



Canterbury Tales

LXIII: 3
March 2025

Published by the Residents Council and Staff of Canterbury Court



Cover Story, see page 5

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GROUND BROKEN FOR CANTERBURY COURT



The Right Reverend Randolph R. Claiborne, Jr., Bishop of the Diocese of Atlanta (left), officiated at the ground-breaking ceremonies of Canterbury Court on July 15. He was assisted by Dr. Edward E. Tate, Rector of St. Luke's Church (center), and the Reverend Frank Ross, Rector of All Saints' Church. The apartment for retired persons is sponsored by the two Atlanta churches.

The Bulletin, Fulton County Medical Society, September 1963

Throughout the year of Canterbury Court's 60th anniversary, *Canterbury Tales* will feature articles about the community from multiple perspectives of its constituency. For the start of this initiative, please see pages 8, 9, 10, and 11.

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
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Chief of Human Resources.....Lisa Bronstein

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Welcome Mat Editors.....Carolyn Farley and Josh Taylor
Proofreaders.....Ann Pearce and Kathy Solley
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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.

March Birthdays

2	Stuart Witham	12	Ellen Robinson	24	Penny Prime
3	Mary Earle Scovil	15	Jan Smith	25	Hugh Richardson
3	Wayne Shortridge	16	Mary Caroline "MC" Lindsay	25	Frances Wheeler
5	Judy Hammond	16	Susan Tredway	26	Carroll Sterne
6	Ginger Riggins	16	Don Mothner	27	Patsy Hawkins
7	Michael Gelfand	17	Selma Shapiro	27	Mike Smith
8	Ann Groton	18	Rachel Rautenstrauch	27	Margaret Ann Surber
10	Jessica Linden	19	Barbara Stephenson	28	Ann Evers
11	Alan Lentz	20	Vic Cavanaugh	28	Jack Graham
12	Jim Wylie	21	Wayne Godfrey	29	Mary Kay Johnston
12	Dale Ferguson	22	Bob Pagano	30	Loyd Kinnett
12	Kathryn Donald	24	Margaret Wasson	31	Cathy Teske



Sunrise over Stone Mountain from Club Tower

M. Wheeler

Vespers

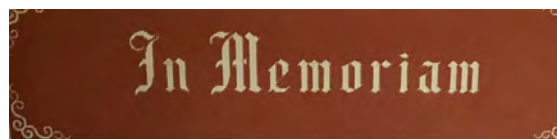
Vespers at Canterbury is a resident-organized interfaith worship service, offering end-of-day prayers, music, and spiritual messages. On Tuesdays (September – May) from 7:30 – 8:00 PM, we welcome visiting clergy from various faith traditions and denominations. Each clergy member designs his or her own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



March Vespers Clergy

- March 4 The Reverend Deacon Linda Rosengren, Cathedral of St. Philip
Vocal solo – Ora Poole
- March 11 The Reverend Dr. Charles Gardner, Pastor, Redwood Church at St. John
- March 18 Rabbi Peter Berg, Senior Rabbi, The Temple
- March 25 The Reverend Dana Everhart, Senior Pastor,
Kingswood United Methodist Church

—Judy Bodner, Chair
Vespers Committee



Lord, keep our friends in your loving care.

Forrest Getzen, January 30

Angela Foster, February 4

Dorothy “Dot” Michaelis, February 7

Rose Mary Kolpatzki, February 8

Ann White, February 17

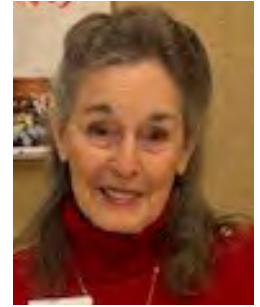
Canterbury Committee Expo 2025

Our second Canterbury Committee Expo on January 30, 2025, was a big hit! The very active chairs and members of our 20+ committees outdid themselves setting up tables with displays of their activities, information, and in many cases signups for their programs. We got new Choristers, helpers for Chapel, volunteers for Monarch Connections, new Gardeners, Hospitality welcomers...! Of course, some committees, such as Healthcare Advisory, concentrated on information about their topics and activities (got your File of Life yet?) Wellness, as usual, had the most active and participatory display! Rebecca, Emma, Orrett, and others put in lots of work helping make it happen – brochures and posters for committees, publicity, setup, etc. Many thanks to everyone involved, and for all they do to help make Canterbury what it is!

Our committees support our Canterbury community and make a big difference in many ways. Especially for newer residents, the Expo is a chance to find out what goes on, how things work, and see what activities might be calling them! Committees are classed as Advisory (i.e. Healthcare Advisory, Dining), Interest (i.e. Book Club, Choristers), and Service (i.e. Scholarship, Accumulation Sale, Monarch Connections).

Getting involved in Canterbury committees and activities is a great way to meet people, have fun, help our own health and well-being (involvement and socialization is important to keep us "blossoming"!), try out new things, and really make a difference for ourselves and others. So, whether you came or didn't, explore, follow up, and get involved!

Rebecca posts the committee listings, their descriptions, and chairs on the Canterbury App under the Residents Council tab, or you can also pick up a paper copy from the Wellness Desk. Learn about whom to contact and how to participate in life at Canterbury. The committees welcome you!



Judy Reidinger

- Judy Reidinger, Chair, 2025 Expo Committee
- Chair, Monarch Connections

Postscript from Judy: I recently had a knee replacement, and complications sent me back to hospital. When I came to Sage Glen, a lot of friends helped. I needed to walk frequently, and Gayle Mitchell's email to Choristers elicited many volunteers to help busy staff. So, Monarch Connections is for anybody needing support and doesn't have to be through the committee.



Canterbury Committee Expo 2025

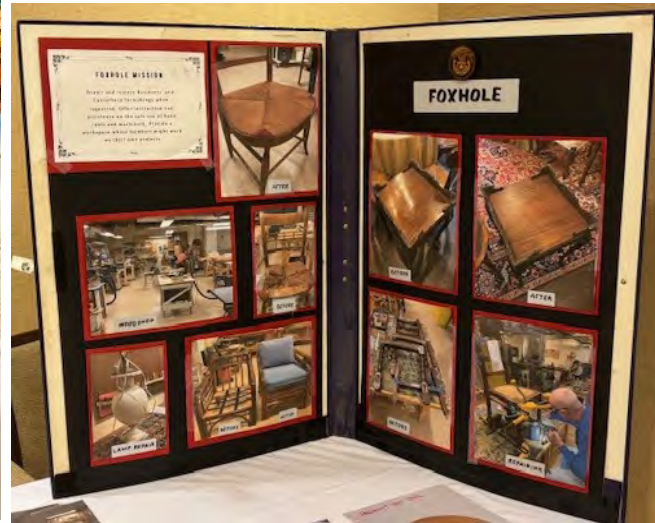


THE SCHOLARSHIP COMMITTEE

No. of scholars since inception (2012): 120+
Total \$\$ of grants since inception: \$600,000+
No. of current scholars: 29
Total \$\$ granted for tuition (2024): \$65,000
Projected \$\$ for scholarships (2025): \$65,000



Source of Funding: Gifts to the Scholarship Fund by **YOU**, the Residents



From Debi's Desk

Comments from the President of Canterbury Court

I've always loved games and riddles, activities that require you to focus on problem solving rather than relying on luck to win. As a child, I played gin rummy for hours with my father. Initially, he beat me every time, but I've never feared a challenge, and eventually I figured out the most strategic way to maximize the points I scored while minimizing the points I gave up when I lost. My gin rummy game evolved during my 30's into a weekly Texas Hold'em poker game, and now I've settled into my more mature solo gameplaying lifestyle with the *New York Times Games App*.

If you aren't familiar with the *New York Times Games App*, it offers daily puzzles, including familiar games like crossword puzzles and sudoku, but also some unique games like Wordle (where you try to guess a five-letter word from scratch in six tries); Spelling Bee (a hexagonal grid of seven letters where you work to find as many four-letter or more words, using the center letter to gain enough points for "genius" status); and Connections (grouping 16 words together in groups of four based on a shared association).

Connections has become one of my new favorite games, because it forces you to think outside the box. Sometimes the groupings are obvious, like "bunk, murphy, canopy, and sleigh" are all different types of beds. Other times, the connection seems impossible to

find, such as "ba , chicken, knock-knock, light bulb" (spoiler alert: they are all classic joke staples). It's not unlike the relationships that form in our community creating what we call our Canterbury Tapestry. These seemingly random threads that come together with found connections to create the beautiful fabric of our community.

Social connections are one of the key reasons why many choose to live in a senior living community, but finding your place and building friendships can be hard. Shirley Timashev, Vice President of the Residents Council, has found a way to help this through Canterbury Connections, creating connections among residents through common threads and interests. Residents invite other residents to come together for a meal, or a drink, and become better acquainted. Some themes for connections have included regional origins, cat lovers, artists, and military service. Rumor has it an upcoming evening is in the works for residents who have lived abroad for a year.

There are so many ways for people to connect. Some are obvious, while others work for reasons we may not see at first, but something just brings us together. That's the beauty of relationships and the Tapestry of Canterbury Court.



Debi McNeil

From the Residents Council

Canterbury Court has been welcoming residents since it opened as Atlanta's first Continuing Care Retirement Community in summer 1965.

As the need and desire became more apparent, 26 years later, in 1991 Canterbury opened our 2nd building, Peachtree Tower. The residents of Club Tower wondered what it would be like to welcome a whole new group of people to their home. They soon learned that the new residents broadened their lives and made for an even more vibrant community.

Over that 14-year period, we welcomed new residents as apartments became available. As Canterbury's waiting list approached 7 years, the Board of Trustees voted to expand Canterbury once again. In 2005, Vermont Tower became a reality, and many more residents joined our community. The hallmark of Canterbury, however, remained one of being open and welcoming, the feeling residents and visitors alike experience on our campus. With Vermont Tower, came such new amenities as a movie theater and swimming pool. Soon, a Wellness program provided more activities for residents and increased opportunities to connect with each other.

In 2020, the Board of Trustees accepted a revised Mission Statement of Canterbury Court, "weaving together a tapestry of lives," exemplifying the spirit of the wonderful people who call Canterbury Court home.

When the demand for more apartments and a

larger healthcare presence was needed, the Garden Tower and Monarch Pavilion were born. In fall 2023 when the Garden Tower opened, it was a challenge to receive warmly so many in such a

short time. But Canterbury had learned well from similar growth in 1991 and 2005 how much new residents enrich our community.

The Hospitality Committee of the Residents Council plays the initial role in welcoming new residents. The rest of us carry on the tradition. Lyrics of the song "People" from *Funny Girl* come to mind. "People, people who like people, are the luckiest people in the world." A welcome is our way of being among the lucky ones, a welcome that shows its face in many ways. It could be a smile in the hallways. It could be an invitation to lunch or to attend an activity in the Community Room or to join a committee of the Residents Council. Perhaps a visit in the garden or a walk to the greenhouse would spark a new friendship. Whatever is comfortable for you, a newcomer would certainly appreciate! In the immediate future, new neighbors will be moving in at a somewhat slower rate. Let's be sure we continue Canterbury's tradition of making them feel as welcome as we were when we moved in.



