



Canterbury Tales

LXIII: 2
February 2025

Published by the Residents Council and Staff of Canterbury Court



10 January 2025

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Thank you, thank you, Canterbury Administrators and Staff!

On Friday, January 10, weather forecasts proved accurate, and Atlanta was blanketed with snow. CC staff issued ample alerts to residents of steps being taken to ensure their safety and comfort and urged them to pay heed. Senior administrators and staff members stayed overnight so that key services would be uninterrupted. There was even a Snow Party complete with wine and trivia to make up for entertainment that had to be cancelled!

Residents are most appreciative of the exceptional measures that staff took to make sure that they were not affected by the adverse weather. We at Canterbury Court are fortunate indeed to be in such caring hands—a heartfelt thank you to all!

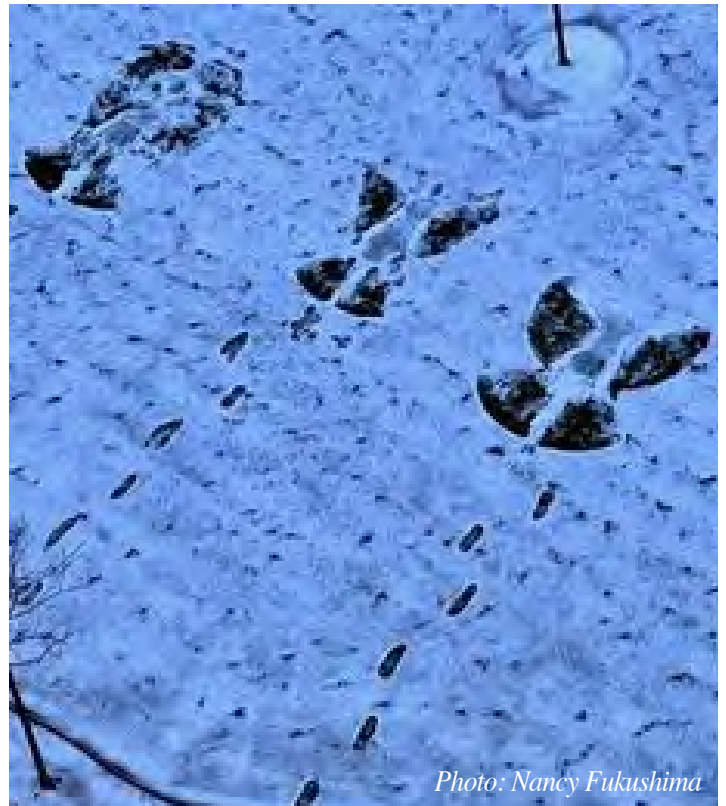


Photo: Nancy Fukushima

Snow Angels—note the single set of tracks!
Created by Harry Pritchett's Family.

Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

Council President..... Ann Pearce
Vice President.....Shirley Timashev
Secretary..... Barbara Blender
Treasurer.....Keith Garrison

President and CEO..... Debi McNeil
Chief Operating Officer..... Julie Parker
VP, Revenue Growth.....Elaine Scheelk
Chief Finance Officer..... Matt Kurumada
Chief of Human Resources.....Lisa Bronstein

Editor.....Seetha Srinivasan
Welcome Mat Editors.....Carolyn Farley and Josh Taylor
Proofreader.....Ann Pearce
Production.....Resident Services

Canterbury Court is fortunate to have residents who generously volunteer to interview newcomers and prepare profiles, serve as chairs of committees and report on their activities, submit articles and items of interest, and share their photographic talents. These individuals are identified throughout the publication. If you see them around the campus, please be sure to thank them for their work. All these contributions make *Canterbury Tales* truly the voice of its residents.

Canterbury Tales is published monthly from September through June.

Photographs from Canterbury's garden are by Sandra Garber, unless otherwise noted.

February Birthdays

2	Cece Pierce	12	Margaret Jones	20	Yong Park
2	Pat Fraser	13	Janice Cook	20	Sally Lockwood
2	Yael Stein	13	Nora Hughes	22	Jennifer Evans
4	Midge Gardner	14	Babette Tipping	23	Haden Winborne
7	Mercer Dye	14	Ernest Ramsay	24	Ron Stein
11	Charles Turner	14	Joe Reynolds	25	Ruth Anne Foote
11	Fritz Toussaint	15	Lynn Cornett	27	Margaret Shirley
12	Maxine Vasen	16	Jean Weaver	27	Rankin Cooter
12	Sandy Wheeler	16	Mary Lou Berres	28	Forrest Getzen
12	Jean Ellen Jones	17	Edie Palmer	28	Tim Perry



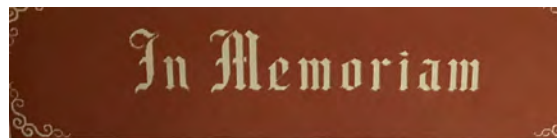
Vespers

Vespers at Canterbury is a resident-organized interfaith worship service, offering end-of-day prayers, music and spiritual messages. On Tuesdays (September – May) from 7:30 – 8:00 PM we welcome visiting clergy from various faith traditions and denominations. Each clergy member designs his or her own worship service. Vespers is usually held in the Vermont Chapel and all Canterbury residents and guests are welcome.



- February 4 The Reverend Nontombi Naomi Tutu, Priest Associate,
All Saints' Episcopal Church
- February 11 The Reverend Salmoon Bashir, Curate for Ecumenical
and Interreligious Relations, Cathedral of St. Philip
- February 18 Father William Rowland, S.M., Rector, Marist School
- February 25 Rabbi Lara Tessler, Assistant Rabbi, The Temple

Judy Bodner,
Vespers Chair



Lord, keep our friends in your loving care.

- Joseph "Joe" Binns, January 5
Edward Wasson, January 6
Margaret Westerman, January 7
Harry Pritchett, January 8
Harriet Evans, January 10
Peter Brookner, January 22
Josephine "Jody" Johnson, January 23
William "Billy" Sterne, January 24
Frances "Fran" Gaston, January 28
James "Jim" Gerding, January 29

From Debi's Desk

Comments from the President of Canterbury Court

Artificial Intelligence (AI) is everywhere these days. For those who may not be familiar with it, AI is a term used to describe a wide range of technologies that power many services we use today, such as Siri, Alexa, chatbots for customer service, and devices that are able to perform complex tasks that historically could be done only by a human. A popular and growing use for AI is to transcribe meeting notes, and platforms such as Zoom and Microsoft Teams offer AI tools that can capture conversations and transcribe them into meeting summaries with action items. These tools are revolutionizing how we work and increasing efficiencies in ways we had not imagined possible. But this technology, like any technology, has potential downsides that need to be considered, including privacy and accuracy.

For those not ready to dive into new technology, I have an alternative to offer: tweenage girls. This is a little-known fact, but tweenage girls possess the same ability as AI to transcribe conversations, even conversations that they are not directly a part of or that you aren't aware they are even listening to. I only just discovered this amazing capability last month while taking a call on Bluetooth in my car as my younger daughter was sitting in the backseat engrossed with the iPad. Later in the evening as my husband and I shared highlights of our days, my daughter heard me say something that activated her transcription services, and she began regurgitating my

entire conversation nearly word for word. I was truly amazed by this newfound skill as I was starting to consider that she might have hearing loss since she can almost never seem to hear me when I ask her to do something. Even more incredible was that I was able to ask her questions about parts of the phone call I couldn't remember, and she dutifully filled in the blanks.

While a tweenaged girl is a good alternative to AI use, I recognize not everyone has a tween girl at their disposal and that school and extracurricular activities can make them quite unreliable for scheduling. Plus, as tweenage girls are not known for their long-term memory skills, the data retention period for their transcription is short.

While there are some valid concerns and hesitations about the use of AI, the reality is that this wave of technology is here and continuing to come at us at a both terrifying and fascinating pace in nearly every sector of society. Denying technology is not really an answer. Those who ignore it will be left behind but learning how to incorporate it within an ethical and responsible framework needs to be a key priority. And on the bright side, the various AI subscription services are bound to be less expensive than raising your own tweenager.



Debi McNeil

From Canterbury Court's COO

As we reflect on the inclement weather of January 10th, I am proud to say that our mission statement—*Weaving Together a Tapestry of Lives*—was fully realized on that day. The snow came down fast and thick that morning, followed by freezing rain, creating a perfect storm. In my 31+ years at Canterbury, this was one of the rare times (the 2014 storm being another) when the weather forecast was completely accurate.

However, we were prepared. We had a plan in place, and most management staff were ready and present to work in any capacity needed. This has been our standard operating procedure for decades, and it's one of the reasons you saw many of us working alongside George and his team in the dining room, helping with meal service. I want to give a special shoutout to Chef Montise Brown, who cooked both lunch and dinner essentially on her own, with some much-needed assistance from our CFO, Matt Kurumada, who helped prepare the chicken for lunch, and from Sous Chef E, who arrived around 3 p.m. to help with dinner. We also had a full crew of culinary staff and servers in Monarch Pavilion, ensuring that we were well equipped to handle the situation.

The true essence of our *Tapestry* was evident in the outpouring of kindness from our residents. Dozens of residents opened their homes to staff members, offering spare bedrooms for the night to ensure that we could all stay warm, safe, and comfortable. This tradition of hospitality has been long-standing at Canterbury, and it continues to be one of the many things that makes our

community so special. Without the generosity of our residents, we would have had few options other than blow-up mattresses on the floor. Some residents even offered meals to staff members who were staying in their apartments, further exemplifying the caring spirit that is so central to our community.

At 1 a.m. on Saturday morning, the power went out in Monarch, Club, and Peachtree, and it stayed off for the next five hours. As I was heading back to my post, early that morning, I said a quick prayer before leaving my cozy accommodations in Vermont Tower, hoping the power would be restored. As I got closer to the front desk, I noticed the lighting in the hallways was brighter than usual—emergency lighting was working, but this was something more. And to my relief, the power came back on just 10 minutes after I'd said my prayer. I truly felt blessed.

These events have reminded me just how interconnected we all are, as we *Weave Together a Tapestry of Lives* here at Canterbury. Every person, every gesture, no matter how small, adds a vibrant thread to this beautiful fabric we create together.

Thank you to everyone who participated, helped, and supported one another during this challenging time. We are truly stronger together.

Many Blessings,

—Julie Parker
Chief Operating Officer, LNHA



Julie Parker

From the Residents Council

As I sit in front of the computer to gather my thoughts for this month's article, I am thinking of the many people who make the Residents Council work for the good of the community. First and foremost, we have 24 active committees! To have residents who are willing to chair committees and many others who work on them is what makes the community function so well. This year we have 3 new Standing Committees, 11 new chairs, 11 returning chairs, and 2 who have chaired their committees since the Fall.

As a refresher, our committees fall into three categories.

Interest Committees: are formed around a common interest and are open to all members of the community. Examples are Arts, Choristers, and the Book Club. If you decide to join the Choristers, you will spend your time rehearsing and preparing for two to three programs a year. It's what you enjoy doing, but there will be expectations of involvement and commitment, which is true of other interest groups as well.

Service Committees: bring together volunteers who work on an ongoing basis to provide services year-round to many of our residents. A good example is the Accumulation Sale that is the main source of operating funds for the Residents Council, and many people are needed when the sales take place. This is a particularly enjoyable way to get to know a lot of residents working

together for a common purpose. Other Service Committees are Recycling, Library, Flower Arranging, Monarch Connections, Chapel, Hospitality, Scholarship, Vespers, and the Foxhole.



Ann Pearce

Advisory Committees: are generally designed to serve as a liaison between the residents and management of Canterbury Court. Examples of these committees would be Dining, Marketing, or Wellness. These Advisory Committees offer a process whereby the concerns and issues that are important to the residents find their way to the correct group within management so they may be considered by the administration.

