

# Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

Volume LVI No. 01

January 2018



Cover Story Page 8

## 2018! PLEASE COME TO ORDER....

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# Canterbury Tales

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

Council President .....Noradel Wilson  
 Vice President .....Frank Bird  
 Secretary .....Margaret Shirley  
 Treasurer... .....Tom Tredway  
 Assistant Treasurer.....John Gay

Canterbury President & CEO.....James Wells  
 Canterbury Administrator.....Julie Parker  
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 Marketing Director .....Nicole Burke  
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 Website.....Drew Foskey

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

## Summary of Residents Council Position Through November 30, 2017

In US Dollars	Actual November	Actual Year-to-Date	Budget Year-to-Date
<b>Appreciation Fund</b>			
Income	27,460.00	181,778.42	206,250.00
Expense	<u>12,409.00</u>	<u>175,120.26</u>	<u>195,250.00</u>
	<b>15,051.00</b>	<b>6,658.16</b>	<b>11,000.00</b>
<b>General Fund</b>			
Income	3.10	32,783.58	20,166.63
Expense	<u>-79.82</u>	<u>16,131.07</u>	<u>25,017.74</u>
	<b>82.92</b>	<b>16,652.51</b>	<b>-4,851.11</b>
<b>Chapel Account</b>			
Income	0.00	481.25	
Expense	<u>0.00</u>	<u>691.67</u>	
	<b>0.00</b>	<b>-210.42</b>	
<b>Foxhole Fund</b>			
Income	0.00	663.00	
Expense	<u>0.00</u>	<u>144.22</u>	
	<b>0.00</b>	<b>518.78</b>	
<b>Total Income</b>	<b>27,463.10</b>	<b>215,706.25</b>	<b>226,416.63</b>
<b>Total Expense</b>	<b><u>12,329.18</u></b>	<b><u>192,087.22</u></b>	<b><u>220,267.74</u></b>
<b>Net Income</b>	<b>15,133.92</b>	<b>23,619.03</b>	<b>6,148.89</b>
		:	
		<i>Tom Tredway,</i>	<i>Treasurer #802</i>

## In Memoriam



**Jane Mitchell**  
**December 20, 2017**

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

# JANUARY BIRTHDAYS

4 James Trimble  
6 Walda Lavroff  
10 William Schneidewind  
11 Austin Brown  
11 Bob Johnson  
14 William "Grif" Griffin  
16 Knox Massey  
16 Martha Solano  
17 Jane May  
18 Ethel Chenoweth



19 Faye Hough  
22 Milton Murray  
23 Royce Stroud  
25 Jane Pepper  
26 Hall Goode  
28 Evelyn Henry  
28 Clyde Herron  
28 Hope McCollam  
30 Louise Dickson  
31 Dorothy "Dot" Michaelis

## CHAPEL SERVICE

All Canterbury residents are invited and welcome to our service of Holy Communion on **Wednesdays at 10:00 a.m.**

*Gail Johnson, Altar Guild Chair #778*

## VESPERS

- Jan. 02 Happy New Year!
- Jan. 09 The Reverend Juan Sandoval  
Deacon  
St. Philip's Cathedral
- Jan. 16 The Reverend Horace L. Griffin  
St. Luke's Episcopal Church
- Jan. 23 The Reverend Christopher A. Henry  
Senior Pastor  
Shallowford Presbyterian Church
- Jan. 30 The Reverend Timothy T. Boggess  
Pastor  
Northwest Presbyterian Church



*Royce Stroud, Vespers Chair # 556*

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



# ADMINISTRATION



**Julie  
Parker**

Happy New Year!! I hope that you had a fantastic Christmas and are now ready to start the new year out on a positive note. My first goal is to purge my body from all the sugar and rich foods that I ate during the holidays. I don't know why I do this to myself every year because the effects

of the sweets, although they taste good going down, don't make me feel good in the long run, let alone the extra weight that I have gained in the process.

I am not one who has a bucket list, probably because of my type-A personality. I tend to get stressed out when I have things left on my list...sigh. But I do think and dream about things that I would like to accomplish this year. Things that I always wanted to do but for whatever reason have been afraid to follow through or have procrastinated on getting done. I would like to encourage all of you to do the same. Challenge yourself to stretch and seek out something new. Fear of failure is real and can derail us even before we get started, so ignore those negative thoughts and come up with a plan and go for it!!

The new **Heath Services Clinic**, staffed by **RN's Regine Vincent and Jackie Roalfs** will soon be moving to their new home in the south tower. **Dr. Hooker**

will also have his office in this area and we are hopeful that you will find this new location more convenient. We will have an open house to unveil the new space in mid-January. More to come on this very soon.

We will also be providing updates this month on the **progress of the replacement of the phones, cable and internet systems.** **Drew Foskey** and his team of IT professionals have been working behind the scenes in preparation for these changes. Be on the lookout for memos from Drew for when the new vendor will be here to meet all of you and to explain the new and exciting upgrades.

By the time you read this article, the teams for the National Championship game in college football will be determined. Let the record show that I am a Big 10 fan, but I am pulling for Georgia! I hope they made it to the big game and that they will prevail. **Go Dawgs!**



*Julie Parker, Administrator, LNHA*

We need your relatively clean, non-political, positive, socially acceptable jokes and stories.

E-mail attachments are preferred but hard copy is acceptable. Please put your name on all sheets of hard copy submittals. Sheets are easily separated in the chaos of the editor's desk. Send them to the editor, Nancy Fukushima, at [37ctails50@gmail.com](mailto:37ctails50@gmail.com).



## RESIDENT COUNCIL PRESIDENT'S CORNER



**Noradel  
Wilson**

Well, here it is January 1, 2018! I love New Year's Day! January 1 is my favorite day of the year. The tradition in our family is to take down the Christmas tree and pack away all the holiday decorations on that day. That is an all-day job and pretty hard work, so why do I still love the day so much?

January 1 is a new beginning. It is a clean slate, a blank calendar waiting to be filled in with the new adventures of each day. If the calendar is blank, I can fill it in with whatever I choose - new people, new places, new commitments, new obstacles. But I won't forget the old either- the familiar friends, places, and activities. What an exciting prospect – a whole new year, month by month, and week by week.

Many of us will have new challenges this year, and I am first in line with my new job. I am so grateful to the residents of Canterbury for giving me this opportunity, especially at this exciting time for Canterbury. **Very soon now we will be sitting down in groups of 15-20 to discuss some prospective changes in the Canterbury campus.**

Now, we all know that most of us don't like change and we tend to resist it, but we also know in our maturity that change is inevitable and often desirable. So we will sit together and talk through the proposed

changes, and we will have plenty of opportunity to express our opinions and hear the suggestions of others. Let us all remember that God had a reason for giving us one mouth and two ears. Lots of good ideas for a better community will come out of these sessions.

I am reminded of a talk that Spencer made at Hunter Bell's beautiful funeral service. He talked of a remote African community, discovered by missionaries, where the people lived in amazing harmony. The visitors soon realized that the people did not have, nor had they ever had, mirrors. They never looked at themselves or thought of themselves as individuals; they only thought in terms of the community and the others in it. Their actions and reactions all came from concern for the village as a whole. What a goal to strive for! We won't throw away our mirrors, but I earnestly believe we are part way there as I see and hear the care and concern we show for each other.

