



Canterbury Tales

Published by the Residents Council and Staff of Canterbury Court

LXII: 7

September 2024



Photo: Sandra Garber

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Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

Council President.....Martha Solano
Vice President.....Ann Pearce
Secretary.....Barbara Blender
Treasurer.....Jean Schick

President & CEO.....Debi McNeil
Chief Operating Officer.....Julie Parker
Chief Finance Officer.....Matt Kurumada

Editor.....Seetha Srinivasan
Welcome Mat Editor.....Josh Taylor
Proofreader.....Ann Pearce
Production.....Resident Services

Canterbury Tales is published monthly from September through June.

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.

All photographs from Canterbury’s garden are by Sandra Garber, unless otherwise noted.

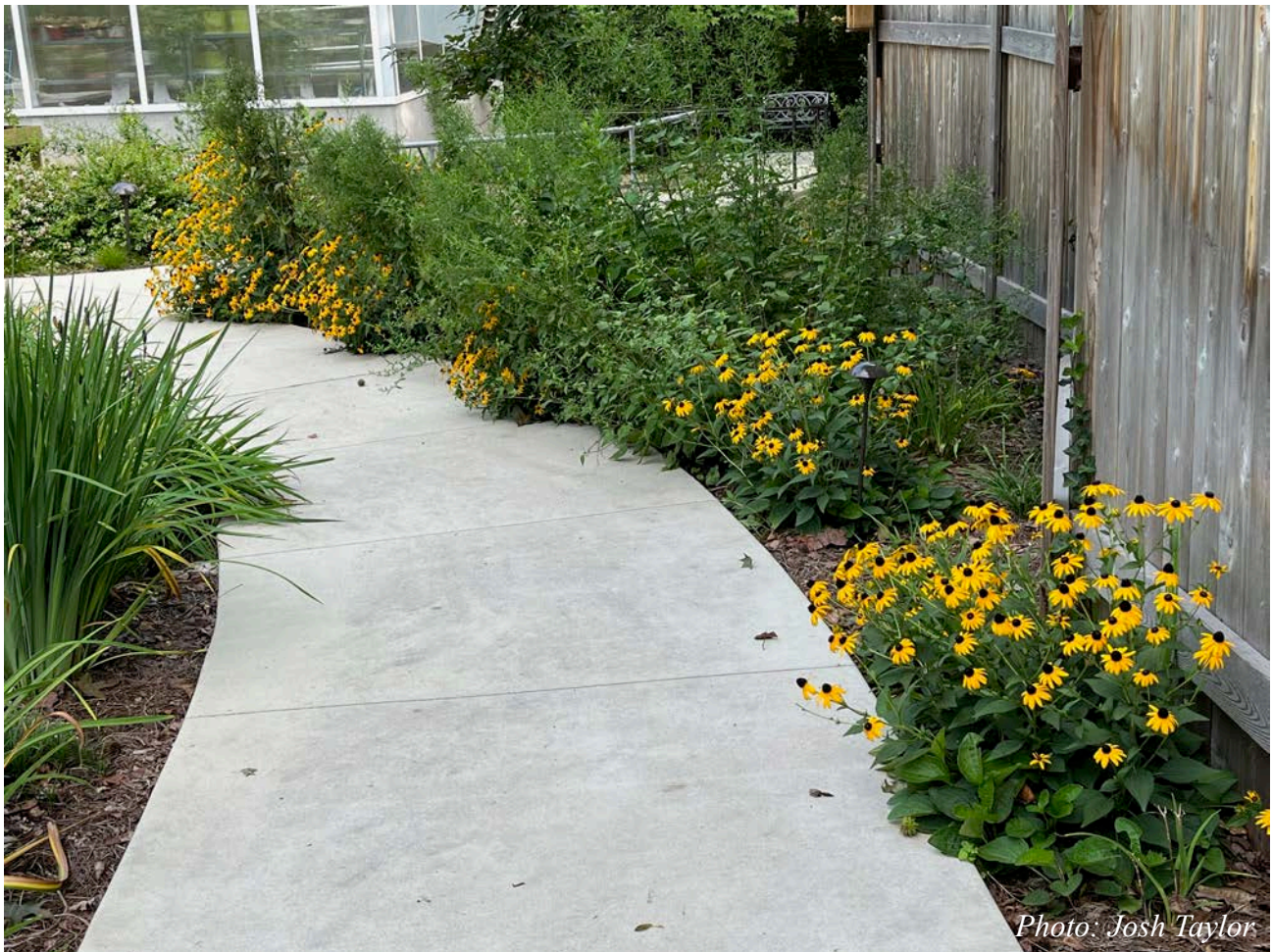


Photo: Josh Taylor

Daisies lean into pathway, defying gardener’s best efforts!

September Birthdays

1	Susanne Pinkerton	14	Buck Small	22	John Gay
1	Bill Palmer	14	Sharon Little	22	Susan Sawyer
2	Roseann Street	14	Al Adams	23	Howell Adams
2	Anna Hogan	16	Carolyn Thorsen	23	Gene Price
5	Joen Fagan	16	Ernest Bundschuh	24	Ronald Hogan
5	Ellen Martin	16	Ann Magruder	25	Virgil Brown
8	Irene Kent	17	Sug Patton	25	Helen Mary McClellan
9	Chung Park	17	Pat Henney	27	Huie Cooper
11	Patricia Curtis	18	Ruta Bremanis	28	Suzanne Shull
11	Keith Garrison	19	Clara Martin	29	Donna Fullilove
12	Anita Adams	19	Billy Sterne	30	Brenda Broun
12	Chester Burgess	20	Jean Schick	30	Felicia Guest
12	Bill Newton	21	Bonnie Finne		
13	Anne Hull-Ryde	21	Mary Nell McLaughlin		
13	Carol Binns	22	Lois Anderson		



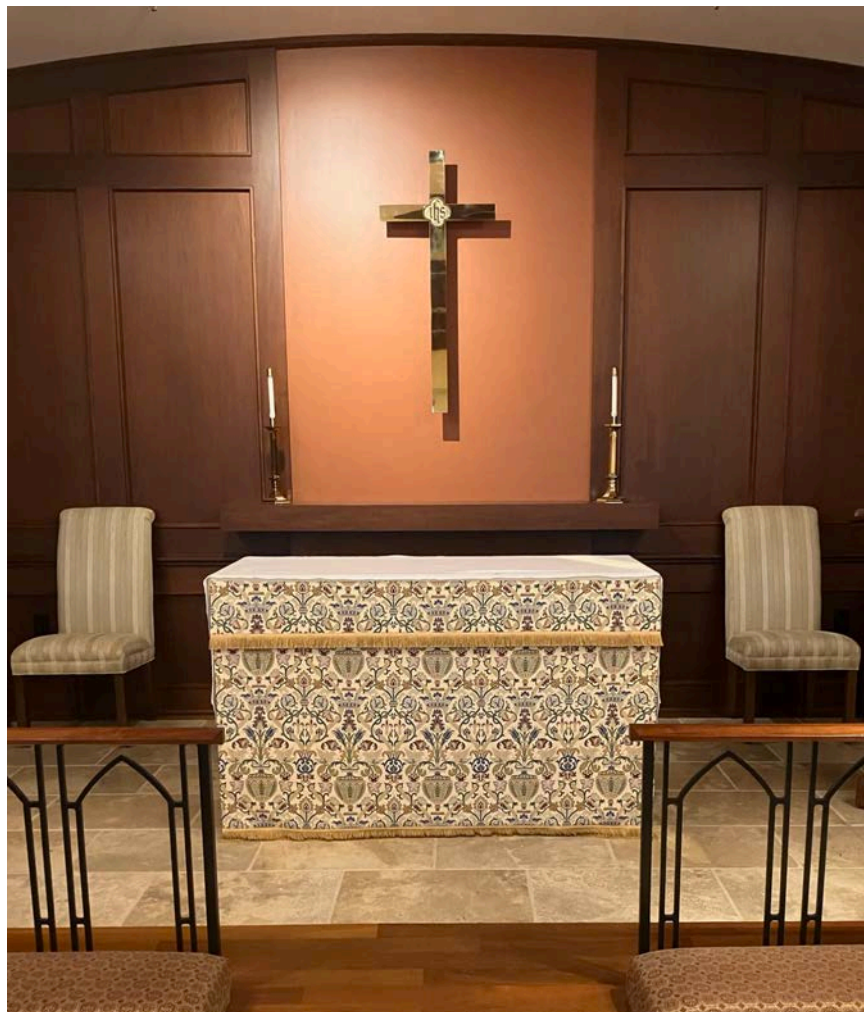
In Memoriam

TK

Vespers

17 September The Reverend Bill Britt
Senior Minister
Peachtree Road United Methodist Church

24 September The Reverend Naomi Tutu
Priest Associate
All Saints' Episcopal Church



Nancy Fukushima, Editor Par Excellence

For almost eight years, Nancy Fukushima edited and produced *Canterbury Tales*, Canterbury Court's magazine that appears on the first of every month, except July and August. Nancy demurred when I used "single-handed" to describe her work with *CT* and immediately gave credit to her team. Leadership, however, is crucial, and Nancy has provided it in abundance.

The February 2017 edition of *Canterbury Tales* was the first one Nancy edited. Her late husband, Greg, was unofficial co-editor and, given his work experience, had a hobbyist's interest in photography. Nancy used the program and format established by Roger and Mary Earle Scovil, who had edited *CT* for the prior eight years.

While it is common for retirement communities to have newsletters, Nancy is quick to point out that *Canterbury Tales* is truly and solely the voice of its residents. The tagline is "Published by the Residents Council," and it is certainly that. Nancy emphasizes her role as editor and recounts discussing photographs with Greg and of how even he deferred to her when it came to final selections.

In her years as editor, Nancy greatly expanded *CT*'s editorial footprint, increased the number of photographs, and added color. She has ensured that the publication of Canterbury Court reflects its growth. The June 2024 issue of *CT* came in at fifty pages!

So, who is Nancy Fukushima? Nancy Wells was born in New York City and, with a father in the Air Force, lived in different cities and abroad, including Germany, where her father was posted during WWII. Nancy graduated

from Winthrop College with a major in biology and a minor in English. She had the privilege of traveling frequently to Tokyo, where her father was stationed from 1957 to 1962.



On one of these visits, she had a serendipitous meeting with Greg Fukushima. They got engaged in 1960, married in Tokyo in 1961, and lived there for five years. Their three sons were born then. Nancy speaks Japanese but is reluctant to do so for cultural reasons. She spoke of the inability of the Japanese to say, "No." Greg was a master of, "Maybe yes" and "maybe no." It took Nancy years to pin him down to a plain "no"!

In 1967, the Fukushimas moved to the U.S. when Ricoh International transferred Greg. Greg's job with Ricoh Corporation took them to Chicago; Toronto; Lincoln Park, NJ; and finally Irvine, CA. Nancy worked in banking for about ten years, clearly an indication of her ability to quickly adapt her skills. Greg retired in 2000, just in time to come to Atlanta to join their second grandchild.

Nancy and Greg moved to Canterbury Court in 2015. In 2017, she was tapped to be the editor of *Canterbury Tales*. Nancy is the epitome of grace and calm, combined with an unassailable strength and firmness. She exemplifies editorial wisdom, and Canterbury Court is indeed fortunate to have had her for eight years at the helm of *Canterbury Tales*.

—Seetha Srinivasan

From Debi's Desk

Comments from the President of Canterbury Court

For nearly six decades, residents, staff, family members, and community partners have been weaving together an intricate tapestry of lives that is Canterbury Court. In the fall of 2020, we initiated the Launching A Legacy Capital Campaign to grow our Legacy of Place, our treasured gardens, and our Legacy of People, the unique stories, talents, and perspectives of the individuals that shape our community. Through the campaign, we sought to raise \$7.5M to purchase three adjacent homes on Vermont Road to add 1.3 acres to our existing green space and to introduce the Tapestry Grant Program. This program is designed to provide reduced entrance fees and/or monthly fees for those who have served our Atlanta community in essential roles, such as health care workers and teachers and who would enrich the Canterbury Tapestry.

The capital campaign launched as we were embarking on our campus enrichment project that grew our capacity for assisted living services as well as the addition of memory support services in our new Monarch Pavilion health center, along with the addition of the Garden Tower and Verandas and renovations of our common area spaces. But the physical expansion of Canterbury is just one component of the legacy we are building. Canterbury Court is special because of the people, places, and shared experiences that fill our spaces with life and vibrancy, and we are continuing to build our legacy with the newly formed Canterbury Society.

The Canterbury Society was established in 2023 to benefit our community through planned gifts. Members of the Canterbury Society play a pivotal role in ensuring Canterbury remains a dynamic and enriching community for generations to come.

The Canterbury Society offers individuals the flexibility to create a philanthropic gift that aligns with their individual values and desires. Planned gifts can be made through donations of all or a portion of refundable entrance fees, bequests, life insurance, charitable trusts, retirement plans, or other estate plan provisions. Members of the Canterbury Society, with their blessing, will be acknowledged and celebrated through exclusive events and special recognition opportunities to highlight their dedication to shape a better future for our residents.