As you read this, we have just had our 2nd Committee Expo. I hope many of you attended and learned a lot about what goes on around here. Perhaps something piqued your interest and you're ready to jump in. Maybe you'll move a bit slower until it becomes obvious how you would like to spend your newfound leisure time. Whatever it may be, know that the Residents Council welcomes each of you and we thank you for sharing your gifts with us.

—Ann Pearce, President

Community News

Chismukkah at Canterbury

Two thousand and twenty-four saw the rare overlap of Christmas Day and the start of Hanukkah, with recent occurrences being in 2005, 1959, 1921, and 1910! Hence, it seems appropriate to note CC's celebration, which occurred after January's *Canterbury Tales* was a "wrap," when Grinch Gambits came in as well.



Residents celebrated Christmas Eve with a reading of "Twas the Night Before Christmas," caroling, and drinking hot chocolate.

Lisa Bronstein led Canterbury's celebration of Hanukkah, ably assisted by Dara Matthews and her family. There was a blessing, Lisa and Dara led residents in singing, and they lit a Menorah. CC's food services prepared traditional potato latkes, served with sour cream and apple sauce.



Hanukkah is a minor Jewish festival, lasting eight days during the month of December. It commemorates the revolt of the Maccabees and the rededication of the Temple in the 2nd Century BCE after its desecration by the Syrian Greeks. It is marked by the successive kindling of eight lights on Hanukkah Menorah (Hanukkiah). A small vial of oil lasting eight days was a miracle, but the true miracle of Channukah is that the Jewish people survived, as did their traditions and faith. One candle in the Menorah is lit each night, as a reminder that even in the darkest of times there is always light. —Alexandra Newman-Kofinas

Community News

Grinch Gambits

We've had the Grinch at the Christmas Tree near the bridge for several years, and he's always been fun. But this year, he went out of his way to keep us entertained. Vermont Tower residents got a daily (and sometimes hourly) change in his mood, pose, and position. Who said that seniors can't have fun? Looking forward to next year!

—Martha Solano, 475 VT



12/9/24 – Coming out for the holiday



12/22/24 – Trying out the Reindeer



12/24/24 – Ready for Santa



12/26/24 – Recovering from Christmas



12/31/24 – Not sure about a New Year's Eve Party



1/1/25 -- Had enough! See you next year!

Community News

Jessica Linden Lobby at King Plow Arts Center

On a recent trip to the Libby Whittemore holiday show at Actors Express in the King Plow Arts Center, CC residents were pleasantly surprised to enter the lobby named for their own Jessica Linden!

The naming reflects Jessica's long association with theater in Atlanta, going back to her move to the city in 1983 from Princeton. Accustomed to the theater in NYC, Jessica sought out small, professional theaters in Atlanta. She began going to the Horizon Theater in the Little Five Points neighborhood. Actors Express was started in 1988, and Jessica soon became a stalwart supporter, including being one of the board members who floated a loan to ensure its solvency.

After she took early retirement in 1991 from her job at IBM, Jessica became chair of Horizon's board and served on the board of Actors Express. She began taking acting classes as a way of understanding better the world in which she was becoming deeply involved and acted in three productions in three different theaters.

Jesscia's board engagements deepened, and in 2007 she was asked to be a presenter at the Suzi Bass awards--think Tony awards for Atlanta theater. She became a judge, and in 2011 was named Suzi Bass Volunteer of the Year.

When Actors Express sought to retire the loan it had taken in its early years, Jessica enthusiastically supported the effort. The Jessica Linden Lobby at Actors Express in the King Plow Arts Center is an acknowledgement of her service and generosity to Atlanta theater.



Jessica Linden and Libby Whittemore, iconic in the world of Atlanta music as a cabaret singer.

Community News

The House that Pam Rebuilt

Spoof was not a barker so when he barked around 3am on 17 November 2023, Pam Alexander knew something was wrong. She started down the stairs, but the heavy smoke coming up the stairwell caused her to lose consciousness. Pam's husband Gandhi got her out but couldn't find Spoof. Fire department personnel found him in the basement by the fireplace with his paws covering his mouth. Reckoning with the loss of their beloved Spoof, Pam and Gandhi concluded that he must have gone back into the house in search of Pam.

Pam, of course, runs our Court Café, and there doesn't seem to be a resident whom she does not greet warmly by name. (Apropos, thank you to Ginger Riggins who shared news of Pam's house.) So residents were more than happy to contribute toward the



rebuilding of her house, which had to be torn down. Not surprisingly the process took longer than expected, but on 24 December 2024, Pam got a call saying she could "go home." The Christmas present came from DeKalb County Permitting Office.

Pam has been at CC for three years and has "fallen in love" with the place. She says that CC is rich in harmony, joy, and unity and finds fulfillment in providing the best possible service to residents. She was completely surprised by the support of Canterbury residents in her difficult time and is deeply appreciative of it. In the spring, Pam wants to arrange a tour of the house that residents helped build. Meanwhile, she shares photographs.



Original House



Spoof



Community News

Canterbury Court's Housekeeping Team Wins National Award

We are thrilled to announce that Ashaki Borders and the exceptional housekeeping team with Coreworks, a division of Morrison Community Living at Canterbury Court, have earned the National Account of the Year Award!

This accolade comes after their remarkable success in achieving both the Platinum Plus distinction and the East Coast Regional Award, standing out among 72 accounts in the Coreworks Division and 35 in the East Coast Region.

Exceeding the Standards of Excellence

To qualify for this honor, accounts must excel in three key areas:

- Standardization Audits: Ensuring consistent and high-quality service.
- Financial Stewardship: Demonstrating efficiency and responsibility.
- Safety Commitment: Prioritizing the well-being of team members.

Ashaki and her team not only met but exceeded these benchmarks, competing with the best in the region. Following their East Coast Regional Award win, their outstanding performance was presented to Coreworks Division President, Kurt Resner. Recognizing their exceptional achievements,

he selected Canterbury Court from among all 72 accounts to receive the National Account of the Year Award.

This achievement is not only celebrated at the Coreworks level but has also garnered recognition from Compass One CEO, underscoring the significance of this honor.

Celebrating Success

To commemorate this achievement, Coreworks is sponsoring a celebration party at Canterbury Court. We are excited to gather with our senior leadership team, Ashaki, and her housekeeping team to celebrate their hard work and dedication.

A Partnership Built on Excellence

This success would not have been possible without the support of Canterbury Court. The collaboration and partnership between the Canterbury Court leadership and Coreworks have been instrumental in fostering an environment where excellence thrives.

Congratulations to Ashaki Borders and the entire housekeeping team at Canterbury Court! Thank you for setting a shining example of dedication, excellence, and commitment.



Ashaki and Coreworks Management



Ashaki and Housekeeping Team

Community News

Tim Perry's Copper Collection

Warm and gorgeous with a touch of pizzazz! Those are good descriptions of vintage copper and its use in decorating the apartment of Tim Perry. The combination of many tropical plants among pieces of reflective copper creates a warm comfortable glow and also expands the space.

When Tim and Calico married in 1996, his parents gave them a gift of funds to purchase something they really wanted, so their choice was an antique copper still. Later when Calico's mother died, they received a vintage vegetable canning boiler and a copper bed warmer. So began Tim's love and collection of vintage copper.

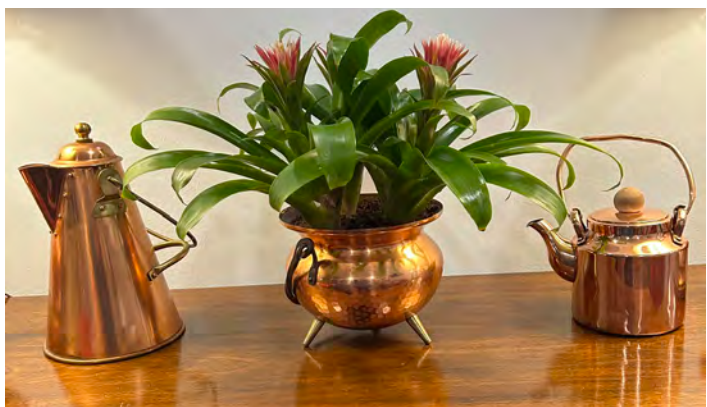
Copper trays for his plant stands, as well as hanging pieces of copper reflect the light from all angles. (Tim said to give credit to David in CC Maintenance Department for his creativity in hanging some pieces). One of Tim's favorite treasures is a hammered, pure copper vase which provides a special glow. Tim finds many of his now 30+ piece collection on eBay, with the now defunct Smith & Hawken products being among his finds. When asked if he had a limit on the number of items he plans to collect, his response was, "Not yet!"

Give Tim a call to view his treasures. It's as good as a visit to a museum!

—Anne Jones, 719 CT



Tim Perry with his first purchase: copper still



Community News

At the Foxhole

Justin Smith demonstrated a CNC (computer numeric controlled) router to interested people in CC's Foxhole. Justin made an inlaid piece shaped like a hummingbird on a Lazy Susan for a circular table in the Hancock Dining room. Readers may recall that Ernest Ramsay noted this demonstration in the January *Canterbury Tales*. Justin is the son of Mike Smith, Foxhole Coordinator. Jean Schick reports that about 20 people attended and were enthusiastic about the capabilities of the router.



*Justin Smith demonstrating a CNC router.
Photos: Jean Schick*



Welcome Mat

Linda and Teilke Baker

Native Atlantans will remember the old Davison's Department Store. Most people would have walked away from Davison's with a new outfit. Linda and Teilke Baker walked away from there as wonderful marriage partners. Linda has been in the product development and retail business for twenty years. She met Teilke when he was running the Men's Department at Davison's. They dated for four years, married, moved to Florida, then moved back to Atlanta during the Olympics in 1996. Both had family here. They lived in Dunwoody until they moved to Canterbury this year.

Linda, a fifth generation Atlantan, lived in the family home at Peachtree and Baker Street. Her father, a thirty-year army man, moved the family to Venezuela for a while, then back to Atlanta, where Linda attended the Lovett School. She went on to get her master's in art at Columbia. When she began her career at Davison's, management immediately saw she could "do anything in product development," and she quickly rose in the ranks – store manager at an early age, and then some.

Tielke grew up around Knoxville, where his mother worked on the Manhattan Project. His grandfather had a working 80-acre farm near Pigeon Forge/Gatlinburg TN, of which Tielke still owns 10 acres. Tielke served in the Air Force for four years, which included over a year and-a-half in Da Nang, Vietnam. When asked about his name, Tielke points back to his father's best friend in the Navy. He playfully reports he went to high school with Dolly Parton!



Tielke and Linda Baker

Birthplaces: Linda, Atlanta
Teilke, Knoxville, TN
Apartment: Verandas 2101
Move-in Date: October 18, 2024

Tielke tells the story about how he bought Linda a monogrammed can opener when he first met her, as she didn't have a can opener in her apartment. Charmingly extroverted, he has a lot of fun stories to share. He volunteers at the Dunwoody Police Department for the Citizen Patrol, riding around in police cars at night, making sure the neighborhoods are safe. A Master Gardener, he still owns his own greenhouse in Dunwoody, where he grows seeds to plant and donates them to the Episcopal Church there for their gardens growing food for charity. He's grown 10,000 varieties of tomatoes, traveled the world on business trips, and I think he and Linda have been to every continent but Antarctica.

The Bakers are a thoroughly delightful couple. And I know that there are a lot more stories. Gracious, fun, and thoroughly interesting, they will add a lot to our Canterbury Family.

—Van Waddy, 1511 GT

Welcome Mat

Mary Churchill

Mary related to me that she and her husband, John, traveled to Europe for a month's long driving trip in 1970. They were in Paris and exited the subway near the Champs-Elysees, where a large crowd of people were violently protesting the arrest of Jean-Paul Sartre. The French Gendarmes were shooting tear gas canisters down the side streets. Mary and John were struck by one, which made their eyes sting painfully and water excessively. A kind restaurant owner pulled them in and helped them wash their faces, although they still suffered the effects for hours.

