

Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

Volume LVI No. 02

February 2018



MARDI GRAS RULER

Cover Story Page 7

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

Summary of Residents Council Position Through December 31, 2017			
In US Dollars	Actual December	Actual Year-to-Date	Budget Year-to-Date
<u>Appreciation Fund</u>			
Income	42,645.00	224,423.42	225,000.00
Expense	62,864.68	237,984.94	213,000.00
	-20,219.68	-13,561.52	12,000.00
<u>General Fund</u>			
Income	1,626.21	34,409.79	21,999.96
Expense	562.22	16,693.29	27,292.08
	1,063.99	17,716.50	-5,292.12
<u>Chapel Account</u>			
Income	117.00	598.25	
Expense	684.96	1,376.63	
	-567.96	-778.38	
<u>Foxhole Fund</u>			
Income	0.00	663.00	
Expense	0.00	144.22	
	0.00	518.78	
Total Income	44,388.21	260,094.46	246,999.96
Total Expense	64,111.86	256,199.08	240,292.08
<u>Net Income</u>	-19,723.65	3,895.38	6,707.88
		<i>Tom Tredway,</i>	<i>Treasurer #802</i>

In Memoriam

Lydia Smith
January 6, 2018



Gene Groff
January 21, 2018

Barbara Smith
January 16, 2018

Lord, keep our friends in your loving care.

FEBRUARY'S BIRTHDAYS

2 Patricia Giles
3 Madeline Adams
4 Marjorie "Midge" Gardner
9 Charlie Wright
10 Joan "Jodi" Spofford
11 David Bradfield
11 Fritz Toussaint
12 Jean Ellen Jones
12 Maxine Vasen



13 John Kiser
14 Curtis Cheshire
14 Babette Tipping
22 Jennifer Evans
22 William Gaston
25 Ruth Anne Foote
26 Edith Wright
27 Margaret Shirley
28 Forrest Getzen

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

Feb. 06 The Reverend Don Jordan
Retired Minister
United Methodist Church

Feb. 13 Mr. Billy Peebles
Headmaster
The Lovett School

Feb. 20 The Reverend Wallace Marsh
Canon for Pastoral Care and Worship
St. Phillip's Episcopal Cathedral

Feb. 27 The Reverend Dr. James Neil Hollingsworth, Jr.
Senior Pastor
Second Ponce de Leon Baptist Church



Royce Stroud, Vespers Chair # 556

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



FROM JAMES' DESK

Comments from the President of Canterbury Court

Anticipation

After years of planning, Canterbury is about to begin a discussion with you for revitalization of our entire campus. Health care is the major driver for us to embrace this opportunity. With the advent of a new Medical Clinic to be opened in a few weeks, we begin to re-fit our operation to provide you with better services.

This next step to discuss the campus improvement plans together is a beginning point for us, not the conclusion. Canterbury seeks to accomplish improvements with our residents, not simply for residents. Your **Board of Trustees** is about to confirm a program and development project that will be tenable from both financial and risk perspectives. Once confirmed, we will initiate a series of opportunities to communicate our ideas with you and obtain your feedback. I anticipate really good ideas flowing from these conversations!

Please approach this opportunity to discuss a newly improved campus with both an open mind and a commitment to the future. In these “tweeting times” of political, social and likely financial spasms, Canterbury Court by comparison seems stable. Yet please consider that the community of today may not serve the community of the future. Improving health care and wellness services invite us to consider what else must be brought into the future. Many of these changes are necessary to consider because they will create good. Aside from aesthetic improvement which is a value of wellness, improvements to our campus will provide more flexibility of services. At the core, these ideas will strengthen our community relationships and our garden—this is our core.

I can't wait to start talking with you.

James Wells, D. Min., NHA President and CEO

SLOWLY BUT
SURELY, THE
EXPEDITION IS
MOVING AHEAD
TOWARDS ITS GOAL.

Make the Rest of Your Life
the Best of Your Life

Retirement

NEXT EXIT ➔

You don't have to have
it all figured out to
move forward

RESIDENT COUNCIL PRESIDENT'S CORNER



**Noradel
Wilson**

After five and a half years at Canterbury Court, I have just realized that we live in a magic place.

No, I don't mean magic as in ethereal; I mean magic as in real magic! Honestly, it's true and I can prove it to you. Did you ever walk from the

West Tower elevators all the way to the front desk? In doing that, you pass by several tables, both large and small. On all table surfaces are fresh flower arrangements, beautiful flowers, artfully arranged. And do they ever look tired and wilted? No! They are replaced with other bright blossoms before that happens. But replaced by whom? Not me, for sure. Obviously, we have a Flower Fairy in residence!



And that's not all. Randy and I have a dog, and when we take our Remi for a walk, we often need to use a green plastic bag to clean up after him. Green bags

are placed in containers around the grounds, and they never run out. Their containers stay packed full so that no matter where in the garden we are, they are ready for us. Surely, we have a Green Bag Fairy on property!

Are you convinced yet? Well, here's something else. A lot of us depend on the notices in the elevators to remind us of our meetings or parties or doctor appointments. Do you run into people putting up those reminders in the elevators and then, don't forget, taking them down as soon as

the event is over? Of course you don't because the Elevator Fairy works while you sleep!

Now, I try to do my duty at Canterbury by following the rules such as recycling the material that can be recycled. I carry my items to the trash room every couple days and place them into the recycle bins. If everyone on my floor did that, the trash room would explode! Why does it not? Because the Recycle Fairy is always on duty!

My daughter never comes to visit me without stopping to pick up a bag of popcorn. It is always there, ready for her. The same is true of the coffee and tea stand. It has saved me from a meltdown several times when I was out of coffee at home. And it, too, is always there. Do you think the Popcorn Fairy and the Coffee Fairy might be the same?



There are special Canterbury Fairies to arrange for Vespers speakers, to set up the Chapel on Wednesday mornings, to put flowers on the Chapel altar, to feed the goldfish outside the South Entrance, to stock the Four C's Store, and to post the hospital list in the Post Office. You can probably think of a lot more because I know that they are everywhere. One thing for sure --- If I ever run into one of these magic fairies, I will give them a great big Thank You!! Won't you?

Noradel Wilson #555

2018 RESOLUTIONS

AN 86-YEAR-OLD PRIEST'S 10 RESOLUTIONS FOR THE NEW YEAR

By William J. O'Malley

1. Help me not merely to survive but to thrive with dignity, verve and joy.
2. Make me contagious with all the aliveness I have left in me.
3. Encourage me to be more readily forgiving, not just for others, but myself.
4. Firm up my patience with imperfection now that it's more difficult to avoid.
5. Make me both prudent and patient in yielding, lest I become an amiable pushover.
6. Remind me that my caregivers have bad days, too.
7. Allow me a reasoned opinion without becoming opinion-bound.
8. Sensitize me to the signals that say it's OK to ask, "How's it going?"
9. Keep me aware that, if I forget all this, I waste a lot of learning.
10. Remind me you had a reason to create things that eventually wear out.

Contributed by Joen Fagan from
the NATIONAL CATHOLIC REPORTER

HUMOR

YANKEE FOOTBALL FANS

Three Nuns are attending a Yankee football game.
Three men are sitting behind them.

Because the habits of the Nuns were partially blocking these guys' vision, the men decided to badger the Nuns, hoping they would get annoyed enough to move to another area.

In a loud voice the first guy said, "I think I am going to move to Utah. There are only 100 Nuns there." Then the second guy spoke up and said, "I want to move to Montana. There are only 50 Nuns there." The third guy yelled, "I want to go to Idaho. There are only 25 Nuns there."

The Mother Superior turned around looking at the men in a very sweet and calm manner and said, "Why don't you guys go to Hell, there aren't ANY Nuns there!"

Contributed By: Ginny Cleveland #880

COVER STORY



**Mary Earle
Scovil**

Decisions, decisions, decisions! Which of the crowns will she choose to wear on February 12th? The **Queen of the Mardi Gras Ruth Anne Foote** is pictured here weighing her several options: the heavy but regal purple crown, the red velvet trimmed in ermine, the less elaborate crown with a gold

base, or the dainty sparkling tiara? Be sure to join the festivities on **Fat Tuesday** to find out!

