

# Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

Volume LXII No. 6

June 2024



Cover Story 12

## MEMORIAL DOG PARK DEDICATION

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# Canterbury Tales

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

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*Canterbury Tales* is published monthly from September through June.

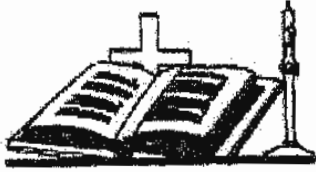
## FINANCIAL STATEMENT

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# IN MEMORIAM

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



## CHAPEL SERVICE

Enjoy your summer break, but remember our Wednesday 10:30 a.m. service continues. Our chapel lobby is fresh and beautiful so be sure to come early for visiting .

*Gail Johnson, Altar Guild Chair #572/VT*

# MEMORIAL DAY



## IN FLANDERS FIELDS

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

*John McCrae*

## JUNE BIRTHDAYS

Happy Birthday  
To Everyone  
Born in June!



## BEHIND THE SCENE



This is Michele Ealey and her 3 sons, all of whom are Sous Chefs with us. From left to right, it's Michele, Chuck, Jay, and Lance Ealey (and of course that's me, Lisa Bronstein in the middle ).

**CANTERBURY TALES** publication will be issued in July and August and is dedicated only to **WELCOME MAT** articles introducing new residents and **RESIDENT SERVICES** information.





## FROM DEBI'S DESK

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

May is the busiest time of the year for anyone with school-aged children. The sheer number of end-of-school year activities can be overwhelming. May has a little added stress (and excitement) this year as we are preparing for BOTH of our kids to go to overnight camp for the first time! My younger is going for one week and my older for two.

My husband never went to sleep away camp so I'm not sure he fully appreciates what's in store for them both, but I was a long term camper and counselor, starting at the age of six and all the way through my senior year in college. Camp was such a formative part of my childhood, and I am so excited for them to have this experience. But I'm even more excited for my husband and me to have this experience - a FULL week with no children! Full week is a slight exaggeration, since camp starts on a Sunday and pick up is the following Saturday, but we'll take what we can get here.

Packing for camp is no joke. This camp only does laundry every two weeks so that means my older needs enough clothes to go two weeks straight without laundry. In camp speak, that can easily be more than one change of clothes each day. While we have stocked up on "disposable" camp clothes, there are plenty of items I would prefer them to return home with, so that means labeling everything with their name. My kids were watching when I went to order the labels and realized they could customize the design, color, and font of their names, which of course resulted in that task taking significantly longer than it should have. Liv, my younger is quite self-aware of her inability to not lose things, even with her name plastered on it, and is self-selecting to not take any prized items. You have to appreciate the emotional intelligence being displayed by a nine year-old.

While I have been busy placing countless Amazon orders and ironing labels onto their belongings, my sweet husband has planned a belated birthday trip for me to Napa Valley. After dropping the kids at Camp Thunderbird in Charlotte, NC, we will head straight to the airport for a few days of riding bikes down the Silverado Trail, tasting delicious wines, and indulging in all things kids-free.

Liv has declared her outrage that we would take this trip without her, but I think she will forget all about it once she experiences her first swim in the lake, singing songs around a bonfire, and an early morning wakeup call declaring camp-wide color war. Sleepaway camp is where the real memories and lifelong friendships are made, and I can't wait to hear what our girls have to share when they return. With any luck, next year they will chose to make three to four weeks of lifelong friendships!

***Debi McNeil, CPA, CEO***

# ADMINISTRATION



**Julie Parker**

I am ashamed to say that I missed the last two months of submitting C-Tales articles, and I promised Nancy that I wouldn't miss another, especially since this is the last edition for the summer.

I have some exciting news to share...I am planning a trip to Italy in September! Anyone that knows me knows that I have been wanting to take this trip for eight years, but it never seemed like the right time. Well, it is going to happen! Two friends and I are going, and we leave on September 18th and will return on October 2nd.

I have joined a few travel blogs to find out the ins and outs and what to see in Italy, and frankly I have more stress reading about everyone's plans and their jam-packed itineraries, so I won't continue to use them as my main source of information. Since there is so much to see, we decided to split the country in half and instead of doing Rome, Venice and Florence, we are focusing on southern Italy.

We will fly in and out of Rome so we will have 3 days there, and then will travel to

Sorrento, Amalfi, Naples and back to Rome. The Amalfi coast has so many smaller cities to see, with beautiful landscapes, so we thought we would take our time and leisurely move about, with no real schedule. We have strategically booked VRBO's and in our case, the host/owners will be on hand to greet us and help us book excursions and transportation. This gives us peace of mind to know that we are in good hands.

My father loved Italy and at one time in his life, he wanted to move there, so this was my first exposure to the historical culture and beauty of the country. Back in those days my dad, an amateur photographer took many pictures, using a polaroid and 35mm camera, which is a huge contrast from my using the camera on my I-phone. Either way, the memories will be made and cherished for a lifetime and will give me motivation to go back and visit again.

Any tips that any of you would like to share, please reach out. More to come after the summer break.

Many Blessings

***Julie Parker, COO-LNHA***



# RESIDENTS COUNCIL CORNER



**Martha Solano**

The Residents Council operates under bylaws that were written in 1985 and amended a number of times over the years—the latest in 2017. Many of the changes were piecemeal, addressing specific issues of the time. Given the changes in Canterbury Court over the past 30+ years and our recent growth in resident population, the consensus of the Executive Committee was that the bylaws needed to be reviewed and amended.

In June 2023 Virgil Brown, as **President**, assigned the task to **Joe Reynolds**. **Joe and his team (Ann Pearce, Richard Perry, and Noradel Wilson)** spent many months and hours going over them and making sure they were writing bylaws that will support our organization in the future.

The committee determined that “amendment by substitution” or “replacement” would be appropriate and these bylaws will be voted on at our June 10 quarterly meeting of the Residents Council. The vote will be to “replace” the current bylaws. While there were many changes, much of the “bones” of the original bylaws were retained.

The specific purposes of the Corporation include, but are not limited to:

The specific purposes of the Corporation include, but are not limited to:

1. Serving as a liaison between the management of Canterbury Court and its Residents.
2. Enhancing the quality of life of the population of Canterbury Court by supporting philanthropic, social, cultural and recreational activities tailored to fit a variety of individuals.
3. Generating resources to support such activities, organizing volunteers to implement them, and providing the organizational structure to manage them.
4. Providing and managing opportunities and resources for the Residents Council to express gratitude and appreciation to the employees of Canterbury Court.

During May, we distributed the information on the proposed bylaws which will be voted on at the June meeting. The new bylaws were distributed in an email and are available in hard copy by request to me or Ann Pearce. Information is also included in the Resident APP under the Residents Council tab. Complete information including new bylaws, definitions, and a detailed version showing all changes are in notebooks in the Library and Wellness Center.

**Martha Solano #475/VT**



**We love all our people—  
you contribute so much  
to the life of our community  
but we would really like to make  
sure we know your name.  
PLEASE WEAR YOUR NAME TAG.**



# CARING FRIENDS EMAIL CONNECTION

We have had many discussions around how to provide residents with information about other residents when they are hospitalized or have some other health issue. For a variety of reasons, this is not something that Canterbury can do for us.

**Shirley Timashev** has come up with a possible solution that we will be testing over the next few months. During that time we will determine if it works as planned, make changes as necessary, and decide if we want to make it a permanent service for residents.

[CaringFriends3750@gmail.com](mailto:CaringFriends3750@gmail.com)

This email address, set up and administered by the Residents Council, may be used for voluntary information sharing when a Canterbury resident has a health event that causes ripples of concern in the Canterbury community. In that case: The resident may send an email to [CaringFriends3750@gmail.com](mailto:CaringFriends3750@gmail.com) and provide email information for an authorized contact who may be another Canterbury resident or someone else outside of the community.

The administrator will maintain a record of the authorized contact.

Residents who care or want to help in some way may send an email requesting information.

The administrator will respond to email requests – either by giving the authorized contact information or indicating that there is no information on that resident’s condition.