So today – January 1 – we start filling our blank calendar. We will fill it together with hard work and good times. Happy New Year to everyone in this treasured community!



**Noradel Wilson #555**



## BOOK CLUB



**Gloria  
Davis**

Happy New Year Canterbury Readers! We have received the gift of a new year to read, discuss, and enjoy great books together: books of our own choosing. **Perk up and travel** through the second half of the 2017-18 Reading Period with us.

Every resident of Canterbury Court is an automatic member of the Book Club, and we promise a great reading experience during the months of January through May 2018.

Our January book will be **A Dog's Purpose** by Bruce Cameron. **The Discussion Leader will be Alex King.** This book has a great following. Some of you may have seen the movie. We know Alex will take us on a lively journey through it.

The January meeting will be held on **Monday, January 22<sup>nd</sup> — the 4<sup>th</sup> Monday — at 2:00 PM**, in the George High-tower Room on the North Tower Garden Level. *You are invited to come, listen, and join in the discussion whether or not you have read the book.* Also, we are open to shared personal experiences directly related to the book.

Our Library is very supportive of the Book Club by stocking most of our books. **See you at the meeting.**



**Gloria Watts Davis, Chair, #501**

## ART NEWS



**Babette  
Tipping**

The good news is that the Art Room/Hobby Room is back and running after the Christmas break.

**We are happy to welcome back Barbara Tipping Fitzpatrick on Friday, January 5th from 9:30 to 12:00 for a drawing workshop.** For

those of you who attended her class last Spring, you know you will want to come again. For those of you who could not get in last year, sign up early at the Front Desk. **Space is limited to 14 active participants.**

**On Friday, January 19th, Jeann Blankenship** has offered her time and talent to conduct a class on making greeting cards—just in time for Valentine's Day! Another class not to be missed. Again there will be a sign-up sheet at the Front Desk.

For the rest of the month the Art Room is open at any time for individual creativity. We are very fortunate to have this space for art and flower arranging (another art in itself!).

**Babette Tipping #677**

## CHAPLAIN'S CORNER



**Mandy  
Brady**

### Happy New Year!

New years bring with them opportunities for new things: new possibilities, new blessings, new experiences. This January we will be offering an old, "new" thing.

In some parts of the world, particularly Great Britain, there is a custom of gathering in homes to ask God's blessing on the house and upon all who live, work, and visit there. This often follows a household move. A simpler version is also popular during the Season after the Epiphany, when the Church remembers when the Wise Men from afar were received by Mary, Joseph, and the Christ child.

The Blessing of Homes in Epiphany is a short service when folks can gather with family, friends and/or neighbors to ask God's blessing upon those who live or visit their home throughout the coming year. During this service, we mark our doors with chalk as a sign that we have invited God's presence and blessing into our homes.

Scripture is silent on the names of the Magi, but by longstanding tradition they have been remembered as Caspar, Melchior, and Balthazar. During the service, chalk is used to write C, M, B on the door frame. C M B represents the first letters of the names of the Wise Men. It is also the first letters of "Christus Mansionem Benedicat," which in Latin means "May Christ bless this dwelling." **If you would like to schedule a blessing of your home as we begin the New Year, please contact Mandy or Spenser at x3253.**

Another New thing: this year we will be joining St Luke's Church during their Serve-a-thon to honor the legacy of the Rev. Dr. Martin Luther King, Jr. Together we will do what we can to make the world a better place. **On Monday Jan 15<sup>th</sup> Canterbury will host a Letter Writing campaign.** It will be an opportunity to make a difference with pen and paper as we write letters to the members of the Voices of Hope Choir at Arrendale State Prison. **Join us in Peachtree 1 and 2** to join in the fun and make a difference. If you cannot join us on the 15<sup>th</sup>, stay tuned as we hope to offer regular opportunities for service for those residents who are interested.

**Blessings and joy to one and all as we begin a New Year together,**

**Mandy Brady+**  
**Director of Pastoral Care**

### **Prayer while chalking the door post**

Visit, O blessed Lord, this home with the gladness of your presence, Bless all who live or visit here with the gift of your love; and grant that they may manifest your love to all whose lives they touch. In the days and years to come, grant that they may grow in grace and in the knowledge and love of you; guide, comfort, and strengthen them; and preserve them in peace, O Jesus Christ, now and for ever. Amen.

**Happy New Year!**



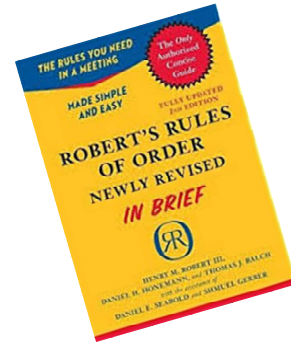


## COVER STORY



**Mary Earle Scovil**

**Hail to the Chief!** Judging from the papers on her desk, the gracious and efficient **Noradel Wilson** is already hard at work at her job as our new **Residents Council president**. We wish her smooth sailing in 2018 as she navigates her way through the business of our many committees.



Cover Photo: Clyde May  
**Mary Earle Scovil #672**

## DINING COMMITTEE



**T Taylor**

By now many of you have met **Felicia Crawford**, our Interim Dining Services Manager. She hails from Greenville, MS, but has spent most of her career in Memphis, TN.

In her ten-year career with Morrison, she has spent time in dining services with Morrison Community Living, aka senior residences, so we are in experienced hands.

Those of you who attended the Christmas dinner probably share the nearly unanimous opinion that it was a beautifully served and delicious meal.



*Food, Glorious Food*

The kitchen tours in the fall were a great success and more tours will be scheduled after the holiday season. Eight seems to

be the best number per tour, so it may take awhile for all those interested to take the tour, but it will be done. Look for sign up sheets in the mail room area.

The new Grill menu has been in place for over a month now, and possibly you have found some new favorites. The dining room menu will be a work-in-progress, with weekly evaluations of what was popular and what should be swapped out. This filtering in of new dishes should relieve some of the monotony many of us complained about, but evaluation cannot take place without your input. **Please use comment cards, tell the staff, tell a member of the Dining Committee or find some way to communicate.**

This will also be important as we evaluate a new line of sugar-free desserts. We can get beyond raspberry swirl.

**Best wishes for a happy and healthy New Year filled with delicious things to eat.**

**T Taylor, Chair #674**



# EVENTS



On the eighth of December, we were surprised by a snowfall that blanketed our area and left the

walks with unsure footing. Mary and Wayne James carefully negotiated the garden walks to ensure Skye had his required "constitutional" while they enjoyed the brisk air and "powdered sugar" landscape. Wes Lucas made sure the areas closest to the buildings provided safe access.