Please join me and our current Canterbury Society members to learn more about planned giving from Henry Bowden, Jr., from the Bowden Law Firm, which specializes in Estate, Trust and Wealth Transfer Planning, and the Canterbury Society on October 16th from 3-5pm in the Community Room. By joining the Canterbury Society and leaving your legacy through a gift that transcends time, you can make a profound difference in the lives of future generations of residents and empower us to continue providing exceptional care and fostering a vibrant community and environment for older adults to thrive.



Debi McNeil

Administration

In the June edition, I informed everyone of my plans to visit Italy this month, and I can safely say that, since I leave on September 18th, the most important details of our trip have been planned. One of my travel buddies, who is even more organized than me, promised that she would not schedule our every move, so I am hoping that she doesn't show up with a spreadsheet of our daily itinerary! We agreed that we would not do that, so I'm keeping my fingers crossed.

Since June, I have received many well wishes by residents as well as recommendations from their travels ... so, thank you very much! It seems like Italy is very popular, and over the summer it has been very hot and very crowded, so the mid-September arrival date was done on purpose to hopefully avoid both issues.

I will say that, over the last couple of months, I have done a lot of research for this trip, and I can honestly say that I have never taken a two-week vacation, other than going back to Michigan, let alone to a foreign country. I have been slowly ordering and receiving all my gear and listening to recommendations from a travel blog that I read daily. Footwear is particularly important to me because when your feet hurt, everything hurts. I do tend to be an over-packer, and the debate continues about only having carry-on luggage, which equates to not much

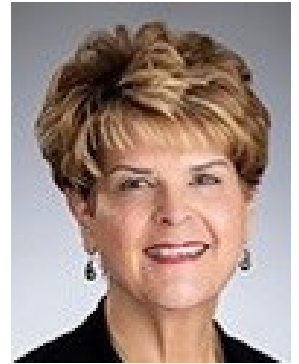
stuff. We purposefully booked a direct flight to minimize the risk of the airline losing our luggage, and thus I will have a smallish, checked bag and a backpack as my carry-on, so I may regret this decision after schlepping my luggage over the cobblestone streets of Italy. The other recommendation is to bring an empty tote for any gifts and items that I purchase, so that checked bag will be a necessity for the trip back home.

Our goal is to explore, have fun, and just enjoy Italy, like the locals do. Our first stop after flying into Rome will be Sorrento, and we'll have 5 days there, so this should give us plenty of time to take it all in and enjoy people watching, strolling in the open-air markets, and having a leisurely meal in one of the street-side cafes.

I will no doubt be taking many pictures and will have stories to share in my next article, but because of the timing of the due dates for the October issue, I won't be able to report back until the November issue.

Ciao and many blessings!

Julie Parker
Chief Operating Officer, LHNA



Julie Parker

From the Residents Council

Now that the summer is over, it is time for the Residents Council to begin the process for the election of new officers and members of the Board of Directors (formerly the Executive Committee).

1. Serving as a liaison with Canterbury management;
2. Providing activities that enhance the quality of life for Canterbury residents;
3. Supporting Canterbury employees through Employee Appreciation Fund gifts, scholarships, and other programs; and
4. Generating financial and volunteer resources to support resident activities.

The Board includes the President, Vice President, Secretary, and Treasurer with 8 elected at-large members. Terms are for 1 year, beginning January 2025, but officers or members may be nominated for additional terms. See the separate article describing the responsibilities of each of these roles.

The nominating process begins in August with the selection of the Nominating Committee. Per the bylaws, this committee has a chair and 5 additional members who are appointed by the President. Gail Rogers has agreed to be the chair of the committee. The following residents have agreed to serve on the nominating committee: Fontaine Draper, Sandra Garber, Anne Jones, Lyn Reagan, and Noradel Wilson.

The committee's job during the next 5–6 weeks will be to identify qualified residents for each of the positions and secure their agreement to take on the responsibility of their role. In this process, their work is independent

of the Board of Directors. This ensures that we will continue to bring new residents into the process. The committee members will use their knowledge of the skills and abilities of other residents to come up with potential candidates. However,



Martha Solano

ever, we encourage all residents to make their own suggestions to the committee or let the committee know that they are personally interested in being considered for a position.

The Nominating Committee will present its slate to the Board by November and the names will be shared with residents by early December. Voting will take place at the December 11 Annual Meeting of the Residents Council.

We encourage you to read the descriptions of the various roles and make your suggestions to the Nominating Committee.

—Martha Solano, President #475

—Ann Pearce, Vice President #655



Residents Council Board of Directors

The Board of Directors (formerly the Executive Committee) is responsible for the overall operation of the Corporation. All board members are expected to attend regular meetings, review and prepare for discussion of issues, participate in special committees or projects, and serve as Board representatives to all residents and Canterbury staff. Members should have basic computer and communication skills to be able to communicate through email or other electronic means.

President, provides general leadership and management of overall affairs of the Corporation including:

1. Presiding at all meetings;
2. Setting meeting agenda;
3. Ensuring all legal and financial requirements are met;
4. Making appointments to committees or other positions as required; and
5. Collaborating with Canterbury CEO and other senior management and serving as a member of the Canterbury Board of Trustees.

Vice President, provides back-up for the President and performs any duties in his/her absence. Other duties include:

1. Collaborating with the President on strategies and objectives for the management of the Corporation;
2. Serving on the Finance Committee as a representative of the Board;
3. Serving as the Board liaison for all standing committees through assigned At-Large liaisons;
4. Collaborating with Canterbury CEO and other senior management and serving as a member of the Canterbury Board of Trustees; and
5. Leading special projects as assigned.

Secretary, creates and maintains all general records for the Corporation and documents all meetings of the Executive Committee or Residents Council for distribution as defined in the bylaws including:

1. Notifying members of meetings and distributing materials for their review;

2. Taking minutes of all formal meetings and preparing a document for distribution; and
3. Maintaining general records for the Residents Council Archives.

Treasurer, maintains all financial and legal records for the Corporation including:

1. Maintaining accounting records using QuickBooks Online based on established processes and procedures;
2. Acting as the Head Cashier for all activities involving the collection of cash;
3. Performing all banking transactions from the Residents Council's bank accounts;
4. Writing checks for qualified payments.
5. Reconciling accounts and preparing reports on financial activity;
6. Assisting the Finance Committee in making financial recommendations and preparing the annual budget.

NOTE: The Treasurer is the only position where specific skills in accounting or book-keeping would be useful.

At-Large Members, represent the range of residents to bring all perspectives into the decision-making process. Their duties include:

1. Performing all general duties of the Committee such as attending and participating in meetings;
2. Representing the Council with standing committees by serving as an active liaison for 2–3 assigned committees;
3. Serving as a positive spokesperson for the Residents Council and Canterbury Court to encourage transparency in communication.

Suggestion Box on the Resident App



The Suggestion Box has been up and running for 8 months now, and we've had 61 suggestions. They have ranged from suggestions on dining options, to ideas for the app, to getting the pool hours extended. Many have been implemented (or are in the works), some have not been possible, and others are potential changes for the future.

Early in the year, Whit Smith pointed out that the card readers at the B1 and B2 entrances from the garage were on the wrong side and made it difficult for residents to use the card and open the door in time. That was sent to Debi, who has been working on it for quite a while. In the middle of July, the card readers were changed to the correct side. Thanks to

Whit for getting the ball rolling on this important change.

If you have submitted a suggestion and haven't received a response, please let me know so I can follow up on an answer.

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

—Martha Solano #475



Treasurer's Report

Residents Council Financial Position		
	7/31/2024	July YTD
Employee Apprec, Donations	29,000	130,230
Gifts to Employees	-	(58,494)
Scholarship to Employees	(13,427)	(25,705)
EA Expenses	(120)	(1,823)
Net Surplus EA	15,453	44,208
Donations from Canterbury residents allow us to give employees gifts to show them our appreciation. In addition, employees may qualify for educational scholarships.		
	7/31/2024	July YTD
General Operations, Income	1,683	17,712
Interest Income	1,250	8,265
GO Expenses	(397)	(12,007)
Net Surplus GO	2,536	13,970
Accumulation sales generate income from the sale of furniture, clothing, housewares, jewelry, and books. Expenses are from committees, events, library and general office costs.		
<i>Jean Schick, Treasurer</i>		

Community News

Olympics at Canterbury

Even as the Games of the XXXIII Olympiad were getting underway in Paris, residents at Canterbury inaugurated their own afternoon of Olympic sports. Complete with passing the torch and medal and closing ceremonies, residents and staff participated with enthusiasm in putt in the cup, cornhole, ring toss, move the ball—no hands, please!—and water ball. Resident and staff teams competed against each other, and dancing rounded out the afternoon.

Olympic rings design: Pierre de Coubertin. Photos: Nancy Fukushima, unless otherwise noted.



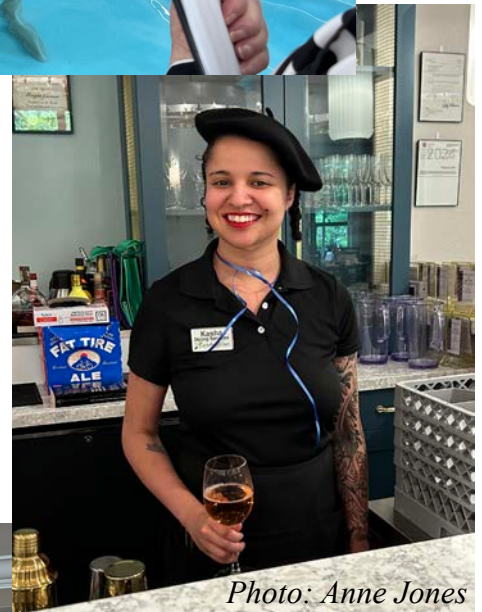
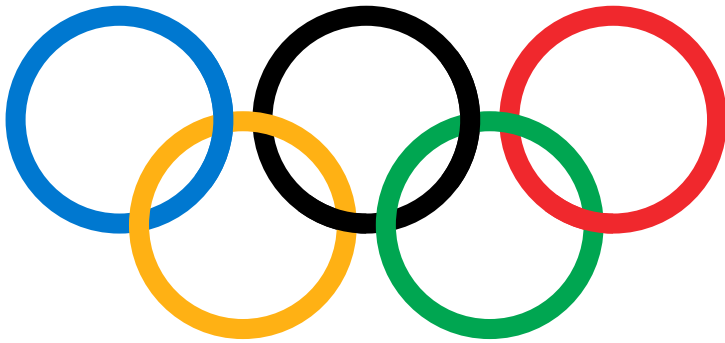


Photo: Anne Jones





Residents enjoy a performance by the Bitsyland Band, formed about fifteen years ago by Ross and Teresa Friedman. They often perform in retirement communities, among other venues.

Photos: Josh Taylor



Welcome Mat

The decision to come to Atlanta in 1966 could not have been an easy one. Joe and Helene had a one-year-old. Helene grew up in Canton, and Joe grew up in Inverness—small Mississippi towns abounding with friends and relatives. They attended the University of Mississippi and Mississippi State, respectively. They went from vistas of space to a city encircled by the construction of Highway 285. But it was time to leave familiar roots for the strangeness of a big city to follow an education and career path.

Occupying new campus living quarters off Lullwater Road was a bonus for the little family, as Joe began life as a three-year resident in psychiatry at Emory. After completing two years in the navy at Pensacola, he joined the faculty of Emory, and Atlanta became their beloved permanent home. This was a place to put down roots, where their three children—Joe, Cameron, and Elizabeth—formed friendships while attending Holy Innocents and Westminster. Joe set up private practice, and Helene focused on family and favorite causes in the community.

In 2002, a second home in Highlands, NC, became an escape from city life. Joe treated guests to gourmet cooking at tables beautifully set by Helene. Loving gardening meant finding deer-proof plants to fill flowerbeds. Shopping suited Helene and her daughters, who checked out flea markets and yard sales, as Joe visited the Highland Hiker browsing equipment—more might be needed to fill up the trunk for a day of fishing with son Joe.

Pottery and other art were added to their collection, which also included the work of Joe's brother Duncan. His stunning series of Mississippi Delta landscapes hangs in their Canterbury den. Highlands offered a creative outlet:



Helene and Joseph Baird
Apt: 1312 GT
Move-in: September 23, 2023

Helene Baird

Birthplace: Shreveport, LA

Birthday: 14 August

Joseph Baird

Birthplace: Greenville, MS

Birthday: 16 August

Joe could dabble in a class. Helene could support the developing Bascom Center for the Visual Arts. The Highlands home provided many happy family memories, but they sold it after 17 years, just before the pandemic.

Joe retired in 2018 after serving on the faculty of Emory University School of Medicine, and as President of the Georgia Psychiatric Association and Atlanta Clinical Society. For forty years, he was also a consultant for the Piedmont Hospital Renal Transplant Unit.