This is purely a method of connecting interested parties through email. NO personal health information will be included in any of the information provided.

The process is voluntary and driven by the resident with the health issue. It is up to each resident to determine if he/she wants to use this to communicate with other residents at Canterbury.

We will keep you informed of the progress with the program through the coming months. **Many thanks to Shirley Timashev for her work in setting this up and serving as the first “administrator” during this initial phase.**

*Martha Solano #475/VT*



June 14, 2024



June 16, 2024



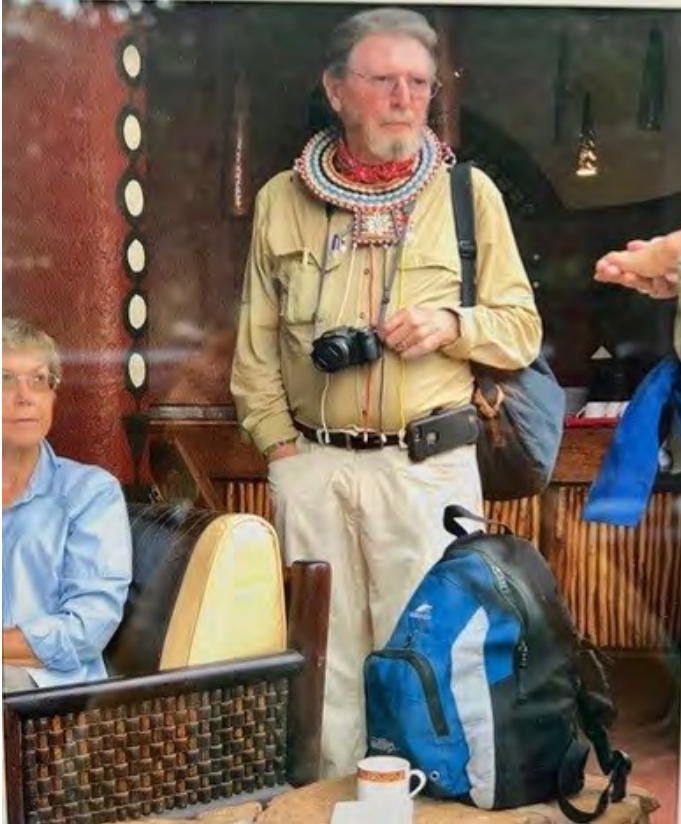
June 19, 2024



June 20, 2024



# MAY ART GALLERY



**Ernest C. Ramsay**

A few days after he retired at the end of 2010, he planned a 17 day trip to Tanzania and Kenya. From childhood he was interested in all sorts of animals and safaris, not to hunt but to see the animals. The trip included two game drives every day. They saw the Big Five Animals: lions, elephants, hippos, cape buffaloes and giraffes, plus a lot more and visited a Maasai Village discovering interesting things about these people: the men were limited to only four



wives and each wife was to have her own hat; they all spoke English along with their tribal language.

Ernest is wearing the wedding collar that all Maasai men and women wear at their weddings. He was given the collar for correctly answering a question posed by the guide. The collar is an intricate weaving of ethnic glass beads with cowrie shells on leather.

**Barbara Ramsay #371/VT**



**Maasai Women**





# KENTUCKY DERBY



**Congratulations to our Kentucky Derby hat winners:**

**Janice Cook and Pat Wildman as well as Tom Adams for overall best dressed man. Thanks to everyone who came to this Resident Council sponsored event.**

**What a close race! A special thanks for Dining Services for their authentic mint juleps with mint used from the Canterbury gardens, and to T. Taylor for managing bets and payouts.**









## EVENTS



Sparring with the Pinata

## COVER STORY— A RANDY WILSON MEMORIAL

Pictured on the cover are **Noradel Wilson**, hidden to her left are son **Randy Wilson** and **Virginia** (granddaughter), then **Shannon** (daughter-in-law), **Grace** (daughter), **Bob Seymour** (son-in-law), **Cathy** (daughter) and **Mike Smith** (grandson-in-law). **Leigh** (granddaughter), is a professional photographer and was on the ground photographing the dog show contestants.

They are here to celebrate the grand opening of the expanded dog park, which the family funded as a permanent legacy of their patriarch, Randy. When Randy and Noradel moved into Canterbury Court in 2012 from their cattle ranch in North Georgia, they brought with them Richmond, a golden retriever and Louie, a yellow labrador, two dotting companions. The dogs could only be walked on leashes and were not permitted to roam free. Randy set in motion a plan to build a dog park where dogs could run free and play. The Wilsons provided the funds for the materials required and enlisted a group of like-minded residents to dig postholes and hang fencing. The original dog park served the community well.

The growth of Canterbury inspired the family to consider this marvelous gift as an inspiring legacy to Randy and Noradel.



The Canterbury Court family thank the Wilson family for their kindness in all the ways they serve this community.

Richmond and Louie celebrated Christmas with the Wilsons.

# RECYCLING COMMITTEE



**Shirley  
Timashev**

## Reuse or Do Without

The slogan used to be “reuse or recycle.” In May we learned that only a small percentage of the plastic we use is recyclable, and a lot of what is recyclable ends up in trash. We can conclude that what we really need to do is cut down on the use of plastics. There is a project to build a special recycling plant which is expected to be operational in 2027. What should we do until then?

### Instead of Using:

- Plastic grocery store take-out bags;
- Single-use plastic bags for produce;
- Plastic bag for single item at a store;
- Throw-away container from dining.

### Do This:

- Purchase inexpensive reusable bags;
- Save and reuse produce bags on your next trip;
- Say that you’ll carry a single item without a bag;
- Wash a food container and reuse, or purchase a bento box with multiple compartments.

As noted by environmentalist Eve Schaub, **“Plastic is made from two ingredients: fossil fuels and toxic chemicals. What this means is that even if we were to get better at**

**recycling plastic, we shouldn’t want to.”**

The time has come for us to stop “recycling” plastic, Schaub asserts. “Plastic as a material is not recyclable, and the very best thing we can do... is to acknowledge that fact. Unlike paper, glass and metal, plastic is not easily, efficiently turned into new products. What passes for recycling plastic is costly, energy-intensive and toxic.”

Schaub explains that the chemical composition of all plastic — whatever the type — is a synthetic polymer that doesn’t break down or go away, ever. Instead, it breaks up into smaller and smaller pieces until it turns into microplastics or even nanoplastics. These tiny particles are still plastic, still toxic, but now so small that we are eating and breathing them all the time.

Rather harshly Schaub says, “The human body has become the trash can of our plastics-addicted culture.” Ouch!

What can Canterbury do about this? Well, 4 C’s is going to stock “bento boxes,” which are also available at the Container Store and on Amazon. These Japanese-style boxes are attractive, convenient with multiple compartments for to-go meals, and are easy to wash. Thanks, 4C’s!

*Shirley Timashev, Chair #1412/GT*

**“If I cannot do great things, I can do small things in a great way.”**  
—*Martin Luther King, Jr.*

**“Act as if what you do makes a difference. It does.”**  
—*William James, American philosopher and psychologist*



## GENEVIEVE'S CAUTIONARY TALE

Genevieve was a sweet eighty-something lady who attended our South Florida church. One Sunday morning as we settled into the pew, Genevieve was sitting four rows behind us, and we waved. The service began, and then as we were going to the altar for communion I did not see Genevieve. I could not miss the EMT's quietly heading toward her pew with a stretcher.

Later, with a sheepish smile, Genevieve confessed that she had been running late for church and did not drink her coffee or eat that morning. Once the service began, she felt lightheaded, and fainted in the pew. An unplanned trip to the emergency room resulted. There, she was diagnosed as being dehydrated.

She got some good information in the ER about the importance of drinking enough liquids. Skipping meals also is unwise, but with a hot Georgia summer ahead, let's focus on what Genevieve learned about fluids.

### Q.What is the connection between fluids and lightheadedness?

Water is the part of blood that carries glucose (simple sugar) and other substances to fuel brain cells. A brain not getting enough water lacks fuel for energy, works harder, and thinking becomes fuzzy. Lightheadedness, confusion, and fainting can result, as Genevieve experienced.

