Community Room on Friday, March 29th.

MARCH 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

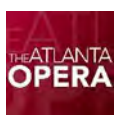
For more information about concerts below or to purchase tickets, visit www.aso.org or call (404)733-4800. Canterbury provides transportation free of charge to each *Thursday evening* ASO performance, but you must sign up to reserve your seat. Please meet at the Front Entrance. The bus will load at 6:45pm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

Tchaikovsky's Sleeping Beauty, March 14

Delta Series #1

Carmina Burana, March 21

Delta Series #2



Atlanta Opera's "A Midsummer Night's Dream, March 5

Mythical figures dance in the night as Benjamin Britten's opera performance comes to the Cobb Energy Performing Arts Centre. This adaptation follows the falling out between Oberon and Tytania, the fairy king and queen. What results is a chaotic comedy filled with magical potions, mistaken identities, perplexed lovers and even more mischief. This performance is 3 hours and 15 minutes long with several intermissions between acts. To purchase tickets for the Tuesday, March 5th, 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.

MARCH ACTIVITIES & EVENTS

Mah Jongg Saturdays

Canterbury continues Mah Jongg Saturdays in March 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 March 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 March 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. Class will NOT meet Friday, March 15th.

Decoupage Frames with Gillian Gussack, March 1

Gillian returns with a requested follow up class to last week’s Decoupage one. This one will feature picture frame decoupage. Remember and highlight a special picture you have with this fun project. No experience is necessary and all materials (even frames) will be provided. Join this fun class on Friday, March 1st at 10:00am in the Art Room.



Civil Conversations, March 1, 15 & 29

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, March 1st, 15th and again on the 29th at 4:00pm in the Vermont Tower Community Room.

Fulton County Board of Elections Visit, March 1

Would you like to sign up for absentee ballot voting or check the status of your request for absentee ballots? Are you a new resident to Canterbury Court and wish to vote in the upcoming election year but need to change your polling location? March 1st is the last day to request an absentee ballot, so if you have not done so already, come to this event with the Fulton County Board of Elections, who will take care of all your voting needs. They will visit Canterbury on Friday, March 1st from 2:00-4:00pm in the Front Parlor. Bring your driver's license or state ID and voter registration card (if you have it; not required).

Book Club, March 4

All residents are invited to the March meeting of the Canterbury Book Club on Monday, March 4th at 2:00pm in the Vermont Tower Community Room, when resident Helen Mary McClellan leads the discussion for *The Lost Man* by Jane Harper.

Bingo, March 6 & 20

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, March 6th and again on the 20th.

Global Jewelry Repairs and Sales, March 7

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 Peachtree 1&2 of the Vermont Tower Community Room on Thursday, March 7th from 10:00am to 2:00pm.

“Rear Window” Movie Showing with Alexa Foreman, March 7

This month Alexa brings you the 1954 thriller directed by Alfred Hitchcock, “Rear Window” starring James Stewart and Grace Kelly, in which a photographer (Stewart) who is wheelchair bound, spies on his neighbors from his Greenwich Village apartment window. He becomes convinced one of them has committed murder, despite skepticism from his fashion-model girlfriend (Kelly). Let Alexa reintroduce you to this classic with behind-the-scenes trivia and movie facts on Thursday, March 7th at 1:00pm in the Vermont Tower Movie Theater. Light refreshments will be served.



Trip to American Daffodil Society SE Region Show w/ Brunch at First Watch, March 8

Calling all gardeners and flower lovers! You are invited to attend and mingle among fellow aficionados and avid gardeners as this show promises to wow visitors with an array of prize-winning daffodils, when we visit the Georgia Daffodil Society sponsored annual event, which will feature a daffodil photography show as well as informative talks from Becky Fox Matthews and Greg Freeman about this spring flower to be held at John's Creek Baptist Church in Alpharetta.

Before the show, we will visit First Watch for brunch. This restaurant is an award-winning breakfast, brunch and lunch favorite that specializes in both traditional and innovative creations all prepared fresh to order.

The bus will load from the Canterbury front entrance on Friday, March 8th at 10:15am and leave promptly at 10:30am. There will be a transportation fee of \$8 added to your monthly account. Brunch will be on your own. Please sign up at the Wellness Center desk, on the Canterbury app, or call Emma Bourne at Ext. 3062 for this fun outing.

Quarterly Residents Council Meeting, March 11

All residents are invited to attend the Quarterly Residents Council meeting, led by President Martha Solano. It will include special recognition of Canterbury scholarship recipients this past year. Come learn what your resident council is doing for you and how you can become involved on Monday, March 11th at 7:30pm in the Vermont Tower Community Room.

Lunch Trip to Marlay House Irish Pub, March 12

Marlay House is an authentic Irish owner operated Dublin style pub located in Decatur- a place where friends and family can go for an authentic Irish meal and pint surrounded by traditional décor and welcoming Irish atmosphere. The bar has a full craft beer portfolio and the kitchen creates top tier pub grub alongside seasonal specials often using local produce. Join us as we celebrate St. Patrick's Day with a little bit of Ireland here in Georgia. This trip will take place Tuesday, March 12th, loading from the front entrance at 11:00am and leaving promptly at 11:15am. There will be a transportation fee of \$8 added to your monthly account. Lunch is on your own.