Ann Pearce

—Ann Pearce, President

Canterbury Court and How it Grew—Just the Facts

In early 1961, the parishes of All Saints' and St. Luke's Episcopal Churches purchased a 4-acre tract at 3748 Peachtree Road to construct Canterbury Court. In doing so, the sponsoring churches struck at the heart of a growing problem: what do retired, healthy people do with their dividend years? Their answer was to provide housing and activities for "elderly who wish to maintain their own homes without the burden of housekeeping." From its inception, Canterbury Court was nonprofit and nondenominational

Canterbury Court was Atlanta's first CCRC and residence of its kind in the South. There was housing for about 200 people, a main-floor lounge, chapel, library, sun deck, snack bar, terraces, hobby centers, guest rooms, a staffed infirmary, and plots in the rear of the garden tract. Each floor had a lounge, kitchenette, and laundry facilities. The location was important, for it avoided the psychological error of separating the elderly from the rest of society. The building was named North Tower, now Club.

Curious about names? Frank Player, from All Saints', was the moving spirit for the project. The Vestry of St. Luke's used seed money from parishioner Helen Sterett McBurney to support Canterbury Court. Margaret White Hancock was one of the first to submit an application for residence at CC.

Though always referred to as Canterbury Court, it legally became that only in September 2023; until then it retained the name under which it was incorporated in 1960, All Saints'-St. Luke's Episcopal Home for the Retired.

An article in *Atlanta Impressions* (Winter 1981) subtitled "Living the Golden Years in Style," reports that the "social whirl at Canterbury includes bridge, dominoes, lectures, concerts, movies, and an institution

called 'Five o'clock,' when members gather to share wine or something stronger, catch up with the gossip of the day, before going down to dinner." (Apropos, see page 16!)

By its 25th anniversary in 1990, 43 apartments were added, many of the common areas were upgraded, and there was a "new sundries store" and art gallery. Thirteen of the original residents from 1965 still called Canterbury home! The first resident in South Tower, now Peachtree, moved in in May 1991.

"2005 Will be a Year of Change," is the headline in the January *Canterbury Tales*. Construction had already begun on adding 93 apartments to CC, and residents anticipated renovated public spaces, a port cochere, new chapel, swimming pool, wellness center, and "grab-and-go" eating facility. New residents began moving in on December 1 into the West Tower, now Vermont.

Canterbury Court broke ground for the 96-apartment Garden Tower and Monarch Pavilion, which included 7 Veranda units, on October 11, 2021 and opened to residents in early September 2023. The conversion of the Health Center in Club and Peachtree Towers, in 2024, added 27 more apartments in the Signature Series.

"The beginning is the most important part of the work." There is no doubt that Plato's wisdom is borne out in the vision of those who established Canterbury Court.

—Seetha Srinivasan, 1012 GT



Canterbury Court to Open, May 1965 (AJC, June 1964)

Canterbury's COO Reflects on Change

As I reflect on my nearly 32 years in this wonderful community, I am amazed to realize that I have spent half of my life here—a deeply meaningful milestone.

I began my journey in 1993 as the Director of Dining Services, with HDS Services, a contract food service company. Moving to this beautiful community from Indianapolis, IN, was a significant change—one that came with the bonus of warmer temperatures, a delight for a Midwesterner.

At that time, the North Tower and South Tower housed approximately 160 residents. Our dining setup was a single large dining room with 200 seats, where couples had permanently reserved two-top tables. Residents participated in either a two- or three-meal-a-day program. The menu was not as extensive as it is today, but mealtimes were the heart of social life, with special events and gatherings centered around food.

To remain competitive and relevant, we embarked on an expansion, leading to the creation of the West Tower which opened in December 2005. While exciting, this transition posed challenges—especially for Dining Services. As part of the project, the kitchen was expanded, and the single large dining room was divided into four smaller areas.

During construction, the kitchen was closed for three months, and dining operations were temporarily relocated to the George Hightower Room and the Garden Room. Seating capacity dropped from 200 to 90, requiring residents to share tables. Initially, there was resistance, but, as always, our residents adapted.

For ten months, meals were served from a steam table in the hallway. The most challenging aspect was operating out of three mobile kitchen units—modified semi-tractor trailers parked across from the loading dock.

Every meal was prepped, cooked, food stored, and even dishwashing took place in these trailers. Adding to the complexity, HDS Services was acquired by Morrison's!

When the new dining rooms opened, we transitioned to a one-meal-a-day plan, aligning with industry standards. Residents could now choose where they wanted to dine. McBurney's and Hancock's shared the same menu, the Grille offered a made-to-order menu, and the Player Dining Room became a space for special events. Residents had to adjust to the new layout, and they missed knowing where everyone was! But, once again, they adapted.

My journey took a new direction in 2011 when I was offered the position of Assistant Administrator for Canterbury. I broadened my expertise, overseeing Nursing, Dining, Security, Resident Services, and Wellness. Shortly thereafter, I earned my Nursing Home Administrator's License (LNHA) and assumed the title of Administrator.

My next chapter was involvement in the seven-year planning and execution of the Enrichment Project, which resulted in the construction of the Garden Tower and Monarch Pavilion. During this time, I was promoted to Chief Operating Office .

I have learned that change is never easy, but we are resilient and capable of embracing new opportunities. I am filled with gratitude for the residents, the staff, and the countless memories we have created together.



Julie Parker

Many Blessings,
—Julie Parker, Chief Operating Office -
LNHA

Coming to Canterbury

My parents, Vivian and Harry Stout, moved into Canterbury in 1985. They were following their retirement plan of moving into a CCRC, since they didn't want any of their 4 children to have to take care of them as they aged. They joined several couples from Central Congregational Church at CC, and others who moved in later.

They wanted a 2-bedroom apartment, but there was only the Club Tower, and there weren't a lot available. So they moved into a 1-bedroom and had a studio for their second room. In those early years, they travelled extensively and would frequently come back to a different apartment or studio after theirs had been sold. Since most were the same configuration, Canterbury staff just moved their furniture and hung their pictures as they had been in the previous unit. Finally, 419 became available, and they moved there.

Canterbury was physically very different then. The entrance was on the side of the building where the buses now park between Club and Monarch. Entrance was through a vestibule where Alexandra Newman-Kofinas's space is, and Debi McNeil's office was a guest room. Walk through sliding doors, the mail boxes and a receptionist's desk were on the left.

On the right were the two bathrooms and, behind them in what is now a marketing office, a small chapel. (Guests were encouraged not to use the restroom during chapel time!) The library was in the same place and has not changed much over the years.

The rest of the space was a large, open living room with comfortable furniture, a piano, tables for playing cards, and antique pieces donated by residents.

A large open dining room began by the entrance into McBurney and covered everything from what is now the Court Café,



Vivian and Harry Stout

McBurney overflowed, and the three restaurants. Couples were assigned their own table. Other residents sat at 4-tops with friends or at the Men's Table in the back. Everyone got 3 meals a day, and one wouldn't think of coming to dinner in anything less formal than your church clothes—in 1980's style. Some women started wearing pantsuits when they became popular. Since the hallway at the back with the Art Gallery and connection to Monarch wasn't added until later, all windows on the back looked out at our beautiful Legacy Garden.

Coming to visit my parents from 1985 to 2012, I saw a lot of physical changes. Peachtree Tower was added, and the living and dining rooms were reconfigured. Later, Vermont Tower was added with a fitness center and pool. My dad was an avid lap swimmer, but he died before the pool was built.

When Bill and I made our decision, we never even considered an option other than Canterbury. And after 10 years of living here, I know we made the right decision. In all of our years of visiting and living at Canterbury, the culture of community, caring, and friendliness has never changed. And that's what makes this place so special.

—Martha Solano 475, VT

Community News

Introduction to Hindu Traditions

If there is a word that can characterize India it is multiplicity: of religions, languages, geographic areas, crops, cuisines, customs—any aspect of life that is named, India is sure to have a grand variety. A country of 1.4 billion people with this degree of diversity undoubtedly contains contradictions, which is especially true of Hinduism, the religion of 80 percent of Indians (15 percent are Muslim, 2 percent Christian, and the rest are “other.”) As speaker Joyce Flueckiger noted, almost anything one says about Hinduism can be at once true and false.

Joyce introduced concepts basic to Hinduism, which is not institutional and not creedal. Most Hindus learn these concepts by observing and taking part in family practices. They are:

Dharma, what holds the world together; correct practices, ethics.

Karma, actions and consequences.

Samsara, birth and rebirth.

Moksha, release and liberation from the cycle of rebirth.

Hindus may know these concepts, but in an abstract way. They become real when regarded in context. If a child were to ask what happens to a person’s soul upon death, the answer would depend on the context: if during rituals for a departed family member, the answer would be that they were intended for safe passage to the world beyond. Absent context, the answer would involve instruction about karma, samsara and so on. Karma does not mean that Hindus allow life to wash over them. Only when steps to overcome what seems to be karma fail, then the explanation is that the outcome is one’s karma. So such context-specific beliefs allow Hindus to hold multiple truths at once, and Joyce used the term polytheistic imagination to explain this reality of Hindu practices.

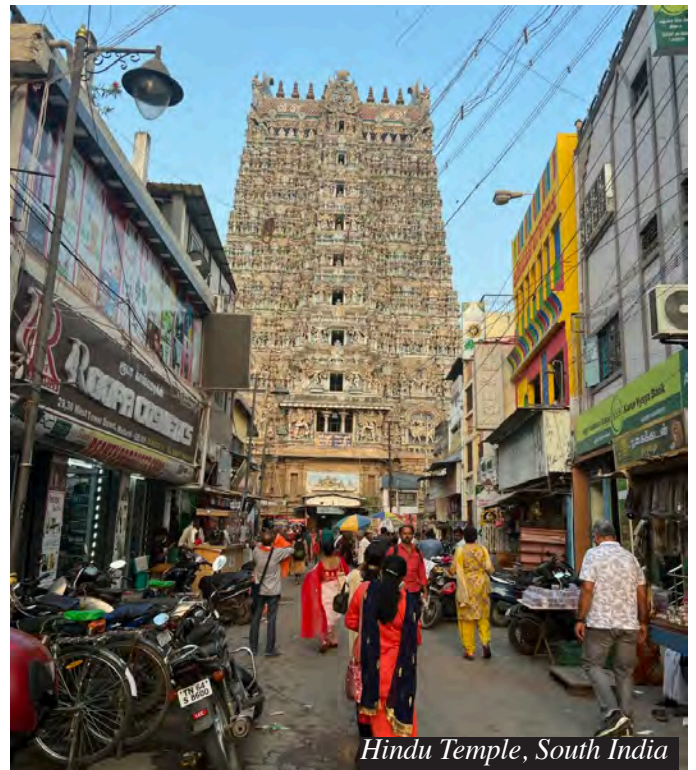
Joyce spoke of caste, of how it is two-

tiered and not immutable as commonly believed. Awareness of caste exists but is also context specific, for instance it is more prevalent in rural than in urban India. She touched on India’s bewildering array of deities and shrines devoted to them, food practices, customs, and festivals.