Mary grew up in Pittsburgh in a family with four brothers and attended Penn State. She moved to Washington, DC, after graduation and taught in an elementary school for several years until returning to Pittsburgh because her father had become ill. She started a master's program at the University of Pittsburgh and met her husband who was an architectural student at Carnegie Mellon. Upon his graduation, John was employed by Heery and Heery, and they moved to Atlanta and bought a home in Avondale Estates. Next, John's firm sent him to Manhattan for two years. While there, Mary worked as an Associate Editor for Holt, Rinehart, and Winston.

Their next move was to Amman, Jordan. In preparation for the move, they took Arabic lessons, but it turned out it was Classical Arabic, so none of the Jordanians understood it! Fortunately, most of them spoke English. They lived there for four years while John worked as the architect for the King Hussein Medical Center. Their sons, ages 2 and 4, attended the British School where Mary taught.



Mary Churchill

Birthplace: Pittsburgh, PA

Apartment: 1903 GT

Move-In Date: October 30, 2024

Upon returning to the U.S., they settled again in Atlanta for twelve years. Mary and the boys then moved to Pittsburgh, where Mary worked for Heinz and took classes in computer programming at the University of Pittsburgh. Her first computer job was at Allegheny County Community College, followed by Thermo Fisher Scientific.

Mary met her second husband, Hugo, in Pittsburgh and retired so that they could travel extensively and frequently during their 20 years together. Sadly, Hugo died recently, and Mary decided to move here as one of her sons, an architect, lives in Brookhaven with his family. Her other son is a software engineer in North Carolina.

Mary and her family looked at several places and decided that Canterbury was the one for her because it was so friendly. Welcome to our wonderful community, Mary!

—Gayle Mitchell, 1309 GT

Welcome Mat

Andrea and Alan Lentz

To enter the Canterbury home of Alan and Andrea Lentz is to be ushered into a magic kingdom of art and artistry. The wonderfully planned and newly constructed floor plan features walls of Andrea's amazing botanical bird drawings, paintings, and colored pencil work. An antique quilt, unique Stickley furniture, and perfectly placed collectables set off a warm and interesting domicile for this artist (Andrea) and musician (Alan) to continue a life driven by curiosity and structure.

Andrea, a native of Indiana, and Alan, hailing from Arkansas, have lived in McLean, Virginia, Palm Beach, Florida, and Decatur, Georgia, which describes some of the influences contributing to their artistic outpourings. Perhaps these heterogeneous influences were the motivation for Alan, a Peabody Conservatory music major with a master's in performance, to leave the teaching field at the age of 40 with two infant children and begin a career in marketing telecommunications with MCI Telecommunications. Andrea also chose to veer her life's course from a childhood devoted to dance (with a degree in it from Indiana University) to teaching, becoming an administrator at Emory College of Arts and Sciences, and finally to reclaiming her love of making art. All this while raising two children. Their daughter lives in Oxford, Alabama, and their son lives in Austin, Texas.

About ten years ago, Andrea began studying botanical drawing at the Atlanta Botanical Garden, reigniting a love for painting, drawing, and colored pencil work. The elegant, lit easel that houses these works



Alan and Andrea Lentz

Birthplaces: Andrea: South Bend, Indiana
Alan: Jonesboro, Arkansas
Apartment: 75 VT
Move-in Date: October 15, 2023

is placed in her bedroom in a cozy corner near a window and attests to the prominence of art in her life. Maybe she will display them soon for all of us to see in Canterbury's Art Gallery.

Alan and Andrea described their lifestyle to me as "structured" and "planned." Perhaps that refers most to Alan's 30 years playing flute in the Atlanta Wind Symphony and serving on its board of directors. Perhaps Andrea's time spent in her Canterbury exercising regimen and frequent walks in our garden with her sister, Judith Weaver (GT resident and doppelganger to Andrea), are the best examples of "planned" influences on her current lifestyle.

Whatever influences contributed to this interesting couple's life journey, I'm betting they will become forces in many Canterbury organizations. Who knows what they will decide to explore next?

—Harriett Smith, 1104 GT

Welcome Mat

Bob Montgomery

Bob told me that his great, great, great, great grandfather was married by a young Episcopalian priest, Thomas Claggett, in Upper Marlboro, MD. Reverend Claggett became the first American Episcopalian bishop, served as the third U.S. Senate chaplain, and is entombed in the Washington National Cathedral.

Bob's family migrated from Maryland to Kentucky and has lived in or around Paintsville for 150 years. (Paintsville got its name because the Adena Indians painted the trees to mark their trails. When it rained, the paint ran down the trails into Paint Creek.) Bob's great, great, great grandfather became a Methodist circuit rider. At that time there were few Episcopalians in America, so the family shifted to the Methodist church and has remained Methodist to this day.

Bob grew up with many aunts, uncles, and cousins nearby. Several of his relatives were lawyers, but he was an outlier and went to medical school. He attended the University of Louisville for both undergraduate studies and medical school. He interned at Parkland Hospital in Dallas, TX, and did a residency in radiology at the University of Cincinnati in Ohio.

One Thanksgiving about 60 years ago, a girl who had grown up with Bob asked him to pick up her college friend and her at the bus station in Lexington, KY. That is how Bob met his wife, Barbara, who was from Massachusetts. She was the guest visiting for the Thanksgiving holiday.

Bob and Barbara married in 1961 and settled in Columbus, OH, where Bob was in a radiology practice at 700-Bed Riverside



Bob Montgomery

Birthplace: Paintsville, KY

Apartment: 179 VT

Move-In Date: November 15, 2024

Methodist Hospital. Barbara was a “stay at home” mom to their two young children but eventually became a paralegal. In 1991, they retired and moved to Dorset, VT, where they lived for ten years. In 2000, they moved to Atlanta to be near their son and daughter, but, sadly, Barbara died two years later of cancer. Bob moved to Sarasota, FL, but later decided he'd rather be near family in Atlanta.

Bob's son and his wife live in Atlanta and have two sons and a grandson. One of Bob's grandsons is a Crypto banker, and the other just graduated from medical school. Bob's daughter, formerly a teacher at Westminster Schools, recently moved to Beaufort, SC, and is now teaching at Beaufort Academy.

Bob's son and his wife are active members at St. Anne's Episcopal Church and thought that Canterbury would be the perfect place for Bob. He agrees with them and is very pleased with his new home.

—Gayle Mitchell, 1309 GT

Welcome Mat

Helen Smith

Education is core to Helen’s being, as is her upbringing in Iowa. In the 1930s-1970s, one teacher taught all subjects to grades K-8 in one-room rural Iowa schoolhouses, an environment that allowed Helen ample time for independent reading and mentoring younger students, a natural role for a young person whose mother and aunt spent their lives in rural elementary education. Growing up on a small farm with gardening, farm chores, field work, and part-time jobs contributed to her appreciation of nature, concern for the environment, and appreciation of cooperation, community, and family.

After graduating with a degree in history from Cornell College in Mount Vernon, Iowa, Helen travelled to Atlanta on a one-year fellowship to pursue an MA in History, with plans to return to the Midwest to teach. However, in April 1968, in Emory’s Candler Library hallway everything changed: the History graduate director informed her of a fellowship to pursue her doctorate. After three idyllic years of study, completing doctoral exams, and beginning work on her dissertation, Helen taught part-time at the Westminster Schools and learned of an opening at Pace Academy. In 1972 she started her 50-plus years there and still works part-time as Model UN sponsor and well-known cat lady.

During her time at Pace, Helen’s dedication to education, passion for learning, and love of travel combined to enrich her life and the lives of her students, as she and Pace work to prepare global citizens for a diverse and challenging world. Study tours



Helen Smith

Birthplace: Winterset, Iowa
Apartment: 602 Club
Move-in Date: October 17, 2024

in the former USSR, Russia, China, Japan, and South Korea took students and teachers beyond their western Europe comfort zone and the usual stereotypes. Helen benefitted from her selection as a “citizen diplomat” in a 1990s Ukrainian exchange program, a quarter at St. Andrews University in Scotland as a Schoolteacher Fellow, summer English-Speaking Union programs at Jesus College at Oxford, all resulting in life-long global contacts.

Frequent travel with Anglophile friends, special trips with family to Bornholm, Denmark, where an archivist friend located the 19th century family farm, and opportunities to explore religious and art history have made Helen’s life one long adventure in exploring the past and meeting people. Now she is continuing that adventure as she settles into Canterbury Court, where she loves meeting new people and hearing their histories and herstories.

—Jessica Linden, 1111 GT

Welcome Mat

Yael Stein

When I met Yael, it was among her unique Cape Town, South African *objets d'art* placed carefully about her apartment. Half-way into this interview and learning of Yael's hybrid growing up years in Tel Aviv and Cape Town, I realized my host was the embodiment of "cool"!

A Licensed Clinical Social Worker (LCSW), Yael was hired from Cape Town by Jewish Family and Career Services thirty-eight years ago to come to Atlanta. She continues to work at this same agency and is aiming for a 40-year career there. This career choice came after a life-changing pre-college gap year spent in the U.S.A, traveling coast to coast and falling in love with our country.

Yael earned a master's degree in clinical social work at the University of Cape Town and has worked in a variety of settings and roles over the years. She enjoys psychotherapy and plans to continue practicing part-time from her home in Canterbury Court once she retires. That's right, she currently works full-time providing on-line counseling. The Zoom option began with the onset of COVID, and many clients chose to continue with this platform.

Yael has three siblings who live overseas. She has many local friends, colleagues, and a gentleman friend. As a matter of fact, she and our own Debi McNeil have been former colleagues and friends for a number



Yael Stein

Birthplace: Tel Aviv, Israel

Apartment: 412 Club Tower.

Move-in Date: October 17, 2024

of years, along with many other Canterbury personnel.

In her spare time, Yael enjoys reading, Sunday *NYT* crossword puzzles, classical music, and dabbling with potted plants and arranging flowers. She is a bit rusty but fond of bridge.

One of the joys of meeting Yael is encountering a woman with a good sense of humor. She keeps a picture of Sigmund Freud and his wife on their wedding day in her bookcase next to professional books she collected over the years.

—Harriett Smith, 1104 GT

Edith O’Neal, Transportation Coordinator

Resident Services celebrated Edith’s 25th anniversary of service with a surprise party, but her association goes beyond a quarter century—she came to work at Canterbury Court in 1992, when the campus was Club and Peachtree Towers.

Edith joined Canterbury’s staff as a dishwasher and moved from there to food preparation, bakery, and dining services, where COO Julie Parker (at the time head of food services) promoted her to assistant director. Edith resigned in 1998 so that she could earn her commercial driving license. Two years later, Julie rehired her as assistant director of food services. Edith worked full-time in that capacity and part-time as CC’s driver, taking CC residents on evening trips to ASO, the opera, etc. “It was very clear when I hired Edith, that she was fearless, learned quickly, and excelled at many difficult jobs in the kitchen. So, when she left to drive 18-wheelers, I knew she could do it, but grateful that she came back to Canterbury and never left.”—Julie Parker

When she started work at CC, Edith lived downtown and took the bus to work, buying a car only when she was promoted to assistant director. Asked how she managed, Edith responds simply, “I had three children; I had to make it work,” adding that she and her husband made a good team. Edith’s children are all well settled, but sadly her husband Marvin Perry died in 2008. She now lives in Union City, so to take a resident to an appointment at 7am, she leaves home at 6am.

Edith’s career at Canterbury evolved as the facility expanded, and around 2017, she moved full-time into transportation. Dining services allowed her to interact with residents, get to know them, and learn their

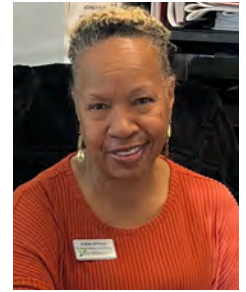
likes and dislikes. In her role as driver, she no longer has this pleasure--and feels the pressure to keep her focus on road safety.