Photos:  
Greg Fukushima



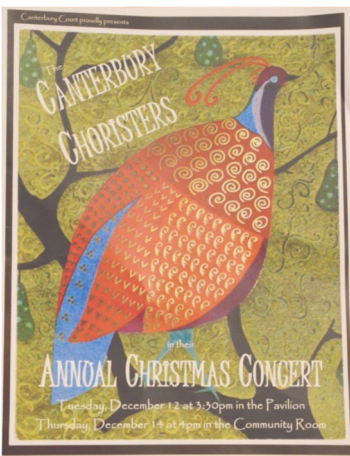
# EVENTS



James Wells and two of the ASO 's clarinetists present **Mendelssohn's Concertpiece No. 2** in the front parlor on December 4th, a beautiful way to initiate the Christmas Season.



The Atlanta Balalaika Orchestra has been joined by three female singers who added Russian folk songs to the stirring entertainment.



John King Carter conducted the Choristers in their eagerly anticipated Christmas concert.





## TREASURER'S REPORT



**Tom  
Tredway**

Contributions to the Appreciation Fund for November totaled \$27,460.00. Expenses from the fund were \$12,409.00 all of which were scholarship payments. The total received for the year through November was \$181,778.42 compared with \$165,246.86 received for the same period last year. Gifts to the employees and scholarship payments through October totaled \$175,120.26.

For the year through November, the General Fund has received \$32,783.58. The total received for the same period last year was \$28,784.80. As stated last month, the accumulation sales have been a big success this year.

When you read this, Christmas will have passed, but Merry Christmas and Happy New Year to everyone.

**Tom Tredway, Treasurer #802**

## ART GALLERY



**Gwyneth  
Webb**

Gwyn Webb's richly colored pencil drawings take us back to the Victorian era and present an avenue of stories for us to imagine.

One of Gwyn's interests is in depicting *light*. How does the light caress each home? Is it morning or afternoon?

Her art career was put on hold while she and her husband, Paul, raised six children. Then she returned to painting wholeheartedly. She enrolled in the **Atlanta College of Art** and studied privately with **Clint Carter** and **George Evidi Illes**, and participated in workshops with **Allan Tiegreen**, **Win Crannell**, and New York Artist **Daniel Greene**.

She has had four one artist shows and her art has been juried into many exhibitions throughout Georgia. Gwyn's work, representing a variety of art media and subjects, is owned by private collectors and corporations in the Eastern States, Michigan, and the South. Her illustrations appear in **From My Window** by author **Frances Shumate**.

Growing up, Gwyn's art talent always had been recognized. From the time she was a little girl she painted and drew pictures. At graduation from Smith College, she received their Alpha Award for "Best in Art."

"I would purposely look for the beauty in my subjects and then I would find it."

**Jeann Blankenship,  
Author and photographer # 817**

# Mardi Gras 2018

**Get ready for the Party of the Year!** On February 12, 2018, Members of **Krewe of Cantaur** will host the 10<sup>th</sup> annual Mardi Gras party. This party is funded by the 40 members of the Krewe. All residents of Canterbury Court are invited to come. A King and a Queen will reign over us for the evening. While a cocktail party (which is for Krewe members only) takes place at 4:45 PM, **everyone is invited to watch the parade beginning at 5:15 PM near the front hall and ending at the Community Room.** The doors will open at 5:30 PM. There will be a special buffet dinner, **The Class Act Band** will play, a full bar, lots of dancing and merriment.



**reservation with Midge Gardner (call 3876) by February 8, 2018.** She will reserve a place for you at a table inside the Community Room, and when space runs out, she will place you at a table right outside the

Community Room. On the night of the party, Midge Gardner and Margaret Langford will stand at the doors to direct you to your table.

This is a festive party, so dress up to celebrate "Fat Tuesday". Gentlemen are encouraged to wear tuxes or suits. For women, it's the perfect opportunity to dress fancy or formal with lots of make-up and jewelry. Masks add to the fun! Wear one!

**Don't forget to make your reservation for yourself with Midge Gardner before February 8, 2018.**

See you at the party!  
Sincerely,  
**Clara Martin #914**

**P.S.** If you wish to become a member of the Krewe for 2019, just ask another Krewe member for information. It's easy.



Because of the unprecedented number of guests last year, some new procedures are in place. (Last year, seating, food and wine ran out before all guests had been served.) Invitations to all residents will be sent out by January 12, 2018. **For the first time, everyone must make a reser-**





# STAFF CHRISTMAS PARTY



Photos:  
Greg Fukushima





## PAVILION SOCIAL SERVICES



**Liz  
Woltzen**

By the time you are reading this, you may have already broken your New Year's Resolution. Or perhaps, if you are like me, you resolved a long time ago to stop making New Year's Resolutions because they are practically impossible to keep anyway. As I was thinking about this article, I started to wonder - why do so many of us break our resolutions? And how can we be more successful with them?

As I skimmed through different articles and books, I found a lot of possible reasons for the resistance to change that many of us encounter. Change is difficult because we tend not to look at the context in which our habits are formed and endure. So when we try to change the habit, we fail because the environment which triggers the habit remains unchanged. Or change is difficult because the possibility of failure can be a threat to the ego, so why take the risk. Or if the desired change does not fit with our own understanding of ourselves or our world, we sabotage our own plan to avoid cognitive dissonance. These are among the many reasons that experts give for why we don't change.

Then I reflected on my own life and thought back to my business roots, before I became a social worker. Whenever we discussed goals in business, they always needed to be **SMART (specific, measurable, achievable, realistic and time based)**. Thinking of personal goals in this way, does work. Whenever I have accomplished a goal, it has always been a SMART goal, though I may not have ac-

tively thought of it in that context before.

My most recent accomplishment (which was big for me) was to complete a half-marathon on December 17<sup>th</sup>. I not only completed it, but did it in much shorter time than I thought I could. I created a SMART goal for myself when I decided to aim for this. But the really amazing thing about this goal was in trying to achieve it, I discovered something that I really love – running. I found that running provides me an opportunity for much needed solitude and energizes me for the day. It is not always easy putting on those sneakers for a 30 minute run in 35 degree weather, but for some reason that I don't fully comprehend, it is worth it (most days).

So, despite myself, I have decided to make a resolution this year. I am going to continue doing what I have been enjoying and do it SMART. **I am planning to run the Peachtree Road Race** this year, even if I come in last place. And on those days that I just can't seem to put on my sneakers, I will give myself a pass because, in the end, I want running to be something that fills me up, not depletes me.

**Elizabeth M. Woltzen, LMSW**



# WELLNESS



**Andrew  
Wiltz**

The Holiday Season is wrapping up and a fresh new year is upon us. This is a good time to start focusing on getting back to a normal schedule. Research has shown that people who are routine-oriented typically live longer. I can't recall the source, but you get the idea. The New Year's Resolution is a traditional announcement made by some to change an undesired behavior or improve something about themselves. Every year, getting physically fit or healthier is one of the most popular resolutions that people make after the indulgence of the holiday season where added pounds to the body are common place. **In Wellness, an important part of our mission is to provide you with stimulating options to keep yourself active and healthy.** In fact, you have **40 options a week** to choose from on our Wellness Schedule! If you don't have an updated copy, we have them available in the Wellness Center and several posted on bulletin boards around campus.