### Q.How much liquid is enough?

A general guide is 13 cups of liquid a day for men and 9 cups for women. Medications, exercise, heat, time outside in the sun may

affect your specific needs. As we age, thirst sensation diminishes, so thirst is not a reliable indicator of need. Talk with your physician about how much liquid you should be drinking.

### Q.What fluids should I be drinking and how can I get enough?

Water is the best choice, but sometimes a flavored beverage motivates you to drink more. Sparkling or fruit infused water is a good choice; read the label and avoid added sugar, artificial sweetener or caffeine. A maximum of 2 cups of unsweetened coffee or tea a day, preferably decaffeinated, is OK. Too much caffeine can act as a diuretic, causing water loss from the body.

### More drinking tips:

- Start your day with a full glass of water. Genevieve would agree!
- Carry a refillable water bottle; refill and drink throughout the day..
- Eat more fruits and veggies; they are a source of fluids as well as other health-promoting nutrients.



Genevieve's cautionary tale is worth heeding. Monitor your liquid intake to make sure you drink enough and enjoy this summer.

**Judy Bodner #781/VT**



## SCHOLAR'S CORNER

With a lovely smile and charmingly accented but excellent English, Chinaemerem Olisa, one of our newest Canterbury Scholars, was a pleasure to interview. She was born into a Catholic family in Nigeria with names that reflect her family's faith:

"Chinaemerem" means "God's Handiwork" in Igbo, the dialect of her people; and the family name, "Olisa," (accent on the first syllable) is the word used for "God" when addressed in prayer.

Caring for the children of neighbors in her homeland while the parents worked, and forming a deep bond with the children, helped nurture what she calls her "innate love for children" and for being a caregiver. She credits this experience with kindling her passion and goal for becoming a pediatric nurse. After graduating from secondary school where she was admired by her teachers for her dedication to learning, Chinaemerem chose to move to the United States to study nursing and fulfill her dream.

Once here she began college in Tennessee, and met her husband, but her education was cut short by health problems during a first pregnancy. A second pregnancy was successful but her new baby, Leonardo Barham, also had serious health problems, requiring open-heart surgery in his third month of life. She found she needed to work to supplement her husband's income to pay the medical bills. Her dream



**Chinaemerem Olisa**

of becoming a nurse was put on hold.

Then: One day, as an Uber driver, she had a fare who was named Cynthia who needed a ride to a place called Canterbury Court. Their conversation led Cynthia (most readers know who this is!) to say, in effect, "Canterbury Court is hiring! You should apply for a job here!" And Chinaemerem did apply, and was hired to work for Dining in the Monarch Pavilion, a position she loves because although she is with Dining she

sees her work also as a form of caregiving, finding it a privilege to be with "the elder members of society" whose wisdom she respects. She has been working 32 hours a week at CC while taking courses in a pre-nursing curriculum at Gwinnett Technical College. A short time ago she learned of the Canterbury Scholarship program and applied. The Scholarship Committee was delighted to offer her support in realizing her life-long dream of becoming a pediatric nurse.

Chinaemerem loves reading, dancing, and singing (although she says she is not very good at this last). Her hope is to work in a hospital in the States but also to support charitable work in Nigeria for parents who cannot afford the medical bills of their children. She misses her parents and siblings, and misses the good food of her country, but is happy to be here working to fulfill her passion.

**Jon Gunnemann #755/PT**

## GARDENING NURTURES BOTH WAYS



Imagine cradling a small pot holding a young fresh herb. You can smell the fragrant perfume of the plant and the earthy aroma of the soil. You dig a small hole and gently place the fragile stem within. You pat down the soil, the grains of dirt rough against your fingertips. You rain down a small amount of water to help it gain strength and life, hearing the drops bounce off the leaves. You put it in a sun-drenched place and wait for the magic of growth. For many, this is just a simple planting. For others, this is a much-needed opportunity to connect back with their senses and feel one with nature.

**Tammy Clark, Garden Specialist at Canterbury Court**, uses experiences like this in her garden therapy sessions in the Wisteria Park Memory Support neighborhood. Raised in a small town in Mississippi, Tammy quickly felt a love of nature and plants early in her life. She

fondly remembers being immersed in nature every day and picking jonquils in nearby pastures. Her grandmother and aunt reinforced this connection by growing gardens full of lovingly-tendered fresh flowers.

It's no wonder then, that Tammy chose to earn her BS degree at Mississippi State majoring in horticulture and interior design. Why incorporate interior design you may ask? Tammy quickly responds the draw was not to just create spaces, but to learn and apply the strong therapeutic elements that successfully match a setting or design to the individual person or intended purpose of the space. A true marriage of form and function.

Intrigued by the concept of a memory garden, Tammy quickly incorporated these skills into therapy to make daily life for Wisteria Park memory care residents a bit more pleasant and meaningful. By stimulating multiple senses, Tammy helps residents experience the calming effects of connecting back with nature. In many cases, memories resurface as they recall tending past gardens and watching them grow and thrive again under their hand. Once planted, individual growing tubs are labeled with the resident's name. Tammy helps residents maintain their individual "garden", with regular watering and pulling the errant weed. This provides a sense of routine, structure, and often social interaction. Horticulture therapy studies show that this work improves sleep and lowers agitation.

Once the "crop" matures, if there are edible bits that can be harvested, residents can take pride in their accomplishment. All of this works in concert with the

overarching principles of the Eden Initiative. One resident wished to plant tomatoes. Tammy quickly obliged them.

But the memory garden is much more than just individual plantings. Last fall, while Tammy did help residents plant tulip bulbs to evoke some of the same multi-sensory elements as the herb planting, she also took residents on a garden tour collecting fallen leaves, identifying the types, and reminiscing about past gardens with similar foliage. Again, the focus was the sensory experiences, encouraging dialogue, stimulating good memories,

and promoting socialization.

Other carefully-considered amenities enhance the memory garden. A brightly-colored hummingbird feeder graces one side of the path. A combination of colorful and fragrant flowering plants stimulates the senses and helps one connect with the natural beauty of the setting. A well-appointed garden wall features into the landscaping. For added safety, toxic plants are carefully absent, and those with thorns or sharp projections placed far from the walking paths.

*Mary Capka #77/VT*

## AN EXCITING ANNOUNCEMENT

We have a new Editor/Publisher for the Canterbury Tales! It is so fortunate that we have this capable person in our community as she has many years experience in this field advising educational institutions throughout the Southeast. Seetha Srinivasan has many friends and contacts who have worked with her for years with great respect for her.

She will be working closely with Heather Medlock, a self-employed, skilled, versatile editor with extensive experience in educational and scholarly publications who possesses exceptional attention to detail. This will give Seetha the time to modernize Canterbury Tales and try out some new ideas while always serving the residents. Seetha will produce the September issue.

It will be exciting for us to participate in this growth while keeping up with the events and new resident introductions, as well as what the staff have in store for us. Thank you, Seetha, for taking this on. We know you will do an exceptional job!

Your friend and admirer, Nancy Fukushima





# A TALE OF CANTERBURY TAILS

**Woof, hi!** I am a Canterbury dog, speaking through a human accomplice who speaks dogese and has a computer, to tell you about a special dog event and a dog's life at Canterbury. The human has promised to keep me anonymous and to write only what I tell her.

A little history: Dogs have lived at Canterbury with their people for a long time. It got really interesting when this nice couple, Randy and Noradel Wilson, moved here in 2012 with two large dogs. Mr. Wilson loved animals and he noticed that dogs, including theirs, had no place to run free. It was on leash or stay inside, which is not exactly fun for us or our humans. Running up and down hallways was frowned upon. So, Mr. Wilson made it possible, even helping dig the post holes to build a fenced dog park in the wooded area at rear of the campus. Around 12 resident dogs enjoyed the park.

Then in 2023 a big building expansion project brought a lot more dogs moving in with their people. Dog census takers have counted at least 40 dogs living at Canterbury with their humans. All those dogs could use a larger place to run around off leash.