Cover photo by Clyde May



Mary Earle Scovil #672

EVENTS



January 8th, the SEC conference winner would be determined when **the DAWGS** and **The Crimson Tide** met at the new Mercedes-Benz stadium. This group of enthusiastic fans were ready to celebrate a win with Champagne at the ready. The Dawgs lost in overtime 26 to 23.



Tzu-Yi Chen is an amazing talent that entrances her audience with her skills on the keyboard. She attacks piece after difficult piece with her artistic ability calling to mind the composer's intention to enthrall their audiences. On January 12th, she held her audience here captive.



Feb. 9,
to
Feb. 25,
2018

Photos: G.
Fukushima

DINING COMMITTEE



T
Taylor

It's official. **Felecia Crawford** is no longer Interim Dining Services Manager. She's Permanent, and a great blessing for us. Not only does she know food, she also sings beautifully as she proved with a selection from ***Les Mis*** at a recent Happy Hour. Encore, Felecia.

By now you have seen the monthly menu-at-a-glance and had a chance to taste the superfood of the month, which was citrus in January. In February, all of us who love it will revel in chocolate, which is definitely a superfood. And don't forget French Night, Southern Comfort Dinner and the sugar-free dessert tasting where your votes will determine what

items will be ordered. There are more surprises in store to help fight those winter blues. Whatever the superfood of the month, or the special event meal, these will be available in both the dining rooms and the grill.

Supervisors in the dining rooms are now easily identified by a red brocade vest with a white shirt and black tie—a very becoming outfit and a great help to residents.

Kitchen tours will be scheduled again in March, after the flu season has ended—we hope. Look for sign-up sheets and times in the post office area.

T Taylor, Chair #674

EVENTS



January 5, Barbara Tipping Fitzpatrick traveled here from Chicago to teach a well-received third class on drawing.

The full complement of enthusiastic artists appreciated her innovative approach to the subject.

Photos:
G.Fukushima



ACCUMULATION SALE



**Martha
Solano**

During January the online estate auction company, **EBTH.com**, selected items for our next online auction. You will have seen signs posted about the timing of the auction which is tentatively scheduled to begin on January 25. This will be our third auction with EBTH.

This auction was more selective than our last with about 150 lots of items selected. (We had about 260 in the last auction.) In general, they selected only items that were likely to sell for \$75 or more. It will be interesting to see the results.

It is very likely that we will have another auction this summer, so consider donating your "better" items (china, sterling, fine porcelain, oriental rugs, antique furniture, and the like) this spring.

In early February, we plan to have another **interim furniture sale** out of the W room in the West Tower parking garage. Following this sale, we plan to keep an open furniture and lamp sale out of that room. Anything added will be priced and residents, staff, friends, and family are welcome to check out what is available. If they find something they want, they can contact me, give me their payment, and take their purchases. We'll try this process out for several months to see how it works and change if it doesn't.

Finally, I'd like to clarify a point on our selection process from an earlier article. I said that we were going to look for "nicer things", particularly in clothing. As far as clothes are concerned, we will always take clean, gently used items. If they are not

appropriate for the sale, we'll put them on the "free table" for employees or in a bag for donation. Thinking of other items, our motto is "If you can get it at the Dollar Store, we won't sell it." But that said, we would rather have you donate something you are not sure of and let us make the decision.

Which takes us to the donation process. Since we only have the sale once a year, we need to have a way for residents to donate things throughout the year.

Furniture and lamps are stored in the W-Room (parking garage). If you have a piece of furniture to donate, please contact me to make sure it is something that we can sell. Then you can put in a work order with Maintenance to move it or take it there yourself.

Clothing, art, and small items are stored in the A-Room in the South Tower Storage Room. If you have something to donate, bag or box it up and bring it down to the A-Room. Contact Security to let you in to drop off your items. Or you can put in a work order with Maintenance and they will take it to the A-Room.

If you have any questions about a donation, please feel free to call me or contact me by email at SolanoBSMC@aol.com. I will be happy to help you.

Mark your calendars for the **Fall Accumulation Sale on October 18 – 19, 2018**. More information will come in August.

Martha Solano, Chair #475

TREASURER'S REPORT



**Tom
Tredway**

Contributions to the Appreciation Fund for December totaled \$42,645.00. Expenses from the fund were \$62,864.68 of which \$9,264.68 were scholarship payments and \$53,600 were gifts to the employees. The total received for the year through December was \$224,423.42 compared with

\$230,036.86 received for the same period last year.

For the year through December, the General Fund has received \$34,409.79. The total received for the same period last year was \$28,812.85. As stated last month, the accumulation sales have been a big success this year.

Tom Tredway, Treasurer #802

ART GALLERY



Angela Foster

Angela Coleman Foster spent her young years studying art at the Walker Art Center, the Minneapolis Institute of Art, and later, at the University of Minnesota. With marriage to Bill Foster in 1956, she began a life in the international corporate world, which involved frequent moves with their three daughters and led to art classes with the PORTRAIT GROUP in Westport, Connecticut. That cemented her determination to focus on portraiture.

1973 took the family to Frankfurt, Germany for a few years. Angela was invited to

hang a "one woman show" of her portraits by the Frankfurt International Women's Club and teach watercolor painting to members.

Then, back to Boston, finally to Atlanta in 1979. Angela is now a juried member of the Atlanta Portrait Society and a member of the Portrait Society of America. At the High Museum of Art, she served as a docent, active and emeritus, giving tours and art talks in the community since 1989. She has continued studies with National American Portrait painters over the years in her professional life as a portrait artist. Angela's mission statement reveals her goals:

"Each person or family has its 'moments of grace'. As a portrait painter, a likeness of the subject is important. However, my intuition and intention guide me in revealing a Moment of Grace in each of my paintings, whatever the age of my subjects."

Her portraits are in private collections in the United States, France and Germany.

Photo: Jeann Blankenship

FOXHOLE



Wayne James

A BIT OF REPAIR NEEDED?

If so, check out **THE FOXHOLE**. In the short time I have been at Canterbury I have had more than one inquiry about a needed repair, often followed by "but I did not know who to call". What follows is a bit of history and information about procedures.

First, a big THANK YOU to all residents, past and current, who created The FoxHole and have provided services for our residents.

The New "FoxHole" is the successor to the original FoxHole that was started in 1966 and was located in a small room in the basement of the North Tower. A small group of residents got a few tools together and began a service to residents to repair their things and to build new items.

The "New" FoxHole is a 1,000 square foot workshop located in the parking level in the West Tower and opened in November 2005. Several incoming residents of the West Tower brought major tools from home when they moved in. These were added to the inventory from the old FoxHole to make a complete woodworking and repair shop. We are able to repair most household items including lamps, furniture, bric-a-brac and knife sharpening. We can refer you to professionals for items that we cannot handle.

If you have need for our services, please bring the item to the FoxHole or have maintenance bring it for you. We will be glad to look at an item before you send it down if there is a question about fixing it.

Just call any of our members to check it out. We do not charge for our work except for repair parts that we must purchase. We welcome voluntary donations which we use to purchase supplies.

New members are welcome.

(Written by Cole Stratton and reprinted in his memory)

CURRENT OPERATIONS:

The following may be contacted to request a repair.

Wayne James x3179 404-353-8541

Clyde Herron x3673

Roger Scovil x3672 (knife sharpening)

Walter Shelton x3577

Fritz Toussaint x3705

Randy Wilson x3555

Do It Yourself? Yes! If you would like to paint that chair yourself or learn to re-wire a lamp, etc., that can be arranged. And this is NOT a "Men Only" offer.

The FoxHole is a wonderful facility. Please join us.



**February
19,
2018**

Wayne James #179

A 50 YEAR MILESTONE



This time last year we began to think about our 50th wedding anniversary. We have moved a lot and our friends are scattered, so having a party didn't make much sense. Instead, we decided to take the whole family to the Dominican Republic. (Our first choice was a place near Cancun, Mexico that we really liked, but it was fully booked already.)