Although we are pleased with a core group that comes down on a regular basis, we would like to see more of you using your resources and using them often. There are new classes, such as Zumba Gold and Chair Yoga, that have health benefits, physically and mentally. Canterbury Court Resident, **Mary Capka**, has a nice article on our Zumba class that you should read. [\(Reference page # 20\)](#)

We have an interesting development for our Yoga Program. **Mimi Brown, who is our Chair Yoga Instructor**, has moved her class to Friday's at 1:00 p.m. in the

Aerobics Room. This provides a chance for Tai Chi students to join her group. Originally, both classes were held on the same day, however it suited Mimi better to move her class to later in the week. This is a win-win as Yoga and Tai Chi offer complimentary benefits in regulating and integrating body, breath and mind. Also, we have Instructor, **Angel Grant, who teaches Yoga** at 10:00 a.m. in the Aerobics Room on Thursday for those of you interested in exercises performed on the floor.

We would like to assist you in meeting your goals in 2018. As mentioned earlier, you have 40 opportunities a week to develop your health and fitness formula. We offer a variety of programs, because our personal fitness formulas change with time. For some, it seems that half the battle is getting started and the other half is staying with it. The Wellness Center is the laboratory to keep working on the right combinations that suit your needs. We are always delighted to see you!

To me, aging is our natural course in life. It's not a bad thing. It's how we face it or cope with the challenges that could predict successful outcomes. I'm thankful to be around some wise, active and enthusiastic individuals aged from the mid-60's through the mid-90's at our community. They teach me a thing or two, give me inspiration, and break the stereotypes of aging. No matter where we are, our attitude towards aging plays a significant role in navigating the process. Canterbury Staff is honored to be a part of your journey. Along the way, we can do some great things together!

**Andrew Wiltz, Director of Wellness**

## WELCOME MAT

Born a Texan, Margaret soon moved to Gary, Indiana. There she completed her early education and received a Bachelor of Science Degree in Education from Indiana University. While there, a house boy at her sorority house named Max Stanton caught her eye. Margaret says their marriage allowed them to 'Do It All.' His job gave them endless opportunities to travel, to own horses, airplanes, motor homes, and on and on. She clearly has no regrets.

Max served in the US Air Force, starting at St Louis University to become a weatherman. Then he served in Columbus, Ohio and Fairbanks, Alaska. Returning to civilian life, they moved to Kokomo, Indiana to work for General Motors. Making transistors led them to Silicon Valley, CA to work for Fairchild and National Semiconductors. Business soon took them to Europe and Connecticut, to Silicon Valley again, and then to Hong Kong and Singapore for thirteen years. They also lived in Barcelona, Spain for two years where Max taught Spanish workers to make transistors. In 1986, Max retired to Pinehurst, NC, where they lived for 25 years enjoying 13 grandchildren. Max died in 2009 and Margaret moved to Atlanta where her grandparents had lived on Peachtree Road 100 years before.

Margaret's immediate family of 34 captured my attention. She has three daughters and one son, thirteen grandchildren, and seven great grandchildren. Oldest daughter is Cheryl Backelder, who recently retired from being CEO of Popeye's Chicken for ten years. Cheryl and Chris are parents of three daughters—Tracy is an engineer at Disney World



**Margaret Edmiston Stanton**  
**Birthplace: Santa Rosa, Texas**

**Birthdate: September 22**  
**Apartment # 270**

**Move in date: December 14, 2017**

and has two children—Katy, a recent bride, writes editorials for the Wall Street Journal—and Katia, their Russian adopted daughter works in Louisville, KY.

Second daughter Beth recently sold her hospital scheduling software company to Cerner Corporation and retired. She and husband Jim Pickard have two daughters and a son. Brook is a teacher raising 3 boys under five. Julie is mother of two as well as an occupational therapist at Children's Hospital in Atlanta. Tyler just graduated from college and will run the family roofing company as his Dad re-

tires.

Third daughter Laura is CEO of UNC Hospital in Lenore, NC and has four children. Jon is a graduate student at Wake Forest. Nick has a degree in economics from Harvard and is an NFL Vikings football player. Sarah attends High Point University, and Rachel is still in high school.

Margaret's son, David, lives in New Jersey where he is President of a division of the Suez Water Company that provides water for most of the east coast. Their children are Nicole, who teaches literature and writing in California; Christopher who writes for an IT Company in NYC; and Shelby who is in the 8<sup>th</sup> grade. What an outstanding family!

Margaret enjoys many hobbies—among them, reading, knitting, scrapbooking, gardening, listening to music, and especially, traveling. Welcome to Canterbury, Margaret.

**Barbara Cheshire, #177**



# RECYCLING



**Walda  
Lavroff**

The Recycling Committee was established in 2013 by the Residents Council; Ruth Anne Foote was appointed Committee Chair. Our founding committee members saw the need to address **Responsible Trash Removal** from Canterbury Court. By October 2013 our committee had persuaded CBC administration to enter into an agreement with RockTenn—now renamed WestRock. This contractor is taking much of our waste, but NOT used batteries.

Committee members found by contacting City of Atlanta, Office of Sustainability – that there is a place on Hill Street, “**CHARMe**” (Center for hard to recycle material), which accepts used batteries for responsible disposal. Founding committee member, Judge Jack Langford (Eagle Scout) volunteered to take gallon buckets of batteries, which committee members collected in Trash/Laundry Rooms, to this Hill Street center. Two weeks ago he came back reporting that CHARMe would no longer accept used batteries.

I contacted again the City’s Office of Sustainability. The prompt reply from the Director was: “they have stopped accepting single use batteries, however they recommend re-chargeable batteries.... Batteries Plus has several locations in Metro Atlanta and will recycle batteries for \$1.29 /lb.”

I promptly went to Batteries Plus on Roswell Rd and was given printed information: “As of 8/26/2017: REC-ALK-LB is now \$2.00 per lb”. When I asked, “How are those batteries recycled by you?”, the

response was, “We put them into the trash.”

With that information I contacted CBC CEO Wells, including copies of what we received from City and from Batteries Plus. His reply showed that he is aware our resident committee has done all it can do to find ways to keep toxic ingredients in batteries such as cadmium, lithium, mercury, vanadium from going into landfills and leaking into land and water. Our committee now has to look to CBC administration for guidance on that issue.

**Demolishing the Environmental Protection Regulations at the federal level has brought this about.**

Incoming Resident Council President Noradel Wilson heard of this calamity, and she too is looking for ways to dispose of batteries responsibly. Her support of the efforts by the Recycling Committee is very much appreciated.

On a more positive note: we can report that Closed Loop Organics, CBC’s food waste recycler which our Committee brought to CBC in 2015, and with whom CEO Wells signed an agreement, picked up 8.8 tons of food waste in September; 7.63 tons in October, and 7.56 tons of waste from the kitchen during November.



**Walda Lavroff, Chair # 575**

# KNOW YOUR STAFF

Think Sunday brunch. Think a big grin and a hug. Who else might it be but Tony Kemp?

Having been recruited by Corey and Brenton, Tony has worked part-time in dining services at Canterbury for four and a half years.

Tony graduated from Druid Hills High School in DeKalb County. He received an AS from Gordon College. He and his two roommates currently live in Riverdale, as do his mother and his 14-year-old brother.