After the talk, one resident commented that her head was spinning. Not surprising in the least, and Canterbury residents are grateful to Joyce Flueckiger for wrestling essentials of perhaps our most complex religion into a 45-minute talk. This summary does not even begin to do justice to it.



Joyce Flueckiger



Hindu Temple, South India

Joyce Flueckiger was professor of religion at Emory from 1992-2021. Her particular research is on ways to incorporate unwritten traditions into the teaching of Indian culture and religion. She is the author of several books, among them Everyday Hinduism. Joyce was born in India and lived there until she entered college in the U.S. at eighteen.

Community News

Vince Farley on Working with President Carter

Vince Farley was Diplomat-in-Residence at the Carter Center for five years. In a wide ranging talk to residents, Vince reflected on his close association with President Carter. Vince's talk defies summary, and what follows is a mere glance at some of what he covered. For the full picture, we will have to wait for Vince's book (or books!) or do an oral history with him.

Vince focused his talk on Carter's work to achieve peace in Africa. Carter is known for the Camp David Accords, but there is little coverage of his conflict resolution efforts in Africa in his post-presidency years, particularly his Great Lakes Initiative (about which Vince wrote in the October *Canterbury Tales*.)

Like European leaders, Carter saw the world in shades of gray. U.S. leaders see it in black-and-white. Perhaps for this reason, the donors to Carter's Africa initiatives were The Netherlands, Norway, Sweden, Denmark, Germany, Canada, Gulf States, EU, with only a token sum from the U.S. government. Carter was willing to meet with "bad guys" in pursuit of a peaceful settlement or at least a ceasefire. Vince's talk was labeled "Dealing with the Devil." Joseph Kony, for example, the rebel leader in Uganda, was a "devil" who kidnapped children and turned the boys into killers and the girls into sex slaves. Yet Carter, as part of his long dialogue with Kony, gave Vince to carry to Africa one of his published books inscribed "To Leader Kony—looking forward to continuing to work with you to bring peace to Northern Uganda."

Vince traveled with President Carter for 51 days on 8 trips on a small Challenger jet. On one trip, when a pilot objected to a particular flight because the runway was

Vince Farley



in a conflict zone and was too short, Carter told the pilot, that he and Vince "could turn around" the plane on the runway if necessary. Their work also had them taking numerous commercial flights and welcoming African leaders to Georgia.

Though Carter's peace work did not always succeed, he believed that his real failure would be if he didn't try--his Nobel Prize citation highlights: "his decades of untiring effort to find peaceful solutions to international conflicts."

Almost as renowned for his work to achieve peace is his work in global health. Carter worked relentlessly on eradicating Guinea Worm and River Blindness, emphases that reflect his rural roots, where there were many treatable diseases, and a mother who was a public health nurse.

When Vince joined the Carter Center, a staff member commented: "We finally got someone who can keep up with President Carter." In his spirited and most informative talk, Vince not only gave insights into our 39th president but into himself, a stalwart and committed public servant.

Community News

Arranging Flowers

On February 11, eighteen flower lovers attended a demonstration and workshop presented by Lynn Fronk. Lynn's background in floral arranging and instruction is extensive. (Read about her at creativefloral.org). Lynn demonstrated how to arrange a low centerpiece and another taller side table design. Each participant chose their size container then followed Lynn's instructions to arrange their own flowers. Everyone seemed to have a good time admiring each other's work and getting ideas from one another. Some took their flowers home, but others displayed their red and white creations throughout the campus, adding extra beauty for Valentine's Day.

Lynn finished her demonstration by showing how to make a classic chapel arrangement. Gail Johnson described her

routine of arranging flowers for the altar of our chapel over the past eight years. She invited volunteers to share their love of flowers by arranging flowers early in the week for the Tuesday Vespers and Wednesday services. No one needs to be an expert to add a touch of beauty for the worship. It would be great to have a team to share this endeavor. Please contact Gail Johnson, gail160@icloud.com

If you were unable to attend this workshop, please let me know if you would like another opportunity. We welcome suggestions for future floral workshops. You may email me at sandygarden2@yahoo.com

—Sandy Pagano, Events and Activities for Garden Committee



Centerpiece by Janice Cook



Lynn Bunny Huie

Community News

Canterbury's First "Informance," Songs of the 60's and 70's

Canterbury's "Lifelong Singing" class has been evolving for almost a year. On March 13 at 7:00 we will give our first "Informance" in the Vermont Community Room. As you might expect, an Informance is more than a performance. It is a time for sharing insights about the music and engaging everyone in the room. We will give audience members chances to learn, reasons to reflect, and opportunities to participate at whatever level they find comfortable.

The program will be made up of popular songs from the 60's and 70's. We chose songs for many reasons. We began by noticing how many of our favorite songs were written or performed by Jewish artists. Further investigation helped us to realize what a fertile era it was for music with messages based on concerns of the time. You will hear songs by Pete Seeger, Peter, Paul and Mary, Simon and Garfunkel, Leonard Cohen and more.

In the singing class we work on breathing, listening, singing harmony, how melodies are put together, and deciphering the written notes. Some people have sung in choirs for decades and some are finding their singing voices for the first time. The following quotes are from people who are in the class:

- "I want to learn more about music. Period!"
- "My voice isn't working the way it used to."
- "I used to sing in a high school chorus, and I really miss it."
- "I have Parkinson's, and my doctor told me that singing is good for me. Really?"
- "I can't read music, but I like to sing with a group."
- "Is it too late to learn how to read music?"
- "Is it really possible to get better at my age?"
- "I want to sing with other people as often as I can."
- "Singing brings me joy."

We hope you can join us for a musical, fun, and informative hour on March 13 at 7:00.

—Suzanne Shull

Community News

Fun on the Seventh!

What has five Ann(e)s; a doctor, lawyer, artist, nurse, engineer, teacher, minister; natives of Colombia and Germany; and many world travelers? Plus, delightful snacks? On one occasion, there were salt-rimmed crystal glasses filled with ma garitas and served on a silver tray. And always there are lively—sometimes too lively—discussions about current events, Canterbury happenings, and weekly menus. If stretched to the limit, five cats might appear!

Did you guess it? It's the Club Tower and Peachtree 7th floor Tuesday afternoon

get-togethers in their sitting room. Birthdays and special events are celebrated. Laughter is in abundance. At six o'clock an alert participant calls out, "dinner time," and some of the group reassemble in the dining room.

Visitors are welcome, but be warned that you may be quizzed. We dare you to find a more vibrant group on any Canterbury floor

—Ann Delatte, 712 CT

—Anne Jones, 719 CT



Birthday party carried downstairs



Our three guys in the midst of 13 women!



Loved having Tammy and Matt visit



Community News

Teamwork at Its Best

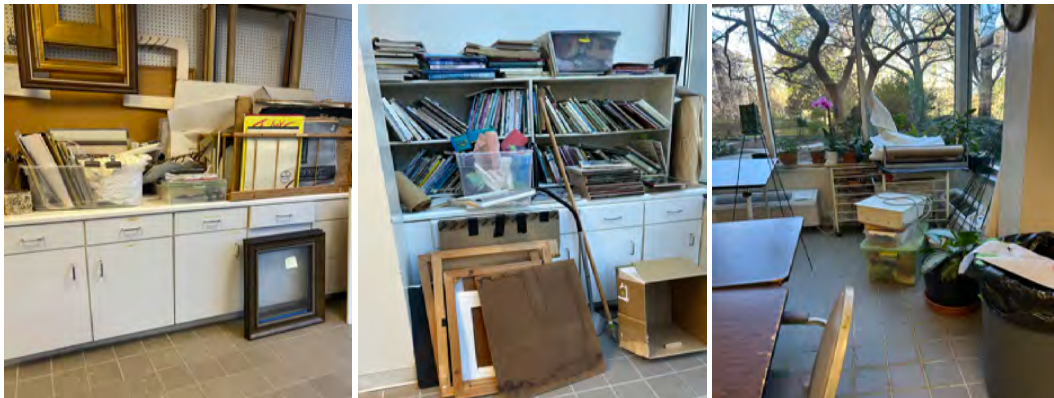
Last month Beadie Cambardella, new chair of the Floral Arrangement Group, surveyed the area in the art room where floral supplies were being stored and where arrangements were being assembled. She quickly recognized an opportunity to do some cleaning and reorganizing. She asked Sandra Garber, chair of the Garden Committee, for assistance. Sandra approached Anne Jones to help facilitate the process. That led to a look at the entire room that also included arts and craft supplies.

First step was to coordinate with Rebecca Oleson, director of Resident Services, who oversees many of the activities in the room. Anne Jones reorganized the art books and supplies. Beadie then gathered her team composed of Kathy Siegel, Barbara Cavanaugh, Gail Johnson, Brenda Broun, and Gene Cambardella to move everything

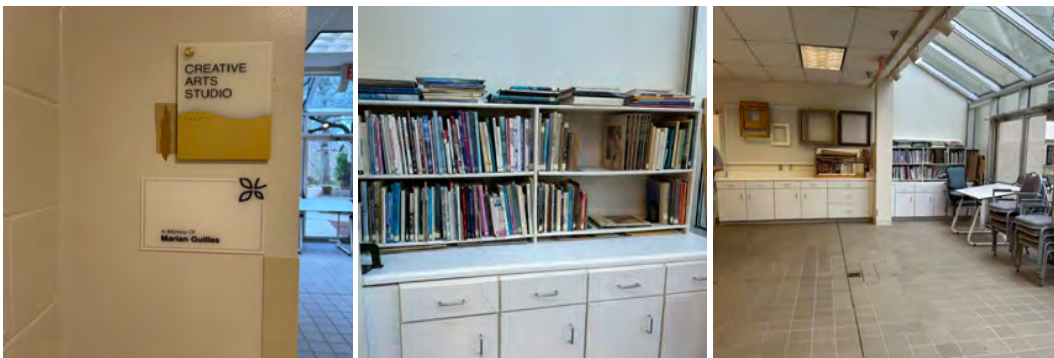
out of the floral area cabinets, clean the cabinets, and then replace the items they planned to keep. Labels designating the contents of cabinets were attached to the cabinet doors. A new plant composting collection can was researched by Star Williams and ordered by Tammy Clark. Ashaki Borders and her team removed trash and gave the room a good cleaning, while Keith Lewis and his maintenance staff replaced light bulbs and repaired ceiling tiles. Ashaki, with assistance of Julie Parker, also researched and ordered new tables.

The room is ready for activities, and much more fitting of its name Creative Arts Studio. Drop by to check out this great example of Canterbury teamwork.

—Anne Jones, 719 CT



Arts Studio, Before



Arts Studio

Community News



The Canterbury Connections reception and dinner for Health Professionals on February 5 brought together about 30 residents.