One reason for her longevity, Edith explains, is that there is a degree of mutual security between her and CC, for each knows they can rely on the other. This dependence is one of the many things that Edith says is part of the “world residents don’t know about.”

For so much of her life Edith juggled the challenges of two jobs, three children, and house and home that when she came to a point when this was not the case, it took her a moment to realize that she could finally relax.

Rebecca Oleson, director of RS, says, “Edith is modest, but we will all cry when she retires.” Until then, next time you ride somewhere with Edith take a minute to let her know that you peaked into a sliver of her story. Thank you, Edith, for continuing to keep your eyes on the road!

—Seetha Srinivasan, 1012 GT



Edith O’Neal



Edith with a plaque that lists names of Canterbury employees who have rendered 25+ years of “outstanding service.” It is on the wall outside the Court Café.

Art Gallery

Jeff Ashworth



Jeff started drawing in early childhood. He spent many years designing and installing bulletin boards for teachers in elementary schools! He designed and constructed sets for the Drama Club in high school, which reinforced his love of art and his many skills related to his talent.

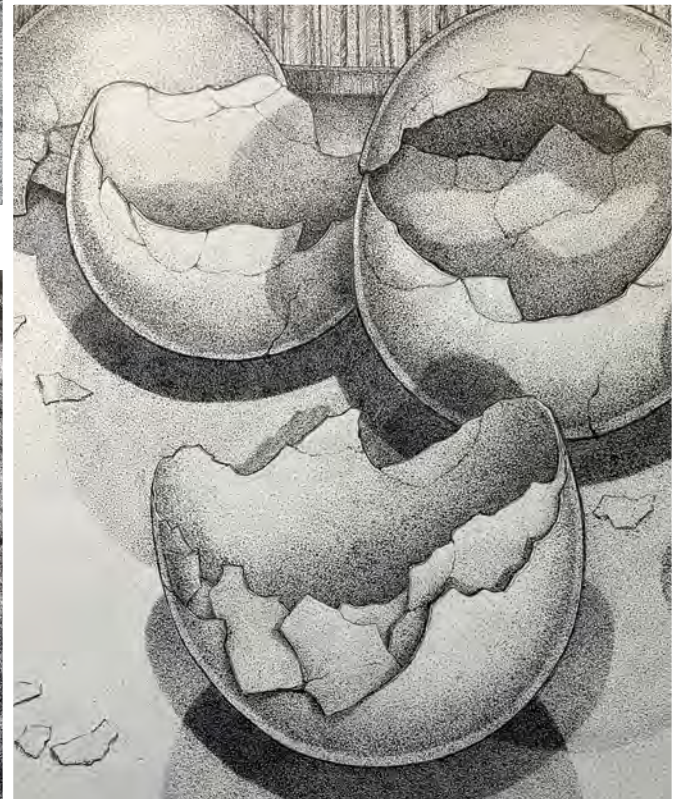
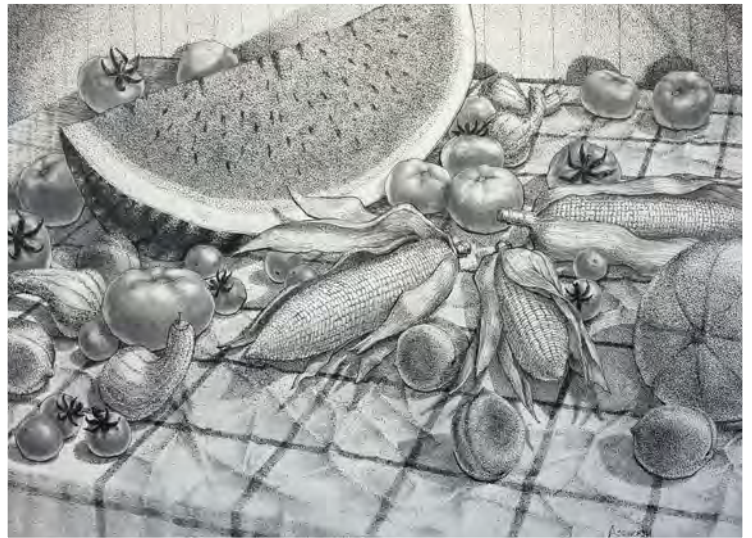
Jeff was an art teacher at Georgia State University from 1980–2012; editor of *Credo*, a literary magazine for Georgia State; designed courses using architectural instruments; and taught interior design at Florida

State University.

Jeff believes drawing is a constant, reasonable communication tool. The old saying, “a picture is worth a thousand words” holds true for him. The best drawings for communicating designs are those that show shadows, reflections, and textural references. All of which he has done over his career.



Art Gallery



Clyde May Galleries in Vermont Tower

When Vermont Tower was renovated about ten years ago, decorators wisely used photographs of Canterbury's garden by its own Clyde May. The result is 24 galleries featuring over 100 examples of Clyde's work. Sandra Garber resides in Vermont, has the pleasure of viewing the galleries, and, wanting to share the pleasure, recently offered tours to residents.

Groupings of Clyde's photographs are wondrous to view, enhanced when doing so with a photographer as guide. Sandra pointed out features of the galleries that are unlikely to be perceived by a lay viewer: the grouping of photographs by theme: color, season, technique—backlit images, close-ups, and landscapes; framing, where similar or sometimes identical images are mirrored to bookend; lightening the background of a photograph to focus on one element; a close-up that can reveal overlooked details; subtle interplay of a foregrounded detail with the background; and the vision of the decorator and artist to bring together individual photographs whose impact is magnified by creative groupings.

CC residents are most fortunate that these photographs by one of its residents were curated and that there is someone among us who can serve as interpreter. Photography is "seeing things differently," and this is certainly true for those who went on Sandra Garber's tour of the Clyde May galleries in Vermont Tower.

When one views Clyde May's photographs, it is hard to realize that he began his nature photography only after he moved to CC in 2009. From his beginnings after returning from World War II until he slowly wound down in the mid-90's, Clyde



was a commercial photographer. A native of Winter Haven, FL, he began his career with the Florida Citrus Commission in Lakeland and moved to Atlanta in 1963 eager to make his mark in a larger market, which he did.

A longtime employee of McCann Erickson (of *Mad Men* fame!), Clyde also developed a robust free-lance roster of clients. He worked in the hey-day of print advertising and journalism, which began to change in the mid-90's. Photography was beginning to be digitized; a move Clyde resisted—something "psychological" he says. Glossy publications were dying out, and knowing art directors who called on photographers was less likely to occur. As the world in which he had flourished shifted, Clyde broadened to working with "food stylists," bakeries, agricultural enterprises, and portraiture.

At Canterbury, Clyde turned to the gardens, the feature that it was noted for, though "it's not like it used to be, but coming around," he adds.

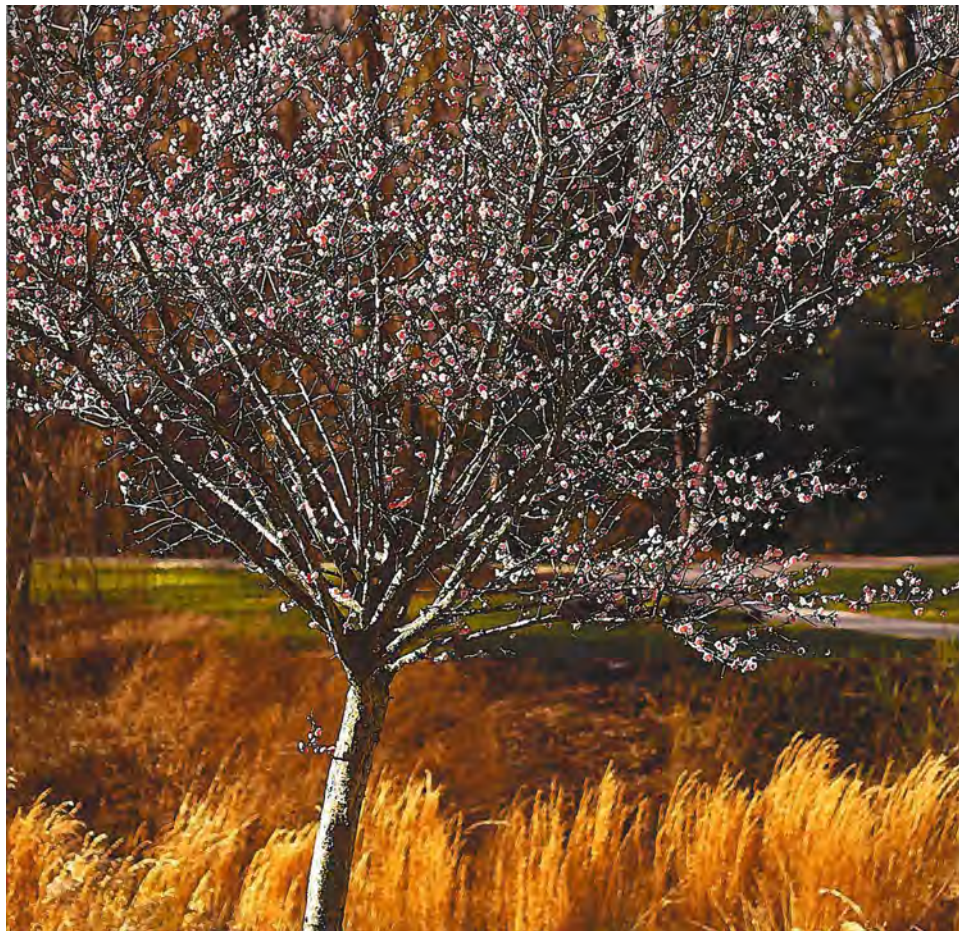
He did covers for *Canterbury Tales*, postcards of the gardens that marketing used and available to residents in the Four C's Store, and published *A Gallery of Talents*, a collection of resident portraits highlighting their passions—available for viewing in the CC library.

As Clyde May reminisces about his life in photographs, he tells his listener that he is "not retired." True, indeed!

—Seetha Srinivasan, 1012 GT



These photographs were Clyde's answer to an artist friend who questioned whether photography was an art!



Wellness Letter

The Epidemic of Falls

I received a copy of a *Wall Street Journal* article from a resident that I thought was important to share: “Why Does America’s Falling Epidemic Keep Getting Worse?” Falls are a major public health problem and a concern for our community. Every year, 1 out of 4 people over the age of 65 fall. Once you fall, the likelihood of falling again doubles. Every year falls result in about 3.6 million emergency room visits and 1.2 million hospital stays. The CDC reports that 41,000 senior citizens die from falls annually. Despite progress in care and prevention techniques, a University of Michigan study found that the number of falls goes up about 1.5 % every year. Geoffrey Hoffman, gerontologist at the University of Michigan, commented that it could be that efforts aren’t working—or they are, by mitigating even worse potential injury risk in the population.

Fall education is crucial to address these alarming statistics, and government leaders are pushing for legislation to make fall-risk assessment part of Medicare’s wellness benefit for all seniors. This should happen when you consider the total healthcare costs attributed to non-fatal older adult falls is roughly \$80 billion a year! It is essential that we are aware of the complex risk factors for falls. Besides physical factors, there are distractions related to talking on the phone or texting while doing another task, ill-fitting shoes, and loneliness.

In the *WSJ* article, Jennifer Vincenzo, a professor of physical therapy at the University of Arkansas, reported some

interesting findings from her research. She found that the US states that have the lowest level of physical activity had the worst rates of falls. Also, she noted that only half of older adults follow recommendations after getting a fall prevention screening, and those that didn’t suffer higher rates of falls.



Andrew Wiltz

We are fortunate to be in a community that has a heightened awareness and wants to prevent falls from happening. In the event of a fall, we have an emergency alert system, but you must remember to wear your pendant! Wellness Staff, Nursing, and Powerback Rehabilitation will work with you and your doctor.

How many falls do we have in Canterbury? There was a total of 25 falls with 17 resulting in injuries in the 3rd Quarter QAPI report (July-September) and 23 falls with 12 injuries in the 4th Quarter QAPI report (October-December). This might surprise some, but this is a common concern for our population. For the sake of Canterbury, we need to mitigate this!