Helene and Joe had no problem deciding on a residence at Canterbury Court, especially with two daughters and four grandchildren living in Atlanta. (Another grandchild lives with son Joe and his wife in Alabama.) They waited four years for the Garden Tower to be built but

feel it has been worth the wait!

—Joyce Vroon GT 1612

Welcome Mat

Beverley can claim membership in the “born and raised in Atlanta” club. She was brought up by her paternal grandparents in Sandy Springs after her mother passed when she was one. She attended North Fulton High School and married Ed Bresee right after she graduated.

As a young married woman and before she became the busy mother of four boys, she volunteered at Grady Memorial Hospital in the burn unit. Beverley and Ed were active in Buckhead Little League, where all four boys played baseball. St. Simon’s Island and Lake Burton were favorite places for family vacations, and Beverley and Ed attended Mardi Gras for many years.

Ed’s career with Texaco Oil Company took them to Houston, Texas; White Plains, New York; and Danbury, Connecticut. While in Houston, Beverley was active in and served as an officer in several civic clubs. While living in Connecticut, Ed and Beverley made many trips to New York City, where Texaco had an apartment at the Essex House on Central Park.

She and Ed were members of All Saints’ Episcopal Church on West Peachtree Street for 64 years, where all the boys were baptized and confirmed. Sadly, Ed passed away at Thanksgiving, 2023, but Beverley soon after was able to follow through on their plan to move into Canterbury Court. Here, Beverley has been



Beverley Bresee

Apt: AV 2306

Move-in: December 4, 2023

Birthplace: Atlanta

Birthday: July 2

pleased to reconnect with many friends from All Saints’ Church.

When asked what she enjoys about living at Canterbury Court, Beverley mentioned her physical therapy classes, learning to play Rummikub, and the discussion group that meets twice a week. She is especially appreciative of the caring staff on her floor.

—Mary Helen Miller, GT1409

Welcome Mat

If you appreciate magnificent sculpture and interesting artwork, wend your way to Andy and Janice's Garden Tower home. The moment you enter, Mischief, the amiable boxer, greets you with wags from the floor. A wonderful assortment of animal sculptures hails you from every nook and tabletop. Janice, a former English and Drama teacher at the Lovett School, has collected and inherited a remarkable treasure trove. She's spent her adulthood tutoring at schools and at Agape, a community for family and children, and volunteering at St. Anne's Episcopal Church, where she is a member of the Community of Hope. A life-long singer, Janice looks forward to joining the Choristers, doing Tai Chi, gardening and walking Mischief through Canterbury's garden paths. To round out her days, she enjoys time spent with her daughter in Atlanta and at their second home in Highlands, N.C.

The Carters' Highlands home is the location of Andy's favorite activities, FISHING and gardening. Andy, a Piedmont doctor who graduated from Duke and Harvard, loves the lure of walleye, trout, and smallmouth bass. He learned to capture those gamey creatures in his youth at the knee of an uncle. Later, he spent forty years fishing in northern Canada but still reminisces about his wonderful youth in Gainesville, where he witnessed the construction of Lake Lanier. Andy has devoted much of his time to Boy Scouting; both he and his sons are Eagle Scouts. He worked with an inner-city troop with Judge Jack Langford, Margaret Langford's late husband, and began his friendship with Fay Pearce through scouting. Andy is an avid reader and enjoys walking Mischief



Janice and Andy Carter
Apt: 1212
Move-in: March 8, 2024

Janice Carter
Birthplace: Chicago
Birthday: December
10

Andy Carter
Birthplace: Gainesville, GA
Birthday: August 25

often on Canterbury's walks. Mischief loves driving to Highlands, where she patrols her yard. As you can imagine, Mischief is pretty much in charge.

It's fun to hear the story of Andy meeting Janice—she was a new patient, and he removed her tonsils. Prior to teaching, she wrote for the Board of Regents of the University of Georgia. It was a long way from her Boulder days at CU!

The Carters' busy, fulfilling life in Atlanta has certainly turned out well, hasn't it?

—Harriett and Whit Smith GT1104

Welcome Mat

Mary Helen and Bob met as students at the University of Georgia and married in 1963, right after Mary Helen graduated. Bob, having spent time in the military, graduated in 1964. He was fortunate to find a job on the staff of Senator Richard Russell in Washington, DC, where he spent the summer working as a Capitol policeman. While Bob was making the acquaintances of such people as Barry Goldwater and Hubert Humphrey (as he secured their parking places), Mary Helen took her map and red VW to explore the city. That fall, they drove to New Haven where Bob attended Yale Law School until 1967, and Mary Helen taught high school English.

Looking back, Mary Helen notes that special dates in her and Bob's lives coincided with significant dates in the advancement of U.S. civil rights. She and Bob were students at UGA in 1961 when it became the first school in the state to be racially integrated (by Charlayne Hunter and Hamilton Holmes). In 1963, Mary Helen was teaching English at Athens High School; when the first Black students enrolled, she welcomed one of them into her advanced English class. Bob was on duty just outside the Senate chamber when the Civil Rights Act of 1964 was passed. Finally, in 2003, Bob wrote a history of All Saints' Church's involvement in the civil rights movement.

After moving back to Atlanta and buying their first house in 1968, Bob began his law career, eventually specializing in health-care law. In 2008, Grady Hospital was nearly insolvent. A nonprofit Board of Directors was organized to take over its running, and Bob served as chairman of the board's audit committee. Through their efforts, Grady's fortunes improved, and the hospital's future was assured. Bob identi-



Bob and Mary Helen Miller
Apt: GT 1498
Move-in: September 15, 2023

Mary Helen Miller
Birthplace: McRae,
GA
Birthday: January 2

Bob Miller
Birthplace: Fort
Worth, TX
Birthday: August 15

fied the 6 years he spent on the Grady board helping to turn the hospital around as the “most fulfilling work experience” of his life.

Former English teacher Mary Helen has always loved to read. She's been an active member of a long-running book club which also includes several other current Canterbury Court residents. Mary Helen, Jeanne Taylor and Betty Ann Wylie can now enjoy carpooling to club meetings together.

Both Bob and Mary Helen have been impressed with the variety of experiences the residents bring to Canterbury Court. They are always interested in learning the backgrounds of the people they meet. As Bob puts it, “It's hard to find a dullard in this place!”

—Anne Newton VT 882

Welcome Mat

A formative influence in Phyllis's life was the death of her father, a World War I Navy veteran, when she was thirteen. Her mother began working, and this oldest of three children shouldered much responsibility. Phyllis graduated from high school in Knoxville and attended Carson Newman College for two years. She married Jack May and moved to Macon, living there until Jack, who was with Merck Pharmaceuticals, was transferred to Atlanta in 1961.

Phyllis's only child was a student at Georgia Tech when he was killed in a tragic car accident. She decided to complete her undergraduate studies and enrolled at Oglethorpe, then earned a master's degree in counseling at Georgia State. She practiced as a family counselor for twenty-five years.

Phyllis and Jack were avid gardeners, and she was named a master gardener. They traveled with equal enthusiasm, visiting all fifty states and about as many countries. They returned always enriched with experiences and ready for more! Sadly, Phyllis lost Jack in 2010; they had been married for almost sixty years.

Bill studied at his local high school until tenth grade and graduated from a Memphis school. He served in a troop carrier wing of the Air Force during the Korean War while attending night school at UT Memphis. After two years in the Air Force, he moved to Mississippi State and earned a degree in accounting.

Bill's first job was with Standard Oil in New Orleans. Three years later, Procter and Gamble in Atlanta beckoned. His wife, Anne, preferred to live in Atlanta, so Bill changed employers (Motorola, Massey and Fair, and the Baptist Church-affiliated North American Mission Board) rather than transfer.



William and Phyllis Reed

Apt: 1106

Move-in: May 17, 2024

Phyllis Reed

Birthplace: Knoxville,
TN

Birthday: July 18

Bill Reed

Birthplace: Green-
wood, MS

Birthday: August 20

They had two sons (one lives in Powder Springs; the other lives in Mexico). Bill played competitive tennis and earned the top spot in his company championship. His happy retirement was upended when Ann died in 2007.

Bill and Phyllis married in June 2014 after a long friendship. They and their late spouses all had attended Dunwoody Baptist Church and were even in the same Sunday School class! Phyllis now serves as tour guide for the couple's world travels.

Phyllis and Bill were happily settled in a Sandy Springs home but began to feel that the time had come to trade it in for the comfort and security of a retirement community. Finding a beautiful apartment at Canterbury clinched the deal!

—Seetha Srinivasan GT 1012

Welcome Mat

Meeting Tom Friedrichs and Kathy Solley is akin to peering through a quickly moving kaleidoscope. Kathy, a Yale graduate who started the women's tennis team at Yale, also attended Wellesley College. She began practicing in the area of employment law and describes one period of her life as "living the 1989 book *Barbarians at the Gate*," whose original dramatic corporate takeover, greed, excess, and egotism of the eighties Kathy experienced firsthand. She still practices law for Parker Poe part-time, plays tennis (T2) and pickleball, attends Canterbury exercise classes, visits her kayaks and boat on Lake Lanier, and nurtures relationships with her children in Augusta, Inman Park, and Colorado.

Tom, a psychologist and graduate of the University of Michigan, with a long career centered on working with adolescents through Emory, greatly enjoyed private practice before retiring. He talks of his career working with adolescents from Georgia Tech and other area schools with fondness and believes that working with kids "keeps you lively." It has been an adjustment for Tom to live at Canterbury with a different age population, but one that Tom is making "better and better each day." He notes that he was the ping pong champion of Schenectady, NY, in his youth, which sparked his love of sports.

Into their busy lives, Tom and Kathy add travel. They have lovely art representing their travels, and a visitor to their apartment will enjoy seeing pictures of Italy, Argentina, Vietnam, Cambodia, and—Tom's favorite—Croatia.

Tom also owns property on Lake Champlain that he and Kathy visit about three times a year. It has been a wonderful family escape



Kathy Solley and Tom Friedrichs
Apt: GT 1001
Move-in: April 10, 2024

Kathy Solley

Birthplace: Kalamazoo, MI

Birthday: May 28

Tom Friedrichs

Birthplace: Burlington, VT

Birthday: October 27

for their children and grandchildren. Kathy's home on Lake Lanier, purchased in 1988 and converted to a year-round house in 2006, has a similar appeal. Kathy will often head to the lake to spend the day, especially as it is closer than Essex County, NY, where Tom's house is!

Tom and Kathy plan their local travel so that they won't miss Civil Conversations at Canterbury. They both delight in the mixture of people and opinions at CC, and it is one of their favorite aspects of our senior living community. Kathy spent two years researching this last move before relocating to Canterbury. Their full, productive lives are witness to the wisdom of taking that time. Welcome, Kathy and Tom!

—Harriett and Whit Smith GT 1104

Welcome Mat

Although Bill was born in New York and Janet was born in Michigan, they both moved around until their paths crossed in Rhode Island. Bill attended Providence College and Janet was at Salve Regina College in Newport. A blind date brought them together during the early days of Janet's freshman year in college, and they have been a couple ever since. Bill graduated a year before Janet and moved to St. Louis to attend medical school at Washington University. It was a year with few opportunities to be together. They waited until Janet graduated, with a nursing degree, and then got married, in 1968. Early on after they married, Janet worked as a nurse, while Bill continued in medical school. They lived in Saint Louis for 55 years until moving to Canterbury Court.

Janet stopped nursing and began mothering. Janet and Bill had three children, two daughters and a son. After the children were grown, Janet returned to nursing in a specialized capacity: a law firm hired her to provide medical information and guidance to lawyers who defended doctors when they were sued.

After Bill completed his medical degree and residency, he continued on the faculty at Washington University, where he taught and did research. His specialty is gastroenterology. However, during 1973-1975, Bill was a flight surgeon in the U.S. Air Force, stationed in Texas and Alabama.

Janet loves gardening. In Saint Louis she had about an acre under cultivation. She was a hosta enthusiast and had about 300 of them. When the deer finally discovered her garden, they ate right through it. Janet had to redesign her garden and gave the hostas to friends. At Canterbury Court she has a plot that is bloom-



Janet and Bill Stenson

Apt: 1810

Move-in: February 6, 2024

Janet Stenson

Birthplace: Flint, MI

Birthday: October 21

Bill Stenson

Birthplace: Rome,

NY

Birthday: December 2

ing and there are gorgeous pots of flowers on the balcony. Bill has always provided labor in aid of her gardening, but he is an avid bird watcher, complete with equipment, a log and birdwatching trips, including a trip to Ecuador with his son-in-law who shares the interest. Janet and Bill enjoy traveling, especially to France where they have made six trips. Bill is taking French lessons, and claims he does it to keep his brain working. (But is he really planning another trip?)

One of their daughters and three grandchildren live here in Brookhaven. Their other daughter and son and their children live in Huntingdon, PA, and Portland, OR. Each summer the family gathers in East Boothbay, Maine, to spend time together. There are seven grandchildren ages 14 to 24 who enjoy being part of this an-

nual family gathering. Janet and Bill had just returned from Maine when we met with them.