The dog loving Wilson family again became our benefactors to make the dog park FOUR times bigger. The nice garden specialist, Tammy Clark, decided that this bigger dog park needed play equipment, just like a kid's playground but designed for dogs, so she bought a tunnel, bars to jump over, a hoop to jump through, and a balance beam. Of course, we dogs insisted that it had to be named the **Randy Wilson Memorial Dog Park** in fond memory of our original dog loving patron of the park, who has passed away and is dearly missed by dogs and people alike.

Bark about great timing! The enlarged dog park with the playground equipment was ready exactly at the time of the Westminster Dog Show. Tammy orchestrated a grand opening celebration on May 14, complete with a dog show and dedication of this expanded playground. Tammy invited all Canterbury dogs and their humans, plus every other resident and many staff members to join the celebration. Westminster would have nothing on us.

The skies threatened rain all morning, but by time for the celebration, the sun was out. Nine members of the Wilson clan, with two family dogs, Ron the boxer, and





Tyson the chihuahua, and balloons decorated with dog paws, gathered in the area behind the Garden Tower, along with over



100 residents and staff and almost 30 dogs. The red (plastic) carpet was in place as were three serious judges, Debi McNeil, Julie Parker and Erin Selnes. (Point to note – we had two more judges

than Westminster has).

We all paraded with our humans, one at a time, across the red “carpet” as the judges studied us intently. Every dog entrant gave words of wisdom via their people. Statements ranged from the advisability of having a bath every month to a girl dog asking for the phone number of a cute boy dog she sees on her walks.



I watched the judges deliberate intensely about the awards. Meanwhile many of us dogs sniffed and greeted each other. It was so nice to see our friends and make new ones, as Jacques Broun woofed in agreement with me. Every dog was a winner in a category that Westminster

never thought of, like best tail wagger, best dog and owner matching outfits, best therapy dog for visiting in Monarch Pavilion, dog with the best stroller ride, biggest flirt (you guessed it, the girl dog who wanted a phone number), dog with a passport (rescued from Turkey), and more. There even were Canterbury dogs that had been in other “official” dog shows (they told me that this show was way better.). We all got an award certificate, a red ribbon, and a bag of dog treats, thanks to Resident Services.

Some dogs, like Merlin Price and Jenkins Cook headed for the dog park to test the doggy playground equipment. Others basked in their dog show awards (and treats) or went home for a nap. It is a dog’s life at Canterbury. Like our people, dogs can party here at Canterbury, and we just had a big party of which Mr. Wilson would be very proud and happy. What a day, what a celebration of a generous gift! Woof, Woof! **That’s dogese for “Thanks, Wilsons.”**

Told by an anonymous Canterbury dog, with help from Ron “designer coat” Wilson, Tassie “the flirt” Craven, Marty “Easy Rider” Martin, Zelda “show girl” Riggins, and many more canine residents, and transcribed in ***Vermont Apartment 781*** by ***Judy Bodner***.



## FOUR C'S



**Gail Rogers**

WE'RE OPEN! Thanks to you all for your patience and understanding during our closure. The Wellness Center area is now completed and is lovely (except for the Court Café which will soon move upstairs next to the McBurney overflow). We do regret all the Mother's Day cards held hostage during the renovation, but they're put away for next year. We should still have some graduation cards available, not to mention Father's Day cards! The biggest surprise to me was that on our first day open, May 17, not one roll of toilet paper was sold! And this after I made a panicked trip to buy even more packs so that we would be ready on Day One. We are also stocking up with stamps (including Save the Manatees!) in anticipation of the next price increase in July.

The biggest new item is a reusable container, otherwise known as a Bento box, for takeout dinners, added at the request

of the Recycling Committee. We would all like to cut down on waste, and the current ones provided by Dining Services are not recyclable. The one we are selling is dishwasher safe and has four compartments. They are \$10.95 each. We're trying out a few of them to see if there is a demand and will also continue to look for other versions.



It's lovely to see all our regulars again and many new faces as well. We missed you!

**Gail Rogers, Co-Chair # 915/CT**  
**Anne Haltiwanger, Co-Chair #174/VT**

## SOCK HOP



**Calvin and Patricia Boston** played songs of the fifties to a swinging group of rocking kids.





# TALES FROM THE LIBRARY



**Anne Jones**

## WATER, WATER, EVERYWHERE...

and not a book got wet! We are so fortunate that the most recent flood from above did not cause major structural issues, and no books were damaged. Maintenance got to work again and repaired the ceiling

and lights, and **Doris**, from Housekeeping, kept up with dusting and vacuuming so everything was back in order in a few days. A good indication of just how much residents appreciate the library is the checkout of fifty books the first two days after the reopening. Thank you all for your patience in staying out of the area while repairs were being made.

## BOOK SERIES

Many residents enjoy following a writer's book series from book one to the end of the series. We have been attempting to fill in the gaps in series by some favorite authors, and are displaying the new books on the white cart by the windows. Thank you to **Mike Smith** and **Sue Smith** for their suggestions.



## NONFICTION

The new nonfiction books have been moved to the standalone bookshelf under the large picture in the nonfiction section. We hope this helps you locate them more easily.



## BOOK CLUB BOOKS

The Canterbury Book Club is in the process of selecting books for the coming year. As soon as we receive the new list, the Library will ensure that we have two copies of each selection. They will be displayed on the circular bookshelf above the biographies and will be marked with a book club sticker.



**Anne Jones #719/CT**

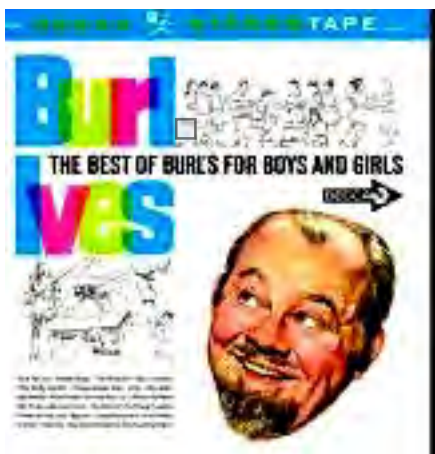
# GARDEN COMMITTEE



**Margaret Langford**

Have you ever seen a Paw-Paw tree? Did you think Burl Ives just made up that song about the Paw-Paw Patch? Well, we have six of them on our campus, each about ten feet tall. Four were planted last year on the lawn at the back of the Vermont Tower. There's

fruit on some of them right now.



The Paw-Paw tree is fascinating! Before the last ice age, over 10,000 years ago in North America, Wooley Mammals, Giant Sloths and Mastodons ate them in abundance and spread the seeds, preserving the plant. Later, humans and bears ate them, and in 1806, explorers on the Lewis & Clark expedition survived by eating the large, Papaya-like fruit.

The flowers are dark purple and are pollinated by gnats and small flies, attracted by their rotten smell. Their sex life is amazing: the flower is female at first; the female parts shrink, and the male parts develop, but their pollen is good only for a flower on another Paw-Paw plant. Each blossom could possibly produce up to 9 fruits! The fruits on the trees right now



are very small, but it will be fun to watch them as they grow. Will George put them on the menu?



Make a note to check on these plants every time you take a garden walk.

And have a very happy summer!

P.S. Sandra Garber provided the information on Paw-Paws for me to write this article.

**Margaret Langford, Chair # 872/VT**

**Photos: Sandra Garber/ #579/VT**



# WELLNESS



**Andrew Wiltz**

Exercise prescription for health and disease prevention has roots that began more than two millennia ago. From Sushruta of India to Hippocrates of Greece, a common treatment plan for better health was exercise according to author

Charles Tipton in “The history of “Exercise Is Medicine” in ancient civilizations. Exercise in combination with diet is the best prescription for good health. The Wellness Team is committed to provide you with a program that meets the global recommendation of 150 minutes of moderate or greater intensity that emphasizes functional balance and strength training on three or more days a week to enhance functional capacity and prevent falls.

With our growth in size as a community, we are excited to see some new classes take off. **Mike Banks leads a Men’s and Women’s Strength and Balance class on Mondays, Wednesdays, and Fridays in the Group Exercise Room at 11:00 a.m.** We have wanted to see more men participating in group classes and combined classes during the renovation when using the Community Room. We have had as many as 15 participants for this class, and Mike layers the workout for a full body experience.