There were ten of us. Sarah, our older daughter, and her husband, Bodhi, and children Bo (9) and Maybel (7) were one set. The other was Kathryn and her husband, Charles, and their children Emmah (7) and Agnes (22 months).

It was to be the first trip out of the United States for most of the family and the first trip as an American citizen for Charles. That meant getting passports for everyone which was very exciting for them..

Our anniversary is December 23rd and that is the day we all landed in Punta Cana. We were thrilled to see everyone and they to see us. We heard about the various adventures of the flights down and checked out the main attraction of the resort – the swimming pool.

er in several years and at first were shy with each other but that soon changed and they spent every waking minute together from then on. Bo decided to spend his time with "Grandpa" and Agnes stayed pretty close to her Mom and Dad.

Our second day was Christmas Eve. We found out that the major celebration of Christmas would be that night. The resort was resplendent with lights. If you have never seen a palm tree decorated with Christmas lights, it is an amazingly cheery sight.

Sarah had brought matching dresses for the two older girl cousins and they looked adorable. The rest of us put on our finery and we met at the dining room early so we could take pictures.

Then we went into a fabulous dinner buffet. There was turkey and ham and also goat. Along with the mashed potatoes, there were plantains and at least a dozen kinds of fruit. There was a whole table full of different kinds of breads – with and without fruit, braided, popovers and a whole lot more. And then there was the dessert table. The center piece was a tree made out of macarons. With it were several croques-en-bouche, chocolate pie and cakes of all kinds.

After that we were too full to worry about food for the rest of the trip. So we spent our time walking around the resort, playing in the pool with the children and sitting watching the Caribbean under an umbrella on the beach. We did go to the fitness center once, but only once.

It was a blessing to spend this time with our whole crew gathered. We got to talk

Emmah and Maybel hadn't seen each oth-

about what was important to each of us and to rebuild the relationships between our daughters and their families. It was everything we had hoped for and a wonderful present for our anniversary and Christmas.



Bill and Karen Evans #276



CHAPLAIN'S CORNER



Mandy Brady

Dear Friends,

In the middle of the month, on February 14th, we will celebrate Ash Wednesday, the beginning of the season of Lent. Lent is the traditional time of preparation for the celebration of Easter. It is an opportunity to take another look at ourselves, to celebrate and strengthen those things that nourish us, and perhaps a time to identify those things that we trip over, parts of ourselves that get in our way.

I invite you to consider a Lenten practice—taking something on to strengthen or stretch yourself, or giving something up to make yourself more mindful of how beloved you are as a child of God and your part and place in the world. I hope you will make space in yourself for a new thing.

Last year we were gifted with Stations of the Cross made by our own Sally Currey. We will hang those in the chapel for the season and have **Stations of the Cross** in the **chapel** on **Fridays at 11:30am**. We

will also have a **weekly gathering** to reflect on our experience of using a **Lenten devotional** to shape our prayer and reflection for the season. The time and place has yet to be finalized, so be watching for something in your boxes as Lent approaches.

Whatever you do this spring, I hope you will know yourself to be loved and beloved. And may that knowledge guide your thoughts and your actions.

Blessings,
Mandy Brady+
Director of Pastoral Care



PAVILION SOCIAL SERVICES



**Liz
Woltzen**

Recently, a resident brought an article to me about music therapy from the *New York Times*. The article described how music was used at the Hebrew Home in The Bronx. The music therapist worked mostly with those who were on hospice or near the end of life. Music would stimulate memories and bring a kind of energy to the residents that surprised even family members.

It was a reminder to me about how powerful music is and what it can tap into in all of us. We have so many different activities on the second floor that are related to music each month. When I looked over the calendar for January I saw two TGIF socials with musical entertainment, Dulcimer tunes, Sing Along with James Wells, and a weekly Music Therapy class. There is also our weekly worship service with Mandy Brady where spiritual hymns lift us up. In addition, we have volunteers who come up during meal time to play the piano. There is a good amount of music up here, and it turns out there is quite a bit of research to back up the use of music in places like our Pavilion.

I started wondering more about the reason that music is so meaningful, not just for all of us, but particularly for those who are dealing with memory impairment. And what exactly is music therapy? According to The American Music Therapy Association, Music Therapy uses clinical interventions within the context of a therapeutic relationship. The practice is “designed to promote wellness, manage stress, alleviate pain, enhance memory, improve communication, and provide unique opportunities for interaction.” This therapeutic approach can help clients tap into emotion and better express feelings. It also can increase motivation and participation in other therapies, such as Physical Therapy. Music Therapy is not just for those with Alzheimer’s

Disease. It is used in a wide variety of populations, including: individuals suffering from PTSD, children and adults with Autism, and individuals with brain injury, to name a few.

In terms of how music stimulates memory, there are several studies on the topic. In an online article called “Why do the songs from your past evoke such vivid memories?”

(<https://www.psychologytoday.com/blog/the-athletes-way/201312/why-do-the-songs-your-past-evoke-such-vivid-memories>), Christopher Bergan explains that music stimulates many areas of the brain including emotional and creative centers, and regions that are related to movement and motor activity. Another interesting piece of information from this article is that the region of the brain that music activates is one of the last parts of the brain to be affected by Alzheimer’s. So, it makes sense that even those in later stages of the disease still show a response to music.

With my interest piqued, I attended one of the music therapy classes on Pavilion. The session was highly interactive and encouraged participation from the residents. Amazingly, even those who had hearing deficits, had smiles on their faces and were moving to the beat. Some whose eyes were half-closed were still moving their lips and mouthing the lyrics of the songs. There were many smiles when I looked around the room. Perhaps I can’t quantitatively measure the impact, but there was some magic in that room.



Elizabeth M. Woltzen, LMSW

WELLNESS



**Andrew
Wiltz**

I wrote last month about focusing on getting back to a normal schedule after the indulgence of the holidays. As I was emphasizing the importance of putting more of a focus on fitness and healthier living, I was reminded of an important life changing event that was about to occur in my life. Some mysterious person pasted a clever piece of art on my office door. They made it like a page out of People Magazine. Apparently, the magazine has an Exclusive Baby News page. It was a picture of me with the title, "I'm going to be a new dad! My new life at 47 years of age." **Alexander (Xander) John Wiltz** was born on **January 2nd, 2018**. As I was at the hospital, I was thinking about this and how it can relate to our community from the perspective of a new life. Why can't we have a new life at 70, 80, or 90 years of age?

As I spend nights of little sleep due to Xander crying, needing milk and a diaper change, I hear stories from you about parenting and going through these experiences. I appreciate the words of wisdom, empathy and sympathy. I'm a little late in the game at 47, but it doesn't frighten me. My father was 49 years old when I was born, and I was 37 when he passed away. They say that having children later in life can increase one's longevity, because you are actively taking care of a child in your middle years. Maybe the constant worrying about the safety of Xander might feel like it's taking days off my life, but he's worth it. We hope to keep him healthy, love him and educate him. This is what we have at Canterbury Court. We are a community where we are playing these roles at various levels from residents to staff alike. Now, let's look at it from the per-

spective of the 7 Dimensions of Wellness. What is it like to be in your 70's, 80's or 90's? How do we feel like we are living a new life at that age? How do we measure if we have enough physical, emotional, social, spiritual, intellectual, vocational and environmental wellness in our life?

It is not that easy for some of us, but you have to have the will to try. There is a good bet that you will feel purpose if you work on having several, if not all, of these dimensions in your life. Some of us will be stronger in some of these than the other but that's where we reach out and ask for guidance. We need to be bold and adventurous.

I'll share a story about a widower nearing his 89th birthday who went out to a restaurant by himself. He had a glass of wine and watched the people enjoying an evening out. Some people at the restaurant wanted to meet him. They admired seeing this older man having a good time by himself and ended up having a delightful conversation with him.. He wasn't afraid to do this or be by himself. This is his new life at 90. So, I'm a father at 47. Should I be afraid? No, because I'm not reluctant to ask for guidance and do the work involved to see it through. We have opportunities for a new life at Canterbury. You need to be willing and have the wish to do it!