When Janet and Bill felt it was time to move, their Atlanta daughter gathered information about five different senior communities. When they saw the garden at Canterbury Court, they

knew this was the place for them. Here at Canterbury Court, they especially enjoy the garden and the fitness program with Andrew and Mike. They have found people friendly and welcoming and easy to get to know.

—Maggie and Tom Harney 1502

Welcome Mat

Judith lived in South Bend until graduating from St. Mary's College with a degree in social work. Her college roommate was from Charleston, SC, which is where Judith moved with her newly minted credentials. She worked for the state's department of social services and later as state director of Medicaid. When Judith became chair of SC's American Public Welfare Association, she and Edward Weaver came into the same orbit.

Ed grew up in Muskogee and earned degrees in social work from Southwest Missouri State and Washington University in St. Louis and, later, a Ph.D., in public administration from the University of Southern California. For several years Ed's career was with the state of Illinois in agencies that provided services to children and families. In 1974, he moved to DC, as executive director of the American Public Welfare Association that provides policy services to state and government officials.

Judith and Ed knew each other for seven years before they began, to use Ed's term, "communicating." They married in 1983. Judith moved to DC and worked for Booz Allen Hamilton.

In 1985, the Weavers moved to NYC, where Ed headed the foundation for Paramount Communications. Judith laughingly noted that since Ed was a foundation president they lived the good life and had a ringside seat to all the ad-



Edward and Judith Weaver

Apt: 1601

Move-in: June 21, 2024

Ed Weaver

Birthplace: Beggs, OK

Birthday: December

13

Judith Weaver

Birthplace: South

Bend, IN

Birthday: June 5

vantages of life in New York. Ed also had the privilege of meeting President Jimmy Carter, who visited Lower Manhattan on behalf of Habitat for Humanity.

Six years of the foundation world were sufficient for Ed, and he sought a position that would allow him to pursue his intellectual interests. He became a professor in the School of Business and Public Administration at the

University of Missouri/Kansas City, from which he retired in 1999.

With the move to Kansas City, Judith decided to gain a credential that would give her consistent employment. She earned a JD and a masters of law in taxation from the University of Missouri. Biases against women still reigned, however, and only when she became a gubernatorial appointee to the Certificate of Need Committee did law firms come calling. When Ed retired, and the Weavers moved to Breckenridge, CO, Judith informed her firm's managing partner that she would be telecom-

muting, making her somewhat of a pioneer.

It is no surprise that Ed and Judith folded into their rich professional lives travel (to more than 80 countries), service on numerous boards and committees, and an active commitment to their love of music.

In 2007, the Weavers moved to Covington so that they could be closer to Judith's mother in Atlanta. The happy move to Canterbury was one they considered prudent at this point in their lives.

—Seetha Srinivasan GT 1012

Welcome Mat

Like so many residents at Canterbury, the Wests are long standing transplants to Georgia—Martha from Chicago and David from eastern Tennessee. They met on their first job at the Atomic Energy Commission in Oak Ridge, TN, where they were employed to write abstracts of papers by nuclear scientists from all over the world.

Both David and Martha earned their undergraduate degrees in physics. David did graduate work in physics and Martha in abstract mathematics. Martha took time off to be the mother of two children—daughter Anne and son Andrew.

David worked on the nuclear data project at Oak Ridge National Laboratory. He then transitioned to a career in telecommunications and telecom management with companies including Southern Bell, Equifax, and NCR Comten. When the children were older, Martha taught mathematics as an adjunct professor at the University of Tennessee and DeKalb College. She also worked in tax preparation for H&R Block and as a volunteer bookkeeper for St.



David and Martha West
Apt: GT 1510
Move-in: April 4, 2024

David West

Birthplace: Maryville,
TN

Birthday: July 11

Martha West

Birthplace: Chicago,
IL

Birthday: July 16

Bede's Episcopal Church, where she still sings in the choir.

After living in Oak Ridge and Signal Mountain, TN, the family moved to Atlanta 43 years ago. Daughter Anne left public high school early to attend Caltech. She now works in DNA expression in Seattle. Son Andrew graduated from Westminster; he was attending Georgia State when he died at age 27 in a deep-sea diving accident.

This tragedy radically changed their lives. For the past several years they have devoted a substantial part of their time to travel, visiting spots in Maine where their son spent happy years, and taking ocean and river cruises. One memorable trip was to northeastern England, where St. Bede's choir sang at Durham Cathedral, where Bede is buried, and in Jarrow, where he lived. An outstanding river cruise was on the waterways of Russia, from Moscow to St. Petersburg. Martha was pleased to speak enough Russian to guide them visiting museums and cafes in St. Petersburg.

David and Martha have done many wood-working projects together. Martha proudly showed me some of their pieces in their Canterbury home. They also have a mutual love of classical music and are long-time subscribers to the Atlanta Symphony Orchestra. David enjoys gardening and is working on his plot near the Canterbury greenhouse. Martha enjoys singing and swimming. She happily swims laps in the pool here and is hoping to join the Choristers this fall.

Although Martha is a Yankee "city slicker," and David fondly remembers growing up "in paradise" on a farm with a close-up view of the Smoky Mountains, they have been married for 57 years. When I asked what their secret was, Martha opined that David has always said this is due to "marital bliss."

—Jim Hoover GT 1313

Join the Welcome Mat!

One of the most anticipated features in our monthly *Canterbury Tales* is Welcome Mat, which introduces newcomers to the CC community. These profiles prepared by residents are a quick peek into those who have recently joined us. The completion of the Garden Tower in September 2023, and residents who moved into apartments in the other towers, led to an unprecedented number of people who needed introductions.

Twenty-two teams of interviewers have written profiles for Welcome Mat, and since September 2023 about 71 interviews have been published. Thirty-eight new residents who have moved in through June 2024 are being interviewed, and we have recently

begun interviewing residents in Azalea View (assisted living quarters). And, of course, this is a continuing process.

Some of our interview teams have decided to focus on other activities, and we need additional volunteers. If you like to meet people (which we assume you do since you are in a community) and like to write, please consider volunteering to work with the Welcome Mat feature of *Canterbury Tales*, your monthly news magazine.

Thank you!

Contact: Josh Taylor
jet1939@gmail.com, 404-441-8264

Welcome Mat

Although born in Pittsburgh, Shelah Wilgus moved to Albuquerque, NM, with her family in 1945 due to her brother's health. It was in Albuquerque that she got her love of different cultures as well as her primary education and a Bachelor of Arts in graphic design at the University of New Mexico.

It was because of the invitation of a friend that she traveled to California where she got a job as the Graphic Designer for the County of Ventura, CA. A coworker told her that there was a new Apple computer that she might want to learn to use. Shelah quickly became the "go to graphics guru of Ventura County."

It is also in California that Shelah discovered one of her passions – folk dancing. She loved dancing and making the costumes (especially Hungarian). She was in a folk-dance performing group.

Another of her passions is exercise. She co-wrote and illustrated the book *Dynamic Aging* with her classmates and teacher.

She has traveled to many countries in Europe, Africa, and Asia and lived in Malaysia. She is in awe of the timely precision of the Japanese rail system, learning, the hard way, if a train leaves the station at 2:03, do not get on it thinking it is the 2:04 train.

Today, Shelah travels vicariously with friends on Zoom. Earlier, she enjoyed the camaraderie of her traveling companions almost as much as the destinations themselves. She hiked the Cotswold trail with her late husband, Estel. "It was a wonderful experience; it was beautiful, and the people we met were very friendly."

Shelah Wilgus: "I raised a macaque monkey in my home. We named him Penrod. He was a



Shelah Wilgus
Apt: AV 310
Move-in: August 1, 2023
Birthplace: Pittsburgh
Birthday: May 27

handful." From what I know of Shelah, Penrod may have had the same impression of her.

Other places that Shelah has lived are Chicago, Florida, and now here in Atlanta. Two of her four children live close by – her only daughter, Celeste and her youngest son Evan. She has seven grandchildren and two great grandchildren. Her youngest great-grandson has exhibited some of his great-grandmother's talent by taking Shelah's brightly colored crochet hooks to draw masterpieces on his own "Etch-A-Sketch."

It was because of Canterbury's own Liz Woltzen, a neighbor of Evan's, that Shelah calls Canterbury home. "I'm very grateful to her because this is a wonderful place to live." And her unit is wonderful, with a balcony with bird feeders and plants and a view of the Legacy Garden.

If you can, catch Shelah searching for vegan food or exploring what Canterbury has to offer. You might find her sitting by the window reading, knitting, and/or crocheting. Experimenting as she progresses, she never knows how her artworks will turn out. Her work is a “work-in-

progress,” as is Shelah herself.

Thanks, Shelah, for sharing your journeys of discovery!

—Jim Wylie 522

Welcome Mat

Jo Ann’s father was stationed in Greenville during WWII, and after the war the family moved to Atlanta, where she has lived since. Jo Ann went to school in College Park and graduated from the University of Georgia with a degree in business administration.

She worked at Eastern Airlines and then in the administrative offices of Grady Hospital. There, she met pharmacist Malcolm Wilkinson. They married in 1972 and had a son and a daughter. Jo Ann decided to leave the workforce. Mal had opened his own pharmacy that also provided compounding services.

When Jo Ann’s daughter entered preschool at Lovett, Jo Ann began volunteering in the lower school’s library. Before long, she became a full-time employee at the library and retired twenty-seven years later! Jo Ann had the great pleasure of learning about children’s interests, steering them to books, and fielding questions typical of young minds—as when she gently explained to a curious youngster that a search for Merlin’s whereabouts was unlikely to be fruitful. Without a doubt, Jo Ann loved her library career.

Mal was not a traveler, completely content with his time at home (in Brookwood Hills and then Vinings), but Jo Ann had a most compatible traveling companion in her daughter, and they have shared many journeys. They were in



Jo Ann Wilkinson
Apt: GT 1410
Move-in: May 13, 2024
Birthplace: Greenville, SC
Birthday: November 2

Paris just last summer, where Jo Ann enjoyed imagining the various Olympic venues.

Mal retired before Jo Ann, and she suggested that he could learn to cook, telling him that it was very similar to compounding, except without a laminar flow hood. It was a good ploy that failed to take! Mal died in 2020, and Jo Ann speaks warmly of their lives together—how full their days were with careers, children and their activities, and all that goes into happy homemaking. She adds with touching eloquence: “We just enjoyed being with each

other.”

Jo Ann’s parents had received excellent care at Canterbury, and she knew that it would be her community when she decided that it was time to move from her home. She says that she “carried back in furniture that I had carried out about fifteen years ago—should have just left it here!”

Northside Methodist Church remains Jo Ann’s spiritual home. She maintains her love of juvenile literature and looks forward to traveling with her daughter as she shifts gears and settles into life at Canterbury.

—Seetha Srinivasan GT 1012



Art Gallery

Gene Cambardella

Gennaro “Gene” Cambardella was born into an artistic family. His mother was instrumental in providing a sense of creativity and beauty with her extraordinary embroidery work. Gene and his brother both have a strong creative and artistic eye.

With college majors in Art and the Industrial Arts, Gene taught in the city schools of New York City. Many students acquired valuable skills for life.

Alas for the Big Apple, the South became home when he married a Texas belle (Beadie) and settled in Atlanta. He taught mainly wood-working and design classes for the next thirty-two years in the Atlanta city schools.

Along with teaching, he had a career in the Air National Guard. As a self-taught woodcarver, and his training with the NATO nations, he carved commemorative plaques for ceremonial exchanges for the completion of training exercises.

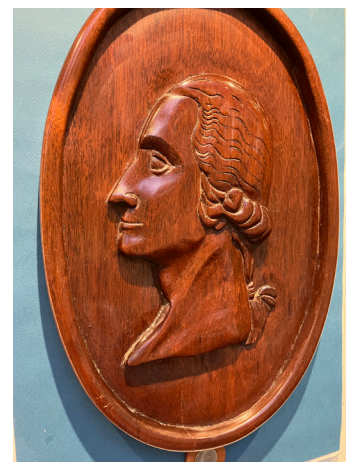
After retiring, he honed his craft restoring French and Italian antiques and paintings. Coin dealers asked him for replicas of his coin carvings to use in their displays. He used a resin (acrylic) molding process to duplicate his



original wood carvings. A sample of that process hangs with this exhibit.

Gene thoroughly enjoys the Fox Hole and is always happy to share his skills with residents of Canterbury Court.

—Barbara Ramsay VT 371



Scholar's Corner

Asia ONeal

Congratulations to Asia ONeal, a Canterbury scholar and food service staffer, who just completed her first semester at Georgia Southern. Asia is pursuing a degree in Nutrition and Food Science, spurred by her early interest in food and how correct dietary choices can optimize health, prevent disease, and increase longevity. Because of her work here at Canterbury, she is particularly excited to share this information with the elderly.

Asia learned early to examine her work habits to align them with her educational goals, "I was not a morning person, but in college I realized that an early start was important if I wanted to be successful." So, Asia became a morning person. She also adjusted her eating habits in keeping with what she was learning about nutrition. Shy by nature, Asia attended numerous food industry marketing events to gain knowledge and become more comfortable interacting with strangers. These changes have helped her to continue earning good grades, A's and B's, in her classes. She especially enjoyed courses in cultural and interdisciplinary food programs. In August, she will be learning

more about human nutrition and human anatomy. Asia takes advantage of the counseling offered at Georgia Southern, another indication that she is serious about her vocation.