It is our mission to provide a program that works through any limitations or conditions that one might encounter. We collaborate regularly with **Powerback Rehabilitation to manage any musculoskeletal or balance issue in our resident community.** We are hopeful that our group exercise classes will meet most of your needs, however, we can work with you

one-on-one to get the ball rolling to develop a physical activity routine. With our set-up, you can clearly find your place with regular follow-ups if you wish. Our pool is a great resource to work on the multi-component approach with the benefits of resistance from the water. Also, warm water is ideal if you are managing arthritic issues. **Mattie is looking forward to seeing more of you in the water.**

**We are pleased to see the number of residents that have made an appointment for the Fitness Assessment on Tuesday, June 4th. We still have spots available, so please contact either Andrew at ext. 3061 or Mike Banks at ext. 2403 to schedule a time.** When you have measurable results or establishing a baseline, there is something for us to build on for the future.

There have been oodles of conversations that doctors have had with their patients about exercise and for good reason. A long history of research has proven the plethora of benefits it has for our health. We increase the odds of remaining functionally independent, to be in good health, and to live to our potential when we have a healthy lifestyle. The Wellness Team is here to support you, assist in a prescription that meets your needs and make it fun!



**Andrew Wiltz, Wellness Director**



# BOOK CLUB



**Elizabeth Allan**

**Next Meeting**  
**Tuesday, September 9,**  
**2024**  
**Community Room**  
**2:00 PM**

**Title of Book:**  
**To be announced**  
**with Reviewer/**  
**Discussion Leader**

When residents have asked how they could have some power/say about the selection of books for Book Club reviews or meetings—the answer has been to follow the process for making recommendations for nominations—and to come to the meetings and vote. This last Spring—many did both! There was a full house at the May 6th, 2024 gathering in the Community Room when Llewellyn Bell reviewed **LESSONS IN CHEMISTRY** and Helen Mary McClellan professionally and politely moved us through the selection process.

Twelve books have met the criteria necessary to be on that final vote list: title, author, publisher, and date, the name of the resident who had recommended it and of the person who will be the reviewer (often the same, but not always). The advisory

committee will meet soon to be sure we have all the correct information to pass on to the Residents Council, to the librarian, and to **Canterbury Tales**. That committee will also set up the schedule for what book will be reviewed (in **Canterbury Tales** and for the monthly meetings. (Usually the first Monday in the month September through May (skip December) unless that Monday is a holiday. Information will be published and posted in elevators and on bulletin boards as well as in **Canterbury Tales**.

There is no secret about any of this. Books are wonderful and meant to be shared. For comments and questions. see any Advisory Committee member.

## **Book Club Advisory Team**

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

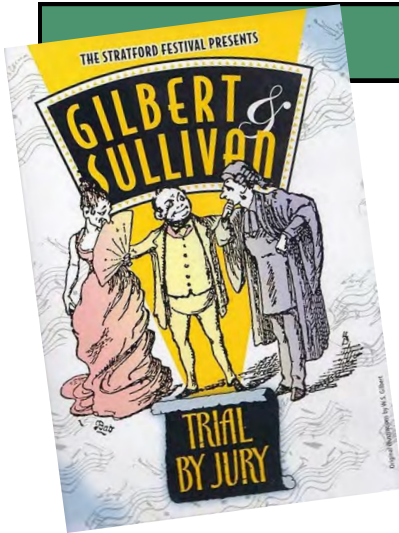
***Elizabeth Allan, Chair #901/CT***

**"It is often the small steps, not the giant leaps, that bring about the most lasting change." —Queen Elizabeth II**

**"You are never too old to set another goal or to dream a new dream."  
—C.S. Lewis**

**"Shoot for the moon. Even if you miss, you'll land among the stars."  
—Norman Vincent Peale, American clergyman**

# TRIAL BY JURY



“**Trial by Jury**,” the second collaboration between the librettist W. S. Gilbert and the composer Arthur Sullivan but their first hit, and the first true “Gilbert and Sullivan” opera. In its entertaining glimpse of a legal system run amok — a shameless cad fights a breach-of-promise suit brought by his jilted lover — are the origins of the duo’s trademarks: the opening chorus, the gentle criticism of government institutions. **NY TIMES**

**Trial by Jury** is a triumphal flow of powerful ensemble

performance. The plot, ridiculous and ironic; yet also serious and realistic: featuring a gentleman who jilted his fiancée, the jilted bride-to-be and her bridesmaids, a pontificating foreman and a lecherous judge who eschews deliberation, enters into the action, proposes marriage and embraces the plaintiff. *Trial* takes the audience in its grip and does not let go even after apparent consummation of a tangled plot, through follow up of the jurors entangled fate in Jury Duty. **BROADWAY BABY**



Stunning, imaginative, inspired, colourful, amusing, brilliantly performed and beautifully sung, this *Trial By Jury* is Gilbert and Sullivan at its very best. Always keen to take a dig at the establishment, the duo latched onto the offence of breach of promise of marriage as the subject for what became their shortest operetta and just happens to have the perfect running time. It was first performed in 1875 and became an immediate hit. This has worked out extremely well in terms of costume which are in an array of colours and designs from the period, greatly cheering up the traditional dullness of Victorian attire.

The stern Usher calls for silence in court and the battle ensues to see for whom justice will be done. It soon becomes evident that the proceedings will be far from impartial. The jury is manifestly biased, encouraged by the





usher who says they can ignore what the 'ruffianly defendant' has to say. The arrogant Edwin has been summoned to court by his ex-fiancée, Angelina. Hence, they greet him with hostility in some splendidly directed group movements. Meanwhile the Defendant admits that Angelina bored him and so he took up with another woman.



The Learned Judge in a wonderfully entertaining comic twist seems to be the most youthful person on stage rather than the elderly gentleman who would normally play the part. He sings of his rise to power and admits to his own shortcomings in the same manner as the Defendant. Dramas abound in the ensuing quite ludicrous



# TRIAL BY JURY

court case before everything is resolved to everyone's satisfaction and 'joy unbounded' reigns.



The jury, Usher, Plaintiff's Counsel and Womens' chorus await the start of proceedings

The judge admits that he was chosen to be judge by an influential jurist who happened to have an "ugly unmarried daughter advanced in age" that this judge said he would marry. After this engagement he was appointed a judge and proceeded to spend time in his duties delaying a wedding.

The Counsel for the Plaintiff sings that he will marry the rejected Angelina and makes a case for solving the issue, but Angelina still prefers her first intended, the defendant. To the courts welcomed resolution of this issue, the judge says he will marry Angelina! A happy ending ensues for all trial participants.

Together they keep everything moving at a cracking pace and the quality of the acting and singing is outstanding throughout. The full-cast rendition of the highly complex **A Nice Dilemma We Have Here** sound like something out of grand opera.

It's hard to imagine that Gilbert and Sullivan themselves would not be thrilled with this production and delighted to see that comedic musical satire is still thriving and being performed to this level of excellence. **OXFORD ACADEMIC**

The reviews presented here are professional entertainment and academic descriptions of various presentations at various times. They reflect successful theatrical productions. Our amazing presentation at Canterbury Court reflects the marvelous dedication of myriad talented and committed, staff and residents and the Choristers' director John Carter. They all devoted many hours of construction and practice for the entertainment of our community, family and friends. It is a rousing success and all these dear people have our grateful thank yous and admiration.

There are many unseen contributors who should be in the photos.  
Apologies to all of them.



# RESIDENT SERVICES



**Rebecca Oleson**  
Resident Services  
Director

## ***JUNE HAPPY HOUR ENTERTAINMENT***

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

- ⌘ **Danny Staggs** returns to take song requests on piano June 7<sup>th</sup>.
- ⌘ Join for a special Happy Hour “**Patsy Cline and Wine**” with Sonya Shell in the Monarch Tower Community Room on June 14<sup>th</sup>.
- ⌘ Father’s Day music special with **Craig Gleason** at 2:00pm on Sunday, June 16<sup>th</sup>.
- ⌘ **Brad Vroon** returns for a special Happy Hour to play your favorite songs on Monday, June 17<sup>th</sup> in the Vermont Tower Community Room at 4:00pm.
- ⌘ **The Bostons** entertain on June 21<sup>st</sup>.
- ⌘ Enjoy music by **Judy Boehm** on June 28<sup>th</sup>.