As a Canterbury scholar, Tony earned a BA in Sociology at Kennesaw State. He hopes to get an MA there as well. Tony enjoys the study of sociology so much because it deals with the WHY of relationships. Tony feels honored to be one of the first graduates of the scholarship program.



**Tony Kemp**  
BA in Sociology

Tony has had a lot of experience with young people. He had an internship at the East Atlanta YMCA. He chaperoned a group of young people from the YMCA to Capetown, South Africa last year. Additionally, he has served on the McDonough Teen Advisory Board, as a motivational speaker. He also served as a motivational speaker for the Archer HS class of 2020.

As you might imagine, Tony is all about creating further opportunities for young people who otherwise might not have them. He loves mentoring students, as well as coaching them in basketball. He is all about motivation, positivity, and inspiration.

With his energy and positivity, Tony inspires all of us at Canterbury.

## Peggy Heinisch #955

December 25, 2014, the **ATLANTA JOURNAL CONSTITUTION** published an article on Canterbury's Scholarship program featuring Tony Kemp and Noradel Wilson.



# THE FOUR C'S STORE



**Norm  
Currey**

**A NEW YEAR.** A new beginning. It is time to make your resolutions. We make these every year, more or less, because it is a fun thing to do, but there are at least two that should be on the top of your list and should be kept – **exercise and economize.**

Every January we see a surge of people joining the exercise classes, and that number goes down from then onwards despite Andrew Wiltz's encouragement to stay with it. Economizing is where the Four C's can help. First, why economize? Well, it simply makes no sense to needlessly enhance the profits of Kroger and Publix when you can, instead, put that money to better use here.

To improve your shopping experience, think about the large and heavy items that you could buy at Four C's, and then you'd find it easier to carry the remaining items from the supermarket. It's easier to carry two small loads than one big one! We cannot provide items such as dairy products, meat, frozen items and baked goods due to the size and facilities in our small store, but it still allows you to buy items such as tissue, Tide, personal hygiene items, cereal and bottled water (large and/or heavy items). Then you can go to the supermarket for your butter, bacon, and beer, or cucumber, carrots, corn and Coke. You'll find your shopping to be easier ( fewer bags) and you'll save money too.

It's easy to figure on, say, a \$5 per week saving, and that adds up to a tidy \$250 over a year – a significant sum.

I'll bet that most of you have forgotten (or never knew) what the name Four C's came from. It means **Canterbury Court Cash & Carry.**

The Residents Council has 24 committees, and Four C's is one of them. If you want to see them all, with brief descriptions, look under Tab F in the "Green Book". We invite any newcomers to join us to ensure that we have an adequate staff to support your needs. Currently we have 28 active sales people ( I think), plus four managers and one manager emeritus (**Bernice Burton**) who has been with us since day one. These salespeople include a cashier and one who looks after all charged purchases. You don't need a credit card – the items are charged to your monthly rent bill. From time to time one of these good people has to be away due to sickness, vacation and so on, and this means that we have to fill in that slot somehow. This is why we need some reserves to fill in the blanks. Salespeople usually work one day per month from 9:30 a.m. to 11:30 a.m., and we're open Monday, Wednesday and Friday. As a bonus, you get to know the residents, make new friends, and you'll catch up on the latest gossip!

How useful are we? That question was answered when we had that snowfall in early December -- we had lots and lots of customers who couldn't and shouldn't venture out to do their shopping.

**Norm Currey #760**  
**Anne Haltiwanger ,Chair #174**



## JOIN US FOR ZUMBA!

Come down to the Wellness Center on any given **Tuesday at 2 p.m.** and just listen. Flowing from the exercise room you will hear the strong, clear beat of contemporary music and sounds of laughter. Peeking in, you will see residents of all ages and abilities smiling and having fun together as they move to the beat of the music and release their inner tensions and inhibitions through the miracles of rhythm and dance.

Several months ago, at the request of residents wanting an alternative to traditional exercise classes offered on site, **Andrew Wiltz, Director of Wellness**, began exploring new options, and **Senior Zumba** joined the exercise calendar on a trial basis. This fall it became a permanent part of the weekly schedule.

Zumba Instructor **Jamal** leads a group of Canterbury residents in the dance and exercise movements made famous by the international Zumba movement and specially modified for the unique needs of a senior population. Zumba Gold incorporates modern dance movements, salsa steps and aerobic exercises into a fast-paced “dance party”, interspersed with periods of slower, active exercise recovery, stretching, and balance enhancement.

Suitable for persons of all ages, Senior Zumba is adaptable to virtually any level of physical ability. Our oldest participant was over 100 years young, and wheelchair confined. What a pleasure to see her raise her arms and move her feet to the beat of the rhythm. Best of all was the broad smile on her face as she felt the freedom of movement and the sensation of dance once again. The proverbial Cheshire cat had nothing on her when it came to expressing the pure joy of the moment. The entire group shared in her happiness.

Dance skills are not required—only an open mind, a willingness to experiment within your comfort level of physical activity, and the ability to count to four. Most Zumba steps are done in groups or multiples of four, making keeping up with the movements simple and fun. And for those of us with two left feet, it makes no difference at all. As long as you are moving and smiling, everyone participates at their own pace and enjoys a stimulating, rhythmic workout. If you need a break during class, slow down or take a chair rest whenever you want one. But you’ll want to get back to the fun as soon as your body says, “okay.”

So, some Tuesday afternoon when you want to break out of your comfort zone and try something different, stimulating, and just plain fun, come down to the Wellness Center. You’ll be welcomed with open arms and a place on the exercise floor. It’s just waiting for you to take the first step!



**Mary Capka #077**

# ZUMBA CONNECTS HAPPY SPIRITS



Something very special happened at Canterbury Court that December Saturday afternoon when we were covered in beautiful ice and snow. But first, let me give a little background.

There's a bunch of us residents who belong to the Canterbury Zumba dance group. Yes, that's what I said - "ZUMBA" Zumba defies description, but if I were forced to do so, I would say it's something like line-dancing, fast forward. But, back to my story.

Every Tuesday afternoon at 2 o'clock in the Wellness Center, under the direction of Jamal, our high-energy, super exuberant leader, we swing and sway and high-step around like you wouldn't believe. And we love it! People even stop in the hallway to watch us, and always with big smiles. Frequently, a staff person on his or her way down the hall will "bop in" and join us for a few steps. And all of this because of the exuberance we've caught from Jamal. But now back to that icy, snowy afternoon.

A large number of Jamal's out-of-town family was planning to be in Atlanta over the weekend and he very much wanted us to meet each other. It was obvious to all of

us that his very sincere invitation was a testimony of his love not only for his family, but also for us, his newly acquired Canterbury family.

We showed up. His family arrived, and after some handshakes and hugs, they sat in the chairs around the edges of the room. The music began, and a very proud Jamal led an equally proud group of residents through our routine, if you can call it that. And to the joy of all, his mother had joined us on the dance floor. You could literally see the joy and pride and love on the face of every person in that room, and the session ended with a giant hugfest. It became very obvious to me that something special had happened that afternoon in the Canterbury Wellness Center and also in our hearts: two happy spirits had met and embraced; Jamal's family and the Canterbury community.