Asia ONeal

Asia's family enthusiastically supports her educational ambitions and looks forward to her becoming the family's first college graduate. There is little reason to doubt her success.

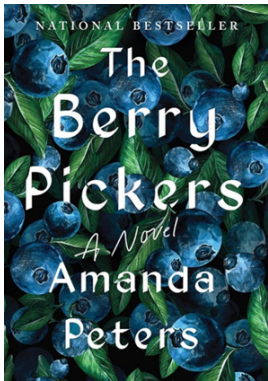
Asia is a slender young woman with a very bright smile. When she comes to your table, say hello and wish her well. You will find her a very pleasant person to get to know!

—Bob Pagano



Tales from the Library

Membership in the Book Club of Canterbury Court is open to all residents who enjoy reading and want to explore books with other residents. The books selected by the group are located in the library on the white cart, along with the dates and discussion leaders. Following is a summary of the books.



September 9, 2024—Lynne Browne

The Berry Pickers by Amanda Peters

A four-year-old Mi'kmaq girl goes missing from the blueberry fields of Maine, sparking a mystery that will haunt the survivors, unravel a family, and remain unsolved for nearly fifty years.

October 7, 2024—Jim Diedrick

The Marriage Portrait by Maggie O'Farrell

O'Farrell brings the world of Renaissance Italy to jewel-bright life in this unforgettable fictional portrait of the captivating young duchess Lucrezia de' Medici as she makes her way in a troubled court.

November 4, 2024—Marian Coles

The Women by Kristin Hannah

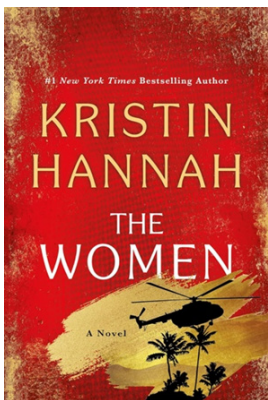
From the celebrated author of *The Nightingale* comes *The Women*—at once an intimate portrait of coming of age in a dangerous time and an epic tale of a nation divided.

DECEMBER 2024—NO MEETING

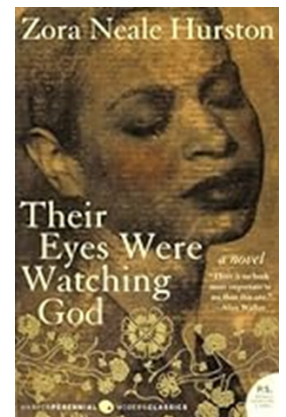
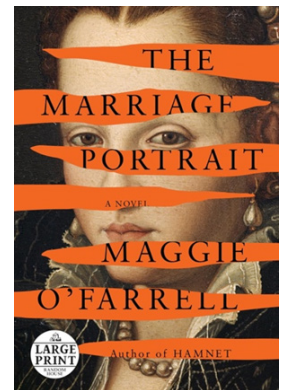
January 6, 2025—Valerie Fennell

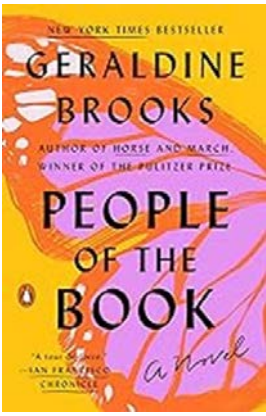
Their Eyes Were Watching God by Zora Neale Hurston

A deeply soulful novel that comprehends love and cruelty, separates the big people from the small of heart, without ever losing sympathy for those unfortunates who don't know how to live properly.



Anne Jones





February 3, 2025—Llewellyn Bell

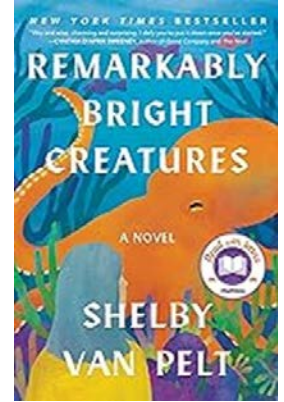
People of the Book by Geraldine Brooks

This bestselling novel of sweeping historical grandeur and intimate intensity, inspired by a true story, follows a rare manuscript through centuries of exile and war.

March 3, 2025—Beverly Hogan

Remarkably Bright Creatures by Shelby Van Pelt

This charming, witty, and compulsively readable exploration of friendship traces a widow's unlikely connection with a giant Pacific octopus.



April 7, 2025—Kay Marshall

The Chancellor: The Remarkable Odyssey of Angela Merkel by Kati Marton

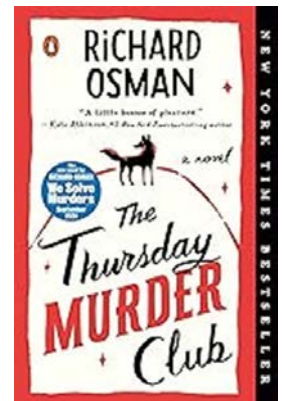
This captivating, definitive biography of German Chancellor Angela Merkel details the extraordinary rise and political brilliance of the most powerful—and elusive—woman in the world.



May 5, 2025—M. C. Lindsay

The Thursday Murder Club by Richard Osman

In a peaceful retirement, four unlikely friends meet weekly in the Jigsaw Room to discuss unsolved crimes. Together they call themselves the Thursday Murder Club.



—Anne Jones

Recycling

Why is the Recycling Committee interested in the three houses on Vermont Road that Canterbury owns, which are scheduled for demolition? Well, we are interested in diverting building material from landfills, especially when some things can be reused.

A crew from Lifecycle Building Center came here in July, arranged by Tammy Clark, the gardener specialist at Canterbury, and LEED Accredited Professional. The crew marked doors and windows, appliances, and porcelain fixtures. They were thrilled to be able to take for recycling a 48” Thermador oven, a pink 1950s lavatory, and vintage 1920s doors with glass doorknobs.

Tammy Clark has been involved with the U.S. Green Building Council for over 15 years, obtaining LEED (Leadership in Energy & Environmental Design) professional certification in 2010, and has served as the member-at-large representative for the State of Alabama USGBC. Even after moving back to Atlanta, she’s stayed involved in repurposing plants and building materials. When she became involved in the Woodlands project here at Canterbury and noted the impending demolition, “I knew I had to call the Lifecycle Building folks,” Tammy said.

The mission of Lifecycle Building Center is promoting “environmental stewardship and community resilience by creating a sustainable lifecycle for the built environment.” The process involves deconstruction, or the selective removal of building materials for reuse.

Since 2011 Lifecycle Building Center has diverted around 12,000,000 lbs. of building materials, making them available at low cost to individuals and organizations who can repurpose them. Lifecycle Building Center is part of ReBuild-ATL, a coalition that includes more than 40 nonprofits, academic institutions, industry partners and local government agencies committed to empowering disadvantaged communities in the Westside of Atlanta.

With initial support from an EPA job training grant for green jobs, the ReBuildATL Coalition was formed to create and deliver a workforce training program called Breaking Barriers Through Deconstruction, which recently graduated its first cohort.

“Many of our clients are community homeowners looking to restore older homes to their original glory. LBC is a good source for antique and vintage stock. We also share products with struggling nonprofits as part of our Match program,” said DeDe from Lifecycle Building Center.

The community wins; the earth wins; we all win!

—Shirley Timashev #1412
Recycling Committee Chair



Shirley Timashev

Four C's

September has always meant that things are starting to happen after the lazy (relatively speaking) days of summer. I guess you never get over the excitement of a new school year, even without school. But things in 4 C's never let up. We had a busy summer! New—and not so new—residents are continuing to discover us.

I have had a number of questions recently about the origin of our name, so here's a very abbreviated history. The store, which has origins as far back as the late 1960s, first as a cart and then as a closet, was christened Canterbury Court Cash and Carry by Everett Couch in 1982, quickly shortened to 4 C's. And that name has stayed, even though room charging (5 C's?) was introduced in 1990. The store moved to the current location with the opening of the Vermont Tower in 2005.

Every few months I like to revisit the basics about 4 C's for new residents, so current store fans bear with me. We are in the Wellness Center area on the ground floor of the Vermont Tower, across from the beauty salon. For a pretty small space, we have a lot of things that are useful to you, carefully curated over the years by Anne Haltiwanger, the late Bernice Burton, and others. Tastes and needs change,

so our stock is always evolving. We are a convenience store in terms of the products we sell, though a necessity for many of our residents who are unable to get out and do their own shopping.



Gail Rogers

You'll be amazed at how much we pack into our space. We have snacks and candy, non-perishable food items, over-the-counter medicines, cosmetic products, office supplies, cleaning supplies, paper products, juices, stamps, and the best 65-cent greeting cards! We do take limited purchase requests, which we will try to find on one of our regular shopping trips but can't guarantee. Our hours are 9:30–11:30 a.m., Monday, Wednesday, and Friday. You can call us at Extension 3234, and we'll be glad to deliver your items to you after we close.

The 4 C's store is funded by Canterbury Court but run by resident volunteers who work in the store and do the shopping. It's a great place to meet your neighbors, so drop by soon!

—Gail Rogers



Nutrition Notes: Hiding in Plain Sight

“They” are in the news, can harm health, and hide in plain sight. “They” are ultra-processed foods, or UPFs. Minimal processing is helpful to make foods last longer, as for canned fruits and veggies, or make them safer, as for pasteurized milk. Many minimally processed foods are healthy and economical. Ultra processing, however, changes the characteristics of natural food and adds multiple substances in the manufacturing process. Ultra processing can adversely affect our health.

The food label reveals UPFs hiding in plain sight. The label of a highly processed food contains 3 or more additional ingredients; additives like coloring agents, stabilizers, preservatives, or emulsifiers; added sugars or fats; and/or more than 400 mg of sodium per serving. Common types of UPFs include sweets, pastries, potato chips, microwavable dinners, deli meats, soda, condiments, and sausage.

Some foods—including certain fruit-flavored yogurts, granola bars, and cereals—appear to be healthy but contain enough additives and sugars to qualify them as ultra-processed. Spot them on the label and check labels for a less processed, healthier version of the same food.

Why worry about eating UPFs?

Ultra-processed foods increase the chance that the body’s cells will become inflamed and healthy tissue will be damaged. The risks of heart disease, diabetes, cancer, and dementia increase as inflammation increases in the body.

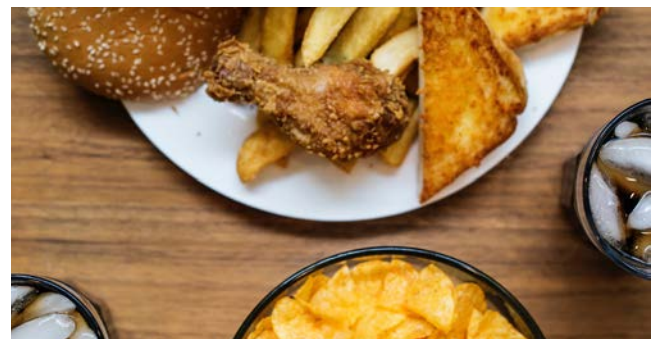
Will eating fewer UPFs make you healthier? Discuss this question with your physician for guidance on dietary changes that will benefit you. Lab tests, such as for blood fat levels and hemoglobin A1C, offer one way to track your risks for chronic diseases and let you and your

doctor monitor the effects of dietary changes.

Takeaways about UPFs

If, like for many Americans, more than 50% of the foods you eat are ultra-processed, it makes sense to reduce those amounts. Reducing UPFs is not harmful.

Read food labels on the package to identify foods that have 3 or more added ingredients and limit those foods. Start by replacing one ultra-processed food with a fresh or minimally processed food.



Judy Bodner

Replace sodas or other sugar-sweetened beverages, for example, with fruit-flavored water. Or check your breakfast cereal label. Does it have more than 3 grams of added sugar per serving and little fiber? Find a cereal you enjoy that is lower in added sugars and contains more fiber.

Continue by eating more fresh and minimally processed foods while reducing UPFs. You can benefit your overall health and reduce the risks for a number of chronic diseases, including dementia.

—Judy Bodner, RDN
Vermont Apartment 781

Health News: Memory Care Welcomes New Manager

Keonna McKinney, the new Canterbury Court Memory Care Support Program Manager in Monarch Pavilion's Wisteria Park, is no stranger to being an advocate for seniors with a variety of physical, mental, and emotional needs. Growing up in New Albany, Mississippi, Keonna decided to attend the University of Southern Mississippi, become a Golden Eagle, and live near the Mississippi Gulf Coast. Graduating with a BS degree in Therapeutic Recreation and a minor in Psychology, she began her professional career in mental health. She soon realized that meeting the mental health needs of seniors under her care could make a huge difference in the quality of their lives. This started a passion and a calling that are part of her to this day.