There will be a program on **Strategies to Avoid Falls at Canterbury Court, Thursday, March 6, 2:30 p.m., Vermont Community Room.**

Please plan on attending. There will be handouts—and refreshments.

—Andrew Wiltz, Director
Wellness Center

Nutrition Notes

Matters of the Heart

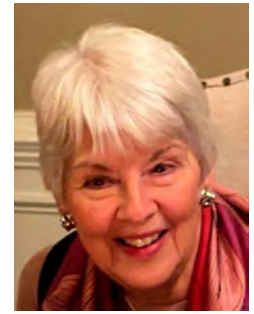
“The way to a man’s heart is through his stomach,” “eat to your heart’s content.” Food was linked to the heart long before medical scientists uncovered a connection between healthy eating and a healthy cardiovascular system. As research to control Americans’ number one killer has evolved, the American Heart Association promotes nutrition recommendations to achieve heart health. Do you see the Mediterranean style of eating, with its demonstrated reduction of cardiovascular disease, in these recommendations?

- Wide variety of fruits and vegetables
- Whole rather than refined grains
- Minimally processed foods
- Minimized added sugar intake
- Limited salt intake
- Limited or preferably no alcohol intake
- Healthy sources of protein
- Liquid non-tropical vegetable oils

Questions arise around two recommendations: use of eggs and fat choices. Let’s look at some current research for answers. Healthy protein sources in the guidelines include legumes, nuts, seeds, seafood, fat free dairy, poultry, with lean, unprocessed beef, pork, and lamb used sparingly. What about eggs, originally considered harmful with their cholesterol-containing yolks? Research finds that the body produces cholesterol independently of that eaten in foods. The dietary cholesterol in eggs may not directly increase blood cholesterol that contributes to fatty deposits in blood vessels, causing heart disease.

Research is not conclusive, and findings indicate caution especially if you have other risks, like high LDL lab values and overweight. But otherwise, moderate intake

of a simply prepared egg daily may not increase blood cholesterol values. Eggs are a source of healthy protein, vitamins and minerals, and are low in saturated fat.



Judy Bodner

What are fats to avoid, and which should we choose? Saturated fats, including solid animal fats in meats, lard, margarine, and butter, and tropical oils like coconut and palm oils, elevate blood cholesterol. These fats often are used in processed foods, like baked goods and frozen prepared meals.

When cholesterol in the blood is high, the excess fats sink from the blood stream to accumulate in blood vessel walls, leading to cardiovascular disease. Better fat choices for healthy blood vessels are liquid plant oils such as olive, canola, corn, soybean, and sunflower. Fats in nuts and seeds, avocados and fatty fish including salmon and sardines also protect blood vessels from disease-causing fat accumulations.

With information about moderate use of eggs and lists of fats to use and those to avoid, circle back to the American Heart Association nutrition guidelines and the Mediterranean plan for heart-healthy food choices. Retired cardiologist Dr. Jack Dawson in his article in this issue of *Canterbury Tales* says, “It is never too late to follow recommendations to control risk factors.” Take to heart his statement, “What I want is a meaningful life worth living, and [disease] prevention is key.”

—Judy Bodner, RDN
781 VT

Health News

Cardiac Health

Since more knowledge is better than less, an explanation of what is happening beneath the surface will enlighten us on the why's of heart healthy recommendations. Diseases cluster, so let's focus on the development of coronary and vascular "hardening of the arteries," officially atherosclerosis. The clusters come from different elements called risk factors. The process starts at an early age, even preteen years. Family history and the presence of diabetes are certainly aggravating genetic factors, but so too are hypertension, high LDL, low HDL cholesterol, and high triglycerides. Life choices of smoking and eating excess animal fats and sugars are key factors as well. Sugars and stress can increase cortisol, elevating blood glucose to produce insulin resistance (pre-diabetes).

These factors, especially when uncontrolled, damage the inner vascular wall of medium-sized blood vessels, building up plaque over years. The damage is related to the DNA repair gene in the vessel wall, and, illogical as it may seem, it is this process that causes inflammation that leads to an increase in plaque. This is a natural repair process that cannot shut down because of the constant barrage of risk factors.

The level plaque reaches can vary, from as low as 40 % vessel blockage to 70% or higher, before literally exploding. This rupture of the plaque can occur through stress and strain and causes immediate clots which instantly close the vessel lumen.

Thus, a heart attack is precipitated with the potential death of heart muscle. To avoid irreversible damage, the vessel needs to be opened within 90 minutes, so prompt action is imperative. Opening the blood vessel to restore circulation and shutting down the repair genes with medications must be done simultaneously to save muscle and restore stability.

My own physician told me that since I am an elderly white male, the odds say I'm more likely to die from cardiovascular causes. Heart disease and cardiovascular diseases are our number one cause of death. So, my advice is to be aware and take care to control risk factors, period! It is never too late to follow recommendations to control as much as possible. There are reasons why we hear so much about heart disease prevention, so please do all you can to manage your clusters that lie actively beneath what seems like a calm surface. By supporting my health and well-being, I hope I will continue to have a meaningful life worth living. Prevention is key!

Be sure to check out the American Heart Association's online PREVENT CALCULATOR for the latest information.

—Jack Dawson, Chair
Health Advisory Committee



Jack Dawson

Health Awareness

What Are We Witnessing at Health Services Clinic this winter?

COVID-19, flu, RSV, and norovirus are all present. Three of the viruses are respiratory: COVID, flu, and RSV. Making sure you are vaccinated, avoiding sick individuals, concealing coughs, and frequently washing your hands are the best ways to protect yourself against these illnesses. If you are ill, please use a mask when you leave your apartment and/or remain inside your apartment until you feel better. Please do not attend close gatherings (dining, meetings, etc.) until your symptoms have been resolved.

Who is susceptible to serious diseases from RSV, COVID-19, and the flu?

* Certain individuals are more susceptible to serious sickness from these respiratory viruses than others.

* If you are 65 years of age or older, or have certain medical issues including obesity, asthma, diabetes, or heart disease, you are at high risk of developing a severe case of the flu or COVID-19.

* If you are 75 years of age or older, 60–74 years old and residing in a nursing home, or have specific medical disorders

including diabetes, heart disease, obesity, or lung illness, you are deemed to be at high risk for severe RSV.

Norovirus: What is it? This virus is widespread and very contagious.

It results in diarrhea, vomiting, and nausea.

Additionally, one may experience bodily aches, fever, or headaches. Although they have different causes, you could experience symptoms similar to those of the stomach flu. Close touch or contact with contaminated food or surfaces can quickly transmit the norovirus. The sickness goes away after a few days. Rest and hydration are the main treatments for norovirus. Then, when acceptable, gradually introduce bland, soft foods.

If you have any questions or concerns, give the Health Service Clinic a call.

—Joann Brown, FNP-C
Director, Health Services Center



Joann Brown



*CC's Front Fountain
Photo: Maynard Wheeler*

Canterbury's Garden

How many different kinds of birds would you guess can be seen and/or heard in Canterbury's Gardens and Grounds in a 50-minute period on one day? 6? Maybe 8? Sandra Garber, chair of the Garden Committee, joined several others on Saturday, January 4, for the annual Christmas Bird Count, sponsored by Birds Georgia, an independent chapter of the Audubon Society, and they spotted and/or heard 19 different species, listed below:

Mourning Dove, Red-bellied Woodpecker, Downy Woodpecker, Eastern Phoebe, Blue Jay, Carolina Chickadee, Tufted Titmouse, Ruby-crowned Kinglet, White-breasted Nuthatch, Brown-headed Nuthatch, Carolina Wren, Northern Mockingbird, Eastern Bluebird, American

Robin, House Finch, American Goldfinch, Song Sparrow, Eastern Towhee, Northern Cardinal.

Even if you don't know a Robin from a Hawk, you can sit outside and watch the bird activity and listen to their beautiful songs.

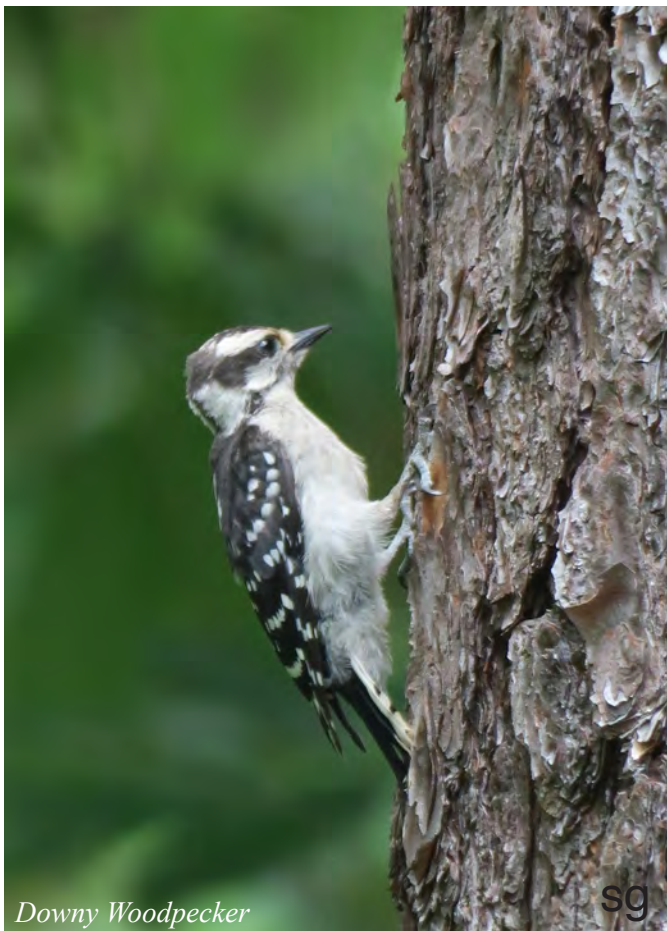
And if you **do** know a Robin from a Hawk and are interested in learning more, talk to Sandra Garber; she's getting up a group of interested people.

There's so much to enjoy at Canterbury!

—Margaret Langford
For the Garden Committee



Sandra Garber



Downy Woodpecker

sg



Female Cardinal

sg

Tales From the Library

Library 101

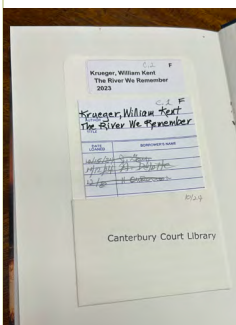
Canterbury residents are fortunate to have a library that is stocked with current fiction and non-fiction books, as well as older favorites and classics. The Residents Council provides funds to purchase new books that are selected based on recommendations, current reader trends, and award winners. With so many new residents moving in this year, it seems a good idea to recap how the library works



*You may browse through the shelves (alphabetical by author in fiction) and by Dewey Decimal System in nonfiction.



*You may also use the card file to locate the title of a book or your favorite author.



*Once you find the book you want, remove the checkout card in the back of the book, fill in the date, your name and apartment number.

*Place the completed checkout card in the wooden box on the checkout counter.



PLEASE RETURN NEW BOOKS WITHIN 14 DAYS AND OTHER BOOKS WITHIN 30 DAYS.

*When you have finished reading your book, return it to the book return slot to the left of the entrance to the library. A volunteer

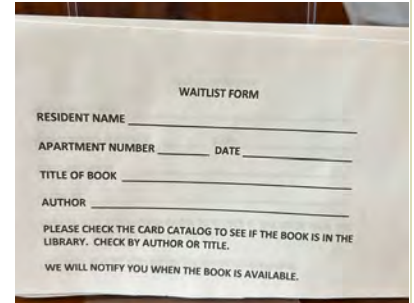


Anne Jones



will retrieve the checkout card and reshelve the book. **DO NOT RETURN BOOK TO SHELF.**

*If you see that the book is listed in the card file but not on the shelf, you can fill out a waitlist form and put it in the checkout box.