With smiles and some tears, we all said "Goodbye", no longer strangers, but now united in a bond of human affection.



**Jamal Gorden leads the ZUMBA group**

***Milton Murray #422***



## GARDEN COMMITTEE



**Margaret Langford**

three days in December.

Canterbury Court, as you know, is unique among retirement communities for having so much "green space." Our lawns, walking paths, greenhouse, gardens (both individual and corporate) and deep woods in the back, provide priceless horticultural therapy for all of us. **Wes Lucas**, our new **Grounds Technician and Gardener**, works everyday to keep our

There's an old wives' tale that snow is nature's fertilizer. I don't quite understand how that can be, but we'll see how all the flowers and plants are doing when the snow fully melts. They were covered with snow for about

grounds safe and beautiful.

Make a New Year's resolution to take advantage of these treasured gifts. Walk outside when it is feasible; enjoy the stark beauty of the bare trees; watch for birds migrating through our area and look for early crocus and daffodils popping up.

Here's to a New Year with many hours spent outside in Nature.



*Margaret Langford, Chair #872*

## IN THE GARDEN



*EM*

Our sugar-coated world presented a new universe of peace



*J&J*

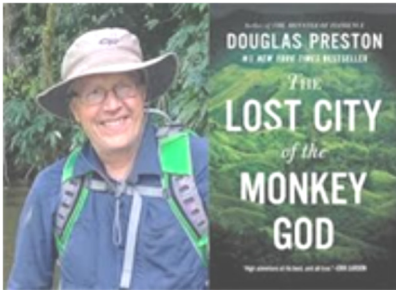


# LIBRARY

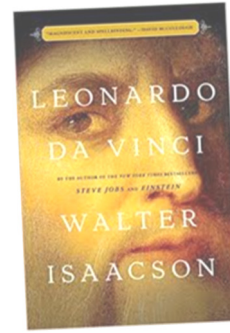
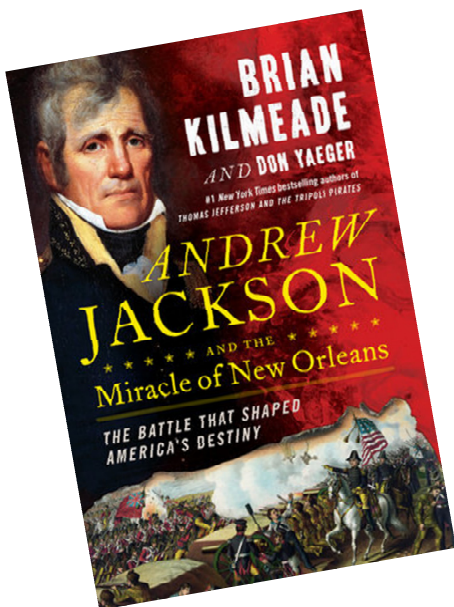


**The Lost City of the Monkey God: A True Story** by Douglas Preston - a 500-year old legend, an ancient curse and a stunning medical mystery!

**LuAnne Schwarz**

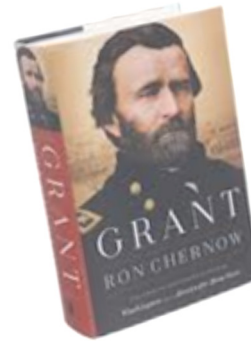


**Andrew Jackson and the Miracle of New Orleans: The Battle that shaped America's Destiny** by Brian Kilmeade describes how a formidable military leader rallied the diverse inhabitants of New Orleans - Frenchmen, Native Americans, freed slaves, pirates and Kentucky woodsmen to battle the British.



**Leonardo da Vinci** by Walter Isaacson is a new biography of Da Vinci's genius born of wide-ranging passions combining the humanities and the sciences.

**Grant** by Ron Chernow:



Pulitzer Prize-winner Chernow presents a dramatic portrait of one of our most complicated generals and presidents.



**The Cuban Affair:** a novel by Nelson DeMille is a riveting adventure with a charter boat captain searching for lost family treasure abandoned during the Castro revolution.

**LuAnne Schwarz, Chair #758**



# January

**West Tower “G” Floor Theater  
Every Day at 3:15 & 7:30 p.m.  
Two films alternate between afternoon and evening daily.  
Check weekly schedules posted in the elevators  
and on bulletin boards for details.**

## Movie # 1

December 29<sup>th</sup>-January 4<sup>th</sup>: *Bubbe Meises: Bubbe Stories (2007) 75 Minutes*

In this one-person musical tribute, a woman recalls the wise and witty anecdotes she heard from her two Jewish grandmothers while growing up. Bubbe Gittie emphasized caring for others, while Bubbe Annie championed living life to its fullest. Starring the talented Ellen Gould, the Emmy Award-winning program will bring a smile to your face and touch your heart.

## Movie # 2

December 29<sup>th</sup>-January 4<sup>th</sup>: *If I Stay (2014) 106 Minutes*

Mia Hall (Chloë Grace Moretz), a talented young cellist, thought the most difficult decision she would ever have to make would be whether to pursue her musical dreams at prestigious Juilliard or follow her heart to be with the love of her life, Adam (Jamie Blackley), a rock singer/guitarist. However, a car wreck changes everything in an instant, and now Mia's life hangs in the balance. Suspended between life and death, Mia faces a choice that will decide her future.

## Special

December 31<sup>st</sup> & January 4<sup>th</sup>: *Ballet 422 (2015) 75 Minutes*

From first rehearsal to world premiere, Ballet 422 takes us backstage at New York City Ballet as emerging choreographer Justin Peck crafts a new work.

\*\*\*\*\*

## Movie #1

January 5<sup>th</sup>-11<sup>th</sup>: *Far from the Madding Crowd (2015) 119 Minutes*

A headstrong Victorian beauty (Carey Mulligan) has her choice of three different suitors: a sheep farmer (Matthias Schoenaerts), a dashing soldier (Tom Sturridge) and a prosperous, older bachelor (Michael Sheen).

## Movie #2

January 5<sup>th</sup>-11<sup>th</sup>: *The Last Five Years (2015) 94 Minutes*

In New York, a struggling actress (Anna Kendrick) and a successful writer (Jeremy Jordan) sing about their failed marriage from two perspectives. Telling their story through song, novelist Jamie and his actress wife Cathy retrace the blossoming and decay of their five-year romance from opposite ends of the timeline and meeting in the middle -- with Jamie's marriage proposal.

## Special

## Special

### January 7<sup>th</sup> & 11<sup>th</sup>: *Noma: My Perfect Storm* (2015) 85 Minutes-Documentary

After winning a Best Restaurant in The World award in 2010, 2011, 2012, and 2014, chef Rene Redzepi discusses his Copenhagen restaurant Noma and how his culinary philosophy has shaped its success. Located in Copenhagen, Denmark, renowned chef René Redzepi reinvents his restaurant, Noma, to make it the best in the world.

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## Movie #1

### January 12<sup>th</sup>-18<sup>th</sup>: *Irrational Man* (2015) 95 Minutes-Rated R

A middle-aged professor (Joaquin Phoenix) at a small Rhode Island college edges close to his breaking point, until he finds renewed purpose in his life after embarking on an unusual relationship with one of his students.