Keonna's early career included working at a crisis center for the State of Mississippi and later as the director of a Houston-based memory care facility. She soon came to realize that employing therapeutic coping skills and even interventions like play therapy were powerful tools and positive alternatives to the widespread use of medications.

After moving to Georgia, Keonna continued her passion for helping seniors through home health. As she shared, she wanted to function not only as a care manager but as a "hands-on" care provider to maintain that direct "touch" that is so much a part of her nurturing soul. Eventually, she found Canterbury Court in Atlanta with its quickly-evolving Memory Care Support neighborhood and knew she had found her new home.

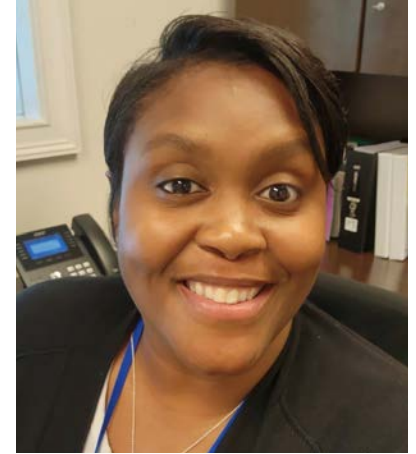
Keonna began her new role in May 2024 and continues to learn about Canterbury Court and

the ways and philosophy of its healthcare neighborhoods. While awaiting formal training in the Eden Alternative, she already knows that many of its foundations parallel her long-standing beliefs about person-centered care. She sees her priorities as she moves forward as building relationships, clear two-way communication, and teamwork. She also hopes to expand special and "joy-producing" activities for residents, possibly including pet visits and family events around holidays.

Once fully immersed in Eden principles, Keonna plans to use her abundant positive energy to set the tone and expectations within Canterbury healthcare to make this the prevailing neighborhood culture for all staff going into the future.

Keonna's caring nature does not end with Canterbury residents and families. Staff should expect the same listening ear. She hopes to serve as a leader, caregiver, teacher, and role model: "I'm here to serve and to treat others the way they want to be treated," says Keonna. "I'm blessed to be among so many others that I can learn from and pay it forward."

—Mary Capka #77



Keonna McKinney

Wellness Letter

There is a broad scope to understanding human development that branches into the fields of biology, psychology, and other domains. With people living longer, there is more research involving our later years.

Did you know that there are defined age ranges in the field of gerontology? The National Institutes of Health has categorized our later years into the following ranges:

- young old (65–74)
- old (75–84)
- old-old (85–94)
- oldest old (95+)

I suspect that no one would like to be categorized based on age, but this is where I'd like to share some observations that I've had in over 25 years in this vocation. We cannot avoid our chronological age; however, we can create a mindset that is independent of our actual age.

In health and fitness, there are metrics used to assess our fitness levels. Recently, we had over 70 of you participate in our fitness assessments. We shared some of those results with you, which proved that age doesn't prevent us from producing amazing results. Our annual fitness evaluations are a foundation to give us benchmarks to use for our physical health. We enjoyed sharing with you the value of your participation.

Canterbury Court is known to be a friendly community. This is significant to breaking bar-

riers related to our health. Recently, the CDC announced that social isolation can be detrimental to our health, leading to depression and dementia. We want to nourish a culture that enhances our physical and mental well-being. We feel that we have that here. If you have ideas that would make it better, we want to make that happen. Reach out and let us know.



Andrew Wiltz

Emotional wellness is one of seven dimensions that bring fulfillment if tended to regularly. The others are: physical, spiritual, social, intellectual, vocational, and environmental. It is important to hone our skills regarding how we manage stress. I've witnessed that most super agers are open minded to new things and will interpret the good in tough situations. This can be difficult sometimes, but we can learn to change behavioral patterns with practice and support from others.

We do not need to be categorized or care that others categorize us, for that matter. When I was in school, I cited Sophia Loren in a paper as an example of healthy aging. She said, "Aging is not how many years have passed, but how much life you've embraced." She will be 90 years old on September 20th. Why can't we have that mindset? Let's embrace life!

—Andrew Wiltz

U.S.–China Economic Relations: A New Era

The following summarizes a talk by resident Penny Prime, Founding Director of the China Research Center at Georgia State University. Penny has over forty years' experience studying China's economy, specializing in development and trade.

The United States and China have a long history of cooperative relations that have benefited both countries. For example, in the 1890s, when Japan and others were bringing parts of China into their spheres of influence, the U.S. opposed this practice, supporting a unified China. Most recently, after normalization of relations in 1979, U.S. companies built businesses and supply chains in China that boosted profits, reduced consumer prices, and contributed to many years of prosperous growth for both countries. At the same time, China pushed forward with its reforms, welcomed foreign capital, and encouraged a flourishing private sector, leading to historic growth rates and improvements in people's lives.

Trade between the two countries increased steadily, accelerating when China entered the World Trade Organization in 2001. Today, trade between the two countries is near its all-time high, but the additional benefits of increasing trade with China have diminished. Simultaneously, China's technological prowess and ability to innovate have advanced. Within some areas, such as electric vehicles and batteries, China's capability has caught up or even surpassed that of the U.S. While trade was win-win, the new technological competition is winner takes all.

The U.S. as the dominant global economy is warily watching China's rise. Since Xi Jinping's establishment as president of China and leader of the Chinese Communist Party in 2012, China's intentions regarding its own

rise have been unclear and worrying to Western leaders. Along with improved innovation capacity, China has built up its military—especially its navy, which is now larger than the U.S. Navy.



Penny Prime

From its leaders' point of view, China has successfully developed from a poor, backward economy to a modern, dynamic one. The Chinese people are rightly proud that they have alleviated abject poverty and provided a comfortable lifestyle for most Chinese. The next steps are to create an innovation-driven, high-income economy and re-establish China's place in the world order.

From U.S. leaders' point of view, the U.S. does not want to give up control of the Asia-Pacific region and is striving to protect its dual-use technology from being shared with China. The U.S. would like to continue to work with China on issues of mutual interest, such as responses to climate change and pandemics.

The lack of overlap in the goals of the two countries makes this relationship challenging, indeed. At a minimum, the U.S. hopes to keep communications open to avoid a military confrontation.

A Korean War Veteran and His TV

Recently, Denis Omeranovic, head of Canterbury's IT department, informed us that resident Jim Hoover (GT #1313) had donated a 75-inch television to Canterbury Court that had been installed in the Activities Room of the Monarch Building. Denis added that the television was a present from Atlanta's Korean Community to Korean War Veteran Jim Hoover and that it might make a good story for *Canterbury Tales*.

Intrigued, I spoke with Jim Hoover about the story behind his donation. Jim joined the Marine Corps in 1952 and served in Korea in 1953 and 1954, and he said that the South Koreans remain ever grateful to the Americans who fought on their behalf. To this day, South Korean officials and businesses show their appreciation with generous gifts and even subsidize the travel of veterans to Korea. Atlanta's large Korean community is certainly representative in this regard. At a recent meeting, it honored veterans with either a cash gift or a television, given by Korean company Samsung. Jim accepted the television and in turn donated it to Canterbury Court.



The Atlanta chapter of Korean War Veterans meets every two months, and Jim is an active member. A footnote: it is named for much decorated veteran Raymond Davis, a 1938 graduate of Georgia Tech. Davis is one of Georgia's most renowned military leaders, and among his many honors is the Congressional Medal of Honor for his leadership during the Korean War.

Thank you, Denis, for drawing attention to this bit of Canterbury's connection to the Korean War, and many thanks to you, Jim, for your service and your donation!

—Seetha Srinivasan



Canterbury Connections, a New Program

The Hospitality Committee is working with the Dining Services Advisory Committee to start a new program in September called Canterbury Connections. Twice a month there will be a table reserved for people who have a particular background or a special interest in common. The planning committee for this will have representatives from all towers. Watch for announcements in the Canterbury Current. For further information or to volunteer, contact Mary Lou Berres or Shirley Timashev.

Mary Lou Berres: mlberres@gmail.com; 240-505-5667

Shirley Timashev: shirleytimashev@gmail.com; 202-413-1119

Word Jumble

In addition to typos, the text contains a spelling error, which we know Canterbury will spot immediately!

Aoccdrnig to rscheearch at Txes M&A Uinervtisy, it deosn't mttar in waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a total mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

—Mary Capka



Monarch Connections

One of the most important things about Canterbury is our community, with a lot of mutual support and involvement in all kinds of activities. That's part of what helps us be a place "Where Lives Blossom." A key part of that is for residents to become involved in their areas of interest, in new ventures, and in being there for each other, as we are able. A basic purpose of a CCRC like Canterbury is that we have the security of knowing we have high quality care throughout the continuum, and that our friends can continue to be there for us. Our own quality of life is also improved as we become involved in community, activity, and making a difference.

Monarch Connections (formerly Friends Helping Friends) is a committee trying to help support residents in the Monarch Pavilion (and elsewhere) to continue to feel part of the Canterbury community. Members support community and engagement across the continuum of care and work with staff to also support them. We do this through encouraging visits, a range of activities, and transportation to assist residents to get to events elsewhere in the

community, such as programs in the Vermont Community Room, chapel, gardens, exercise classes, and meetings. Some residents need wheelchair help, and others just need escort. We have wheelchairs available for those who might not normally need them, but for whom the Vermont Community Room or gardens might be too far. Other activities include music (including weekly singalongs), dog visits, arts and crafts, bingo, flower arranging, and more. Just visiting is especially important. Each nursing station has "Getting to Know You Notebooks" with background information on residents. We have tips for visiting, transportation, working with dementia, etc., and include training in our meetings.

We will have a meeting on Thursday, September 5, at 3:30 p.m., in the Monarch Community Room and encourage all residents to attend! Anyone is welcome to be a part of our committee and its work, so please come to our meetings. We update members and others on our email list about needs, plans, and projects.

Please contact any of the following to learn more or get involved:

Judy Reidinger, Chair: 540-272-6749 - rjreidinger@hotmail.com

Shirley Timashev, transportation: shirleytimashev@gmail.com

Karin Gunnemann, visiting: karingunnemann@gmail.com

Anne Newton, Bingo and other activities: awnewton@gmail.com

Lyn Reagan, dog visits: lynreagan@icloud.com

Bonnie Finne, flower arranging: bfinne1962@gmail.com

Resident Services

September Happy Hour Entertainment

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

⚡ September 6: Judy & Brent with refreshments by Dermatology Associates in the Vermont Tower Community Room

⚡ September 13: Beth Waller with refreshments by Personal Care, Inc.

⚡ September 20: Sonya Shell with a jazzy happy hour

⚡ September 27: Join us on the Peachtree Tower Patio and Garden as we celebrate the start of Oktoberfest with German beer and music.

September Activities and Events

Regularly Scheduled Events

Chat and Stitch Sundays

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

Singing and Ukulele Classes with Suzanne Shull, Thursdays

Suzanne Shull returns with singing and ukulele classes this month. The singing class (Life Long Singing) will include finding your voice, breathing techniques, singing songs of various styles, and giving “informances” to help

listeners and singers gain a deeper understanding of the music. Suzanne also invites residents to learn or continue with ukulele lessons (Play Ukulele!). Learn basic chords and strumming on the instrument meant to be played in a group. You do not need to currently own a ukulele to participate. These classes are held each Thursday beginning with singing at 2:45 p.m. followed by ukulele at 4:00 p.m. in the Vermont Tower Community Room. For more information you may contact Suzanne at (404)281-0790 or suzanneshull@gmail.com.



Rebecca Oleson

“Keep in Mind” with Fini Shell Fridays

Join Fini for an entertaining hour of fun-filled word games that help to keep your mind sharp each Friday at 1:30 p.m. in the Art Room, located on the Ground Floor of Peachtree Tower.

Mah Jongg Saturdays

Each Saturday at 2:00 p.m. in the George Hightower Room in Peachtree Tower. For more information, please contact Ann Pearce at Ext. 3655 or (404)313-2123.

Game Night Saturdays

Looking for something fun to do? Join your fellow residents for Game Night to be held each Saturday in the George Hightower Room at 7:00 p.m. Learn how to play Rummikub- an easy game to learn but also challenging. We will also play Bananagrams- a fun, fast paced word tile game. Contact Mary Nell McLaughlin at (678)333-8931 to reserve your seat at the table.

Resident Services

Global Jewelry Repairs and Sales, September 5

Locksley with Global Jewelry returns to take care of your jewelry repair and watch battery needs. He also has a good selection of various pieces of jewelry for sale. Visit him this month in the Monarch Community Room on Thursday, September 5th from 10:30am to 2:00 p.m.

Civil Conversations, September 13 & 27

Stay up to date on the latest world news and share your opinion among fellow residents in this roundtable discussion. All residents are welcome to attend this current events discussion at 4:00 p.m. on Friday, September 13th and 27th in the Vermont Tower Community Room.

Bingo, September 4 & 18

Join us for an afternoon of fun and play

September Events and Trips

*Labor Day holiday is recognized on Monday, September 2nd. The regularly scheduled trip to Kroger will be moved to 1:35 p.m. the following day. Resident Services, including Transportation, will be closed, and other departments may be lightly staffed. Look to your Current for detailed information. Banks, government buildings and the Post Office will also be closed.