## ***JUNE MUSICAL TRIPS***

**\*Sign up for all trips at the Wellness Center desk, on the Canterbury app, or call Emma Bourne at Ext. 3062 or (470)381-6762.**



### ***Trips to Atlanta Symphony Orchestra***

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

### ***Nathalie Stutzmann + the Ring Without Words, June 6***

This week the ASO dips into the fantasy world with this program- an instrumental suite drawn from Wagner’s gripping and evocative four-opera cycle.

Delta Series #3

### ***Firebird Finale with Nathalie Stutzmann, June 13***

Closing the ASO season, Nathalie Stutzmann leads in Stravinsky’s ballet “The Firebird.”

Delta Series #4



# ***JUNE ACTIVITIES & EVENTS***

## **Regularly Scheduled Events**

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

Come join residents for friendly conversation and any kind of handiwork project you are working on each Sunday in June beginning at 3pm in the Vermont Tower Game Room, located on the Ground Floor. For more information, please call Haden Winborne at Ext. 3810 or (404)352-1151.

### ***“Keep in Mind” with Fini Shell Fridays***

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.

### ***Mah Jongg Saturdays***

Each Saturday at 2:00pm in the Admin Dining Room, located on the Ground Floor of Peachtree Tower. For more information, please contact Ann Pearce at Ext. 3655 or (404)231-7655.

\*\*\*\*\*

### ***Global Jewelry Repairs and Sales, June 6***

Locksley with Global Jewelry returns to take care of your jewelry repair and watch battery needs. He also has a good selection of various pieces of jewelry for sale. Visit him this month in the Monarch Community Room on Thursday, June 6<sup>th</sup> from 10:30am to 2:30pm.

### ***Bingo, June 12 & 26***

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, located on the ground floor of Peachtree Tower, at 3:00pm on Wednesday, June 12<sup>th</sup> and again on Wednesday, June 26<sup>th</sup> at 4:00pm.

### ***Civil Conversations, June 14 & 28***

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, June 14<sup>th</sup> and 28<sup>th</sup> at 4:00pm in the Vermont Tower Community Room.

## **June Events & Trips**

### ***Canterbury Choristers Present “Trial by Jury”, June 4-6***

The Canterbury Choristers, under the direction of John King Carter, present Gilbert and Sullivan’s Trial by Jury and a piece from Pirates of Penzance in three showings- Tuesday, June 4<sup>th</sup> at 7:30pm, Wednesday, June 5<sup>th</sup> at 4:00pm and Thursday, June 6<sup>th</sup> at 7:30pm. This production comes complete with costumes, a courtroom stage set and orchestra; and of course the wonderful Canterbury Choristers! This is a ticketed event.



Please contact Lisa Cage at Ext. 3964 or (404)238-9964. Reserve your seat today! There will also be a dress rehearsal performance on Monday, June 3<sup>rd</sup> at 4:00pm for Monarch residents and outside guests.

### ***Quarterly Residents Council Meeting, June 10***

All residents are invited and encouraged to attend the Quarterly Residents Council meeting, led by President Martha Solano. Come learn what your resident council is doing for you and how you can become involved on Monday, June 10<sup>th</sup> at 7:30pm in the Vermont Tower Community Room.

### ***Wai's Gong Fu Tea House Tea Tasting & Tutorial, June 11***

Come try great tea brewed the correct way as we join a Sommelier Tea Master in a fun setting where you get to experience the process, flavors and smells of whole leaf tea in a relaxing environment. Guests will choose three tea flavors to taste. Loose leaf white, green, oolong, red, and black are just a few offered. While you enjoy tea, learn about the process of your particular choices. This fun trip will take place Tuesday, June 11<sup>th</sup>. We will load from the front entrance at 12:45pm and leave promptly at 1:00pm. There will be a \$20 fee added to your monthly account. This trip is limited to 12 participants so you can fully enjoy this authentic tea experience.

### ***Community Bocce Ball, June 12 & 26***

Join your neighbors in a fun game of Bocce Ball. If you don't know how to play, there will be plenty of guidance available. If you do know how to play, start a spirited game with some friendly competition. There are several sets available so up to 8 players can join in one game. Written instructions and score cards are also available. Join in the fun on Wednesday, June 12<sup>th</sup> and 26<sup>th</sup> beginning at 10:00am on the Garden Tower Overlook Deck.

### ***Administrative & Enrichment Project Update, June 12***

Join CEO Debi McNeil for updates regarding everything Canterbury. All residents are invited to attend, but especially new ones, so you can be kept up to date on the latest news and ask questions. 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 June 12<sup>th</sup> or look to your weekly calendar.

### ***Dinner Trip to The Colonnade, June 12***

Since 1927, this restaurant has been welcoming Atlantans for a true southern meal experience, from the menu selections to the friendly staff, in family style. Colonnade classics include Southern fried chicken, pot roast, salmon croquettes and a four-side vegetable plate. There is plenty to choose from with over 25 Southern side items. Join us for this Southern experience on Wednesday, June 12<sup>th</sup>. The bus will load from the front entrance at 5:00pm and leave promptly at 5:15pm.

### ***Explore Your Personal Singing Style, June 13***

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. This class meets Thursday at 3:00pm on June 13<sup>th</sup> in the Vermont Tower Community Room.

### ***Ukulele and You, June 13***

Learn basic chords and strumming on the instrument meant to be played in a group. This class meets Thursday at 4:00pm on June 13<sup>th</sup> in the Vermont Tower Community Room.

### ***Atlanta Symphony Orchestra Performance & 2024-2025 Season Information, June 14***

Enjoy an afternoon concert by some key musicians of the Atlanta Symphony Orchestra and learn about the upcoming 2024-2025 season with Jake Van Valkenburg, who will offer a special discount to Canterbury residents. Note that Canterbury provides transportation free of charge to all Thursday evening performances throughout the season. This afternoon of great music will take place on Friday, June 14<sup>th</sup> at 2:00pm in the Vermont Tower Community Room.

### ***Croquet Lessons with Katie Coyne, June 17 & 25***

Learn how to play this 14<sup>th</sup> century French game when Katie Coyne returns to Canterbury. We won't be fashioning hoops from willow branches or use shepherd hooks to hit the ball like they did in France. Luckily, we will learn on a more modern version of balls and mallets in the Canterbury garden. We will meet at 9:50am in the Garden Room, located on the ground floor of Club Tower, where Katie will briefly explain the game of croquet and then lead us outside for a lesson. Join us on Monday, June 17<sup>th</sup> and again on Tuesday, June 25<sup>th</sup>.

### ***Doris Kearns Goodwin Author Talk, June 17***

The Atlanta History Center's Author Talks aim to connect writers with readers for thought provoking discussions about life and literature. This month, the History Center brings author of "An Unfinished Love Story: A Personal History of the 1960s" Doris Kearns Goodwin. In this book, Goodwin chronicles the experiences she and her husband Richard shared during the last years of his life by artfully weaving together biography, memoir and history. Learn more about this emotional journey as she speaks on Monday, June 17<sup>th</sup> at 7:30pm at McElreath Hall. As of this printing, this event has been sold out but you may join the wait list by visiting [www.atlantahistorycenter.com](http://www.atlantahistorycenter.com) Sign up for transportation at the Wellness Center desk, on the Canterbury app or call Emma Bourne at Ext. 3062 or (470)381-6762. The bus will load from the Front Entrance at 6:15pm and leave promptly at 6:30pm.