Community News

CC's Spirit, Again!

Have you looked out on the Library patio lately? The wood furniture has a new look thanks to Tom Fullilove. He has been oiling and staining the rocking chairs and the wood benches. It'll be nice when the weather permits us to go back and sit on that patio to enjoy the legacy garden.

—Martha Solano, 475 VT



Welcome Mat

Elizabeth and Fred Forbes

If there were a Canterbury contest for “most moved,” the Forbes would win hands down. Elizabeth Forbes (Betty) racked up 54 moves as an Army “brat,” including graduation from high school in Orleans, France, and attending the University of Maryland in Munich, Germany. Throw in Betty and Fred’s lives in California, Florida, and 30 years in Chicago, and you have a picture of a multitude of experiences that could bring delight to any travel conversation! The couple met at the University of Tennessee and began life together moving around the entire state of Tennessee in accordance with Fred’s employment with various insurance companies.

During their marriage, both worked for the same insurance organization, both rising to officer level. Fred offered marketing support and developed computer programs for enrollment and proposal software, and Betty was in the training department.

The Forbes excelled in their careers and managed to raise two daughters at the same time. Their daughter Julia works locally at the High Museum and was one of the lures for Betty and Fred to stay in the Atlanta area during retirement. Their other daughter, Katherine, lives in Chicago.

Perhaps their art-museum-inspired daughter got her genes from her mother. Betty is a wonderful oil painter, and her apartment is filled with glorious, bright oil paintings. She paints flowers that leap off the canvas with their vivid colors. Painting was something Betty started in college, but her grandmother was quite the artist too,



Elizabeth and Fred Forbes

Birthplaces: Elizabeth: Lexington,
Mississippi
Fred: Providence,
Rhode Island

Apartment: 1401 GT

Move-in: November 13, 2024

and her work is displayed in the Forbes apartment as well.

Fred’s hobby for many years was golfing. At one time, he would play five days a week. Betty joined him for fun, but just one day a week. Today Betty and Fred love to walk in the Canterbury gardens and work out with Andrew’s circuit training classes. They enjoy living close to their church, United Methodist, and continuing friendships there. In fact, it was a minister of their church who recommended they look at Canterbury!

Retirement has brought time to reminisce about their travels to Europe, Africa, France, and Italy, a time-share in Saint Martin, and terrific photos from a camera safari. Betty and Fred tell me they are also looking forward to opportunities to use their baritone and soprano voices at Canterbury.

When you see them in the halls, stop Fred and Betty and have a chat about your hometown. Chances are one of them has lived there!

—Harriett Smith, 1104 GT

Welcome Mat

Judy Hicks

A kindred spirit is someone who makes you feel like you've known them a lifetime, even if you just met; a comfortable familiarity in the first handshake. Judy Hicks personifies this quality. Although she moved to Canterbury Court in mid-November, she has gracefully established herself as an active Canterbury resident.

When she was a young child, her family moved from Arkansas to Tampa, Florida, where she attended elementary school and high school. She graduated from Emory University, where she majored in chemistry. She met her husband, Victor, another Emory alumnus, on a blind date. Their lives were blessed with two daughters and a busy lifestyle. After graduating, she worked in the research laboratory of the CDC. After spending four years in the Air Force, they moved to Houston, Texas, where they raised their family. Once their children were older, she attended graduate school to become a certified teacher.

Judy's interests are varied, reflecting her inquisitive personality. She's an active member of Peachtree Road United Methodist Church and enjoys Bible study there. As an avid needleworker, she actively participates in the Chat and Stitch group on Sunday afternoons. She loves playing cards and games; she's already learned to play Mah Jong here! Judy also participates in the monthly book club. She regularly attends Vesper services on Tuesday nights. Wherever she goes, she always has a warm smile to share.



Judy Hicks

Birthplace: Jonesboro, Arkansas

Apartment: Club Tower 510

Move-in date: November 12, 2024

Her husband, Victor, was an avid golfer who was determined to eventually be a ticket owner of the revered Masters' Tournament in Augusta. After being wait-listed for 23 years, they became ticket owners in 1993. The Masters' Tour has become a grand ritual for their whole family.

Most of all, Judy is extremely appreciative for all that Canterbury has to offer. She attributes her great experience to her mentor, Cathy Teske, who exposed Judy to the abundant opportunities at Canterbury Court.

Her enthusiasm, optimism, and appreciation for life make her a valuable asset to us all. It's a genuine pleasure to know her. Thank you, Judy, for choosing Canterbury Court.

—Janice Carter, 1212 GT

Welcome Mat

Martha Lokey

Martha is a rare person, a true Atlanta native! Her father grew up on 14th Street, and she and her parents and brother lived in Ardmore Park, where her parents resided until their deaths just a few years ago.

Martha attended E. Rivers and Northside High School and graduated with academic distinction from the University of the South (Sewanee) with a major in English. She took a position in the Personal Trust Department of First National Bank of Atlanta, where she opened and closed trusts and estates for eight Trust Officers

She then moved to Emory, where she became an administrative assistant to the Assistant Director and helped with fundraising for the Emory Law Economic Center, which offered educational seminars for federal judges and economists. She was later chosen to be one of the administrative assistants for Dr. James Laney, the President of Emory University at that time. One of her favorite aspects of the job was assisting Mrs. Laney with functions, such as Trustee meetings, taking place at Lullwater House, the mansion that serves as the residence of the President of Emory.

In 1985 Martha decided to explore opportunities at IBM and subsequently worked for Human Resource Managers, Financial Officers, and the Senior Location Executive for Georgia. She retired in 2015 and spent the next two years enjoying spending time with her mother, who died in 2017.

Martha lived at Cross Creek in the city of Atlanta for 28 years. She loves to travel, and after taking a photography class at Emory ended up going to Europe on trips led by her



Martha Lokey

Birthplace: Atlanta, GA

Apartment: 273 VT

Move-In Date: December 17, 2024

photography instructor. She just went on her first Tauck Tour in April to New England and thoroughly enjoyed it.

Martha was baptized as an infant at St. Luke's Episcopal Church and has been an active member ever since. She serves on the Intercessor's Committee and the Community of Hope Circle of Care, which was originally set up by Rev. Horace Griffin before he came to Canterbury.

She and her brother, Charles, and his wife, Rhonda, who live on Longwood, share a house at Lake Rabun which has just been renovated so that they can use it year-round.

Martha's father, Charles Lokey, was an enthusiastic supporter of Canterbury Court and was on the Canterbury board for many years, so Martha knew exactly where to go when she decided to make a move. She already has many friends here from St. Luke's and is confident she will love her new home.

—Gayle Mitchell, 1309 GT

Welcome Mat

Carr Simon and Connie Kneisel

Carr grew up in New York. After high school, she headed south and went to Pharmacy School at UNC, Chapel Hill. Carr came to Atlanta after college (1974). After working as a hospital pharmacist at Crawford Long Hospital, Carr decided she wanted to be “where the action was” and went back to school to become a nurse, graduating from Emory with a BSN. After nursing for a few years, Carr went back to school (Mercer) to earn a Pharm.D. so she would be in a better position to combine her pharmacy and nursing backgrounds.

Connie grew up in Anniston, AL, Bloomington, IN, and Columbus, GA. She went to UGA, earned her bachelor’s degree in Social Work and also headed to Atlanta after college.

Carr and Connie met in 1985, when they both were working at St. Joseph’s Hospital—it was a slice of time when the stars aligned for them, and their paths briefly crossed. Carr had just completed her Pharm.D. and was on the Nutritional Support team. Connie, having completed a Master’s in Counseling at Georgia State, was a Medical Social Worker.

Fast forward a few years to 1990, and they both had changed careers. While working at the hospital, Connie would look out the window and long to work outside. She took a leap of faith, decided to change careers, and so studied horticulture at DeKalb College. She got a job at Fernbank Science Center—first working in landscaping, then teaching vocational horticulture with young emotionally or physically challenged students, finally retiring after 23 years as the supervisor responsible for the 1,500 roses at



Connie Kneisel and Carr Simon

Birthplaces: Carr: New York
Connie: Louisville, KY

Apartment: 1604 GT

Move-in Date: December 11, 2024

the rose garden at Fernbank.

Carr wanted to become an entrepreneur. As an early adopter of the Mac, she turned her hobby into a business (Simon and Macintosh), doing graphic design, training, and consulting. After about 8 years, she decided to get a “real job” and was hired at CDC as a contractor. Carr ultimately retired from CDC as a Health Communication Specialist in Public Health Emergency Preparedness and was the catalyst for groundbreaking work for reaching vulnerable populations in a public health emergency.

Carr and Connie always lived in Decatur. In 2011, for their 25th anniversary, they got married in New York. Now they have their fur baby, Joon, a six-year-old, 13-pound miniature schnauzer. After living at Peachtree Hills Place for three years, they decided to make the move to Canterbury—and are delighted with their decision!

—Maggie and Tom Harney, 1502 GT

Welcome Mat

William Anthony Whitaker

Turns out the malfunction of the coil of “Perk” Perkinson’s Peugeot on the way of St. Anne’s Youth Group’s trip to Cumberland Caverns, McMinnville, TN, in the mid-nineteen seventies, in the middle of nowhere, was but a drop in the bucket of life journeys’ impediments. Ditto for the group’s trip through the cave itself – climbing up and down ladders to experience Devil’s Quarry and Monument Pillar; stomping through boot sucking mud to continue; crawling on hands, knees, belly, and scooting sideways to get through passages as low as twelve inches high and thirty-three inches wide to continue further.

After spending the dank night three hundred thirty-three feet underground, re-emerging into daylight, and cleaning up in a mountain stream, Will and the other St. Anne’s spelunkers headed back to Atlanta. There Will continued his freshman year at Riverwood High School, before going off to and graduating from the Baylor School for Boys in Chattanooga. Will attended Davidson College and Auburn University before graduating from Georgia State University.

After graduating, he worked in Atlanta before crisscrossing the United States: San Francisco, CA; Provincetown, MA; San Francisco; and then back to Atlanta. The first part of his career focused on his home renovation business; the latter with Apple, from which he retired.

Although Will moved to Canterbury on October 18, 2024, he is no stranger. He is the son of longtime Canterbury resident (2014-2022) Katherine “Kack” Whitaker. He is the brother to “Sis” Whitaker-Ware (Scott Ware) of Gainesville, Georgia. He and his sister would often be seen going to visit Kack in her apartment in the Vermont



William "Will" Anthony Whitaker

Birthplace: Atlanta

Apartment: 1613 GT

Move-in Date: October 18, 2024

Towers, or with Kack around in the gardens and public spaces.

Now Will can be seen early in the morning taking advantage of many of Canterbury’s exercise programs or later in the evening, taking advantage of the Grille. (Does the Grille know his hobby was gourmet cooking?). He also may be seen walking with Simon, his beloved seventy-pound Golden Doodle.