**Please remember to sign up for all trips and events as noted below.* Sign up at the Wellness Center desk, call Emma Bourne at Ext. 3062 or 470-381-6762, or schedule via the Canterbury app.

your hand at luck when we play classic Bingo games and a cover-all finale game with a jackpot winner. Each card is \$2 to play. Games will be held in the Administrative Dining Room, located on the ground floor of Peachtree Tower, on Wednesday, September 4th and 18th beginning at 4:00 p.m.

Care Partner Support Group, September 19

Being a care partner can be stressful, and thankfully there is a space created to be an outlet for your stress. The Care Partner Support 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 and takes place on Thursday, September 19th, at 2:30 p.m. in the Club Tower 7th Floor Lounge. All are welcome!

The Band Wagon Movie Showing with Alexa Foreman, September 6

Famous musical movie star Tony (Fred Astaire) fears his career may be on the skids, but his friends Lester (Oscar Levant) and Lily (Nanette Fabray) have written a Broadway project to kickstart his career. All is good until egotistical director Jeffrey (Jack Buchanan) joins the crew and casts ballerina Gabby (Cyd Charisse) as the leading lady. This 1953 classical musical directed by Vincente Minnelli was nominated for 3 Oscars. Although it didn't win an Oscar, it is considered one of the finest Metro-Goldwyn-Mayer musicals. Join Alexa on Friday, September 6th at 1:00 p.m. in the Vermont Tower Movie Theater. Light refreshments served.

Resident Services

Trip to “The Music Man” at City Springs Theatre, September 8

This production, directed by Tony Award winner Shuler Hensley, is classic Broadway entertainment at its best. *The Music Man* tells the story of a traveling con-man who attempts to swindle people of a small town but he didn't expect to fall in love with the piano teacher in that town. This production features many memorable songs by Meredith Willson.

Don't forget to sign up! With three or more residents signed up, Canterbury will provide a bus to the Sunday, September 8th, 2:00 p.m. event. The bus will leave from the Front Entrance at 1:15 p.m. Tickets may be purchased at www.cityspringstheatre.com or by calling 404-477-4365. There will be an \$8 trip fee charged to your monthly account.

Bocce Ball Lessons with Katie Coyne, September 9 & 23

Join your neighbors and Katie in a fun game of Bocce Ball. Don't know how to play? Don't worry, Katie will teach you everything you need to know. Before the end of the lesson, you will be playing a spirited game between teams! Join in the fun at the Overlook Deck on Monday, September 9th and 23rd beginning at 10:00am. No experience is necessary and all items are supplied.

Lunch Trip to Murphy's, September 9

This restaurant, bakery and wine shop in the heart of Virginia Highlands opened in 1980 and became a staple in this neighborhood, known for diverse and unique boutique shopping but also for unique restaurants not found elsewhere in Atlanta. Famous for their brunch, they also have a creative lunch menu. Chef

Matt McCarthy creates seasonal American menus with small plates to share and the in-house pastry chef James Semple creates fresh pastries and desserts. Onsite is a retail wine shop and bakery for customers to purchase items to go.

Join us for this lunch trip on *Monday, September 9th, leaving from the Canterbury front entrance promptly at 11:00 a.m.* Lunch will be on your own. There will be an \$8 trip fee added to your monthly account.

Book Club, September 9

Membership in the Canterbury Book Club is open to all residents who enjoy reading and want to explore books with other residents. For September, the book *The Berry Pickers* by Amanda Peters will be discussed. This story follows a four-year-old Mi'kmaq girl who goes missing from the blueberry fields of Maine, sparking a mystery that will haunt the survivors, unravel a family, and remain unsolved for nearly fifty years. All are welcome to this discussion on Monday, September 9th at 2:00 p.m. in the Vermont Tower Community Room.

“Challenge to Democracy” Lecture with George Brown, September 10

Is our democracy really in danger? There is so much rhetoric on all sides it is difficult to grasp which challenges are real and which are imagined. In this presentation, George Brown will look at Viktor Orban and the rise of “illiberalism” in Hungary and other parts of Europe. He will then assess the challenge to democracy in America- a timely topic for our election year.

George is the retired president of Friendship Force International, a global people to people

Resident Services

cultural exchange program. He received his Ph.D. in international studies from the University of Virginia and taught political science at Capital University before moving to Atlanta in 1978. George has also served as executive director of the Georgia Council for International Visitors and was director of Agnes Scott College's Global Awareness Program.

Come to this presentation on Tuesday, September 10th at 3:00 p.m. in the Vermont Tower Community Room, prepared to leave your political slogans behind and explore the fundamentals of democracy in America and how it can be preserved.

Silk Scarf Class with Gillian Gussack, September 11

Learn how to make beautiful handmade, printed scarves in this fun class led by Gillian. No experience is necessary and all materials are supplied- even the scarves! Limited to 10 residents, you must sign up for this class to be held on Wednesday, September 11th from 10:00am to noon in Peachtree Tower Art Room, located on the Ground Floor.

Atlanta New Horizon Band, September 11

Join conductor Fritz Siler as he leads the Atlanta New Horizon Band in patriotic selections to include "Star Spangled Banner", "Stars and Stripes Forever" and many others that you are encouraged to sing along to! This fun and talented group will bring you their energizing program on Wednesday, September 11th at 2:00 p.m. in the Vermont Tower Community Room. All are welcome!

Administrative and Enrichment Project Update, September 11

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. Join us in person in the Vermont Tower Community Room or online via Zoom on Wednesday, September 11th at 4:00 p.m. A direct Zoom link will be sent to your email the morning of the 11th, or look to your weekly calendar.

Trip to the WareHOUSE with lunch at Chattahoochee Food Works, September 12

The WareHOUSE is a contemporary art space located in Atlanta's growing Westside District and houses the private collection of the Susan Wieland Trust, a promised gift to the Wieland Warehouse Art Foundation. In 2010, the Wielands purchased this 37,000 square foot furniture warehouse and remodeled it into galleries and storage to bring their collection under one roof, and was opened to the public in 2024. More than 400 objects by over 250 national and international artists date from the 1970s through present and represent works in nearly all media. Themes include domesticity, memory, fantasy, history, land, real estate, architecture and the creative process. We will have a private, docent-led tour of these works!

After the tour, we will visit Chattahoochee Food Works, a 31-vendor food hall representing American and international specialties in a historic industrial space. Lunch is on your own. The bus will leave from the Canterbury front entrance promptly at noon on Thursday,

Resident Services

September 12th. There will be an \$8 trip fee added to your monthly account. Don't forget to sign up!

“Silent Movie” with Chenny Gan, September 13

Experience the world again in black and white. A silent film concert with live piano is interactive, educational, and entertaining for audience members of all ages! This compilation will include *Le Voyage dans la Lune (A Trip to the Moon, 1902)*, Buster Keaton in *Steamboat Bill, Jr. (1928)*, and *The Immigrant (1917)*.

Celebrated for her virtuosity and adventurous playing, pianist Chenny Gan has appeared in performance and teaching engagements in over a dozen countries on three continents, most recently in China, Germany, and the United States. She holds degrees from Wesleyan College, The University of North Carolina at Greensboro, and the Doctor of Music Arts in Piano Performance from the University of Southern California. Currently she is associate professor and director of the graduate program in music at Wesleyan College in Macon, Georgia.

All are invited to this special performance with Chenny on *Friday, September 13th, at 7:00 p.m. in the Vermont Tower Community Room.*

Trip to “The Mountaintop” at the Alliance Theater, September 15

This production is a gripping reimagining of events the night before the assassination of civil rights leader Dr. Martin Luther King Jr. Called “audacious and inventive,” the Olivier Award-winning play offers an intimate and empathetic portrait of one of history's most consequential leaders told by one of today's most important writers, Katori Hall.

Canterbury will provide transportation to this event on *Sunday, September 15th*, for the 2:00 p.m. production. *We will leave from the Canterbury front entrance promptly at 1:15 p.m.* Tickets may be purchased at www.alliancetheatre.org There will be an \$8 transportation fee added to your monthly account. Don't forget to sign up for this trip.

Choristers Resumes September 16

The gossip around Canterbury was how great the operetta “Trial by Jury” was, and now we look forward to working together again. Be sure to save your Mondays at 4 p.m. for rehearsal, which will resume on September 16th.

For new residents: if you sang in your high school or college glee club or church choir and love to sing, come join the Choristers, who perform a Spring and Christmas program to much acclaim and accolades. Be a part of something special *each Monday at 4:00 p.m. in the Vermont Tower Community Room.*

Dinner Trip to Baraonda Ristorante, September 16

At Baraonda, tradition is a way of life that is relished and celebrated with good friends, great joy and exceptional food. Friendly bartenders and staff are ready to serve you in the dining room, bar, or patio so you can begin your own traditions with friends. Named a top Atlanta restaurant, they offer classic Italian dishes and pizza created from a 100-year-old artisanal recipe. Join us on this dinner trip and try out a dish or share a small plate with a friend on *Monday, September 16th. The bus will leave from the Canterbury front entrance promptly at 5:15 p.m.* Sign up for this trip. Dinner will be on your own, and an \$8 trip fee will be charged to your monthly account.

Resident Services

“Guys and Dolls” with Music to My Ears, September 17

Valerie Miller brings you 14 songs from this classic 1950 Broadway hit musical. Gamblers from New York are looking for a location for an undercover craps game. The price for a venue is high, which sparks an unrealistic bet with high roller Sky Masterson. It leads to an unlikely romance with Sarah from the Salvation Army band. This production is full of laughs and great music! Come hear them on *Tuesday, September 17th, at 2:00 p.m. in the Vermont Tower Community Room.*

Vespers, September 17

Nondenominational services are held each *Tuesday evening in the Vermont Tower Chapel at 7:30 p.m.* All residents are welcome to attend. This program runs September through June, with the first meeting on September 17th with the Rev. Bill Britt.

Atlanta Symphony Orchestra Series #1, September 19

Music Director Nathalie Stutzmann and the ASO kick off the season with Gustav Mahler’s Symphony No. 1 and welcome cellist Edgar Moreau. *The bus will leave from the Canterbury front entrance promptly at 7:00 p.m. for the 8:00 p.m. performance on Thursday, September 19th.* Purchase tickets at www.aso.org, and don’t forget to sign up for transportation! There are no trip fees for ASO concerts, but residents are responsible for purchasing their own tickets. Canterbury will provide transportation to all Thursday evening performances with a minimum of three residents signed up.

“Babette’s Feast” Movie Showing with Alexa Foreman, September 20

In this witty classic film, based on the book by the same name, a mysterious French housekeeper, who is taken in by two Danish sisters, wins the lottery and as a gesture of gratitude prepares an extravagant and sumptuous feast for a gathering, introducing them to the true essence of charity and grace. This was the first Danish movie to win an Academy Award for best foreign language film. Come see this film, led by and with commentary by Alexa Foreman, on *Friday, September 20th, at 1:00 p.m. in the Vermont Tower Theater.*

Trip to “Two Drink Minimum” at Academy Theatre, September 22

A man tries to keep his relationship with his mother on an even keel as she grows older. Directed by Lynna Schmidt and with an all-star cast, this show will share the bitter, the sweet and the funny side of aging parents. Tickets may be purchased at www.academytheatre.org *The bus will leave from the Canterbury front entrance promptly at 2:15 p.m. for this 3:00 p.m. showing on Sunday, September 22nd.* Don’t forget to sign up for transportation.

Art Talk with John Tilford, September 23

This month, John Tilford, Curator of Collections at Oglethorpe University Museum of Art, will examine the unique medium of portrait miniatures. For centuries tiny portrait miniatures were painted on thin sheets of ivory and set in bejeweled casings to be held as intimate tokens of love and affection. Some of the greatest miniaturists were Nicholas Hilliard of the court of Elizabeth I and Richard Cosway, a favorite of George IV.

Learn more about this unique art form with John on *Monday, September 23rd, at 2:30 p.m. in the Vermont Tower Community Room.*

Resident Services

Color Exploration in Oil Painting Class with Gillian Gussack, September 25

Join Gillian for this second class in a series which focuses on water soluble oil painting. This class is for everyone—from the novice to the intermediate and professionals who want to brush up on their skills. Unless you have personal supplies you would like to bring, all materials are provided for you: paint, brushes, and canvas. *This class is limited to 12 participants and will take place Wednesday, September 25th, at 10:00 a.m. in the Art Room.* You must sign up for this class so we can make sure to provide enough supplies.

Trip to Monastery of the Holy Spirit, September 26

Please join the chaplains on their next adventure to the Monastery of the Holy Spirit on Thursday, September 26th! If you haven't been to the monastery in a while, much has changed. Join us for a brief history and tour of the new visitor center. You are also invited to attend a short noon prayer service and then tour the chapel. Lunch will be shared on the grounds with boxed lunches from Canterbury Dining. There will also be time to browse the extensive bookstore and enjoy the beautiful gardens. *The bus will leave promptly from the front entrance at 10:00 a.m. on Thursday, September 26th.* There will be a \$25 ticket and trip fee added to your monthly account. Sign up for transportation to reserve your seat.