### ***Felted Soap with Gillian Gussack, June 19***

If you use bar soap in the shower, you may have encountered the problem of the soap staying wet and "melting" away over time. This also makes the soap slippery to hold but a bar of soap that has been felted offers a solution to this and has other benefits. The process of making felted soap is straightforward- felting wool while it's wrapped around a bar of soap. This process makes the bar of soap very easy to grasp yet the felt feels luxurious under water against the body and it lathers well. It is also aesthetically pleasing as you can choose various colors for your felt covering. Let Gillian show you how to create this new take on a boring bar of soap on Tuesday, June 19<sup>th</sup> at 10:00am in the Art Room, located on the ground floor of Peachtree Tower. No experience is necessary and all materials are supplied. If you have a bar of soap you like, bring it with you otherwise one will be provided for you.



### ***Caregiver Support Group, June 20***

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 and take place on Thursday, June 20<sup>th</sup> at 2:30pm in the Club Tower 7<sup>th</sup> Floor Lounge. All are welcome!

### ***“Seven Brides for Seven Brothers” Movie Showing with Alexa Foreman, June 21***

When a backwoodsman in 1850s Oregon brings a wife home to his farm, his six brothers decide that they want to get married too in this 1954 western musical that won an Oscar for Best Music. This was MGM Studio’s surprise hit starring Jane Powell and Howard Keel. Join Turner Classic Movie’s Alexa Foreman for behind-the-scenes movie facts and showing on Friday, June 21<sup>st</sup> at 1:00pm in the Vermont Tower Theater.

### ***Trip to Shakespeare Tavern “The Three Musketeers”, June 23***

Ken Ludwig’s adaptation of Alexandre Dumas’ witty and action packed swashbuckling novel tells the story of a brother and sister who set off for Paris in search of adventure. One hopes to join the valiant King’s Musketeers and the other quickly decides that a convent school is not for her. She would rather fight by her brother’s side and save the day for king and country.

This tavern theater offers food and drinks 75 minutes before the show and closes 10 minutes prior to curtain opening. The small, intimate setting brings the audience up close and personal with the actors making every seat in the house a good one. Canterbury will provide transportation to the Sunday, June 23<sup>rd</sup> 2:30pm performance. The bus will load from the front entrance at 12:45pm and leave promptly at 1:00pm in order for you to have time to enjoy your lunch. Tickets are available for purchase online at [www.shakespearetavern.com](http://www.shakespearetavern.com) Lunch is not included in the ticket price.

### ***Lunch Trip to Southern Bistro, June 24***

Southern Bistro, formerly Nancy G’s Café, has been a neighborhood dining spot since opening in 2005. The restaurant’s name represents the mission of providing a curated dining experience that features southern inspired cooking in a comfortable and simplistic atmosphere with warm, personal service. In 2022, new ownership went to Justin Keith from Valdosta Georgia, who continues to uphold the traditions of the original owners. This shows in the many accolades received from Sandy Springs Chamber of Commerce among other organizations. Come experience what all the talk is all about on Monday, June 24<sup>th</sup>. The bus will load from the front entrance at 10:45am and leave promptly at 11:00am.

### ***Art Talk with John Tilford, June 24***

This month, Oglethorpe University Museum of Art’s Curator of Collections, John Tilford, will speak about the American artist Andrew Wyeth. Influenced by the earlier generation of American Impressionists such as Winslow Homer, Wyeth created a unique regional style that combined realism with abstraction. Join this conversation in the Vermont Tower Community Room at 2:30pm on Monday, June 24<sup>th</sup>. All residents are invited to attend!

## ***U.S.-China Economic Relations: A New Era, June 26***

The U.S. and China have had a long-standing, positive relationship that has been in the interests of both countries. As China has developed to match the U.S. on several technological fronts, the returns to increasing trade have fallen while the stakes surrounding innovation have risen. Technological competition has been paired with an increasing confidence of China's leaders that the West is in decline, giving China opportunities to regain its rightful place in Asia and the world. This talk will address the reasons for China's development success over the last four decades, the challenges within China's economy today, and how China and the U.S. each view the current situation.

This talk will be led by resident Dr. Penelope (Penny) Prime, Ph.D. , who has more than four decades of experience studying the dynamic Chinese economy after majoring in Chinese studies and economics. She is also the founding director of the China Research Center and managing editor of China Currents.

This informative talk will take place on Wednesday, June 26<sup>th</sup> at 2:00pm in the Vermont Tower Community Room. All residents are invited to attend this timely and informative topic.

## ***Trip to Zoo Atlanta: Panda Bear Farewell, June 27***

Lun Lun and Yang Yang arrived at the Atlanta Zoo in 1999. Since 2006, seven giant pandas have been born at the zoo. This has been considered a very successful venture with China considering that the panda bear has now been removed from the endangered species list, so this year Zoo Atlanta is celebrating 25 years of giant pandas. This is also the year that the panda agreement ends, meaning our beloved four remaining pandas will return to China. Join us as we visit these beautiful animals and bid them farewell on Thursday, June 27<sup>th</sup>. The bus will load from the front entrance at 10:00am and leave promptly at 10:15am. A \$25 fee will be charged to your monthly account.

# **JUNE WELLNESS EVENTS**

## ***Fitness Assessment Event, June 4***

All residents are encouraged to sign up and participate in this health assessment. It only takes about 15-20 minutes and is a motivational, educational and fun experience. By participating, you can establish benchmarks that are the foundation for reaching goals that enhance your quality of life. Please contact Wellness Director Andrew Wiltz at Ext. 3061 or (404)201-7061 to sign up. This event will take place in Peachtree 1&2 of the Vermont Tower Community Room with sessions being booked from 9:00am to 11:30am on Tuesday, June 4<sup>th</sup>.

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

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

This month residents will be seen in the Admin Dining Room on Wednesday, June 5<sup>th</sup> and in the Monarch Community Room on Saturday, June 22<sup>nd</sup>.

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

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

**Podiatrist Dr. Jeanine Jones** will see residents on Tuesday, June 18<sup>th</sup>.

Call the Clinic at Ext. 3159 to schedule an appointment.



# MOVIES



In the Vermont Tower Theater, daily at 3:15pm & 7:30pm, two films alternate between afternoon and evening with a movie special on Sunday and Thursday. Please see your morning emails, channel 1 and notice board for the most current information. Every effort is made to show the scheduled movie, but it may be necessary at times to substitute.

## May 31-June 6

### Movie #1

#### *Born on the Fourth of July (1989) 2h 24 min, Rated R*

In the mid-1960s, suburban New York teenager Ron Kovic (Tom Cruise) enlists in the Marines, fulfilling what he sees as his patriotic duty. During his second tour in Vietnam, he accidentally kills a fellow soldier and later becomes permanently paralyzed in battle. Returning home to an uncaring Veterans Administration bureaucracy and to people on both sides of the political divide who don't understand what he went through, Kovic becomes an impassioned critic of the war.

### Movie #2

#### *Amadeus (1984) 3h 8min*

Wolfgang Amadeus Mozart (Tom Hulce) is a remarkably talented young Viennese composer who unwittingly finds a fierce rival in the disciplined and determined Antonio Salieri (F. Murray Abraham). Resenting Mozart, the highly religious Salieri is gradually consumed by his jealousy and becomes obsessed with Mozart's downfall, leading to a devious scheme that has dire consequences for both men.

## June 2 & 6

### Movie Special

#### *Miss Americana (2020) 1h 25min*

Pop singer Taylor Swift reveals intimate details of her life while showcasing backstage and onstage concert footage.

\*\*\*\*\*

## June 7-13

### Movie #1

#### *The Miracle Club (2023) 1h 30min*

There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes. With a little benevolent interference from their local priest, a group of close friends get their ticket of a lifetime. Starring Laura Linney, Maggie Smith and Kathy Bates.

#### *Places in the Heart (1984) 1h 53min*

In 1935 rural Texas, recently widowed Edna Spaulding (Sally Field) struggles to survive with two small children, a farm to run and very little in the bank- not to mention a deadly tornado and the unwelcome presence of the Ku Klux Klan. Edna is aided by her sister, a blind boarder (John Malkovich) and a would-be thief (Danny Glover) who decides to stick around and teach Edna how to plant and harvest cotton.

**June 9 & 13**  
**Movie Special**

***Hack Your Health: The Secrets of Your Gut (2024) 1h 20min***

Delve into the digestive system with this lighthearted and informative documentary that demystifies the role gut health plays in our overall well-being.