When Will was diagnosed with early onset Parkinson’s in 2019, he already knew Canterbury would be the best “base camp” for him. Fifty years or so earlier, who would have “thunk” that St. Anne’s Youth Group Member Will Whitaker and St. Anne’s Youth Group Advisor Jim Wylie would now both be on a new journey exploring new passageways together in the Canterbury Court’s Continuing Care Community? Let’s all put on our helmets and turn on our headlamps for some “serious senior spelunking” with William Anthony Whitaker.

—Jim Wylie, 522 CT

Spanish Lessons, In Country

I was walking down the street in Seville (Sevilla), and I realized I could mostly understand what the people near me were saying. That was my goal for the two weeks I spent in Spain in January.

A friend of a friend had taken a Spanish Immersion course, and I thought it sounded like a great idea. I found a company that arranged one-on-one tutoring and various excursions in different cities. I chose Sevilla because I had never been to that part of Spain and because most of the other cities were at a higher altitude which is not good for me.

Carmen, my tutor, asked me what I wanted to study, and I told her “verbs.” So verbs, more verbs, and still more verbs, were part of every lesson. I am still not sure I got the three past tenses straight. But, by the end of the two weeks (10 2-hour sessions later) I could carry on a simple conversation and be understood.

The excursions were fun. My guide, Danny, was extremely knowledgeable. He had been taking tours for many years. He loved his town, but secretly he loved Italy. When I struggled with a word, he would try the word in Italian before he gave me an explanation in Spanish. He laughed at me when I used “molto” instead of “mucho.”

The Cathedral in Sevilla is magnificent. Some of the gold from the “New World” brought back by the Spanish galleons was

used for an incredible, carved, gold reredos behind the main altar. Christopher Columbus’s tomb, his coffin carried by four kings, is also there. And the minaret from when the site was a mosque was converted into a bell tower. We also saw the Alcazar, the royal residence when the King is in town. Beautiful gardens with orange trees were tucked away behind Moorish looking walls. One of the glass doors had a Star of



Karen Evans



David incorporated into its design, in honor of the Jewish craftsmen who helped build the palace. Of course, I also went to a Flamenco performance and tried authentic tapas (fried anchovies are particularly popular).

The biggest surprise was how cold it was. I should have brought my winter coat but thought

it would be about the same as Atlanta. It wasn't. I bought a heavy sweater to wear under my jacket, and then yet another.

All in all, it was a great adventure. I learned some Spanish. I learned some history. And I learned that I could still travel on my own and have a good time.

—Karen Evans, 276 VT

Art Gallery

Katey McKellar



I was in 7th grade when I had my first and best, maybe best ever, art teacher, Mr. Woodmansee, at Riviera Junior High School in Miami, Florida. He taught us drawing, painting, lettering, pottery on the wheel, art history, and probably more. When at 9th grade graduation, I got the Outstanding Art Student award, I couldn't believe it. There must have been a shortage of junior artists that year!

Years later, I taught art to the littles, 2–4-year-olds at the Cathedral Preschool, and art-on-a-cart to K-3d graders at Morris Brandon and Warren Jackson schools.

Upon retirement, I took lots of art classes from various teachers, ending up at Chastain where I fell in love with oil painting. My pictures since then still seem to resemble the work of my students with simple subjects and bright colors. Maybe old age will bring forth something different!



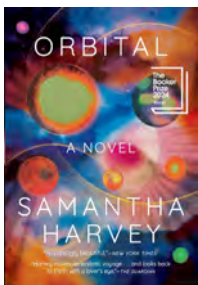
Art Gallery



Tales From the Library

When you enter the Canterbury Library do you automatically turn left toward the fiction section? Many of us tend to gravitate toward a good mystery or a historical novel. We do have a good number of residents who prefer nonfiction and often share suggestions for new purchases. **New nonfiction books are displayed on top of the curved bookshelves.**

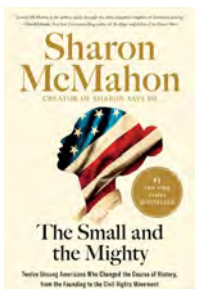
Here are a few recent nonfiction books you might want to check out.



Orbital by Samantha Harvey This 2024 Booker Prize winner is “nature writing from space and an unexpected and profound love letter to life on earth.” Six astronauts rotate in their

spacecraft above the earth as they watch their silent blue planet, circling it sixteen times. Endless shows of spectacular beauty are witnessed in a single day.

I Heard Her Call My Name: A Memoir of Transition by Lucy Sante This book, named a Best Book of the Year by the *New York Times*, may challenge our comfort level, but can also expand our knowledge and perceptions of issues that our grandchildren may be more comfortable discussing.



The Small and the Mighty: Twelve Unsung Americans Who Changed the Course of History, from the Founding to the Civil Rights Movement by Sharon McMahon

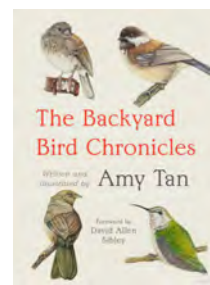
In this book McMahon proves that the most remarkable Americans are often ordinary people who didn't make it into the textbooks. Through meticulous research, she discovers History's unsung characters

and brings their rich, riveting stories to light for the first time

Golden Years: How Americans Invented and Reinvented Old Age by James Chappel Historian James Chappel shows how old age first emerged as a distinct state of life and how it evolved over the last century, shaped by politicians' choices, activists' demands, medical advancement, and cultural models from utopian novels to *The Golden Girls*. Should be a good read for CC residents.

Books for nature lovers are displayed on the shelves under the large picture.

The Serviceberry: Abundance and Reciprocity in the Natural World by Robin Wall Kimmerer For fans of *Braiding Sweetgrass*, a recent Canterbury book club choice, *The Serviceberry* is a bold and inspiring vision for how to orient our lives around gratitude, reciprocity, and community, based on the lessons of the natural world.



The Backyard Bird Chronicles by Amy Tan is a gorgeous, witty account of birding, nature, and the beauty around us that hides in plain sight. The daily entries, thoughtful questions, and beautiful original sketches will make you want to venture out into Canterbury's garden treasure.

—Anne Jones, Chair
Library Committee



Anne Jones

Canterbury's Garden

It only takes a few warm days to give spring the go-ahead, even if there is more cold weather coming. Daffodils always seem to be the eager beavers, popping up everywhere. Good old Winter Jasmine (our family called it "January Jasmine"), Quince and Forsythia are soon to follow. We have them all here on our campus. Can you find them? The stunning very early Flowering Cherry near the Vermont Gazebo has probably finished blooming, and the



Crabapple in the Legacy Garden near the fountain will come later. Several Camellias have recovered from a past deep freeze, and the Edward Daugherty Camellia Tree (mentioned in the *Current*) is in full bloom with its 5 different grafted varieties on it.



Sandra Garber

The Garden Committee itself is branching out in many directions. Our chair, Sandra Garber, encourages all residents to attend the general meetings of the Committee. They take place on the third Monday of each month at 1:30 PM in the Administrative Dining Room. There are many activities in which to get involved. Although most of the individual garden spots are already taken, if you are interested in having one, contact Whit Smith (whitsonsmith@aol.com). If you'd like to join a birding group, contact Sandra (sgarber@gsu.edu). If you would like to help with Horticulture Therapy with the Memory Garden, check with Tammy Clark (404-234-4959). Find out about lots more!

And above all, save March 5 for a special program on the history of Canterbury Court and its gardens.

—Margaret Langford
For the Garden Committee

Health News

Taking Care of Yourself

I have never had a heart attack, but I have lived through many with others. The primary treatment is to reopen the circulation promptly, but for years technology was slow to respond. There was a time when pain control/sedation and heart beat/blood pressure stabilization were the focus, and a time when insurance companies would not allow transfer to a better hospital.

Thankfully, things changed when one bold cardiologist put a tube in his own artery, injected dye, and saw the beauty of blood flow. The obvious lack of coronary blood flow of the victim's heart could then be identified. Soon thereafter, the balloon catheter was invented to open the artery, giving an alternative to open heart surgery, which at that time was only performed in selected teaching hospitals. Later the invention of stents brought with it a much brighter future for patients.

Development of medications to lower cholesterol and studies documenting the importance of risk factor control were then emphasized. The time from the abrupt vessel blockage/onset of pain to arrival at emergency was important, but was out of physician control. But what could be controlled was time from arriving at the ER to opening the vessel (the prime objective), a challenge that's still ongoing requiring massive hospital efforts. The alarming number of deaths significantly tapered with each new program. Of course, those exciting times are only part of the story.

The point is that there were many courageous physicians who cared about relieving suffering and death and the need to recognize and influence life changing treatments. Each change made significant statistical improvements in care. For example, the advent of treating cholesterol with a pill was transformative. These points stack up behind the oft-heard recommendations to control risk factors.

In taking care of yourself, there is no substitute for building confidence followed by trust in your established physician. You or your advocate has to represent you and your best interest, as the purpose of your visit is not only to be examined by your doctor, but also to understand your situation and the strategies for control of your condition. Since the same diseases associated with inflammation can occur in many of our families, there are multiple strategies that must be threaded together. We each need to have an acceptable understanding of them after a short discussion that best includes other resources for education. Then, when all is outlined and set, we can engage, thrive, and enjoy our life here at Canterbury. Take care.



Jack Dawson

—Jack Dawson, Chair
Health Advisory Committee

Health Awareness

March is Colorectal Cancer Awareness Month

Colorectal cancer, often known as cancer of the colon or rectum, is the second most lethal kind of cancer in the U.S. But it's one of the few tumors that can be prevented thanks to screening. One in every twenty-four people will develop colorectal cancer in the course of their lifetime. The United States Preventive Services Task Force (USPSTF) recommends that routine testing be initiated for all adults at average risk between the ages of 45 and 75. Asking your doctor about screening is a good idea because it will depend on your race, lifestyle, and family history. Unusual growth in the colon or rectum called polyps have the potential to develop into cancer if not treated. Polyps are frequently asymptomatic, especially in the beginning, much like colorectal cancer. A person may have colorectal cancer or polyps without realizing it. This is the reason why routine colorectal cancer screening is so crucial.

If symptoms appear, they may include:

- A shift in bowel patterns.
- Blood on your bowel movement or in your stool.
- Diarrhea, constipation, or the feeling

that the stomach does not empty entirely.

- Constant abdominal pain, cramping, or pains.
- Weight loss with no apparent cause.

The options for screening are several.

Some of them can even be done at home. Every test has advantages and disadvantages. Talk to your doctor about the advantages and disadvantages of each test as well as the suggested testing frequency. The FIT-DNA test, fecal immunochemical test, and guaiac-based fecal occult blood test (gFOBT) are among the screening assays; CT colonography (Virtual Colonoscopy), flexible sigmoidoscopy, and colonoscopy are also covered.

To find out which test or screening is best for you, it is imperative that you speak with your health care provider.

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



Joann Brown

Nutrition Notes

I Have a Gut Feeling . . .