P.S. Happy Birthday to Louise Dickson. She turned 100 on January 28th. If you know her, she is full of energy and engaged. She is living a new life at 100!

Andrew Wiltz, Wellness Director

WELCOME MAT

In addition to already having become valuable residents of Canterbury Court (to say nothing of being Brad Currey's brother and sister-in-law), Robert and Suzy (and Rives) are even more valuable residents of Sparta, GA; in fact, Sparta is their official home. In 2002 they bought an 1840s home there intending to restore it as well as do some serious organic gardening. They became aware that Sparta is in one of Georgia's poorest counties, sorely in need of revitalization. What started as an organic gardening effort to feed their family turned into **Elm Street Gardens** and **Sparta Imperial**

Mushrooms. Both are vital businesses that sell at the Morningside Farmers Market and the Freedom Farmers Markets in Atlanta.

Robert and Suzy have spent most of their working lives in the home furnishings industry. They began **Storehouse**, a retail furnishings company that had grown to 28 stores by the time they sold it in 1982. In 1988, they began **Currey & Company** which manufactures lighting, interior furnishings as well as garden furnishings. Their son, Brownlee Currey, is now president of the company, allowing Robert and Suzy to be as retired as they want to be.

Which brings us back to mushrooms. Robert and Suzy turned an empty cotton warehouse and old furniture building into a thriving indoor mushroom farm. What a beautiful way to help people in a downtrodden community! The mushroom farm produces up to 600 pounds of mushrooms a week. Robert says Atlanta is the 2nd largest producer of mushrooms in the



Robert & Suzy Straub Currey
Birthplace: Robert—Chattanooga, TN
Suzy—Philadelphia, PA
Birthdays: Robert—March 11
Suzy—October 8
Apartment #76
Move in date: January 8, 2018

country—2nd only to San Francisco.

Daughter Laura lives nearby on Cantrell Rd. in the same house where her parents reared her and her brother. Laura taught school for 15 years, is now working on a higher degree, and works part-time at Galloway Schools where her children are students. Sophia is in 3rd grade and Will is in kindergarten. Laura's brother, Brownlee, and his wife, Gretchen Jacobsen, live in East Atlanta.

Currey & Company grew from Robert's innovation in taking scrap metal from furniture manufacturing to various stores. He found someone who brought out another piece of salvaged metal and said let's make

a lamp. They sold lamps in stores such as Crate & Barrel and Pottery Barn in the early days of the company. Today, Currey & Co. still sell lamps, chandeliers, and wall sconces as a major part of their product line.

Robert says the social secretary for the family is Rives, their lovable 8-year-old apricot poodle. This family is too big for one page. You must meet them! Welcome to Canterbury, Robert and Suzy and Rives.

Barbara Cheshire #177

RECYCLING



**Walda
Lavroff**

When the CBC Recycling Committee was founded in 2013, Chair RuthAnne Foote kept our motley but dedicated group focused. As first step, we organized the collection of used batteries for responsible disposal. Our process worked well until recently when we found that there are no more places which accept used batteries because of the change in governmental policy which has rescinded environmental protection regulations.

Therefore, to our dismay, we will no longer collect used batteries. We are putting up signs to that effect in the Trash Rooms. (These signs were made with the creative assistance of Loury Lopez).

During the year 2017 CBC's Recycling Company WestRock picked up 79.56 tons of refuse. Their report also states that the positive impacts of CBC's 2017 recycling are: 811 trees saved; 190,960 Kilowatts of energy saved; and 143 cubic feet of land-fill space saved. Contractor Closed Loop Organics, which collects food discards from CBC food service, picked up approximately 90 tons in 2017. This recycling of food waste saves many gallons of water, because of greatly reduced use of garbage disposals. (For new residents to CBC: Both Recycling agreements were initiated by the Residents Recycling Committee).

Styrofoam: A bit of history and some interesting new developments. In 1839 a Berlin apothecary Eduard Simon isolated a polymer substance from sweetgum tree resin; it is said that he had no idea what he had found. He named this interesting substance Styrol Oxyde. German chemist Hermann Staudinger, continuing on that

Styrol discovery, developed polystyrene. He won the 1953 Nobel Prize in Chemistry for that research. In 1954 Dow Chemical introduced polystyrene products in the USA under their trade name Styrofoam.

While Styrofoam became immensely useful for many purposes and products – it consists of 98% air- it is that other 2% that turned out to be highly problematic for waste management because it does not decompose (It can only be dissolved in acetone).

Recently I found this interesting note on Wikipedia: Research discovered that a certain type of mealy worms, the larvae from darkling beetle *Tenebriomolitor*, could digest and subsist healthily on a diet of Styrofoam. Their droppings were found to be safe for use as fertilizer for crops.

Our committee members were delighted with this information. We can now go a bit easier on our CBC food take out service. But how do we assure that those worms are in our landfills?

Now if we could find worms that eat batteries!

Just Received: Notice that there will be an Electronics & Paint Recycling Event held by Boy Scout Venture Crew 370 on Saturday, Feb 10, 2018, from 9 AM - 1 PM at St. James United Methodist Church, 4400 Peachtree Dunwoody Rd. They accept electronics, some batteries (no alkaline), and paint. Look for details on the poster near the CBC Postal boxes.

Walda Lavroff, Chair #575

KNOW YOUR STAFF

Who can tell me what Lauren Washington's real love is?

Lauren, Canterbury's 2nd floor tech, was born and raised in Boston (brrr!), where her family still lives. After having graduated from Madison Park High School in Boston, she moved to Anaheim, California and later to Long Beach, where she worked at the pier as an electrical expeditor. She worked for more than two years at Southwest Marine, where she impressed electrical information on Navy ships. She later worked temporary jobs in California.

Twenty-six years ago, she moved to Atlanta, where she began working at the WH Smith newsstand at Hartsfield-Jackson Airport. Nine years ago she talked to former Chef Booker and asked if he was hiring. He was, and Lauren began working at Canterbury in the dish pit. A year later, she asked Zina Hunter if there were openings in Housekeeping. Lauren has worked in Housekeeping for the past eight years, most recently as the 2nd floor technician.



Lauren Washington

Lauren has three sons: one in Kansas, one in Boston, and one who lives in Savannah and just returned from Seoul, Korea, where he was stationed with the Army. Thanks to those three sons, Lauren has six grandchildren.

Lauren's real love is her four horses. She rents 12 acres in Stockbridge where she rides and trains horses as well as teaches lessons. In the nineties, she rode in the popular Bill Pickett Rodeo in Conyers. Next time you run into Lauren, ask her about her horses, and she will be happy to fill you in!



Peggy Heinisch # 955

THE FOUR C'S STORE



**Norm
Currey**

The Four C's store is a small size version of the old-fashioned country store.

Back in the 1930s I lived in a village of about 400 people with three stores and two pubs, and like the title song of "Cheers" everyone knew your name. It was very personalized, so in a typical visit the shopkeeper would say: "Good morning, Mary (or whatever your name was), and how is your arthritis today?" After discussing your respective health issues, you'd say what you wanted to buy and the shopkeeper (not you) would assemble all of the items on the counter, write down their prices on the back of a brown paper bag, and add it up with a short stubby pencil. Since this was in England, the currency then was pounds, shillings and pence – and even half-pence. There were 12 pence per shilling and 20 shillings to the pound, so your total may be, say, 5 shillings 3 ½ pence. You hand over a one pound bill (they called it a note), and the change would be 14 shillings 8 ½ pence. The shopkeeper would often do this calculation in his or her head without using a cash register – and calculators hadn't even been invented.

Just like the 4C's, you didn't buy meat there (you went to the butcher for that), or milk (that was delivered by the milkman from his horse-drawn wagon).