## Movie #2

### January 12<sup>th</sup>-18<sup>th</sup>: *Easy to Love* (1953) 96 Minutes

At the Cypress Gardens Resort in Florida, Julie Hallerton (Esther Williams) stars in a show managed by Ray Lloyd (Van Johnson), yet also does other menial work for a shockingly low salary. Frustrated when Ray demands that she work late one night, Julie announces her engagement to her partner, Hank (John Bromfield), stunning Ray, who hastily asks her to accompany him to New York. There, Julie ends up working long hours again, until she meets singer Barry Gordon (Tony Martin), who romances her.

## Special

### January 14<sup>th</sup> & 18<sup>th</sup>: *Awake: The Life of Yogananda* (2014) 86 Minutes-Documentary

With his quest for enlightenment, and sharing his struggles along the path, Hindu mystic Paramahansa Yogananda made ancient teachings accessible to a modern audience.

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## Movie # 1

### January 19<sup>th</sup>-25<sup>th</sup>: *Beatriz at Dinner* (2017) 83 Minutes-Rated R

Beatriz (Salma Hayek) is a Los Angeles massage therapist and holistic healer who drives to the seaside mansion of her client Cathy (Connie Britton). When her old Volkswagen breaks down, she receives a friendly invitation from Cathy to stay for a seemingly innocent business dinner. As the guests arrive and the wine starts to flow, Beatriz finds herself in an escalating war of words with Doug Strutt (John Lithgow), a ruthless real estate mogul who cares more about money than people.

## Movie # 2

### January 19<sup>th</sup>-25<sup>th</sup>: *Me Before You* (2016) 110 Minutes

Young and quirky Louisa "Lou" Clark (Emilia Clarke) moves from one job to the next to help her family make ends meet. Her cheerful attitude is put to the test when she becomes a caregiver for Will Traynor (Sam Claflin), a wealthy young banker left paralyzed from an accident two years earlier. Will's cynical outlook starts to change when Louisa shows him that life is worth living. As their bond deepens, their lives and hearts change in ways neither one could have imagined.

## Special

### January 21<sup>st</sup> & 25<sup>th</sup>: *Maidentrip* (2013) 82 Minutes-Documentary

Laura Dekker, a 14-year-old sailor, sets out on a two-year voyage to become the youngest person to sail around the world alone.

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## Movie # 1

### January-26<sup>th</sup>-February 1<sup>st</sup>: *Last Love* (2013) 115 Minutes

In Paris, a suicidal widower (Michael Caine) and a sunny dance teacher (Clémence Poésy) become friends, but their bond may not be enough to improve the widower's grief.



Movie #2

January 26<sup>th</sup>-February 1<sup>st</sup>: *Footlight Parade (1933) 104 Minutes*

Motion pictures may have put Broadway director Chester Kent (James Cagney) out of a job, but he quickly finds a second career producing musical sequences for the movies. Unfortunately, a cutthroat competitor keeps stealing his ideas. That cannot happen on his next commission, a rush job for a big-time theater chain. If his work impresses, it'll lead to an exclusive contract. Chester has only three days, but with the help of his smitten secretary, Nan (Joan Blondell), he just might pull it off.

January 28<sup>th</sup> & February 1<sup>st</sup>: *Being Canadian (2015) 90 Minutes-Documentary*

Eager to find out what being Canadian really means, director Robert Cohen sets off on a coast-to-coast journey of discovery. Along the way, he talks to famous Canadians and everyday folks in this hilarious examination of the Northern soul.

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**Kathy Hobbs, Resident Services**  
**JANUARY 2018**  
**MUSICAL EVENTS**

**Canterbury Court is pleased to start the New Year off by offering the following array of musical programs during January. We have some new programs this month as well as some of your favorites. Please check your *weekly* calendar for current information.**

***Happy Hour in the Front Lounge***

Susan Marie will start 2018 off with a Happy Hour on January 5 from 5-6 p.m.

James Wells will play on January 12, 2018 at 5 p.m. in the Front Lounge.

Beth Michaels will return on Friday, January 19 from 5-6 p.m.

“Si” Wages and friends will entertain on Friday, January 26 from 5-6 p.m.

***Tzu-Yi Chen, January 12***

Classical pianist Tzu-Yi Chen will return to entertain with an outstanding program. Ms. Chen has studied and performed all over the world and we are pleased to have her perform at Canterbury.

Her program will include music from Cesar Franck, Ludwig V. Beethoven, Claude Debussy, Liliya Ugay and Igor Stravinsky.

Mark your calendar for Friday, January 12 at 7:30 p.m. in the Community Room. Refreshments will be served.

***Atwater-Donnelly- Traditional American Folk Music & Dance***  
***January 26***

This highly praised husband-wife duo blend gorgeous vocals with an astounding array of instruments including the mountain dulcimer, old-time banjo, tin whistle, guitar, mandolin, harmonica, limberjacks, feet and more! They provide a unique and thrilling blend of **traditional American and Celtic folk music and dance**, along with original songs and poetry.

Their CD's will be available for sale.

**Don't miss this amazing duo on Friday, January 26 at 7:30 p.m. in the Community Room.**

### ***Peach Pipes, January 31 at 10:30 a.m.***

The Peach Pipes will return this month to entertain! This spunky group of gals visit retirement communities, adult day care centers and children's shelters throughout the metropolitan area, **singing showtunes and hits from the 40's and 50's**. The Peach Pipes are a volunteer group of the Junior League of Atlanta. The program will be on **Wednesday, January 31 at 10:30 a.m. in the Community Room.**

### ***Atlanta Symphony Orchestra***

Atlanta Symphony trips on Thursday evening will resume this month.

**Dates to remember are: Series 1 – January 11, Series 2 – January 25, and special concert: Kathleen Battle with Morehouse College Glee Club and Spelman College Glee Club on Friday, January 19, 2018.**

Sign up at the Front Desk.

Residents are responsible for purchasing their own tickets.

Call 404-733-5000 for more information.

### ***MET Opera at the Regal Theatre***

If you enjoy opera and would like to attend the MET live televised productions, please sign up for Saturday bus transportation at the Front Desk.

Tickets can be purchased at the Regal Hollywood Theatre (Phone 770-936-8235).

**The next HD Live Opera "Tosca" will be on Saturday, January 27, 2018.**

Please call Doralene Davis in apartment 507 for more information.

The bus will leave at 12 noon for these performances.

We need a minimum of seven residents to have a bus.

## **JANUARY ACTIVITIES**

***Caregivers Support Group, January 2, ~~has been cancelled.~~***

### ***Direct Mobile Dentistry, January 4***

Direct Mobile Dentistry with Lee I. Cohen, D.M.D. will visit Canterbury on January 4, 2018. **Residents may make an appointment by calling 770-883-6868.**

Dr. Cohen will see patients in the George Hightower Room starting at 1 p.m.

### ***Current Event Group with Don Jordan, January 9***

Join Rev. Don Jordan for interesting conversations about international, national and local headlines. All are welcome to participate in this lively group that meets on Tuesdays.