You may have a gut feeling that the gastrointestinal (GI) tract, or gut, is the front line for your nutritional health, getting foods into shape, and guiding nutrients into your body.

Consider Gut 101, an overview of what happens to food in the GI tract, and how to manage the gut for better health. Affirm your GI vocabulary as you navigate the GI tract using Mary Capka's accompanying word search puzzle. Surprisingly, research indicates only minor physiological and structural changes occur in the GI tract as we age. Many gut problems are connected to and need to be managed in combination with other conditions. Discuss GI problems promptly with your physician.

Job One of the gut is digestion and absorption of nutrients into your body. Digestion begins in the mouth as saliva chemicals and teeth break down food. Chew thoroughly to start the process.

In the esophagus muscle, contraction, peristalsis, moves the partly liquefied and digested food from the mouth to the stomach. There digestive chemicals liquefy and further break down food. The stomach wall absorbs tiny amounts of nutrients. Most of the partially digested food moves through the pyloric muscle into the small intestine.

The gut workhorse is the twenty-two-foot small intestine, consisting of the duodenum, jejunum and ileum, coiled in the abdomen. In its mucosal walls are villi, tiny filament like projections that collectively provide over an acre of surface area. Villi, each with miniature blood vessels and muscles, enable digestive enzymes and hormones secreted into the small intestine to interact with foods, releasing needed nutrients. Their

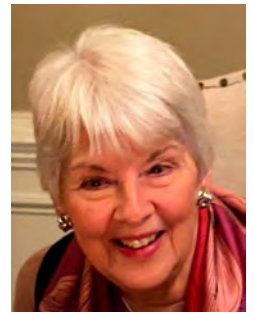
acreage provides space for absorption of the released nutrients.

Unabsorbed food remnants move into the large intestine where peristalsis promotes elimination. Constipation is one complication in aging. Drinking adequate water enhances peristalsis.

The gut is subject of trendy information, some helpful, some not. The large intestine contains trillions of "good bacteria," the microbiome essential for a healthy gut. Over-the-counter artificial supplements, many not FDA regulated, are advertised to purportedly adjust the microbiome. Pre-biotics feed the bacteria, and pro-biotics are live microorganisms meant to increase the microbiome. Would you be surprised to learn that foods high in fiber, like whole grains, fruits, vegetables, and legumes, are pre-biotics, while fermented foods containing live cultures, like some yogurts (read labels), have pro-biotic properties? Foods are a safe and effective way to support gut flora

Manage your gastrointestinal health by choosing foods wisely and monitoring gut functioning. Drink adequate water, eat foods rich in fiber, and foods with live cultures. The GI tract, the gateway to nutritional well-being, is complex and merits future articles with additional information to understand and manage its complexities.

—Judy Bodner, RDN
781 VT



Judy Bodner

Wellness Letter

Reasons to Use Canterbury's Pool

We encourage you to utilize the pool. Our instructors' skills and enthusiasm will help you acclimate to the environment and gain health benefits along the way. It is great to see waves splashing against the walls of the pool deck during one of our aquatic classes. Besides our regulars, we would like to see more of you take advantage of this great resource.

Studies have shown that water is about 800 times denser than air, and this gives you 12 times the resistance when you exercise. When you perform different exercises underwater, you challenge your body in ways that you never imagined. When we talk to residents that use the pool, they share that they feel fewer aches in their body and a general sense of refreshment.

For those of you who haven't been to the pool lately, we have a new class format that should be helpful to use based on your fitness level. We are hopeful that you will take advantage of the health benefits of aquatic exercise. The resistance of water provides an opportunity to gain strength, endurance, and flexibility. The warm water temperature is ideal for those managing arthritis. We have a Team of Instructors from Aerobics Atlanta that would love to see you come to their class. You can see their bios on the Wellness Bulletin Board in the Wellness Center. We have three classes on the schedule.

Get Wet and Sweat on Monday, Wednesday and Friday from 9:00-9:45 a.m. This low impact class involves suspended moves that can improve your

confidence, relieve stress, and boost your mood. Hydro-tones and noodles are used to enhance your workout.

Beginner's Aquatics on Tuesday and Thursday from 10:00-10:45 a.m. This class

provides smooth movements through the water by walking to promote improved range of motion and relief from pain. It is designed specifically for those suffering from arthritis.

Advanced Aquatics on Tuesday and Thursday from 11:00-11:45 a.m. This class utilizes more propulsive and complex movements and has a slightly longer aerobic segment. Power suspended moves are utilized to enhance your workout.

We have fun in the pool, and there is a special event coming up that we plan on making an annual tradition at Canterbury Court. On Friday, March 21st, at 2:00 p.m., Canterbury Staff will play the "Grand Game" against the residents! Our 1st match was held in July 2024 to celebrate the Summer Olympics. The competitive spirit was contagious, and everyone left feeling that we needed to do it again. It was an uplifting experience with a great sense of pride for the community.



Andrew Wiltz

—Andrew Wiltz, Director
Wellness Center

Canterbury Court's EMT Program

Canterbury Court currently has 3 EMTs on staff as part of the security team. EMT, Emergency Medical Technician, is a trained medical professional who provides emergency care. One more is in the hiring process and an additional staff member will begin EMT training starting in April. The goal is to have an EMT on staff after hours and weekends.

With security personnel acting as first responders, it was decided to elevate the level of care when a security officer responds to a pendant alert. As opposed to a security officer responding and then calling for additional back-up, the goal is to have an EMT respond to begin that initial level of care.

Through Canterbury Court's scholarship program, Shani Hoover was able to receive her EMT certification and is doing an amazing job. Cheyenne Daley is scheduled to begin her EMT in April through the scholarship program as well.

Our EMTs can easily be identified by the EMT logo on their shirts. Feel free to introduce yourself to them if you see them on campus.

—Alan Allison
Director of Security



Alan Allison



Recycling Committee

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



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

Tammy Clark (Garden Specialist) and Star Williams (Garden Assistant), gave our Recycling Committee

information on COMPOSTING at Canterbury. Their three compost bins are outside past the cypress tree in the bog on the way to the dog park and were built January 24, 2024. Just beyond those bins is the foot operated waste can for your own way to compost your banana peels, eggshells, coffee grounds, and other disease-free plant waste. Their goal is composted soil for our campus and individual gardeners. Vermiculture is compost creation with worms; our garden specialist is going to buy a supply of worms to add to the natural decomposition process. Eventually they can include food waste. Tammy is working with Chef Montise on expanding that. Ruth Anne Foote, former chair and longtime member of the recycling committee, tells us Canterbury used to do kitchen composting. Sometimes stepping backward is a good move.

On the national front, a January 2025 report from Louisiana State University (LSU) says researchers have created a new low-cost way to break down plastic. Getting plastics to the recycling plant is only half the battle. The other half is reusing that plastic waste to create new products. James Dorman, Program Manager with the US Department of Energy and former LSU Chemical Engineering Professor says, “Some estimates show as much as

95 % of plastics in the US end up in landfills and incinerators. Our process breaks down commercial plastics, including polystyrene and high- and low-density polyethylene, so recycled material can be seamlessly integrated into new products.” Dorman and LSU Chemical Engineering Professor Kerry Dooley use electro-magnetic induction heating along with special magnetic materials and catalysts to break down different types of plastics. Their method works at lower temperatures and offers more precise control of the break down process.

Electro-magnetic waves melt the plastic from inside out, which requires far less energy. Dorman and Dooley’s process also produces only small amounts of unwanted



Jessica Linden



Recycling Helpers

by products such as methane, a powerful greenhouse gas, unlike commercial recycling. The conventional method of melting plastic waste, pyrolysis, requires high temperatures

and produces gases like carbon dioxide and hydrogen. LSU’s Office of Innovation and Technology Commercialization is the entity working to bring this further along commercially.

—Jessica Linden, Chair
Recycling Committee

Accumulation Sales at Canterbury

Reminders from Accumulations Sales Committee

GIVE SPARK TO YOUR SPACE!

Have you been to the Furniture Room? It is a (warm) room near the loading dock on the lower level of Peachtree Tower. There you will find a revolving group of tables, chairs, chests, sofas, lamps, artwork, vases, rugs, and the list goes on. In addition, there are walkers and scooters for purchase. These furnishings are items no longer needed by residents, and it is a smashing opportunity for you to find just the right piece for your apartment at an unbelievably low price. ⚠ Warning – turnover is fast, so you need to check often and act quickly.

Donation Days are times when you can unload your excess furniture. Freshen up your space; unload the buildup of those legacy items that just take up space and gather dust.

EXIT THE ORDINARY – ENTER THE EXTRAORDINARY!

Do you repeatedly wear the same outfits? Are your casual clothes dowdy? Is shabby-chic taken to the extreme in your closet? Accumulation Sales has the answer! Come to the Accumulation Sales and find fashionable

garb just waiting for you. Stretch your horizons and gather a wardrobe that is sassy, stylish, and classy. If accessories are your interest, collect the trinkets and jewels that will add elegance to your attire. If you are a newbie to Canterbury, take advantage of these sentinel events!

Donation Days are an opportunity to discard clothing and jewels you no longer wear. All of us have items that used to be in vogue but now are unfashionable. We ordered from Amazon and thought it might work, but it doesn't. Those giant earrings that were so hip look gigantic since we have shrunk. Good News! Accumulation Sales will take that one earring that you have lying around—the pair never showed up. Collect all of your discards and on Donation Day, bring them to the lower level of Peachtree Tower to the “A” room.

—Pat Wildman, Chair
Accumulation Sales Committee



Pat Wildman



Resident Services

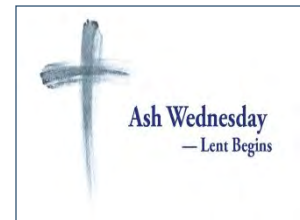
Save the Date

March 1: Hearing Aid Clinic with Monica Walker, Monarch 1st Floor Salon
Call (404)777-5252 for appointment.