\*\*\*\*\*

**June 14-20**

**Movie #1**

***Shirley (2024) 2h***

In 1972, the first ever Black congresswoman, Shirley Chisholm (Regina King), launched a trailblazing campaign to become the president of the United States.

**Movie #2**

***King Richard (2021) 2h 25min***

Armed with a clear vision and a brazen, 78-page plan, Richard Williams is determined to write his two daughters, Venus and Serena, into history. Training on tennis courts in Compton, California, Richard shapes the girls' unyielding commitment and keen intuition. Together, the Williams family defies seemingly insurmountable odds and the prevailing expectations laid before them.

**June 16 & 20**

**Movie Special**

***ReMastered: The Lion's Share (2019) 1h 24min***

South African journalist Rian Malan tracks down the family of Solomon Linda, the writer of the legendary song "The Lion Sleeps Tonight" and tries to help them fight for their fair share of the royalties.

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**June 21-27**

**Movie # 1**

***Freud's Last Session (1954) 2h 4min***

September 3, 1939 and the world is on the brink and a monumental session is held with two of the greatest minds of the 20<sup>th</sup> century over the future of mankind and the existence of God. Starring Anthony Hopkins and Matthew Goode.

**Movie # 2**

***Dark Waters (2019) 2h 6min***

A tenacious attorney uncovers a dark secret that connects a growing number of unexplained deaths to one of the world's largest corporations. While trying to expose the truth, he soon finds himself risking his future, family and his own life. Starring Mark Ruffalo and Anne Hathaway.

**June 23 & 27**

***The Battered Bastards of Baseball (2014) 1h 20min, Rated R***

In 1973, baseball lover and actor Bing Russell, father of Kurt Russell, starts an independent, single-A team composed of players that no one else wanted and turns it into a smashing success.



**June 28-July 4**

**Movie #1**

***The Guns of Navarone* (1961) 2h 36 min**

In 1943, a small commando team is sent to destroy huge German guns on the Greek Isle of Navarone in order to rescue allied troops on Kheros. Led by British Major Franklin (Anthony Quayle), the team includes American Mallory (Gregory Peck), Greek fighter Stavros (Anthony Quinn) and others. Facing impossible odds, the men battle stormy seas and daunting cliffs.

**Movie #2**

***Mr. Smith Goes to Washington* (1939) 2h 10m**

When the idealistic young Jefferson Smith (James Stewart) winds up appointed to the US Senate, he gains the mentorship of Senator Joseph Paine (Claude Rains). However, Paine isn't as noble as his reputation would indicate. Smith, who wants to build a boys camp where a more lucrative project could go, finds himself determined to stand up against Paine and his corrupt peers as Smith takes his case to the senate floor.

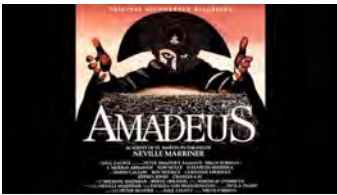
**June 30<sup>th</sup> & July 4**





**Movie Special**

***American Factory* (2019) 1h 50min**

In post industrial Ohio, a Chinese billionaire opens a new factory in the husk of an abandoned General Motors plant. Early days of hope and optimism give way to setbacks as high-tech China clashes with working-class America.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <h1 style="margin: 0;">June 2024</h1> <h2 style="margin: 0;">Activities and Events</h2> </div>						
<p>2 3:00: Chat &amp; Stitch, VT Game Rm</p>	<p>3 1:35pm: Trip to Kroger 4:00: Choristers Dress Rehearsal "Trial by Jury" VTCRm</p> 	<p>4 9:00: Health &amp; Fitness Assessment, P1&amp;2 11:00: Tai-Chi, VTCRm 7:30: Choristers Performance "Trial by Jury" VTCRm</p>	<p>5 <b>HEARING AID CLINIC</b> 10:30: Holy Communion, VTC 4:00: Choristers Performance "Trial by Jury" VTCRm</p>	<p>6 10:30: Global Jewelry, MCRm 7:00: ASO, Series #3 7:30: Choristers Performance "Trial by Jury" VTCRm</p>	<p>7 1:30: Keep In Mind w/ Fini Shell, Art Rm 1:35: Trip to Trader Joe's &amp; Aldi 5:00: Happy Hour with Dan Staggs, FP</p>	<p>8 2:00: Mah Jongg, Admin Dining</p>
<p>9 3:00: Chat &amp; Stitch, VT Game Rm</p>	<p>10 1:35: Trip to Kroger 7:30: Quarterly Resident Council Mtg, VTCRm</p>	<p>11 10:30: B/P &amp; Diabetes Check with Personal Care, Wellness 11:00: Trip to Publix 11:00: Tai-Chi, VTCRm 1:30: Wai's Gong Fu Tea Tasting Trip</p>	<p>12 10:00: Community Bocce Ball, Overlook Deck 10:30: Holy Communion, VTC 3:00: Bingo, Admin Dining 4:00: Admin Update w/ Residents, VTCRm/Zoom 5:00: Dinner Trip to The Colonnade</p>	<p>13 3:00: Explore Your Personal Singing Style, VTCRm 4:00: Ukulele and You, VTCRm 7:00: ASO, Series #4</p>	<p>14 <b>FLAG DAY</b> 10:00: Jewelry Class w/ Gillian Gussack, Art Rm 1:30: Keep in Mind w/ Fini Shell, Art Rm 1:35: Trip to Kroger 2:00: Atlanta Symphony Performance and 2024-2025 Season Information, VTCRm 4:00: Civil Conversations, VTCRm 5:00: Patsy Cline &amp; Wine Happy Hour with Sonja Shell, MCRm</p>	<p>15 2:00: Mah Jongg, Admin Dining</p>
<p>16 <b>FATHER'S DAY</b> 3:00: Chat &amp; Stitch, VT Game Rm</p> 	<p>17 10:00: Croquet Lessons w/ Katie Coyne, Garden 1:35: Trip to Kroger 4:00: Special Happy Hour with Brad Vroon, VTCRm 7:30: Trip to Atlanta History Center Author Talk w/ Doris Kearns Goodwin</p>	<p>18 <b>PODIATRIST</b> 11:00 Tai Chi, VTCRm 11:00: Trip to Publix</p>	<p>19 <b>JUNETEENTH</b> 10:00: Felted Soap Class w/ Gillian Gussack, Art Rm 10:30: Holy Communion, VTC</p> 	<p>20 2:30: Care Partner Support Group, 7th Fl Lounge</p> 	<p>21 1:00: "Seven Brides for Seven Brothers" Movie Showing w/ Alexa Foreman, VTT 1:30: Keep in Mind w/ Fini Shell, Art Rm 1:35: Trip to Trader Joe's &amp; Aldi 5:00: Happy Hour with The Bostons, FP</p>	<p>22 <b>HEARING AID CLINIC</b> 2:00: Mah Jongg, Admin Dining</p>
<p>23 2:30: Trip to "The Three Musketeers" at Shakespeare Tavern 3:00: Chat &amp; Stitch, VT Game Rm *****</p>	<p>24 11:00: Lunch Trip to Southern Bistro 1:35: Trip to Kroger 2:30: Art Talk, VTCRm</p>	<p>25 10:00: Croquet Lessons w/ Katie Coyne, Garden 11:00: Tai Chi, VTCRm</p>	<p>26 10:00: Community Bocce Ball, Overlook Deck 10:30: Holy Communion, VTC 2:00: U.S.-China Economic Relations Talk, VTCRm 4:00: Bingo, Admin Dining</p>	<p>27 10:00: Trip to Zoo Atlanta Panda Bear Farewell</p>	<p>28 1:30: Keep in Mind w/ Fini Shell, Art Rm 4:00: Civil Conversations, VTCRm 5:00: Happy Hour w/ Judy Boehm, FP</p>	<p>29 2:00: Mah Jongg, Admin Dining</p>
<p>30 3:00: Chat &amp; Stitch, VT Game Rm</p>						





**June 2024**