If you need assistance in finding a book or just want to learn more about the library, a volunteer is available each day to help (times may vary). Stop by and talk to one of our friendly volunteers.

THE ONLY THING THAT YOU ABSOLUTELY HAVE TO KNOW IS THE LOCATION OF THE LIBRARY.

—Anne Jones, Chair
Library Committee

Four C's Store

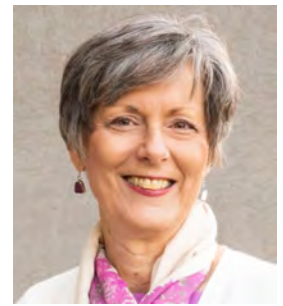
February is the month of hearts, flowers, and love. But, sadly, it is still winter. And with winter comes illness of all varieties: flu, Covid, norovirus, pneumonia, and various upper respiratory viruses, all of which make you feel miserable. Your 4 C's store can help! Your doctor or the Canterbury Clinic is your first port of call, of course, but we can provide you with various products to make you feel better while you're convalescing. For stomach related issues we have saltines, Gatorade, ginger ale, chicken soup, Imodium, and Pepto-Bismol. For maladies of the upper respiratory variety there are many kinds of pain relievers, Mucinex, Robitussin, tissues, and cough drops. We are also now stocking thermometers. If you need to pamper yourself while feeling so rotten, you can treat yourself to hot chocolate, cookies, and candy. If you can't get down to the store, just

give us a call at 3234 and we'll deliver your items to you.

Bad weather and bad health can keep you from going out and doing your regular shopping, so come see us (or send a friend) for all your normal necessities, such as toilet paper and paper towels, peanut butter and preserves, cereal, soups, crackers, and soothing lotions.

On a happier note, there are Valentine's cards for your loved ones, all at only 65 cents! Plus the previously mentioned chocolate. Much love to you all!

—Gail Rogers, Manager
Four C's Store



Gail Rogers



Four C's Store Meds

Accumulation Sales at Canterbury

The Accumulation Committee is fired up and ready to go in 2025! Lucy Perry and her committee are arranging fashionable jewels to enhance your outfits, Joyce Choplin and her colleagues are discerning haute couture especially for you, and Dobie D'Aubert is arranging impressive furniture you cannot live without. Co-chairs Pat Wildman and



Linda Baker are planning ways for you to be involved both in donating, buying, or helping.

Accumulation Sales can always use more volunteers, so if you want to be part of the “A-crowd,” we look forward to working with all those who signed up at the Committee EXPO on January 30.

Canterbury residents and staff benefit from Accumulation donations, and Accumulation sales create operating money for the Residents Council. These funds are used for committee budgets, resident events, and the library. Last year Accumulation, skillfully chaired by Anne Jones, raised \$30,000!

Donation Drop-Off Days

Accumulation cannot be successful without YOUR donations. Try to hold on to your donations until the next Drop-Off Day and bring your treasures to the lower level of Peachtree Tower to the “A” Room. For larger items such as furniture, large paintings, or rugs, call Pat Wildman (678-429-3883) or patwildman22@gmail.com. Donation and Sale days will be advertised once they are scheduled, and there may be some pop-up

smaller sales during the year.

We Don't Take
Books, shoes, undergarments, Christmas décor (yet), bathing suits, pillows, bed linens, food, dishes, glassware. We don't have storage for everything.

We Do Take

Clothing, art, furniture, jewelry, that single earring you hoped to match, small kitchen appliances that work, silver, gold, flat screen TV's in working order, mirrors, lamps, decorative items, bric-a-brac, and motorized wheelchairs.

Free Racks

Also in the “A” Room, we offer free clothing and miscellaneous things for residents and staff. Check those racks often because items don't last long!

Go start your spring cleaning now!

Rummage in drawers.

Assess that outfit that you thought would look so good but doesn't.

Be brutal in evaluating what you really need.

Appraise everything you brought to Canterbury but don't use.

Did you really think you would lose that weight?

Think through your carefully crammed storage cage.

Get ready for the next Donation Drop-Off Day.

Plan to upgrade yourself and your apartment—be a part of “one person's trash is another's treasure!”



Pat Wildman

—Pat Wildman, Chair
Accumulation Sales Committee

Recycling Committee

Recycling at Canterbury Court

Recycle PLUS is the Reduce, Reuse, Recycle group here in Canterbury.

Thank you for flattening boxes before putting them in the large green Recycle bin, which makes for more space available for the paper, magazines, and books that also go in Recycle bin. Nothing in the recycle bin should be enclosed in a plastic bag.

The small blue bin is for glass, with the screw caps from wine bottles going separately into the trash.

Please do not put your used food containers (small clear plastic clamshells or larger black and clear plastic clamshells, which are 6's and 5's) in your floor's recycling bins. This is presuming you can see those TINY numbers on the bottoms! But believe me, the plastic containers we get here from our restaurants are 5's and 6's. So, they belong in your trash.

A recent *The Week* article commenting on the potential global Plastic Pollution Treaty was gloomy. More than 60 countries, led by Rwanda and Norway, had called for limiting plastic production and banning certain chemicals. Their proposal was not passed by the 170 countries meeting in Busan, South Korea. Plastic is made from petroleum, and oil-rich nations pushed back, arguing for a waste management approach. "The problem is pollution itself" the Saudi representative said, not plastics. The world churns out

450 million metric tons of plastics a year--nearly all of it made from fossil fuels—and 350 million tons of it is waste that can end up in rivers and oceans. The talks in South Korea were supposed to be the final round, but delegates said they will now have to meet again in a few months.

Every year an estimated 11 million metric tons of plastic pollution winds up in our oceans, harming wildlife, wrecking ecosystems, and disrupting livelihoods for coastal communities, all threatening human health. Global plastic pollution is predicted to triple by 2040.

But we here at Canterbury Court have a MUCH smaller, more manageable task.

We recycle paper, metal, flattened cardboard, plastic marked 1 or 2, glass, and batteries.

Anything else? "If in doubt, throw it out" down the chute.

I hope you enjoyed the January 30 EXPO and signed up for committees that interest you.

—Jessica Linden, Chair
Recycling Committee



Jessica Linden



Resident Services

Save the Date

February Events and Trips

- February 5 Trip to Vitamin String Quartet, Symphony Hall
Featuring the music of Taylor Swift, Bridgerton and
beyond.
- February 8 Trip to Atlanta Ballet's "The Rite of Spring"
- February 9 Trip to viewing of *Macbeth* at Landmark Art Cinema
Super Bowl Party, Vermont Tower Community Room
- February 10 Choristers rehearsal returns
Parkinson's Support Group Meeting
- February 11 Dermatology Associates visit
- February 12 Dinner trip to Nino's Italian Restaurant
- February 13 Trip to Peachtree Road UMC for "The Doves of
Peachtree Road" and sanctuary tour
- February 14 "Notorious" movie showing with Alexa Foreman
Valentine's Day concert with Andrew Finn Magill
- February 15 Trip to Alvin Ailey at The Fox Theatre
- February 17 Art Talk
- February 18 "Dr. Jekyll & Mr. Hyde of Carbon Use" talk with Slava Timashev
- February 19&20 Dentist Dr. Lee Cohen visits Canterbury
- February 20 Trip to the Georgia Aquarium
- February 22 Trip to All Saints' jazz concert with Carmen Bradford
And Reginald Thomas
- February 24 Lunch trip to Buttermilk Kitchen
- February 28 Girl Scout Cookie sales event
Oscar Party Preview
Trip to Atlanta Baroque Orchestra performance at Cathedral of St. Philip



February 2025

Photo: Lu Anne Schwarz



FEBRUARY HAPPY HOUR ENTERTAINMENT

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

- ≠ **Feb. 7:** Welcome back **Keith West** to sing your favorites.
- ≠ **Feb. 14:** After dinner join us in the Vermont Community Room at 7:00pm for the **Brazilian Trio Canta Violino!** led by Andrew Finn Magill.
- ≠ **Feb. 21:** Join us for a special surprise guest!
- ≠ **Feb. 23:** **Susan Marie** entertains for Sunday Brunch at 11:30am.
- ≠ **Feb 28:** **Beth Moore** closes out the month. Refreshments by Personal Care, Inc. and a visit from Daisy Scout Troop #24115 and Brownies Scout Troop #22309, selling their famous cookies.

FEBRUARY ACTIVITIES **Regularly Scheduled Events**

Chat and Stitch Sundays

3:00pm, Vermont Game Room

Come join residents for friendly conversation and any kind of handiwork project you are working on each Sunday. For more information, please call Haden Winborne at Ext. 3810 or (404)352-1151.

Choristers Rehearsal, Mondays

Choristers will resume rehearsals February 10th at 4:00pm, Vermont Community Room.

Vespers Service, Tuesdays

7:30pm, Vermont Chapel

Vespers is a resident-organized interfaith worship service, offering peaceful end-of-day prayers, music and messages. Vespers welcomes clergy from various faith traditions. Each worship leader designs his or her own service.

February 4 The Reverend Nontombi Naomi Tutu, Priest Associate,
All Saints' Episcopal Church

February 11 The Reverend Salmoon Bashir, Curate for Ecumenical and Interreligious Relations, Cathedral of St. Philip

February 18 Father William Rowland, S.M., Rector, Marist School

February 25 Rabbi Lara Tessler, Assistant Rabbi, The Temple

Singing and Ukulele Classes with Suzanne Shull, Thursdays

2:45pm Life Long Singing, Vermont Community Room

4:00pm, Play Ukulele

Life Long Singing helps you find your voice by learning breathing techniques, and gaining a deeper understanding of the music. You are also invited to learn or continue ukulele lessons (Play Ukulele!). You do not currently need to own a ukulele to participate. *This month, classes will be held February 6th, 13th, and 20th in the Vermont Community Room.* For more information contact Suzanne Shull at (404)281-0790 or suzanneshull@gmail.com

"Keep in Mind" with Fini Shell, Fridays

1:30pm, Art Room

Join Fini for an entertaining hour of fun-filled word games that help to keep your mind sharp.

Mah Jongg, Saturdays

2:00pm, George Hightower Room

This group meets to play this fun tile game. For more information, please contact Ann Pearce at Ext. 3655 or (404)313-2123.

Game Night, Saturdays

7:00pm, George Hightower Room

Learn how to play Rummikub and Banagrams. Contact Mary Nell McLaughlin (678)333-8931 to reserve your seat at the table.

Canterbury Book Club, February 3

2:00pm, Vermont Community Room

All residents are invited to the February meeting of the Canterbury Book Club where they will discuss the book *People of the Book* by Geraldine Brooks.

Bingo, February 5 & 19

4:00pm, February 5

3:00pm, February 19

Join us for an afternoon of fun in the Administrative Dining Room before dinner when we play classic Bingo games and a cover-all finale with a jackpot winner. Each card is \$2 to play.

Global Jewelry Repairs and Sales, February 6

10:30am to 2:30pm, Monarch Community Room

Administrative Update with Residents, February 12

4:00pm, Vermont Community Room/Zoom

Join CEO Debi McNeil for updates regarding everything Canterbury! All residents are invited and encouraged to attend to learn the latest information and to ask questions.

Civil Conversations, February 14

4:00pm, Vermont Community Room

Join this lively roundtable discussion about current events led by fellow residents.

Care Partner Support Group, February 20

2:30pm, Club Tower 7th Floor Lounge

This group is designed to be a place where caregivers can gather to talk, receive, and give emotional support. This group is led monthly by Rev. James Hicks, Manager of Chaplain and Bereavement Services of Hospice Atlanta. All are welcome.

February Events & Trips

Please remember to sign up for all trips and events as noted below. Canterbury will provide transportation to venues with five or more residents signed up. Sign up at the Wellness Center desk, call Emma Bourne at Ext. 3062 or (470)381-6762, or via the Canterbury app. In most cases, there will be an \$8 trip fee added to your account.