March 3: Mardi Gras Celebration
with Class Act Band and Parade from the Front
Parlor to the Vermont Community Room



March 5: Ash Wednesday: Imposition of Ashes with
The Rev. Karen Evans, Chapel



March 5: History of Canterbury Court and Its Unique Legacy Garden with Edward
Daugherty, Vermont Community Room

March 6: Fall Prevention Talk with Andrew Wiltz, Vermont Community Room

March 7: Jewelry Class with Gillian Gussack, Creative Art Studio

March 8: Trip to the Georgia Daffodil Show

March 10: Resident Council Quarterly Meeting, Vermont Community Room

March 11: Lunch at Café Lapin

March 13: Trip to SCAD “Sandy Powell’s Costume Design for Film”

March 14: “Alexander’s Ragtime Band” with Alexa Foreman, Theater
Trip to All Saints’ Jazz Series with Matthew Kaminski Quartet

March 17: Special Pre-Dinner St. Patrick’s Day Music
with Jim Tiernan, Front Parlor



March 18: “Plan While You Can” with Pastoral Care, Vermont Community Room

March 21: Watercolor Class with Gillian Gussack, Creative Art Studio
Canterbury Residents vs Staff Waterball Tournament, Pool

March 24: Art Talk with John Tilford, Vermont Community Room

March 25: “Starting Seeds at Home” with Tielke Baker, Vermont Community Room

March 26: Peach Pipes Performance, Monarch Community Room
Dinner Trip to Nakato Japanese Restaurant

March 28: “The Glenn Miller Story” with Alexa Foreman, Theater
Fork & Film Dining Event, Vermont Community Room

March 30: Georgia Tech Teaching Tech, Vermont Community Room
Trip to “Ragtime, The Musical” at the Sandy Springs Performing Arts Centre



Daylight Saving Time Begins
March 9



First Day of Spring
March 20



MARCH HAPPY HOUR ENTERTAINMENT

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

- ♪ **March 7:** Tom and Joni Illi return to sing your favorite requests.
- ♪ **March 14:** Welcome newcomer **Oliver Kidd**, a classically trained, modern violinist.
- ♪ **March 17:** Get in the St. Patrick's Day spirit with Irish music by **Jim Tiernan** from 5-6pm.
- ♪ **March 21:** Enjoy vocals and piano with **Beth Moore**.
- ♪ **March 23:** **Susan Marie** entertains for Sunday Brunch from 12:30-1:30pm.
- ♪ **March 28:** Welcome back **The Bostons** for a high energy happy hour.

MARCH 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

4:00pm, Vermont Community Room

The only exception to this is when it will be moved to Tuesday, March 4th due to the Mardi Gras Celebration.

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.

March 4 The Reverend Deacon Linda Rosengren, Cathedral of St. Philip with vocal solo by Ora Poole

March 11 The Reverend Dr. Charles Gardner, Pastor, Redwood Church at St. John

March 18 Rabbi Peter Berg, Senior Rabbi, The Temple

March 25 The Reverend Dana Everhart, Senior Pastor, Kingswood United Methodist Church

Singing and Ukulele Classes with Suzanne Shull, Thursdays

2:45pm Lifelong Singing, Vermont Community Room

4:00pm, Play Ukulele

Lifelong 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 in the Vermont Community Room except for Thursday, March 6th when they will be held in the Monarch 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, Creative Art Studio

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 McLauchlin (678)333-8931 to reserve your seat at the table.

Canterbury Book Club, March 3

2:00pm, Monarch Community Room

All residents are invited to the March meeting of the Canterbury Book Club where they will discuss the book *Remarkably Bright Creatures* by author Shelby Van Pelt.

Cannabis Card Drive, March 5

12:50-2:20pm, Canterbury Clinic

Dr. Cannon will evaluate residents for medical cannabis card applications on the first Wednesday of each month. If interested, call the Clinic to make an appointment at (404)365-3159 or Ext. 3159 or email Joann Brown at joannbrown@canterburyccrc.org. The service cost is \$75 payable via cash, check, Venmo, or PayPal. Please remember to bring your driver's license or photo ID. Cardholders can now enjoy a 20% discount on all products. Simply use the coupon code CANTERBURY at checkout.

Bingo, March 5&19

4:00pm, March 5

3:00pm, March 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, March 6

10:30am to 2:30pm, Garden Room, located on the Ground Floor between Club and Peachtree Tower. Locksley has a wide selection of jewelry for sale and can also repair jewelry for you.

Civil Conversations, March 7&21

4:00pm, Vermont Community Room

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

Parkinson's Support Group, March 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 support group. For more information contact Kathy Solley at (404)[234-6019](tel:234-6019) or erisamom@att.net or Penny Prime at (404)644-5193 or pbprime@gmail.com.

Administrative Update with Residents, March 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.

Care Partner Support Group, March 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.

March 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. Thursday evening trips to ASO performances do not incur trip fees.

March Pastoral Care Events

March 9, 16, 23, 30th and April 6th

9:00am, Vermont Tower Chapel

During the five Sundays of Lent, Pastoral Care is offering **Morning Prayer** in the Episcopal Church tradition. This is a contemplative service of scripture readings and intercessions and meditations taken from the Episcopal Book of Common Prayer and captures the beauty of this rich prayer tradition. All are welcome and invited to attend.

Beginning Friday, March 7th, we will have **Stations of the Cross** services *each Friday during Lent in the Vermont Chapel at 11:00am*. All are invited and welcome to attend.

March Dining Events

March 8: International Women's Day Dinner

March 12: Lunch and Learn Event with Chef Montise, Private Dining Room

March 21: Fine Dining Event, Player Room

March 28: Fork n' Film Event, Vermont Community Room

Mardi Gras Celebration, March 3

6:30pm, Parade from the Front Parlor to Vermont Community Room

Laissez les bon temp rouler/Let the good times roll! Join us for this celebration, a tradition at Canterbury for 30 years. The fun starts in the Front Parlor at 6:30pm with Judy Boehm leading a parade to the Vermont Community Room where Class Act Band will play lively music and Dining Services will provide themed refreshments. Masks and formal are optional. Join us for this fun evening!

Ash Wednesday Service, March 5

10:30am, Vermont Tower Chapel

Ash Wednesday marks the beginning of the Lenten season. If you would like to receive ashes, we invite you to the 10:30am service. The chaplains will also be available during the day if you would like to receive ashes but are unable to attend the Eucharist service.

The History of Canterbury Court and Its Unique Legacy Garden, March 5

2:00pm, Vermont Community Room

All residents are invited and encouraged to attend this special event as Edward Daugherty, FASLA (Fellow of the American Society of Landscape Architects), shares Canterbury's history and his vision in designing the Legacy Garden 60 years ago. Libba Kiser Shortridge will introduce Edward. She is the daughter of former resident John Kiser, a good friend of Edward's for many years and the daughter-in-law of resident Wayne Shortridge. Come learn about how our gardens grew into what they are today from the expert who started it all.

Fall Prevention Presentation, March 6

2:30pm, Vermont Community Room

Falls are the leading cause of injury death in adults 65 and older, and the prevalence has increased by 40% in recent years. Resident Health Services reported there were 25 total falls with 17 resulting in injuries in the 3rd quarter QAPI report (July-September) at Canterbury Court. With falls on the rise, it is taking the shape of an epidemic. Director of Wellness, Andrew Wiltz, in collaboration with Tyler Tredway of Powerback Rehabilitation, will conduct an in-service on strategies to prevent falls. You are encouraged to attend to gain a better understanding of strategies going forward to decrease fall risk and/or injuries.

Trip to Atlanta Symphony Orchestra's Series #3, March 6

7:00pm, leaving from the Front Entrance

Beethoven Project: Symphonies 4+7

For more information and to purchase tickets go to www.aso.org

Jewelry Class with Gillian Gussack, March 7

10:00am-12:00pm, Creative Art Studio

Do you have broken pieces of jewelry that you no longer wear? Bring them new life with this jewelry class, led by Gillian Gussack, who will teach you how to create something new and unique. You can also start from the beginning using the wide variety of beads, stones, and jewels offered. There is no experience necessary and all materials are supplied for this free class. All residents are welcome!

Trip to the Georgia Daffodil Show, March 8

10:30am, leaving from the Front Entrance

In it's 71st year, the Georgia Daffodil Society will host its annual show in Child Hall of the beautiful Cathedral of St. Philip. Be mesmerized by the large display of daffodils in horticulture and design. There will also be educational exhibits, a photography show and expert presentations on subjects such as historic daffodils or flower arranging with daffodils. You can also enjoy the diverse array of vendors at the Peachtree Road Farmers Market, held on the premises of the Cathedral. You also have the opportunity to preorder bulbs for Fall planting and best of all- the profits from the Market support food banks in Atlanta.

Quarterly Residents Council Meeting, March 10

7:30pm, Vermont Community Room

All residents are invited and encouraged to attend this quarterly meeting led by Ann Pearce and members of the Residents Council. Come learn what your Residents Council is doing and how you can get involved. There will also be reports given by committee chairs about their latest news.

Lunch Trip to Café Lapin, March 11

11:15am, leaving from the Front Entrance

Join us for a short trip to the Peachtree Battle Shopping Center for lunch at this popular neighborhood café with a menu that is French inspired with a wide variety of salads and sandwiches. The chicken salad, carrot cake and sandwiches receive high praise, served by friendly and accommodating staff.

"New Directions for America's Foreign Policy" Talk with George Brown, March 12

2:00pm, Vermont Community Room

During the early days of President Trump's second administration, there have been some very significant developments in America's foreign policy. In this presentation, George Brown will examine the emerging shift from America's traditional alliance-based policy to the more transactional approach preferred by this Administration. How will this impact both our

traditional allies and potential adversaries? Come to share your opinions and ideas and ask George questions after the talk.

Trip to SCAD for “Sandy Powell’s Costume Design for Film” with Lunch at Café Sunflower, March 13

11:00am, leaving from the Front Entrance

Oscar- winning costume designer Sandy Powell is a formidable force in the filmmaking industry and her work is continually recognized and celebrated among her peers, earning the highest honors for achievement in costume design, including three Academy Awards. Actors Tilda Swinton, Cate Blanchett, and Julianne Moore have worn her winning designs. In this debut exhibition, visitors bear witness to her 40-year career of storytelling within a series of vignettes featuring more than 70 costumes from nearly 30 films including *Shakespeare in Love* and *The Wolf of Wall Street*, among others.

After our SCAD visit, we will have lunch at Café Sunflower. For over 25 years, this restaurant has consistently been voted Atlanta’s best vegan restaurant, serving taste defying meat-free dishes in Buckhead. Sign up deadline is Monday, March 10th for this trip.

Lifelong Singing Informance: Songs of the 60s and 70s, March 13

7:00pm, Vermont Community Room

More than a performance, an informance involves everyone in the room and is a time for sharing insights about the music and engagement. The Lifelong Singing class, led by Suzanne Shull, has been evolving since its inception last year and now is proud to present this special program for fellow residents. You’ll hear songs by Pete Seeger, Peter, Paul and Mary, Simon and Garfunkel, Leonard Cohen and more. All are invited and encouraged to attend!

“Alexander’s Ragtime Band” Movie Showing with Alexa Foreman, March 14

1:00pm, Vermont Movie Theater

Roger Grant (Tyrone Power), a classical violinist, disappoints his family when he organizes a jazz band, but he and the band become successful. Roger falls in love with his singer Stella (Alice Faye), but his reluctance to lose her leads him to thwart her efforts to become a solo star. When WWII separates them, Stella marries Roger’s best friend Charlie (Don Ameche). Roger comes home after the war and an important concert at Carnegie Hall brings the corners of the romantic triangle together. Join Alexa Foreman for this classic film featuring the songs of Irving Berlin. Light refreshments served.