Like us, they didn't have bakery items (homemakers baked their own bread, cakes, pies and pastries), and Friday was "baking day", just as Mondays were "laundry days". Similarly, you couldn't buy produce such as lettuce, cabbages and cucumbers because people grew their own. Come to think of it – the bad part of that was that such foods were only available at certain times of the year – you couldn't have strawberries in January! We were able to keep potatoes and carrots through the winter by putting them in a heap and covering them with straw and soil. Also, we harvested savoy cabbages throughout the winter. Another difference between then and now was that the store owner lived at the store, and just one person attended to customers.

At the 4C's we provide the same atmosphere as they did way back then, and we'll try and buy something for you if we don't have it - just ask us. We'll be happy to find something on our shelves that satisfies your needs – maybe we don't have exactly what you want for an upset stomach, but we'll show you alternatives. The village store has now moved to the 21st Century; the pound is now metric, and there are no shillings, half crowns or florins – and they probably have a cash register! At the 4C's we're right up to date with all of the latest gizmos – our only problem is that we have to be sure to press the correct buttons on the calculator!

Happy shopping!



Norm Currey #760
Anne Haltiwanger ,Chair #174

SCAMS AND PROTECTION



**Alan
Alison**

Scams Against Life Planning Communities And How to Protect Yourself

Crimes/Scams against Life Planning Communities continue to skyrocket each year. The perpetrators become cleverer each year, and billions of dollars are lost to scams. Here at Canterbury Court, we seek to ensure our residents have all the necessary information to prevent becoming the victim of a scam artist.

There are a number of scams targeting LPCs, such as, Medicare/Health Insurance fraud, Counterfeit Prescription Drugs, Investment/Timeshare Schemes, as well as Internet and Phone scams, which we will focus on in this article.

There are several types of phone scams to be aware of, and I will discuss each below, along with the measures to take to protect yourselves.

Government Scams – With this scam, callers identify themselves as being with some type of government agency, like the IRS or Marshall's office, and state that you owe them some type of fee, or you missed a court date. They will further indicate that if you don't pay the fee, you will be arrested. Also, the caller will indicate that you will have to pay the fee with a prepaid debit card.

Computer Virus Scam – With this scam, you will receive a phone call from a company indicating your computer has a virus or needs to be diagnosed and fixed. They will ask you to log on to your computer and access a website. Once you do this, the caller will have access to your personal information.

Grandparent Scam – Scammers will call you and impersonate your adult grandchildren, stating they are in trouble and need money. With this scam, if you ever send money, there's a good chance you will receive a follow-up call from someone impersonating a police officer requesting more money.

Anti-Aging Product Scam – I know we'd all like to keep our natural beauty as long as possible. Well, scammers are aware of this as well. Scammers are always promoting anti-aging products that may cause more harm than good.

Solutions: Keep in mind, these scams are genuinely committed over the phone or computer. If you adhere to the preventive measures listed below, your chances of being scammed are minimized.

Avoid answering the phone from unknown numbers, allow them to leave a message. If they don't leave a message, don't return the call.

Never leave your home to purchase prepaid debit cards to send to an unknown individual. Do not send money to anyone, especially via wire transfer, unless you initiate the call. If you ever feel intimidated by a caller, just hang up the phone.

Government agencies will never call you asking for money. They will always send you a letter in the mail.

Always be suspicious of unsolicited calls from supposed computer experts. Never log on to your computer at someone's request over the phone.

Don't visit websites or install software recommended by unsolicited callers. Contact our IT department with all computer issues.

Never give out personal information over the phone.

Be very cautious ordering medicines online. Please consult your physician.

Never hand over money to obtain a prize or exchange money for a larger sum of money.

Please be diligent in protecting yourself from any of these scams. Security will do our part to prevent scamming as well. We will not transfer a suspicious call to your apartment; however, we will take a message in the event it is a legitimate call. If you have any questions regarding scamming, or you feel you have been scammed, feel free to contact the lobby desk, and someone from security will come and speak with you



I'm hearing from someone who's wiring you funds from the Central Bank of Nigeria.

LOAN DEPARTMENT



"I need it to fly to Nigeria to pick up my prize."

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.

CHAIR YOGA

If you are like me and love doing yoga but do not like getting down on the floor, then our newest yoga class is for you. Chair yoga (also called restorative yoga or yoga stretch) is a class where we do many of the traditional yoga moves; we just do them sitting in a chair or standing, using the chair support if we need.

Our practice includes breathing, stretching, lunges, and warrior poses. When we stand, we work on balance with moves like "tree". We can do "down dogs" using the back of the chair for a great overall stretch, seated "cat" and "cow" stretches, and standing "pyramids" and "triangles". And the best part is you can do as little or as much as you want. You also can stay on the chair and do everything.



Mimi, our teacher, guides our practice and reminds us when to tuck in our abs, keep our legs straight, or relax at just the right time. She is working with us to practice old moves and learn new ones.

I have been doing some form of chair yoga for over 10 years and have watched my strength and balance improve. I've also watched friends who have had

strokes regain their strength and balance. This is a form of yoga that has proved very beneficial for people our age.

Come join our class on **Fridays at 1:00 pm** in the Aerobics room in the Wellness Center. We relax, stretch, build strength, improve balance, and have fun.

Martha Solano #475

Chair Yoga participants getting warmed up before starting their more energetic activities. Give it a try!



KNOW YOUR STAFF

Talk about singing for your supper! Our new Director of Hospitality, Felecia Crawford, is a master of both song and cuisine. She has sung at Happy Hour with James Wells, and has already introduced new menu items and new menus to our dining rooms.

Originally from Greenville, MS, Felecia graduated from the U. of Memphis. While there, she worked at a restaurant as a singing waitress. After college, Felecia and husband Dale moved to Michigan. She worked for McDonald's, testing stores for potential new rollouts. Following that, the couple moved to New Orleans for a year in which Felecia worked as the manager of patient services, including food and nutrition, at Touro Hospital.

Ten years ago, Felecia and Dale moved to Memphis, where she began working for Morrison as the catering manager for Methodist University Hospital. She loved that job (in which she supervised the preparation of six thousand meals a day) because her colleagues were smart, compassionate, open and accountable. She was there for five years, when she was transferred to Methodist Hospital South as Director of Dining. There she instituted new methods of interviewing prospective employees, which included interviewing job candidates with herself and a manager from the department to which the job seeker was applying as well as a subsequent interview with peers from that department. As a result, the employees felt invested in their departments.

Later, Felecia worked for Morrison in hospitals finding waste in a business and correct-



Felecia Crawford
Director of Hospitality

ing it for greater efficiency. Her work involved family-centered care, interviewing patients and families, and training staff. Under her leadership, patient satisfaction scores improved dramatically.

Because she is also responsible for Housekeeping, Felecia works with Ashaki and Morrison's regional support director to improve our housekeeping performance in regard to percentage of completed work orders, timeliness of completion and resi-

dent satisfaction. Clearly there's a theme here, as one of Felecia's strengths is her ability to improve performance by documentation and encouraging employee accountability.

For two and a half years, Felecia was the Director of Dining for a CCRC in Memphis. Later Morrison appointed her its national Director of Performance Excellence, which involved considerable travel. That was difficult, as she didn't get to spend much time with Dale or their six-year-old son, John Thomas. Felecia was thrilled when she learned about the opening at Canterbury as it meant she wouldn't have to travel so much. As it is, her husband and son are still in Memphis waiting for their house to sell, at which time they will all take up residence in Atlanta.

Felecia can't wait to have her whole family in Atlanta and I can't wait to find out what she will be serving up next --- in song or in supper!

Peggy Heinisch #955

GARDEN COMMITTEE



**Margaret
Langford**

Although snow and ice covered the gardens again in January, if the weather warms up gently and consistently, we could have a beautiful spring. Already the Japanese Flowering Apricot trees have tight pink buds.

Look for some excitement about Trees at Canterbury Court in the near future.

Emily Huie and **Pat Davis** plan to attend a conference on trees in Macon. The all day meeting will be a symposium called "**Rooted in Trees, landscaping in harmony with our native environment**". It will be sponsored by the Georgia Native Plant Society.

February is a good month for orchids to bloom (if they are cooperative). **LuAnne Schwarz** grows her own in the green-

house, and she generously allows us to display them inside Canterbury. We hope you have enjoyed her "Nun's Veil" orchid, tall with many blossoms, her white cascading Phalaenopsis and other unusual blossoms. **Hazel Jones** takes care of the orchids when they are brought inside our buildings. She and **Susanne Pinkerton** faithfully water the orchids in the orchid greenhouse every Saturday.

Kathy Hobbs will inform us about a new flower show to take place at the Atlanta Botanical Garden in February 23-25. The theme will be a toast to the Georgia Film Industry. Kathy is planning a trip to the show.

Margaret Langford, Chair #872

IN THE GARDEN



Photos: **Peggy Callahan**



Greg Fukushima



Jean Ellen Jones

LIBRARY

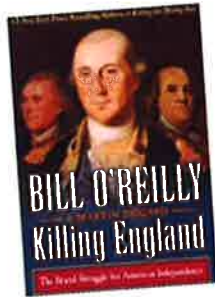


LuAnne Schwarz

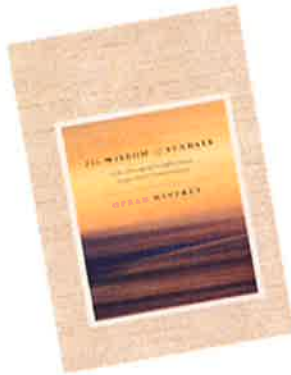
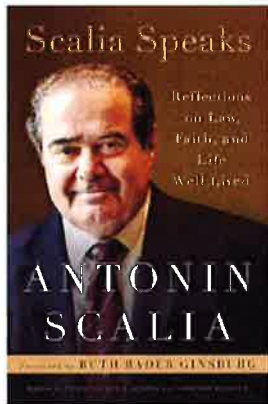
February's new titles include:

KILLING ENGLAND

by Bill O'Reilly describes the Revolutionary War's landmark battles, including Bunker Hill, Saratoga, and Yorktown, revealing the savagery of hand-to-hand combat and the often brutal conditions under which these brave American soldiers lived and fought. O'Reilly highlights the treachery of Benedict Arnold and daring tactics of the "Swamp Fox" Frances Marion.



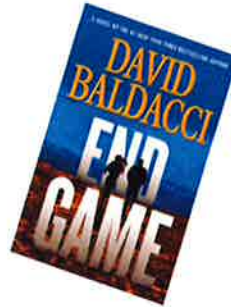
SCALIA SPEAKS by Antonin Scalia is a collection of the beloved Supreme Court Justice's finest speeches on law, faith, virtue, and his heroes and friends.



THE WISDOM OF SUNDAYS by Oprah Winfrey is a collection of snippets from her conversations with spiritual leaders, CEO's, nuns, athletes, writers, and psychologists with their opinions on life, spirituality, gratitude, brokenness, and connection.

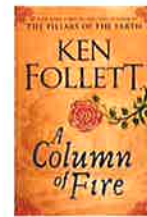
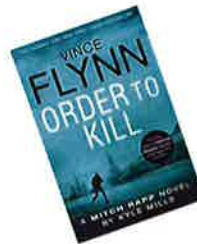
END GAME is a new thriller by popular writer David Baldacci. Will Robie and Jessica Reel are two of the most lethal people alive - the ones the

government calls in when the utmost secrecy is required to take out those who plot violence and mass destruction against the United States. And through every mission, one man has always had their backs: their handler, code-named Blue Man.....But now, Blue Man is missing.



THE MIDNIGHT LINE "LP" by Lee Child is the twenty-second high-impact and morally complex Jack Reacher novel. Child confronts the opioid epidemic with keenness and anger over the causes of this current

scourge and the criminal justice system's response, or lack thereof.

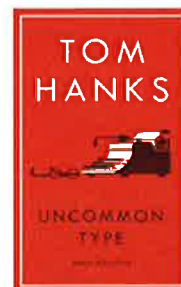


ORDER TO KILL by Vince Flynn is another provocative book in the Mitch Rapp series. The anti-terrorism operative heads to Pakistan to confront a mortal threat he may not be prepared for. Has he met his match this time?

A COLUMN OF FIRE by Ken Follett

In 1558, the ancient stones of Kingsbridge Cathedral look down on a city torn apart by religious conflict. As power in England shifts precariously between Catholics and Protestants, royalty and commoners clash, testing friendship, loyalty, and love.

UNCOMMON TYPE by Tom Hanks is his first collection of short stories.



SLEEPING BEAUTIES “LP” by Stephen King is in typical King genre. Women go to sleep and become shrouded in a cocoon-like gauze. If the film wrapping their bodies is disturbed or violated, the women become feral and extremely violent. Not recommended for reading wimps!



AUTUMN “LP” by Ali Smith is a playful, multi-layered and at times delectably subversive novel on the floating of time, aging, identity, art, love and friendship, grounded knee-deep in the grim realities of today’s post-truth politics, against the backdrop of the aftermath of the Brexit-vote.

FOREIGN AGENT by Brad Thor is set in a safe

house near the Syrian border where a clandestine American operations team readies to launch a dramatic mission months in the making. Their target: the director of Social Media for ISIS, Abu Muslim al-Naser.

Several Canterbury avid readers have expressed concern about not having enough Large Print titles in our collection. Please note that I make every effort to acquire LP formats whenever possible. These titles are difficult to find and usually twice the price of normal print. Know that I am trying. “LP” indicates a Large Print title.

LuAnne Schwarz, Chair #758

EVENTS



January 2, 2018 will be remember as the day the world welcomed Alexander Wiltz. Jen and Andrew's lives have changed forever, lucky them!



F E B R U A R Y

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.

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Movie # 1

January-26th-February 1st: 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 26th-February 1st: 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 28th & February 1st: Being Canadian (2015) 90 Minutes-Documentary

Eager to find out what being Canadian really means, director Robert Cohen sets off on 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.

.....

MOVIE #1

February 2nd-8th: The Pelican Brief (1993) 141 Minutes- PG-13

Taut thriller about a young law student whose legal brief about the assassination of two Supreme Court justices causes her to be targeted by killers. She realizes just how accurate her accusations have been when her lover and mentor is murdered. Forced to go on the run in New Orleans, she is aided by a journalist who helps her unravel a conspiracy involving senior government figures. Starting Julia Roberts, Denzel Washington, Sam Shepard, John Heard, Tony Goldwyn and James Sikking.

MOVIE #2

February 2nd-8th: Loving Vincent (2017) 95 Minutes-PG-13

This animated biopic recounts the life and last days of tormented Dutch artist Vincent van Gogh, with each frame of the film consisting of an oil painting executed in the master's style and a plot based on letters he penned.

Starting Douglas Booth, Jerome Flynn, and Robert Gulaczyk.

SPECIAL MOVIE

February 4th & 8th: Tim's Vermeer (2013) 80 Minutes-DocumentaryPG-13

Inventor Tim Jenison conducts experiments to discover how 17th-century Dutch Master Johannes Vermeer achieved such photographic realism in his paintings.

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MOVIE #1

February 9th-15th: Lady in the Van (2015) 104 Minutes-PG-13

In 1973 London, playwright Alan Bennett (Alex Jennings) develops an unlikely friendship with Miss Shepherd (Maggie Smith), a homeless woman who lives in a van in his driveway for the next 15 years.

MOVIE #2

February 9th -15th: Queen of Desert (2015) 128 Minutes-PG-13

Helmed by Werner Herzog, this historical drama charts the life of the remarkable Gertrude Bell, a British adventurer, archaeologist, spy and political attaché who played a key role in reshaping the Middle East after World War I. Starring Nicole Kidman, James Franco and Damian Lewis.

SPECIAL MOVIE

February 11th & 15th: Kedi (2017) 80 Minutes-Documentary

Experience daily life in the eyes of a cat in Istanbul, where hundreds of thousands of felines roam the streets freely. Many citizens of the Turkish metropolis regard themselves as guardians of these cats, which exist between the tame and the wild.

.....

MOVIE #1

February 16th-22nd: Into the Woods (2014) 125 Minutes-PG

As the result of the curse of a once-beautiful witch (Meryl Streep), a baker (James Corden) and his wife (Emily Blunt) are childless. Three days before the rise of a blue moon, they venture into the forest to find the ingredients that will reverse the spell and restore the witch's beauty: a milk-white cow, hair as yellow as corn, a blood-red cape, and a slipper of gold. During their journey, they meet Cinderella, Little Red Riding Hood, Rapunzel and Jack, each one on a quest to fulfill a wish.

MOVIE #2

February 16th-22nd: Anna Karenina (2012) 130 Minutes-Rated R

Anna Karenina (Keira Knightley), the wife of a Russian imperial minister (Jude Law), creates a high-society scandal by an affair with Count Vronsky (Aaron Taylor-Johnson), a dashing cavalry officer in 19th-century St. Petersburg. Anna's husband, Alexei, offers her a difficult choice: Go into exile with Vronsky but never see her young son again, or remain with her family and abide by the rules of discretion. Meanwhile, a farmer named Levin pines for Princess Kitty, who only has eyes for Vronsky.

SPECIAL MOVIE

February 18th & 22nd: The Eagle Huntress (2016) 101 Minutes-Documentary

Aisholpan, a 13-year-old girl, trains to become the first female in 12 generations of her Kazakh family to become an eagle hunter and rises to the pinnacle of a tradition that has been handed down from father to son for centuries. While there are many old Kazakh eagle hunters who vehemently reject the idea of any female taking part in their ancient tradition, Aisholpan's father, Nurgaiv, believes that a girl can do anything a boy can, as long as she's determined.

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MOVIE #1

February 23rd -March 1st: The Mountains Between Us (2017) 112 Minutes-PG-13

Stranded on a mountain after a tragic plane crash, two strangers must work together to endure the extreme elements of the remote, snow-covered terrain. Realizing that help is not on the way, they embark on a perilous journey across hundreds of miles of wilderness, pushing each other to survive and discovering their inner strength. Starting Cast: Kate Winslet, Idris Elba and Beau Bridges.

MOVIE #2

February 23rd -March 1st: Funny Girl (1968) 165 Minutes-Rated G

Director William Wyler's classic musical tells the story of legendary Ziegfeld Follies Comedienne Fanny Brice (Barbra Streisand, in an Oscar-winning role), an unconventional beauty who grew up in the Jewish slums of New York dreaming of stardom. When Brice finally becomes the toast of Broadway, the resentful reaction of her husband (Omar Sharif) threatens to destroy their marriage. The film received eight Oscar nominations. Note: This version includes musical interludes.

SPECIAL MOVIE

February 25th & March 1st: Happy People: A Year in the Taiga (2010) 90 Minutes-Documentary

Venerated documentarian Werner Herzog teams with director Dmitry Vasyukov for this observant look at life along the River Yenisei in northern Russia, where the industrious inhabitants of a rural village truly live off the land.

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Resident Services
Kathy Hobbs

FEBRUARY 2018 MUSICAL EVENTS

Canterbury Court will be offering the following array of musical programs during February. Please check your *weekly calendar* for current information.

Happy Hour in the Front Lounge

Enjoy **Happy Hour** with **Susan Marie** on **Friday, February 2 at 5 p.m.**

James Wells will return on **Friday, February 9 at 5 p.m.**

Beth Michaels will entertain on **Friday, February 16 from 5-6 p.m.**

“Si” Wages and friends return this month on **Friday, February 23 at 5 p.m.**

“Romantic Dinner Music” with Susan Marie/Dining Rooms
February 14

Piano music in the Front Lounge will be provided by Susan Marie during a special **Valentine’s Dinner on Wednesday, February 14 from 5:30-7 p.m. in the Dining Room.** Come and enjoy a wonderful evening and a delicious dinner!

Mardi Gras, February 12

Let the good times roll!!

The Canterbury Krewe invites residents who have **RSVP’d** to the Mardi Gras Party! Jazzy New Orleans style music will be provided by Class Act Band.

Masks, costumes and semi-formal attire is encouraged.

The Mardi Gras theme dinner buffet will feature a Louisiana theme menu.

Join in the festivities on Monday, February 12, 2018 in the Community Room beginning at 5:30 p.m. Mark your calendar for this very special event!

Atlanta Music Club Classical Trio Program
“The Poet and The Muse”

February 24

Please join the Atlanta Music club for a classical trio performance of Saint-Saens’ The Poet and The Muse. The Atlanta Symphony Orchestra musicians include Kenn Wagner (violin), Joel Dallow (cello) and Erica Tazawa (piano).

This special program will be on Saturday, February 24 at 4 p.m. in the Community Room.

Hani Stempler (vocalist) and Judy Boehm (piano)
February 26

Say good bye to cold weather and warm up to songs with Hani (vocalist) and Judy (piano) on **Monday, February 26 at 7:30 p.m. in the Community Room** for a cabaret style program of your favorite Broadway tunes.

Atlanta Symphony Orchestra

Atlanta Symphony trips on Thursday evening will continue this month.

The bus for the following trips will leave at 7 p.m.

Dates to remember are: **Series 1– February 1, Series 3 – February 8, and Series 4 – February 15, 2018.**

Residents are responsible for purchasing their own tickets.

Call 404-253-5980 to purchase tickets and for more information.

Atlanta Opera “Daughter of the Regiment”

February 27

The Atlanta Opera production of **Daughter of the Regiment** will be at the **Cobb Performing Art Center** this month. Canterbury Court will offer bus transportation to the **Tuesday, February 27, 2018** show. Residents purchase their own tickets for Atlanta Opera productions. Sign up at the Front Desk. The bus leaves at 6:15 p.m.

MET Opera at the Regal Theatre

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

This month we plan to attend “**L’Elisir d’Amore**” on **Saturday, February 10, 2018, leaving at 12 noon** and “**La Boheme**” on **Saturday, February 24, 2018, leaving at 11:30 a.m.**

Programs coming in March include “Semiramide” on March 10, 2018 and “Cosi Fan Tutte” on March 31, 2018.

Please contact Jim and Doralene Davis in Apt. 507 for more information.

Leave at 12 noon from the Front Desk.

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

All Saints Concert Series: Cain-Oscar Bergeron (Flutist)

Sunday, February 4, 2018

Cain Bergeron is a well-known Atlanta performer, who currently plays with the Atlanta Philharmonic Orchestra. **Tickets are \$15 and may be purchased online at www.ALLSAINTSATLANTA.ORG/MUSIC/CONCERT-SERIES or at the door.** Please sign up for the bus at the Front Desk. The bus leaves at 2 p.m.

FEBRUARY ACTIVITIES

Global Jewelry Repairs with Locksley, February 1

Do you need watch batteries? Do you have a special piece of jewelry that needs repair? Drop by to see Locksley on **Thursday, February 1 from 10 a.m. until 2:30 p.m. in the George Hightower Room.**

Diane Fowlkes’ Reading of Her Short Story “Night by Day” February 5

Resident, Diane Fowlkes will do a reading of her short story, Night by Day.

Synopsis: A wife is undecided: leave or stay. A husband still denies.

The reckoning is nigh.

Mark your calendar for Monday, February 5 at 2 p.m. in the George Hightower Room.

Caregivers Support Group, February 6

Our monthly **Caregivers Support Group** will meet on **Tuesday, February 6 at 2:30 pm. in the Card Room.** For more information contact Kathy Hobbs, Resident Services Coordinator at X 3262. This group is led by **60 Plus staff from Piedmont Hospital.**

Current Event Group, February 13

Join **Rev. Don Jordan** for lively discussions on local, national and international events. Everyone is invited to attend. The group meets on **Tuesday, February 13 at 1:30 p.m. in Peachtree 1 & 2.**

Water Color Class with Clyde Draughon February 15

Resident, Clyde Draughon will conduct a water color class. Interested residents, please sign up at the Front Desk. **The class will be held in the Hobby Room on Thursday, February 15 from 9:30 a.m. until 12 noon. The class is limited to 12.**

iPhone & iPad Class, February 16

Dave Martone with Seeds Education will return to Canterbury to provide an iPhone and iPad photography workshop. **Please sign up at the Front Desk. Cost is \$15 payable at the class on Friday, February 16, 2018 from 1:30-3 p.m. in Peachtree 1 & 2.**

Book Club, February 26

The Canterbury Court Book Club will meet on **Monday, February 26 at 2 p.m. in the George Hightower Room.** Please call Gwen Webb in Apt. 810, if you need more information.

FEBRUARY TRIPS

Atlanta History Center – “Behind the Scenes: Tour of the Cyclorama and Texas Locomotive Tour” with Lunch at Souper Jenny’s Thursday, February 8

Be one of the first to see *The Battle of Atlanta* cyclorama painting before it opens to the public in fall 2018! Join us for a **once in a lifetime opportunity to view**

The Battle of Atlanta cyclorama painting as art conservators and historians work to restore it to the original 1886 appearance! You’ll also discover the storied past of the *Texas* locomotive beyond its claim to fame during the Great Locomotive Chase in 1862.

The transfer of one the city’s rarest historic treasure’s, which has called its current Grant Park facility home since 1921, was orchestrated by a team of Atlanta History Center staff experts, working with some of the best minds in the highly specialized field of cyclorama conservation. The team’s processes have included strength-testing the canvas, documenting the current condition of the paint layers and fiberglass backing, and conducting stabilization conservation efforts needed prior to moving the painting.

The painting is now unscrolled in its new home and undergoing a full restoration, including restoring seven feet of sky across the top of its full circumference. The 128 plaster figures that are the focal point of the painting's diorama will also be restored. The full experience, complete with the addition of the restored 1856 *Texas* locomotive and enhanced interpretation and exhibitions, is projected to open in fall 2018.

Behind the Scenes tours include durations of walking, standing and climbing.

We plan to have **lunch (on your own) at Souper Jenny café** – known for fresh ingredients - at the Atlanta History Center.

The cost of the special tour is \$30 for admission and \$4 for the bus fee.

Sign up at the Front Desk.

We will leave from the Front Desk at 11 a.m. and return around 3:30 p.m.

Atlanta Botanical Garden Flower Show

“Ingénue: A Toast to Georgia’s Film Industry”

Friday, February 23

The Flower Show is an indoor show that highlights thousands of plants featured throughout the juried competition in the divisions of Floral Design, Horticulture and Photography. **During the show, visitors also may explore the Garden’s winter landscape as well as its annual Orchid Daze exhibition inside the Fuqua Orchid Center.**

Please sign up at the Front Desk. We will leave at 12:45 p.m. from the Front Desk and return around 4 p.m. The cost is \$20.64 for admission and a \$4 trip charge.

February Wellness Screenings

For your health and convenience, Personal Care, Inc. offers monthly health screenings. **Diabetic testing and B/P readings** will be held on **Tuesday, February 13 from 10:30 – 11:15 a.m.** in the Wellness Center.

Dermatology Consultants will return to the Wellness Center on Tuesday, February 13, 2018 from 9 a.m. until 12 p.m.

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

The **hearing aid clinic** will be conducted by **Monica Walker from Connect Hearing on Tuesday, February 27 from 10-10:30 a.m. in the Card Room.**

February

BUS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 10:30: Bus to All Saints' Church & St. Luke's Church 2:00: All Saint's Concert—Cain-Oscar	5 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	6 10:00-11:30: Bus to Publix-Brookhaven & Walmart	7 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	1 7:00: ASO, Series # 1 Trip	2	3
11 10:30: Bus to All Saints' Church & St. Luke's Church	12 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	13 10:00-11:30: Bus to Publix-Brookhaven & Walmart	14 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo	8 11:00: Atlanta History Center "Behind the Scenes: Cyclorama & Texas Locomotive Tour" Trip 7:00: ASO,	9	10 12:00: MET Opera at the Regal Theatre "L'Elisir d'Amore" Trip
18 10:30: Bus to All Saints' Church & St. Luke's Church	19 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	20 10:00-11:30: Bus to Publix-Brookhaven & Walmart	21 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	15 7:00: ASO, Series #4 Trip	16	17
25 10:30: Bus to All Saints' Church & St. Luke's Church	26 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	27 10:00-11:30: Bus to Publix-Brookhaven & Walmart 6:15: Atlanta Opera "Daughter of the Regiment" Trip	28 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	22	23 12:45: Atlanta Botanical Garden Flower Show "Ingénue" A Toast to Georgia's Film Industry"	24 11:30: MET Opera at the Regal Theatre "La Bohème" Trip



Events



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>February</i>						
4 2:00: All Saint's Concert-Oscar Bergeron (Flutist)	5 2:00: Diane Fowlkes' Reading of Her Short Story "Night by Day", George Hightower Room 4:00: Choristers, Community Room	6 10:00: Tai-Chi, P1&P2 2:30: Caregiver Support, Card Room 7:30: Vespers, Chapel	7 10:00: Holy Eucharist, Chapel 1:30: Spirituality and You, Card Room 7:00: Men's Poker, Club Room	1 10:00: Yoga, Aerobics Room 10:00: Global Jewelry, George Hightower Room 7:00: ASO, Series # 1 Trip	2 5:00: Happy Hour with Susan Marie, Front Parlor, NT 7:30: Trivial Pursuit, George Hightower Room	3
11	12 5:30: Mardi Gras Party, Community Room	13 9:00: Dermatology Consultants, Wellness Center 10:00: Tai-Chi, P1&P2 10:30: B/P & Diabetes Check, Wellness Center 1:30: Current Events, P1&P2 4:00: Choristers, Community Room 7:30: Vespers, Chapel	14 <i>Valentine's Day</i> 10:00: Holy Eucharist, Chapel 1:30: Spirituality and You, Card Room 5:30: Romantic Dinner Music w/Susan Marie, Front Lounge 7:00: Men's Poker, Club	8 10:00: Yoga, Aerobics Room 11:00: Atlanta History Center "Behind the Scenes: Cyclorama & Texas Locomotive Tour" Trip	9 5:00: Happy Hour with James Wells, Front Parlor, NT 7:30: Trivial Pursuit, George Hightower Room	10 12:00: MET Opera at the Regal Theatre "L'Elisir d'Amore" Trip
18	19 4:00: Choristers, Community Room	20 10:00: Tai-Chi, MOVED TO THE AEROBICS ROOM 7:30: Vespers, Chapel	21 10:00: Holy Eucharist, Chapel 1:30: Spirituality and You, Card Room 7:00: Men's Poker, Club Room	15 9:30: Water Color Class with Clyde Draughon, Hobby Room 10:00: Yoga, Aerobics Room 7:00: ASO, Series #4 Trip	16 1:30: iPhone & iPad Training, P1 & P2 5:00: Happy Hour with Beth Michaels, Front Parlor, NT 7:30: Trivial Pursuit, George Hightower Room	17
25	26 2:00: Book Club, George Hightower Room 4:00: Choristers, Community Room 7:30: Hani Stempler & Judy Boehm Cabaret Style Program, Community Room	27 10:00: Tai-Chi, P1&P2 10:00: Hearing Aid Clinic, Card Room 6:15: Atlanta Opera "Daughter of the Regiment" Trip 7:30: Vespers, Chapel	28 10:00: Holy Eucharist, Chapel 1:30: Spirituality and You, Card Room 7:00: Men's Poker, Club Room	22 10:00: Yoga, Aerobics Room 2:00: Senior Health Services Podiatry, Wellness Center	23 12:45: Atlanta Botanical Garden Flower Show "Ingenue" A Toast to Georgia's Film Industry" Trip 5:00: Happy Hour with "Si" Wages & Friends, Front Parlor, NT 7:30: Trivial Pursuit, George Hightower Room	24 11:30: MET Opera at the Regal Theatre "La Boheme" Trip 4:00: Atlanta Music Club Classical Trio "The Poet & The Muse", Community

**Dr. Hooker Available
Monday & Wednesday.
Please call Jackie
ext. 3026 for an
appointment.**