Administrative & Enrichment Project Update, March 13 & 27

Join CEO **Debi McNeil** for an update 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 gets 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.

Watercolor Class with Gillian Gussack, March 15

Whether a seasoned artist or a curious beginner, let Gillian help you to create abstract art or representational pictures with watercolor. This class will help you focus on getting comfortable with watercolor painting techniques and enjoy the process of painting. You may bring your own supplies or they will be provided at no charge. This fun class will take place on Friday, March 15th in the Art Room, located on the ground floor of Peachtree Tower beginning at 10:00am.

Canterbury Greenhouse Ribbon Cutting and Open House, March 15

Join Canterbury staff as we kick off the grand opening of the Canterbury Greenhouse with a ribbon cutting, special Irish themed nibbles and drinks and a few short speeches! All residents are welcome to attend and see this beautiful structure for our avid Canterbury gardeners and take home a Shamrock on Friday, March 15th from 12:00-2:00pm. The ceremony begins at noon but Tammy Clark will be on site until 2:00pm to give greenhouse tours and answer any garden questions you may have.

Catholic Mass at Lenbrook, March 19

Father Joseph Wagner will return to Lenbrook to say Mass this Lent, right before Easter. He continues to throw his heart into all he does- mass, confession, teaching, inspiring and serving. All residents and staff are invited to be a part of this special mass on Tuesday, March 19th at 11:15am at Lenbrook. The bus will load from the Canterbury front entrance at 10:45am and leave promptly at 11:00am. Contact Chaplain Heather Flaherty at Ext. 3267. Sign up at the Wellness Center desk, on the Canterbury app or call Emma Bourne at Ext. 3062.

The Philadelphia Eleven Documentary w/ Pastoral Care, March 19

In an act of civil disobedience, a group of women and their supporters organize their ordination to become Episcopal priests in 1974. The Church of the Advocate in Philadelphia welcomes them but change is no small task. The women are harassed, threatened, and banned from stepping on church property. In this feature-length documentary film, we meet the women who succeed in building a movement that transforms an age-old institution and challenges the very essence of patriarchy within Christendom. Come learn more about these extraordinary women with the Pastoral Care staff on Tuesday, March 19th at 1:00pm in the Vermont Tower Community Room. An open discussion will follow the documentary showing.

Peach Pipes, March 20

The Peach Pipes, a volunteer group of the Junior League of Atlanta, will visit Canterbury to perform a Spring concert. Performing weekly from October through April, this spunky group of ladies visits locations all over the Atlanta area bringing showtunes and hits from the 40's and 50's at the delight of their audiences. See this dynamic group perform on Wednesday, March 20th at 10:30am in the Vermont Tower Community Room.

Accumulation Clothing & Jewelry Sale, March 21

Your Resident Council is holding a clothing and jewelry sale that you won't want to miss. This sale includes a large amount of nice clothes in various sizes and for all seasons. There will also be a wide variety of jewelry from which to select. Come add some "new" pieces to your Spring wardrobe at great prices on Thursday, March 21st from 9:00am to noon then again from 1:00pm until 3:00pm in the Vermont Tower Community Room.

Caregiver Support Group, March 21

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, March 21st at 2:30pm in the Club Tower 7th Floor Lounge. All are welcome!

“Murder Ahoy” Movie Showing with Alexa Foreman, March 22

After Miss Jane Marple is made a trustee of a merchant marine training vessel, a fellow trustee is poisoned, and the ship’s officers are also later murdered when she comes aboard. Join Alexa for this 1964 murder mystery on Friday, March 22nd at 1:00pm in the Vermont Tower Community Room.

Art Talk with John Tilford, March 25

This month, Oglethorpe University Museum of Art Curator of Collections, John Tilford, will offer a preview of the upcoming exhibition “Fragile Genius: Catherine Wiley and Beauford Delaney.” This exhibition will examine the life and work of diametrically opposed artists who both hailed from western Tennessee. Both would rise to great fame as artists but both would suffer lifelong struggles with mental illness. John will visit Canterbury on Monday, March 25th at 2:30pm in the Vermont Tower Community Room. All residents are invited to attend!

Atlanta Balalaika Orchestra, March 27

Beginning in 1981, as a small group of balalaika aficionados, the Atlanta Balalaika Orchestra is one of the most highly regarded orchestras of Russian folk instrumentalists outside of Russia and is the primary promoter of Russian folk music in the Southeast. This orchestra relies on two plucked string instruments for its characteristic sound: the domra and the balalaika. All residents are invited and encouraged to attend this performance of lively music on Wednesday, March 27th at 7:30pm in the Vermont Tower Community Room.