Atlanta History Center's Living Room Learning Series

12:45pm, Atlanta History Center

This series, started by Sweet Briar College alumnae, offers university level lectures for lifelong learners. The series will continue each Wednesday until February 26th, with doors opening at 1:30pm for the 2:00pm lectures. Souper Jenny's is an onsite café lunch option before the lecture. This year's focus will be exploring the origins of the American Revolution in honor of the upcoming 250th anniversary of the Declaration of Independence. Learn more and purchase tickets at www.atlantahistorycenter.com

Quarterly Health Care Forum, February 4

2:00pm, Vermont Community Room

This month healthcare teams from the Clinic and Monarch Pavilion invite all to a special presentation tailored for you to include guidance on accessing available services in Independent Living when care assistance is needed, understanding when to consider transitioning to a higher level of care, and exploring services offered in Assisted Living, Memory Support and Skilled Nursing. A Q&A session will follow the forum.

Trip to the Vitamin String Quartet, February 5

7:30pm, Atlanta Symphony Hall

The music of Taylor Swift, Bridgerton, and Beyond with one of the most popular string ensembles in the world. For more information and to purchase tickets go to www.aso.org or call the box office at (404)733-4800. The bus will load from the front entrance at 6:00pm and leave promptly at 6:15pm.

Trip to Atlanta Ballet's "The Rite of Spring", February 8

2:00pm, Cobb Performing Arts Centre

A world premiere performance with music by Igor Stravinsky. The bus will load from the front entrance at 12:45pm and leave promptly at 1:00pm. For more information and to purchase tickets go to www.atlantaballet.com, or call (404)892-3303.

Trip to Landmark Theatre's Showing of "Macbeth", February 9

3:00pm, Landmark Midtown Art Cinema

David Tennant and Cush Jumbo lead a stellar cast in this new production of Shakespeare's Macbeth, filmed live at the Donmar Warehouse in London, especially for the big screen. For more information and to purchase tickets go to www.landmarktheatres.com. The bus will load from the front entrance at 1:45pm and leave promptly at 2:00pm.

Super Bowl LIX Party, February 9

6:00pm, Vermont Community Room

Watch the Kansas City Chiefs and Philadelphia Eagles battle it out for the championship game on the big screen. Enjoy themed refreshments and games!

Parkinson's Support Group, February 10

12:30pm, Admin Dining Room

Anyone who has Parkinson's Disease (PD), is a caregiver, care partner, spouse, friend or otherwise connected to someone with Parkinson's is welcome to this new support group. For more information contact Kathy Solley at (404)234-6019 or erisamom@att.net or Penny Prime at (404)644-5193 or pbprime@gmail.com.

"Selma" Movie Showing, February 11

1:30pm, Vermont Community Room

All residents are invited to attend the showing of *Selma*, which documents the fight for suffrage in the mid-1960s. Despite violent opposition, Dr. Martin Luther King, Jr. and his followers pressed forward on an epic march from Selma to Montgomery, Alabama. These efforts culminated with President Lyndon Johnson signing the Voting Rights Act of 1965. Join a thoughtful conversation with The Rev. Dr. Horace Griffin after the movie.

Black History Month Dinner, February 11

Canterbury Dining Rooms

Join Dining Services for an evening of culture, community and cuisine. This special dinner will honor the rich heritage and contributions of black leaders, artists and changemakers through a thoughtfully curated menu inspired by traditional and modern flavors.

Lunch and Learn with Chef Michele, February 12

12:00pm, Private Dining Room

Get ready for a deliciously interactive event with Chef Michele where you will watch our talented chefs in action during a live cooking demonstration. This is a chance to ask your personal cooking questions and learn the secrets behind the meals you love. Come hungry for knowledge and fun!

Dinner Trip to Nino's Italian Restaurant, February 12

5:30pm, Ninos

Nino's provides a true classic Italian dining experience, thoughtfully prepared and attentively served. Opened in 1968, this restaurant has taken pride in serving authentic cuisine made with fresh, imported ingredients and cooked to order for each guest; many recipes originating in Italy. Join us on Wednesday, January 22nd for this special dining experience. *We will load from the front entrance at 5:00pm and leave promptly at 5:15pm.* Please note that the only payment accepted is credit card.

Tour of "The Doves of Peachtree Road", February 13

11:00am, Peachtree Road United Methodist Church

This is an acclaimed exhibit commissioned by Peachtree Road UMC in celebration of its 100th anniversary. It consists of 1,300 handmade origami doves which ascend through the sanctuary inspiring peace, hope and wonder. Peachtree Road UMC is the 3rd location in the U.S. and the 7th in the world to present an origami dove installation of this scale. Join us on this docent-led tour! *The bus will load from the front entrance at 10:30am and leave promptly at 10:45am.*

Pop Up Valentine Card Class with Gillian Gussack, February 14

10:00am-12:00pm, Art Room

Make a special card for your valentine with Gillian! No experience is necessary, and all materials are supplied in this free class.

"Notorious" Movie Showing with Alexa Foreman, February 14

1:00pm, Vermont Movie Theater

The daughter (Ingrid Bergman) of a convicted German spy is asked by an American agent (Cary Grant) to gather information on a ring of German scientists. How far will she go to ingratiate herself with them? See this classic thriller, that held the record for the longest kiss in cinematic history, with Turner Classic Movie alum Alexa Foreman, who will host this movie and share behind-the-scenes facts and trivia.

Valentine's Day Dinner, February 14

Canterbury Dining Rooms

Celebrate love and indulgence at Dining's special Valentine's dinner. Whether you're dining with a partner, spouse, friends, or simply treating yourself, you'll enjoy a beautifully crafted menu by Executive Chef Montise in an intimate and festive setting. Savor delicious dishes, delightful desserts, and an evening filled with warmth and romance.

Canta, Violino! Brazilian Trio, February 14

7:00pm, Vermont Community Room

This instrumental Brazilian trio features original choro and samba and brings together several award-winning virtuosos: U.S. violinist Andrew Finn Magill, Brazilian percussionist Clarice Cast and Brazilian 7-string guitarist Edinho Gerber for an exciting and love filled performance for your Valentine's Day!

Trip to Alvin Ailey American Dance Theater, February 15

2:00pm, Fox Theatre

This legendary dance group returns to Atlanta. Experience the passion, precision and powerful storytelling by one of the most acclaimed dance companies in the world. For more information and to purchase tickets go to www.foxtheatre.org. The bus will load from the front entrance at 12:45pm and leave promptly at 1:00pm.

Art Talk with John Tilford, February 17

2:30pm, Vermont Community Room

This month, Curator of Collections at Oglethorpe University's Museum of Art, John Daniel Tilford, will discuss the court of King James I of England (1566-1625), who is often overshadowed by his more famous relatives- his mother, Mary, Queen of Scots, and his son Charles I. John will explore how the royal family and members of the court exploited the power of art, luxury objects, dress and performance to promote messages of identity, status and dynasty.

"Dr. Jekyll & Mr. Hyde on Climate Change", February 18

3:00pm, Vermont Community Room

Is climate change an issue of concern for senior citizens today? If dealing with it is disruptive, can it be left to future generations to solve? Canterbury resident Slava Timashev has been involved with climate change considerations since 2005, when he participated in an International Panel on Climate Change meeting in Brazil on the topic of carbon sequestration. In 2006, he was in Spain for another panel and most recently he provided the keynote lecture in 2024 to the 6th Eurasia Risk Conference held in Baku, Azerbaijan. Learn from this expert what climate change is all about and what the "Dr. Jekyll and Mr. Hydes" of this world are doing to address it.

Trip to the Georgia Aquarium, February 20

11:00am, Georgia Aquarium

Don't miss your chance to visit one of the world's largest aquariums. With everything from belugas and whale sharks to puffins and penguins, there's no better way to witness marine life on land. Georgia Aquarium is a nonprofit committed to inspiring awareness and preservation of our ocean and aquatic animals worldwide. Explore and discover all the wonders of the ocean with this trip, including a sea lion and dolphin presentation. Lunch will be on your own at the Coastline Café. There will be a \$40 ticket fee and \$8 transportation fee added to your monthly account. The bus will load from the front entrance at 10:30am and leave promptly at 10:45am.

ASO, Series #1, February 20

8:00pm, Symphony Hall

The Atlanta Symphony Orchestra welcomes the debuts of guest conductor Matthew Halls and cellist Sterling Elliott in an all-Haydn program. For more information and to purchase tickets go to www.aso.org

File of Life Campaign, February 21

2:00pm, George Hightower Room

Join Joann Brown, Director of the Health Services Clinic, to learn more about, create, or update your File of Life. This important document lists your medical history and emergency contact information that is handy in case first responders need it quickly.

Trip to Jazz at All Saints'- Carmen Bradford, February 22

7:00pm, All Saints' Episcopal Church

This new concert series performance will include vocalist Carmen Bradford accompanied by pianist Reginald Thomas to be held in the church sanctuary with a short Q&A conversation and reception to follow in Ellis Hall. Tickets are \$25 at the door or online at

www.allsaintsatlanta.org. *The bus will load from the front entrance at 6:00pm and leave promptly at 6:15pm.*

"Atrial Fibrillation: What You Need to Know", February 24

2:30pm, Vermont Community Room

Join Kenneth Lyda, Jr., Nurse Practitioner for Piedmont Hospital Healthcare, for an informative and timely talk (February is heart health month) about atrial fibrillation and other heart conditions you should be aware of.

Lunch Trip to Buttermilk Kitchen, February 25

11:30am, Buttermilk Kitchen

This breakfast and lunch concept created by chef Suzanne Vizethann, offers customers wholesome local food with a smile. This is a kitchen where most everything is made in-house from scratch, paying tribute to it's name "Buttermilk", which refers to the liquid repurposed after butter is churned. *The bus will load from the front entrance at 10:45am and leave promptly at 11:00am.*

Open Caregiver Support Group, February 27

11:00am, Monarch Community Room

All residents, caregivers and family are welcome to this support group facilitated by JF&CS, to share experiences, gain advise and connect with others from both inside and outside the Canterbury campus. For more information, contact Dara Matthews at Ext. 0028 or (470)607-0028.

ASO, Series #4, February 27

8:00pm, Symphony Hall

Music Director Nathalie Stutzmann and the Atlanta Symphony Orchestra continue the Beethoven Project with symphonies No. 6+8. For more information and to purchase tickets go to www.aso.org. *The bus will load from the front entrance at 6:45pm and leave promptly at 7:00pm.*

Multimedia Collage Class with Gillian Gussack, February 28

10:00am-12:00pm, Art Room

Multimedia collage is a type of mixed media art that combines various materials to create a new piece of art. Join Gillian for this free, fun class for a unique piece created by you! No experience is needed and all materials are supplied.

Girl Scout Cookie Sales, February 28

4:00pm-6:00pm, Front Parlor

Daisies (troop #24115) and Brownies (troop #22309) from High Point Elementary will have their famous cookies for sale including: Adventurefuls, Lemon-Ups, Trefoils, Do-si-dos, Samoas, Thin Mints and more. Each box is \$6 with 185 of the cost going back to the troops to support girls on their journey to develop skills they will one day use to change the world. Payments can be made by cash, check, credit card, Venmo or Zelle.

2nd Annual Canterbury Oscar Party Preview, February 28

7:00pm, Vermont Community Room

Join Turner Classic Movie alum Alexa Foreman as she hosts this Oscar preview party with both historical and 2025 Oscar nominations and movies. Dining will provide themed refreshments. Please reserve your table of 4 at the Wellness Center desk.



FEBRUARY WELLNESS EVENTS



There will be no Hearing Aid Clinic this month. **Audiologist Monica Walker** will return in March.

Blood Pressure and Diabetes Check with Personal Care, Inc on Tuesday, February 11th from 10:30am-11:00am in the Wellness Center.