Trip to All Saint’s Jazz Series “Matthew Kaminski Quartet”, March 14

6:15pm, leaving from the Front Entrance

In this last concert of the series, multi-talented Matthew Kaminski and his quartet will “wind up” the season, as Matthew is an organist for the Atlanta Braves. He is versatile on accordion, piano and the organ and is a member of a variety of musical groups that span from swing and polka to Latin salsa and rock and roll. Fan-favorite ballpark songs as well as jazz classics will highlight the evening’s offerings. Purchase tickets by visiting www.allsaintsatlanta.org

“Plan While You Can” with Pastoral Care, March 18

2:00pm, Vermont Community Room

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

Trip to Atlanta Symphony Orchestra’s Series #4, March 20

7:00pm, leaving from the Front Entrance

Robert Spano Conducts Copland

For more information and to purchase tickets go to www.aso.org

Watercolor Class with Gillian Gussack, March 21

10:00am, Creative Art Studio

Are you new to watercolor painting or are you a seasoned painter? You are welcome! Let Gillian show you the basics of this fun art media or bring a current project to class with you. All materials are supplied for this free class. No experience is necessary! If the weather is warm, this class will be held outside in the Garden (en plein air painting at its best)!

Canterbury Residents vs Staff Water Ball Game, March 21

2:00pm, Wellness Pool

Join The Senior Spikers as they square off against the Canterbury staff, despite having a few more years on their opponents. We will play by the standard water ball rules- mostly! Come cheer on your team for the win and have some laughs.

Art Talk with John Tilford, March 24

2:30pm, Vermont Community Room

This month, Oglethorpe University Museum of Art’s Curator of Collections, John Tilford, will examine the life and work of famed African American artist Henry Ossawa Tanner (1859-1937). He is considered one of the first African American artists to attain international fame, having spent much of his later life in Paris, France. However, thanks to the Atlanta citizen J.J. Haverty, many of Tanner’s great masterpieces were enjoyed by American audiences. Tanner’s life and work bridged the great movements of French Impressionism and Abstract Impressionism, having influenced later generations of great artists such as Romare Bearden.

Accumulation Sale Donation Day, March 25

10:00am-12:00pm, Ground Floor of Peachtree Tower

Donations needed! Time to do some Spring cleaning and let go of gently used items that will help fund Residents Council programs. What is needed: furniture, clothing, accessories and jewelry (even single or broken pieces), home décor, flat screen TVs and small kitchen appliances. Items need to be in good condition, clean and in working order. We are however requesting damaged sterling flatware, holloware, silver or gold jewelry- anything gold, including teeth! If you have large pieces of furniture, call Pat Wildman at (678)429-3883.

Seed Starting Class with Tielke Baker, March 25

2:00pm, Vermont Community Room

Starting plants from seed is easy. You can start vegetables, herbs and flowers from seed. It just requires a bit of time and space but your efforts will be rewarding. Many varieties of vegetables and flowers- both annuals and perennials- are available in seed rather than young seedlings or “starts” offered at garden centers or nurseries. Starting plants from seeds is also less expensive than purchasing plants.

This talk will be led by resident Tielke Baker, who grew up in Pigeon Forge, Tennessee with two gardens of different parts of a farm in case livestock got into one. Tielke has been a Master Gardener and served on the Board of Directors of the Dekalb Master Gardeners beginning in 2017 to present. He is also the Garden Manager at Dunwoody Community Garden at Brook Run Park. You may see Tielke in our Canterbury gardens! Come learn from this expert the rewards of growing from seed.

Peach Pipes Performance, March 26

10:30am, Monarch Community Room

All residents are invited to this special performance of the Junior League of Atlanta’s Peach Pipes Chorus. This group of ladies tour nursing homes, assisted living facilities, senior centers and CCRCs, bringing joy to all. Join us for this quick thirty-minute program to set your morning off on the right foot!

Town Square Adult Day Care Introduction, March 26

2:00pm, Vermont Community Room

Town Square Sandy Springs is a state of the art, retro Americana adult day care center that provides purposeful programming and specialized care services. Their interior aesthetic replicates a 1950s small-town America, which promotes aspects of reminiscence therapy and memory care. It also offers an important respite for caregivers of those with Dementia. Learn more about this program with Program Director Michele Lucas and hear first-hand testimony from fellow Canterbury residents who use this program.

Dinner Trip to Nakato Japanese Restaurant, March 26

5:45pm, leaving from the Front Entrance

During the past 50 years, the art and beauty of Japanese dining traditions have been preserved and presented at this family-owned restaurant, which places an emphasis on seasonal ingredients prepared by skillful artists. Known for their fresh selection of sushi and hibachi menu items, Nakato is like taking a culinary journey through Japan without ever having to leave Atlanta. Sign up deadline is Monday, March 24th.

Trip to Atlanta Symphony Orchestra’s Series #2, March 27

7:00pm, leaving from the Front Entrance

Spano conducts *Scheherazade*

For more information and to purchase tickets go to www.aso.org

“The Glenn Miller Story” Movie Showing with Alexa Foreman, March 28

1:00pm, Vermont Movie Theater

Glenn Miller (James Stewart) is a poor trombone player with dreams of fame. Eventually through years of hard work and determination, he is able to start his own band and becomes one of the most successful groups of the big band era. With a beautiful wife (June Allyson) and one of the biggest songs in America, “Moonlight Serenade”, Miller has it all. But at the onset of WWII, Miller enlists, giving up his fame and success to help entertain the troops stationed in Europe. Although this movie was highly fictionalized, it won an Oscar for Best Sound and features all the big bands. Add in Louis Armstrong, the Modernaires, and Gene Krupa, and you’re in heaven!

Atlanta City Council News Talk with Matt Westmoreland, March 28

2:00pm, Vermont Community Room

Matt Westmoreland is an Atlanta City Council member who holds a Post 2 At-Large seat with the city, meaning he represents all districts. Matt will visit Canterbury to tell us the latest on a variety of local topics such as housing, homelessness, public safety, the Inspector General, the sale of the Fulton County Jail, the Beltline and more. There will be time for a Q&A session after his talk. All are invited and encouraged to attend to learn more.

Trip to “Ragtime: The Musical” at Sandy Springs Performing Arts Centre, March 30

1:15pm, leaving from the Front Entrance

At the dawn of the century, everything is changing and anything is possible. Set in the volatile melting pot of turn-of-the-century New York, three distinctly American tales are woven together, united by their courage, compassion and belief in the promise of the future. This performance will be live in the Byers Theatre. For more information or to purchase tickets visit www.cityspringstheatre.com

FEBRUARY WELLNESS EVENTS



Hearing Aid Clinic with Audiologist Monica Walker on Saturday, March 1st and again on Saturday, March 22nd. Residents will be seen in the Monarch Salon, located on the first floor of Monarch Tower. Call (770)777-5252 to schedule an appointment.

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

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

MOVIES



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

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

March 7-13

Movie #1

The Brutalist (2024) 3h 35min, Rated “R”

Escaping postwar Europe, a visionary architect (Adrian Brody) comes to America to rebuild his life, his career, and his marriage. On his own in a strange new country, he settles in Pennsylvania, where a wealthy and prominent industrialist recognizes his talent.

Genre: Drama/History; Oscar contender

Movie #2

The Shape of Water (2017) 2h , Rated “R”

Elisa is a mute, isolated woman (Sally Hawkins) who works as a cleaning lady in a hidden, top-secret government laboratory in 1962 Baltimore. Her life changes forever when she

discovers the lab's classified secret. As Elisa develops a relationship with her new friend, she learns its fate and survival lies in the hands of a hostile government and a marine biologist.
Genre: Fantasy/Romance; winner of 4 Oscars in 2018

March 9&13
Movie Special

Ethos: A Time for Change (2011) 1h 10min

This documentary hosted by Woody Harrelson encourages people to engage in ethical consumerism and examines the mechanisms in or systems that work against democracy, the environment and our own personal liberty.

Genre: Documentary

March 14-20
Movie #1

Nickel Boys (2024) 2h 20min

Elwood Curtis' college dreams are shattered when he's sentenced to Nickel Academy, a brutal reformatory in the Jim Crow South. Clinging to his optimistic worldview, Elwood strikes up a friendship with Turner, a fellow teen who dispenses fundamental tips for survival.

Genre : Drama/Historical Drama; Oscar contender

Movie #2

Michael Collins (1996) 2h, Rated "R"

Neil Jordan's historical biopic of Irish revolutionary Michael Collins (Liam Neeson), the man who led a guerrilla war against the UK, helped negotiate the creation of the Irish Free State, and led the National Army during the Irish Civil War.

Genre: War/Thriller

March 16&20
Movie Special

Planet Earth III: Episodes 1&2 (2021) 2h

Discover amazing landscapes, the most amazing fights of animals on our planet, from the highest mountains to the deepest oceans, from the darkest caves to the hottest deserts with new technology. Narrated by David Attenborough, episode one covers Coasts and episode two- the Ocean.

Genre: Series Documentary

March 21-27
Movie #1

Anora (2024) 2h 20min; Rated R

Anora, a young woman from Brooklyn, gets her chance at a Cinderella story when she meets and marries the son of an oligarch. Once the news reaches Russia, her fairytale is threatened as the parents set out for New York to get the marriage annulled.

Genre: Romance/Comedy; Oscar contender

Movie #2

How Green Was My Valley (1941) 2h

At the turn of the century in a Welsh mining village, the Morgans, he (Donald Crisp) stern, she (Maureen O’Hara) gentle, raise coal-mining sons and hope their youngest (Roddy McDowall) will find a better life.

Genre: Family/Romance; winner of 5 Oscars in 1942

March 23&27

Movie Special

Secrets of the National Parks: Episodes 1&2 (2020) 2h

What makes America’s national parks so special? Why are millions of people drawn to these parks from all around the world each year? The secret of some of America’s most profound national parks are unearthed here in America’s wild lands. Episode 1 covers secrets of the Southwest and Episode 2- the secrets of Glacier National Park.

Genre: Series Documentary

March 28-April 3

Movie #1

A Complete Unknown (2024) 2h 20min; Rated R

In the early 1960s, 19-year-old Bob Dylan (Timothée Chalamet) arrives in New York with his guitar and revolutionary talent, destined to change the course of American music. Forming his most intimate relationships during his rise to fame, he grows restless with the folk movement, making a controversial choice that reverberates worldwide.

Genre: Drama/Music; Oscar contender

Movie #2

Chariots of Fire (1981) 2h

Two British track athletes (Ben Cross, Ian Charleson), one a determined Jew and the other a devout Christian, are driven to win in the 1924 Olympics as they wrestle with issues of pride and conscience.

Genre: Biography/Docudrama; winner of 4 Oscars in 1982

March 30 & April 3

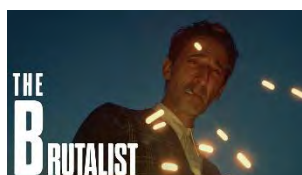
Movie Special

Planet Earth III: Episodes 3&4 (2021) 2h

In this continuing documentary, episode three takes you to the Deserts and Grasslands where nature puts on its most dramatic show. In episode four, Freshwater that covers one tenth of all species on the planet, is a rich and diverse habitat filled with never-ending surprises.

Narrated by David Attenborough

Genre: Series Documentary





March 2025