Trip to Savannah College of Art & Design with Lunch, March 28

Shawn Sandor, Director of Friends of SCAD, The Savannah College of Art and Design has invited residents to attend a special lunch and tour of the new theater along with a private docent tour of the two current exhibitions- “Cristobal Balenciaga: Master of Tailoring” and “Manish Arora: Life is Beautiful.” Join us as we see both of these shows and have lunch at the beautiful Peachtree Road campus on Thursday, March 28th. Meet at the front entrance at 10:30am, where the SCAD bus will take us to the SCAD FASH Museum. Don’t delay in signing up for this fun trip. Deadline to sign up is Monday, March 18th. For more information, go to www.scadfash.org There is no fee associated with this trip!

MARCH WELLNESS EVENTS

Saturday, March 9th and Wednesday, March 27th:
Hearing Aid Clinic with Audiologist Monica Walker
Call (404)777-5252 to schedule an appointment.

Tuesday, March 12th:
10:30am Blood Pressure and Diabetes Check with Personal Care, Inc.
Wellness Center

Tuesday, March 19th:
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. Vermont Tower Ground Floor renovation will affect these times in March. Please look to your morning CC Notification email, and the Canterbury app for the most up to date information.

Mar 1-7

Movie #1

American Fiction (2023) 2h, Rated R

Monk is a frustrated novelist who's fed up with the establishment that profits from black entertainment that relies on tired and offensive tropes. To prove his point, he uses a pen name to write an outlandish black book of his own, a book that propels him to the heart of hypocrisy and the madness he claims to disdain.

Movie #2

Shakespeare in Love (1988) 2h, Rated R

This movie is a romantic comedy for the 1990's set in the 1590's. It unfolds into a timeless tale behind the creation of the greatest love story ever told. A young Shakespeare (Joseph Fiennes) is out of cash and ideas but he meets his ideal woman (Gwyneth Paltrow) who inspires him to write one of his most famous plays.

Movie Special: Mar 3&7

The Eternal Memory (2023) 1h 25min

Chilean couple Augusto and Paulina have been together for 25 years, but Augusto was diagnosed with Alzheimer's disease eight years ago. Both of them fear the day he will no longer recognize her.

Mar 8-14

Movie #1

Anatomy of a Fall (2023) 2h 30min; Rated R

A woman is suspected of her husband's murder, and their blind son faces a moral dilemma as the sole witness.

Movie #2

Waiting for Guffman (1996) 1h 24min, Rated R

When the town of Blaine, Missouri approaches its sesquicentennial, there's only one way to celebrate- with a musical revue called "Red, White and Blaine." Hoping the show will be his ticket to Broadway, impresario Corky (Christopher Guest) rounds up a cast of enthusiastic but untalented locals (Eugene Levy, Fred Willard, Catherine O'Hara) to perform his masterwork.

Movie Special: Mar 10&14

American Symphony (2023) 1h 43min

Musician Jon Batiste sets out to compose a symphony but his life partner, author Suleika Jaouad, learns that her cancer is back. This documentary is a portrait of two artists at a crossroads and a meditation on art, love and the creative process.

Mar 15-21

Movie #1

Waking Ned Devine (1998) 1h 30min

When best friends Jackie O'Shea (Ian Bannen) and Michael O'Sullivan (David Kelly) discover someone in their small Irish village has won the lottery, they immediately set off to see if the winner is in a sharing mood.

Movie #2

Finian's Rainbow (1968) 2h 21min

Feisty Irishman Finian McLonergan (Fred Astaire) and his faithful daughter, Sharon (Petula Clark), bearing a pot of gold stolen from a leprechaun, settle in the village of Rainbow Valley. Hilarity ensues when the McLonergans get into a number of fanciful scrapes while being pursued by the magical leprechaun, who will become mortal if he doesn't recover his pot of gold.

Movie Special: Mar 17&21

Older Than Ireland (2015) 1h 20min

This is the story of a hundred years of a life in Ireland as seen through the eyes of thirty different men and women aged one hundred years or over; both poignant and funny, each centenarian's journey, from birth to their modern life in Ireland, is examined.

Mar 22-28

Movie # 1

The Pink Panther (1963) 1h 53min

Dashing European thief Sir Charles Lytton (David Niven) plans to steal a diamond but he's not the only one with eyes on the famous jewel known as the "Pink Panther." His nephew George (Robert Wagner) also aims to steal the jewel and blame Charles for the crime. Blundering French police inspector Jacques Clouseau (Peter Sellers) intercedes, but finds his career, and his freedom, jeopardized.

Movie #2

Green Book (2018) 2h 10min

Dr. Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation.

Movie Special: Mar 24&28

The Greatest Night in Pop (2024) 1h 36min

On a January night in 1985, music's biggest stars gathered to record "We Are the World." The team goes behind the scenes of the event to see how all of the artists came together to make history.

Mar 29-Apr 4

Movie # 1

Miss Potter (2006) 1h 32min

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 46min

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.





March 2024