Fundamentals of Caring Support Group, September 26

Canterbury wants to offer a welcoming space for caregivers to share experiences, gain advice, and connect with others both from inside

and outside the building. Residents, family members, and friends from outside of the community are welcome to join this new support group that meets one Thursday a month, facilitated by a social worker from the Jewish Family & Career Services of Atlanta (JF&CS). The first meeting will be September 26th from 11:00 a.m. to 12 noon in the Monarch Pavilion Community Room. Please come and bring a friend.

Atlanta Symphony Orchestra Series #2, September 26

In this first concert of Delta Series #2, Mahler interpreter Nathalie Stutzmann presents the complete song cycle *The Boy's Magic Horn*, a wondrous world of storytelling drawn from centuries of folk poetry. Maestro Stutzmann pairs this with a symphony by Shostakovich, a defiant, action-packed tragicomedy written under the thumb of a murderous tyrant in Soviet Russia.

The bus will leave from the Canterbury front entrance promptly at 7:00 p.m. for the 8:00 p.m. performance. Purchase tickets at www.aso.org, and don't forget to sign up for transportation! There are no trip fees for ASO concerts, but residents are responsible for purchasing their own tickets. Canterbury will provide transportation to all Thursday evening performances with a minimum of three residents signed up.

Interfaith Panel Discussion, September

Canterbury Chaplains invite you to this third series, scheduled for September. Chaplains are finalizing a date and panel for the evening. Stay tuned for more details as they become available.

Resident Services

September Wellness Events

Two new Wellness classes continue to be offered in September, and you are encouraged to attend and try them out!

Zumba Class with Ingrid each Saturday at 2:00 p.m. and **Line Dancing with Alithia** every other Thursday at 2 p.m. Both classes will be held in the Group Exercise Room. For more information, please reach out to Wellness Director Andrew Wiltz at Ext. 3061 or 404-201-7061.

Podiatrist Dr. Jeanine Jones will see residents on *Tuesday, September 10th*. Call the Health-

care Clinic at Ext. 3159 to schedule an appointment.

Hearing Aid Clinic with **Audiologist Monica Walker**. Call 404-777-5252 to schedule an appointment.

This month, residents will be seen in the *Monarch Tower Salon space on the first floor on Saturday, September 7th, and again on Wednesday, September 18th, from 9 a.m. to 5 p.m.*

Blood Pressure and Diabetes Check with Personal Care, Inc., on *Tuesday, September 10th, from 10:30 to 11:00 a.m.*

September Movies

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



This month we celebrate Hispanic Heritage Month, Literacy Month, and the start of the football season with the movie selections below. We also begin a new series called *The Power of Film*, a six-part documentary that explores the “why” behind America’s most popular and memorable films.

Through September 5

Movie # 1: *Going in Style* (2017) 1h 35min

Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine), and Albert (Alan Arkin) decide to buck retirement and step off the straight and narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.

Movie # 2: *Big Fish* (2003) 2h 5min

When Edward Bloom (Albert Finney) becomes ill, his son William (Billy Crudup) travels to be with him. William has a strained relationship with Edward because his father has always told exaggerated stories about his life, and William thinks he’s never really told the truth. Even on his deathbed, Edward recounts fantastical anecdotes. When William, who is a journalist, starts to investigate his father’s tales, he begins to understand the man and his penchant for storytelling.

Resident Services

September 1 & 5

Movie Special: *Always at the Carlyle* (2018)
1h 30min

The untold stories of the Carlyle, New York's legendary landmark hotel, revealed by celebrity patrons including George Clooney, Sofia Coppola, Tommy Lee Jones, Jeff Goldblum, Anjelica Huston and more.

September 6–12

Movie#1: *That Night in Rio* (1941) 1h 30min

An entertainer in Rio (Don Ameche) impersonates a wealthy aristocrat. After the aristocrat's wife (Alice Faye) asks him to carry the impersonation further, complications ensue.

Trivia: Don Ameche considered this his favorite screen role.

Movie #2: *Rudy* (1993) 2h

Rudy (Sean Astin) has always been told that he was too small to play college football. But he is determined to overcome the odds and fulfill his dream of playing for Notre Dame.

Trivia: In the final six minutes of the film, the real-life Rudy (Daniel "Rudy" Ruettiger) can be seen as a fan sitting in the football stands.

September 8 & 12

Movie Special

The Power of Film: Popular and Memorable, Episode 1 (2024) 40min

Many of the most commercially successful American films are quickly forgotten. A tiny fraction are truly memorable, lasting from one generation to another. Why? Movies discussed

include: *The Godfather*, *One Flew Over the Cuckoo's Nest*, *Star Wars*, and others.

September 13–19

Movie #1: *Finding Neverland* (2004) 1h 45min

The true story of Sir J.M. Barrie's friendship with a family who inspired him to create Peter Pan.

Starring Johnny Depp and Kate Winslet. This movie won an Oscar for Best Achievement in Music Written for Motion Pictures.

Movie #2: *Dead Poets Society* (1989) 2h

Maverick teacher John Keating (Robin Williams) returns in 1959 to the prestigious New England boys' boarding school where he was once a star student, using poetry to embolden his pupils to new heights of self-expression. This movie won an Oscar for Best Writing, Screenplay Written Directly for the Screen.

Trivia: What attracted Robin Williams to the role of John Keating was that he was the type of teacher he, in his school days, always wished he had.

September 15 & 19

Movie Special: *Hello, Bookstore* (2022) 1h 25min

In the shadow of the COVID pandemic, a small town rallies to protect a beloved local bookstore.

September 20–26

Movie #1: *West Side Story* (1961) 2h 30min

Two youngsters from rival New York gangs

Resident Services

fall in love but tensions between their respective friends build toward tragedy. Starring Natalie Wood and Rita Moreno, this classic film won ten Oscars including one for Rita Moreno for Best Actress in a Supporting Role. She also is one of the few actors to have been awarded an Emmy, a Grammy, an Oscar and a Tony—the triple crown of acting—in a career spanning over eight decades and opening the door for many Hispanic actors thereafter.

Movie #2: *Hoosiers* (1986) 1h 45min

A coach (Gene Hackman) with a checkered past and a local drunk (Dennis Hopper) train a small town high school basketball team to become a top contender for the state championship in 1950s Indiana.

September 22 & 26

Movie Special: *The Power of Film: Trapped Between Fate And Destiny*, Episode 2 (2024) 40min

Most memorable stories, whether told in movies or in real life, are about traps. The most memorable are generally about the loss, sacrifice and ultimate triumph the central character must engage in to escape their trap. Movies discussed include: *Casablanca*, *Lawrence of Arabia*, *Moonlight*, and others.

September 27–October 3

Movie #1: *We Are Marshall* (2006) 2h 10min

When a plane crash claims the lives of members of the Marshall University football team

and some of its fans, the team's new coach (Matthew McConaughey) and his surviving players try to keep the football program alive and heal a grieving community in the process. Based on a true story.

Movie #2: *3 Godfathers* (1948) 1h 45min

Thieves and rustlers Robert (John Wayne), Pete (Pedro Armendariz), and the Abilene Kid (Harry Carey, Jr.) rob a bank in a small Arizona town. Pursued by sheriff Buck Sweet (Ward Bond), the trio come across a woman who is dying while giving birth. Promising to carry the newborn to safety, the repentant criminals struggle to reach the village of New Jerusalem.

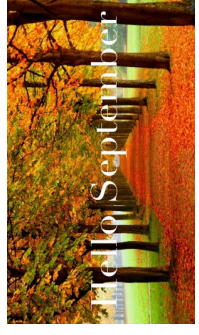
Trivia: Pedro Armendariz was discovered by director Miguel Zacarias when he was a tour guide reciting Hamlet's monologue ("To be, or not to be") to an American tourist in a cafeteria. After this, Armendariz began a brilliant career and was considered the prototype of masculinity and male beauty, which led to many movie roles.

September 29 & October 3

Movie Special: *The Right to Read* (2023) 1h 20min

This documentary follows the stories of a courageous activist, a teacher, and two American families who fight to provide our youngest generation with the most fundamental indicator of life-long success: the ability to read.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 3:00: Chat & Stitch, VT Game Rm	2  HAPPY LABOR DAY ★★★	3 11:00: Tai-Chi, VTCRm 11:00: Trip to Publix 1:35: Trip to Kroger	4 10:30: Holy Communion, VTC 4:00: Bingo, Admin Dining	5 10:30: Global Jewelry, Admin Dining 2:45: Life Long Singing, VTCRm 4:00: Play Ukulele!, VTCRm	6 1:30: Keep in Mind w/ Fini Shell, Art Rm 1:00: "Th Band Wagon" Movie Showing w/ Alexa, VTT 1:35: Trip to Kroger 5:00: Happy Hour w/ Judy Boehm w/ refreshments by Dermatology Associates, VTCRm	7 HEARING AID CLINIC 2:00: Mah Jongg, GHR 7:00: Game Night, GHR
8 1:15: Trip to "The Music Man" at City Springs Theatre 3:00: Chat & Stitch, VT Game Rm	9 10:00: Bocce Ball w/ Katie, Overlook Deck 11:00: Lunch Trip to Murphy's 1:35pm: Trip to Kroger 2:00: Book Club-"The Berry Pickers", VTCRm	10 PODIATRIST 10:30: B/P & Diabetes Check w/ Personal Care, Wellness Center 11:00: Sound Wave Therapy, P1&2 11:00: Tai-Chi, VTCRm 11:00: Trip to Publix 3:00: "Challenge to Democracy" w/ George Brown, VTCRm	11 10:00: Silk Scarf Class w/ Gillian Gussack, Art Rm 10:30: Holy Communion, VTC 2:00: Patriotic Session w/ The Atlanta New Horizon Band, VTCRm 4:00: Admin Update w/ Residents, VTCRm & Zoom	12 12:00: Trip to The Warehouse Art Gallery w/ lunch at Chattahoochee Food Works 2:45: Life Long Singing, VTCRm 4:00: Play Ukulele!, VTCRm	13 1:30: Keep in Mind w/ Fini Shell, Art Rm 1:35: Trip to Trader Joe's and Aldi 4:00: Civil Conversations, VTCRm 5:00: Happy Hour w/ Beth Waller w/ refreshments by Personal Care Inc., FP 7:00: "Silent Movie" w/ Chenny Gan, VTCRm	14 2:00: Mah Jongg, GHR 7:00: Game Night, GHR
15 1:15: Trip to "The Mountaintop" at the Alliance Theatre 3:00: Chat & Stitch, VT Game Rm	16 1:35: Trip to Kroger 4:00: Choristers Rehearsal, VTCRm 5:15: Dinner Trip to Baraonda Ristorante	17 11:00: Trip to Publix 11:00: Tai-Chi, VTCRm 2:00: "Guys and Dolls" w/ Music to My Ears, VTCRm 7:30: Vespers w/ The Rev. Bill Britt, VTC	18 HEARING AID CLINIC 10:30: Holy Communion, VTC 4:00: Bingo, Admin Dining	19 2:30: Care Partner Support Group, 7th Fl Lounge 2:45: Life Long Singing, VTCRm 4:00: Play Ukulele!, VTCRm 7:00: ASO, Series #1	20 1:00: "Babette's Feast" Movie Showing w/ Alexa, VTT 1:30: Keep in Mind w/ Fini Shell, Art Rm 1:35: Trip to Kroger 5:00: Happy Hour with Sonya Shell, FP	21 2:00: Mah Jongg, GHR 7:00: Game Night, GHR
22 2:15: Trip to "Two Drink Minimum" at Academy Theatre 3:00: Chat & Stitch, VT Game Rm	23 10:00: Bocce Ball w/ Katie, Overlook Deck 1:35: Trip to Kroger 2:30: Art Talk, VTCRm 4:00: Choristers Rehearsal, VTCRm	24 11:00: Tai Chi, VTCRm 11:00: Trip to Publix 7:30: Vespers w/ The Rev. Naomi Tutu	25 10:00: Color Exploration in Oil Painting w/ Gillian, Art Rm 10:30: Holy Communion, VTC	26 10:00: Trip to the Monastery of the Holy Spirit 11:00: Fundamentals of Caring Support Group, MCRm 2:45: Life Long Singing, VTCRm 4:00: Play Ukulele!, VTCRm 7:00: ASO, Series #2	27 1:30: Keep in Mind w/ Fini Shell, Art Rm 1:35: Trip to Trader Joe's and Aldi 4:00: Civil Conversations, VTCRm 5:00: Oktoberfest Celebration, Peachtree Patio & Garden	28 2:00: Mah Jongg, GHR 7:00: Game Night, GHR
29 3:00: Chat & Stitch, VT Game Rm	30 1:35: Trip to Kroger 4:00: Choristers Rehearsal, VTCRm					



September 2024 Activities and Events



Canterbury Court

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September 2024