Podiatrist Dr. Jeanine Jones will see residents on Wednesday, February 19th. Call the Healthcare Clinic at Ext. 3159 or (404)365-3159 to schedule an appointment.

Dr. Lee Cohen and staff of Direct Mobile Dentistry look forward to caring for your dental needs on Wednesday and Thursday, February 19th and 20th. Dr. Cohen can perform routine dental exams, repair ill-fitting partials and take care of other common problems. Residents will be seen in Monarch's Sage Glen #3303. To schedule an appointment, call Direct Mobile Dentistry at (770)883-6868.

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 email for the most current information. Every effort is made to show the scheduled movie, but it may be necessary to substitute at times.

January 31-February 6

Movie #1

Gladiator II (2024) 2h 30min, Rated "R"

Years after witnessing the death of Maximus at the hands of his uncle, Lucius must enter the colosseum after the powerful emperors of Rome conquer his home. With rage in his heart and the future of the empire at stake, he looks to the past to find strength and honor needed to return the glory of Rome to its people.

Genre: Action/Adventure; Oscar contender

Movie #2

Fargo (1996) 1h 40 min, Rated "R"

This reality-based crime drama is set in Minnesota in 1987. Jerry (William H. Macy) is a car salesman who has gotten himself into debt and is so desperate for money that he hires two thugs to kidnap his own wife. Jerry will collect the ransom from her wealthy father, paying the thugs a small portion and keeping the rest to satisfy his debts but the scheme collapses when the thugs shoot a state trooper. Starring Frances McDormand and Steve Buscemi

Genre: Crime/Comedy

February 2&6

Movie Special

Will & Harper (2024) 2h, Rated "R"

When Will Ferrell finds out his close friend of 30 years is coming out as a trans woman, the two decide to embark on a cross-country road trip to process this new stage of their relationship in an intimate portrait of friendship and transition.

Genre: Documentary; Oscar contender

February 7-13

Movie #1

Wicked (2024) 2h 40min

Misunderstood because of her green skin, Elphaba (Cynthia Erivo) forges a relationship with Glenda (Ariana Grande), a student with an unflinching desire for popularity. Following an encounter with the Wizard of Oz, their relationship soon reaches a crossroad as their lives begin to take very different paths.

Genre :Musical/Fantasy; Oscar contender

Movie #2

A Real Pain (2024) 1h 30 min, Rated "R"

Mismatched cousins David (Jesse Eisenberg) and Benji (Kieran Culkin) tour Poland to honor their grandmother. Their adventure becomes complicated as old tensions resurface while exploring their family history.

Genre: Comedy/Drama; Oscar contender

February 9&13

Movie Special

Ailey (2021) 1h 35min

Filmmaker Jamila Wignot examines the life of visionary dancer and choreographer Alvin Ailey.

Genre: Arts Documentary

February 14-20

Movie #1

Sleepless in Seattle (1993) 1h 40min

After the death of his wife, Sam Baldwin (Tom Hanks) moves to Seattle with his son Jonah. When Jonah calls into a talk-radio program to find a new wife for his father, Sam gets on the line to discuss his feelings. Annie Reed (Meg Ryan), a reporter in Baltimore, hears Sam speak and falls for him, even though she is engaged. Unsure where it will lead, she writes Sam a letter asking him to meet her at the Empire State Building on Valentine's Day.

Genre: Romance/ Comedy

Movie #2

Moonrise Kingdom (2012) 1h 35min

The year is 1965, and the residents of New Penzance inhabit a community off the coast of New England that seems untouched by some of the bad things going on in the rest of the world. Twelve-year-olds Sam and Suzy have fallen in love and decide to run away. But a violent storm is approaching the island, forcing a group of quirky adults (Bruce Willis, Edward Norton, Bill Murray) to mobilize a search party and find the youths before calamity strikes.

Genre: Comedy/Romance

February 16&20

Movie Special

Love: The Last Chapter (2021) 1h 20 min

At a senior community in Calgary, director Dominique Keller follows three different couples as they navigate the delights and challenges of late-in-life romance.

Genre: Documentary/ Romance

February 21-27

Movie #1

All The Presidents Men (1976) 2h 20min

The "Washington Post" reporters Bob Woodward (Robert Redford) and Carl Bernstein (Dustin Hoffman) uncover the details of the Watergate scandal that leads to President Richard Nixon's

resignation.

Genre: Political Drama

Movie #2

The Butler (2013) 2h 10min

After leaving the South and finding employment at an elite Washington, D.C. hotel, Cecil Gaines (Forest Whitaker) gets the opportunity of a lifetime when hired as the butler at the White House. Over three decades he knew the inner workings of the White House and his commitment to “family first” leads to tension at home, alienating his wife (Oprah Winfrey) and having conflict with his anti-establishment son.

Genre: Biography/Drama

February 23&27

Movie Special

Jimmy Carter, Man from Plains (2007) 2h 15min

Filmmaker Johathan Demme trails former President Jimmy Carter on the promotional tour for his 2006 “Palestine: Peace Not Apartheid.” From small towns to network shows, Carter offers his view on the Middle East process. While critics condemn him, he responds to their barbs with customary thoughtfulness.

Genre: Historical Documentary

February 28-March 6

Movie # 1

One Night in Miami (2020) 2h, Rated R

On the night of February 25, 1964, in Miami, Cassius Clay joins Jim Brown, Sam Cooke and Malcolm X, and they discuss the responsibility of being successful black men during the civil rights movement.

Genre: Drama

Movie # 2

Red Tails (2012) 2h 5min

During WWII, the Civil Aeronautics Authority selected 13 black cadets to become part of an experimental program at the Tuskegee Institute of Alabama. The program aims to train them to become fighter pilots for the Army. However, discrimination, lack of support and the racist belief that these men lacked the intelligence for the job dog their every step.

Despite this, the Tuskegee Airmen prove their worth.

Genre: War/Action

March 2&6

Movie Special

Black Art: In the Absence of Light (2023) 1h 25min




This is an introduction to the work of some of the foremost African American visual artists, including Theaster Gates, Kerry James Marshall, Faith Ringgold, Amy Sherald and others. Based on the exhibition “Two Centuries of Black American Art.”

Genre: Drama Documentary

February 2025

Activities and Events



<p>2 3:00: Chat & Stitch, Game Rm</p> 	<p>3 1:35: Trip to Kroger Book Club, "People of the Book", VTCRm</p>	<p>4 10:00: Journey Group, GHR 11:00: Trip to Publix 11:00: Tai Chi, P1&2 2:00: Qrtly Healthcare Forum, VTCRm 7:30: Vespers w/ The Rev. Nontombi Naomi Tutu, Chapel</p>	<p>5 10:30: Worshisp Svc, Chapel 12:45: Living Room Learning Series at Atl History Ctr. 2:30: Journey Group, GHR 4:00: Bingo, Admin Dining 6:00pm: Trip to Vitamin String Quartet at Symphony Hall</p>	<p>6 10:00: Global Jewelry, Monarch CRM 2:00: Journey Group, GHR 2:45: Life Long Singing, VTCRm 4:00: Play Ukulele!, VTCRm</p>	<p>7 1:30: Keep in Mind, Art Rm 1:35: Trip to Kroger 5:00: Happy Hour w/ Keith West, FP</p>	<p>8 1:00: Trip to Atlanta Ballet's "The Rite of Spring" 2:00: Mah Jongg, GHR 7:00: Game Night, GHR</p>
<p>9 2:00: Trip to "MacBeth" at Landmark Cinema 3:00: Chat & Stitch, Game Rm 6:00pm: Super Bowl LIX Party, VTCRm</p>	<p>10 12:30: Parkinson's Support Group, Admin Dining 1:35: Trip to Kroger 4:00: Choristers Rehearsal Resumes, VTCRm</p>	<p>11 10:00: Journey Group, GHR 10:30: B/P & Diabetes Check w/ Personal Care, Wellness Center 11:00: Trip to Publix 11:00: Flower Arranging Class, Admin Dining 11:00: Tai Chi, P1&2 1:30: "Selma" Movie Show-ing, VTCRm 2:00: Dermatology Assoc., Health Clinic 7:30: Vespers w/ The Rev. Saloom Bashir, Chapel</p>	<p>12 10:30: Worshisp Svc, Chapel 12:45: Living Room Learning Series at Atl History Ctr. 2:30: Journey Group, GHR 4:00: Admin Update w/ Residents, VTCRm/Zoom 5:15: Dinner Trip to Nino's Italian Restaurant</p>	<p>13 10:30: Tour of Dove Installation at P'tree JMC Church 1:00: Journey Group, GHR 2:45: Life Long Singing, VTCRm 4:00: Play Ukulele!, VTCR 7:00: Trip to ASO, Series #3</p>	<p>14 10:0: Pop-Up Valentine Cards with Gillian, Art Rm 1:00: "Notorious" Movie Show-ing w/ Alexa, VTT 1:30: Keep in Mind, Art Rm 1:35: Trip to Trader Joe's & Aldi 4:00: Civil Conversation, VTCRm 5:00: Happy Hour w/ FP 7:00: "Canta Violino!" Brazilian Trio Concert, VTCRm</p> 	<p>15 1:00: Trip to Alvin Ailey at The Fox 2:00: Mah Jongg, GHR 7:00: Game Night, GHR</p>
<p>16 3:00: Chat & Stitch, Game Rm</p>	<p>17 1:35: Trip to Kroger 2:30: Art Talk with John Tilford, VTCRm 4:00: Choristers Rehearsal, VTCRm</p> 	<p>18 10:00: Journey Group, GHR 11:00: Tai Chi, P1&2 11:00: Trip to Publix 3:00: "Dr. Jekyll & Mr. Hyde of Carbon Use" Talk with Slava Timashev, VTCRm 7:30: Vespers w/ Father William Rowland, Chapel</p>	<p>19 Podiatrist Dr. Lee Cohen, DDS 10:30: Worshisp Svc, Chapel 12:45: Living Room Learning Series at Atl History Ctr. 2:30: Journey Group, GHR 3:00: Bingo, Admin Dining</p>	<p>20 Dr. Lee Cohen, DDS 10:30: Trip to Ga. Aquarium w/ Lunch at Coastal Cafe 2:00: Journey Group, GHR 2:30: Care Partner Support Group, 7th Floor Lounge 2:45: Life Long Singing, VTCRm 4:00: Play Ukulele!, VTCR 7:00: Trip to ASO, Series #1</p>	<p>21 1:30: Keep in Mind, Art Rm 1:35: Trip to Kroger 2:00: File of Life Campaign, GHR 5:00: Happy Hour w/ Special Guest, FP</p>	<p>22 2:00: Mah Jongg, GHR 7:00: Game Night, GHR 5:15: Trip to All Saints' Jazz Concert</p>
<p>23 11:30: Sunday Brunch with Susan Marie, FP 3:00: Chat & Stitch, Game Rm</p>	<p>24 1:35: Trip to Kroger 2:30: Atrial Fibrillation and Heart Health Talk, VTCRm 4:00: Choristers Rehearsal, VTCRm</p>	<p>25 10:00: Journey Group, GHR 11:00: Tai Chi, P1&2 11:00: Trip to Publix 11:00: Lunch Trip to Butter-milk Kitchen 7:30: Vespers w/ Rabbi Lara Tessler, Chapel</p>	<p>26 10:30: Worshisp Svc, Chapel 12:45: Living Room Learning Series at Atl History Ctr. 2:30: Journey Group, GHR</p>	<p>27 11:00: Open Caregiver Support Group, MCRm 1:00: Journey Group, GHR 7:00: ASO, Series #4</p>	<p>28 10:00: Multimedia Collage Class w/ Gillian, Art Rm 1:30: Keep in Mind, Art Rm 1:35: Trip to Trader Joe's & Aldi 4:00-6:00: Girl Scout Cookie Sales FP 5:00: Happy Hour w/ Beth Moore, refreshments by Personal Care, Inc. FP 7:00: Oscar Preview Party, VTCRm</p>	