Mark your calendar for **January 9 at 1:30 p.m. in Peachtree 1 & 2.**

### ***Global Jewelry Repair, January 4***

Global Jewelry will be available to repair jewelry and replace watch batteries on Thursday, **January 4, 2018 from 10 a.m. until 2:30 p.m. in Peachtree 1 & 2.**



### ***Drawing Workshop, January 5***

Art workshop with Barbara Tipping Fitzpatrick. **Friday, January 5, 2018.**

From **9:30am to 12:00pm** in the **Hobby Room**. **PLEASE** sign up at the Front Desk.

**LIMIT 14 PARTICIPANTS.**

### ***Dermatology Consultants, January 16***

Laura Durell, PA-C with Dermatology Consultants will return on Tuesday, January 16 to the Wellness Center.

Please make an appointment by calling 404-351-7546.

### ***iPhone and iPad Class, January 19***

Dave Martone will return for more training on your iPad or iPhone.

Sign up at the Front Desk. Cost is \$15 (cash or check).

The class meets on Friday, January 19 from 1:30-3 p.m. in Peachtree 1 & 2.

### ***Connect Hearing Services of Buckhead, January 23***

Monica Walker, M.A., CCC-A will be available to test your hearing and check your batteries on the fourth Tuesday of the month. Her first visit this year will be

**Tuesday, January 23. Monica will be available from 10-10:30 a.m. in the Card Room.**

### ***Town Hall, January 25***

All residents are encouraged to attend the Town Hall meetings. Canterbury staff will be available to answer questions and hear your concerns. Staff will also share the latest updates. Mark your calendar for

**Thursday, January 25 at 11 a.m. in the Community Room.**

## **JANUARY TRIP**

### ***“Tenderly – The Rosemary Clooney Musical”***

***Georgia Ensemble Theatre, Roswell***

***Wednesday, January 17***

The Georgia Ensemble Theatre is offering a fresh and poignant picture of the woman whose unparalleled talent made her a Hollywood legend. **One golden hit after another is woven through Clooney’s compelling life story: “Come on-a My House,” “It’s Only a Paper Moon,” “Count Your Blessings,” “Hey There,” “Mambo Italiano,” and so many more!**

Admission (\$25) and trip fee (\$4) will be charged to your monthly account.

We will leave at 6 p.m. and return around 10:30 p.m. on **Wednesday, January 17, 2018.**

Sign up at the Front Desk.

## ***Coming in February***


***February 12, 2018 Mardi Gras Party!***

***HAPPY NEW YEAR!***



# JANUARY

# Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  10:00: Book Club, P1&P2 4:00: Choristers, Community Room	2 10:00: Tai-Chi, P1&P2 10:30: Diabetes & B/P Check, Wellness Center 1:30: Current Events, P1&P2 3:00: Recycling Committee Meeting, George Hightower Room 7:30: Vespers, Chapel	3 10:00: Holy Eucharist, Chapel 1:30: Spirituality and You, Card Room 7:00: Men's Poker, Club Room	4 10:00: Global Jewelry, P1&P2 1:00: Direct Mobile Dentistry with Dr. Cohen, George Hightower Room	5 9:30: Drawing Workshop with Barbara Tipping, Hobby Room 5:00: Happy Hour with Susan Marie, Front Parlor, NT 7:30: Trivial Pursuit, George Hightower Room	6
7	8 10:00: Book Club, P1&P2 4:00: Choristers, Community Room	9 10:00: Tai-Chi, P1&P2 10:30: Diabetes & B/P Check, Wellness Center 1:30: Current Events, P1&P2 3:00: Recycling Committee Meeting, George Hightower Room 7:30: Vespers, Chapel	10 10:00: Holy Eucharist, Chapel 1:30: Spirituality and You, Card Room 7:00: Men's Poker, Club Room	11 10:00: Yoga, Aerobics Room 2:00: Scholarship Committee Meeting, George Hightower Room 7:00: ASO, Series #1 Trip	12 5:00: Happy Hour with James Wells, Front Parlor, NT 7:30: Trivial Pursuit, George Hightower Room 7:30: Tzu-Yi Chen Classical Piano Concert, Community Room	13
14	15 2:00: Garden Committee Meeting, Garden Room 4:00: Choristers, Community Room	16 8:00: Dermatology Consultants, Wellness Center 10:00: Tai-Chi, P1&P2 7:30: Vespers, Chapel	17 10:00: Holy Eucharist, Chapel 1:30: Spirituality and You, Card Room 6:00: "Tenderly-The Rosemary Clooney Musical" Trip 7:00: Men's Poker, Club Room	18 10:00: Yoga, Aerobics Room	19 9:30: Greeting Cards Workshop, Hobby Room 1:30: iPad & iPhone Training, P1&P2 5:00: Happy Hour with Beth Michaels, Front Parlor, NT 7:00: ASO, Spelman College Glee Club Trip 7:30: Trivial Pursuit, George Hightower Room	20
21	22 2:00: Book Club, Card Room 4:00: Choristers, Community Room	23 10:00: Tai-Chi, P1&P2 10:00: Hearing Aid Clinic, Card Room 7:30: Vespers, Chapel	24 10:00: Holy Eucharist, Chapel 1:30: Spirituality and You, Card Room 7:00: Men's Poker, Club Room	25 10:00: Yoga, Aerobics Room 11:00: Town Hall, Community Room 7:00: ASO, Series #2 Trip	26 5:00: Happy Hour with "Si" Wages & Friends, Front Parlor, NT 7:30: Trivial Pursuit, George Hightower Room 7:30: Atwater-Donnelly-Traditional American Folk Music & Dance Concert, Community Room	27 12:00: MET Opera Live HD "TOSCA" Trip
28	29 4:00: Choristers, Community Room 7:30: ASO, Harp and Flute Music Concert, Community Room	30 10:00: Tai-Chi, P1&P2 7:30: Vespers, Chapel	31 10:00: Holy Eucharist, Chapel 10:30: Peach Pipes Concert, Community Room 1:30: Spirituality and You, Card Room 7:00: Men's Poker, Club Room			







# JANUARY BUS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>NO BUS</b>	2 10:00-11:30: Bus to Publix- Brookhaven & Walmart 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	3 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	4	5	6
7 10:30: Bus to All Saints' Church & St. Luke's Church	8 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	9 10:00-11:30: Bus to Publix- Brookhaven & Walmart	10 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	11 7:00: ASO, Series #1 Trip	12	13
14 10:30: Bus to All Saints' Church & St. Luke's Church	15 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	16 10:00-11:30: Bus to Publix- Brookhaven & Walmart	17 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger 6:00: "Tenderly-The Rosemary Clooney Musical" Trip	18	19 7:00: ASO, Speiman College Glee Club Trip	20
21 10:30: Bus to All Saints' Church & St. Luke's Church	22 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	23 10:00-11:30: Bus to Publix- Brookhaven & Walmart	24 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	25 7:00: ASO, Series # 2 Trip	26	27 12:00: MET Opera Live HD "Tosca" Trip
28 10:30: Bus to All Saints' Church & St. Luke's Church	29 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	30 10:00-11:30: Bus to Publix- Brookhaven & Walmart	31 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger			