

Canterbury Tales

Published by the Residents Council and the Staff of Canterbury Court

Volume LVI No. 08

October 2018



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FORECASTING PARTY TIME

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Council PresidentNoradel Wilson
Vice PresidentPat Patton
SecretaryMargaret Shirley
Treasurer.....Tom Tredway
Assistant Treasurer.....John Gay

Canterbury President & CEO.....James Wells
Canterbury Administrator.....Julie Parker
Chief Financial Officer.....Warren Swanson
Marketing DirectorNicole Burke
Resident Services.....Kathy Hobbs

Editor.....Nancy Fukushima
Artistic Director.....Mary Earle Scovil
Staff Writers...Barbara Cheshire, Peggy Heinisch, Margaret Langford
Proofreader..... Barbara Hinkle
Production.....Rebecca Oleson
Photos....Clyde May, Jean Ellen Jones, Bill Evans, Greg Fukushima
Website.....Drew Foskey

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

Summary of Residents Council Position Through August 31, 2018			
In US Dollars	Actual August	Actual Year-to-Date	Budget Year-to-Date
<u>Appreciation Fund</u>			
Income	25,260.00	140,322.35	150,000.00
Expense	10,914.09	132,118.81	148,666.64
	14,345.91	8,203.54	1,333.36
<u>General Fund</u>			
Income	1,460.21	16,624.83	17,333.36
Expense	2,505.01	13,164.95	18,594.56
	- 1,044.80	3,459.88	-1,261.20
<u>Chapel Account</u>			
Income	135.00	870.00	
Expense	15.10	570.58	
	119.90	299.42	
<u>Foxhole Fund</u>			
Income	100.00	803.00	
Expense	16.19	3,370.91	
	83.81	- 2,567.91	
Total Income	26,955.21	158,620.18	167,333.36
Total Expense	13,450.39	149,225.25	167,261.20
<u>Net Income</u>	13,504.82	9,394.93	72.16
		<i>Tom Tredway,</i>	<i>Treasurer #802</i>

In Memoriam

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

**Billy Bell
September 5, 2018**



OCTOBER BIRTHDAYS

BLESSINGS ON YOUR BIRTHDAY

2 Helen Hammonds
2 Patricia Russell
3 Lorene Pilcher
4 Dorothy Tracy
5 Dot Brandes
5 Carol Osborne
6 Gwyneth Webb
7 Hugh Burke
8 Harry Pritchett
10 Mary Capka
11 Llewellyn Bell

11 Suzanne Currey
12 Virginia Herron
13 Joyce Choplin
13 Harriet Evans
14 Noradel Wilson
17 Barbara Schneidewind
18 Sudie Hanger
18 Dorothy Herndon
19 Hazel Jones
20 Eduardo Angel
21 Joan Holliday

21 Laura McNeil
22 Mary Jensen
22 Marge Pennington
24 Karen Evans
25 Janice Broadhurst
25 Charlotte Jenkins
27 Gail Johnson
28 Martha Gay
29 Mary Mitchell
30 Diane Fowlkes
30 Frances Harrold

CHAPEL SERVICE

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

- Oct. 02:** The Very Reverend Samuel G. Candler
Dean
The Cathedral of St. Philip
- Oct. 09** The Reverend Charles Savage
Pastor
Sardis Church
- Oct. 16** The Reverend Don Jorden
United Methodist Church
- Oct. 23** The Reverend Dan Matthews, Jr.
Rector
St. Luke's Episcopal Church
- Oct. 30** The Reverend Jeff Rogers
Associate Pastor
Northside United Methodist Church



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

Royce Stroud, Vespers Chair # 556



FROM JAMES' DESK

Comments from the President of Canterbury Court

What You Said

Most of you attended one of the 8 discussion groups that were organized under the leadership of **Molly White**, our consultant from **Glynn Devins**. Molly got to know us well several years ago, when she was here to gather information about updating our website and public relations literature. **Noradel Wilson, the President of the Resident Association, Warren Swanson (CFO) and I** also attended these sessions and took notes. The purpose of these discussion groups was to hear from you, the residents of Canterbury, about your reaction to the initial roll-out of our Expansion Plan, which entails a project that will create a totally new health care center with additional residential apartments to financially support the campus. It also provides an extensive renovation of our common areas. If you haven't seen them, the conceptual plans are on display in the hallway outside the Community Room.

Here is the high level summary:

You were **most excited about**...memory care; health services; traffic light access onto Peachtree Road; additional dining; "investing in our future to assure success for Canterbury."

You were **most worried about**...construction disruption (noise, parking); cost; increase in number of residents might affect our culture of a close-knit community; effect on gardens and views.

You thought these were the **best things to appease concerns**...a very generous landscape budget; plans to work with the garden committee; communication of the findings and plans from the experts (architects, developer, financial planner); plans that created complimentary and aesthetically pleasing building exteriors; cautious budgeting that factored in the possibility of economic downturns; a phased approach.

Here's **what management is going to do in response**:

Frequent and ongoing meetings with you to interpret and update the Expansion Project. We have scheduled these for every other week in the Community Room.

Continual repetition of the key components and numbers related to the Expansion Plan along with an explanation of the financial structure.

Creation of a "feedback loop" so your questions are continually being sought out and answers provided.

Provide ways for your understanding and "buy-in" for our project by incorporating ideas that you generate.

Overall, you **expressed very little negativity and a significant amount of enthusiasm** for the Expansion Plan to go forward. You requested on-going and additional information.

I will work closely with your Resident Association Executive Committee.

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

RESIDENT COUNCIL PRESIDENT'S CORNER



**Remi
Wilson**

My owner Noradel usually writes this column, but this month she just couldn't think of a thing to write about. So I said, "Let me write this time!" She looked at me and laughed, "You don't know anything about Canterbury!" "Whoa," I said, "I've lived here for almost two years and I

love it as much as you do. Let me write why it's such a great place."

Well, she agreed, finally, so here I go. I guess the things I like best are all the people who are so friendly. I never walk down the hall without someone greeting me with a pat on the head. No one is too busy to stop or too grumpy to smile. I think it's the friendliest place in the whole world!

But that's not all. The people are friendly, but they are also smart and talented and generous. I watch the Trivia games on Friday nights and some of those friends are REALLY smart. And the Book Club – Wow! They read things I can't even pronounce. Besides that, I get to hear experts on all subjects: things like healthy food, water wars, the New Testament, and even cemeteries. Where could you beat that?

Let's talk about talented. My other owner Randy sings in the chorus, and that bunch of friends can make some beautiful sounds. I don't paint or sing, but I appreciate people who do. Speaking of making music, I have been lucky enough to hear some of the best concerts by professional musicians that you can imagine. Harps,

flutes, pianos, guitars, and happy voices! How many folks like me are that lucky?

Besides music, we are surrounded by talented painters and photographers. Their work is everywhere for all of us to enjoy. One of that group even took pictures of me and some of my buddies and posted them on the wall!

Now, I have mentioned how friendly people are here, but they are more than just "smile-in-the-hall" friendly. They are generous, too. I have never been to school, but I bet if I wanted to go there, my friends here would make sure I could. They do that for a lot of people who want to build a better life for themselves and their families. They actually open their purses to help those who want to get an education.

I can't end this without mentioning the icing on the cake for me and my owners, - the beautiful grounds where we walk. We never tire of watching the gardens change their size and color, the butterflies perch on the lilies, or the squirrels chatter and scamper as we walk by.

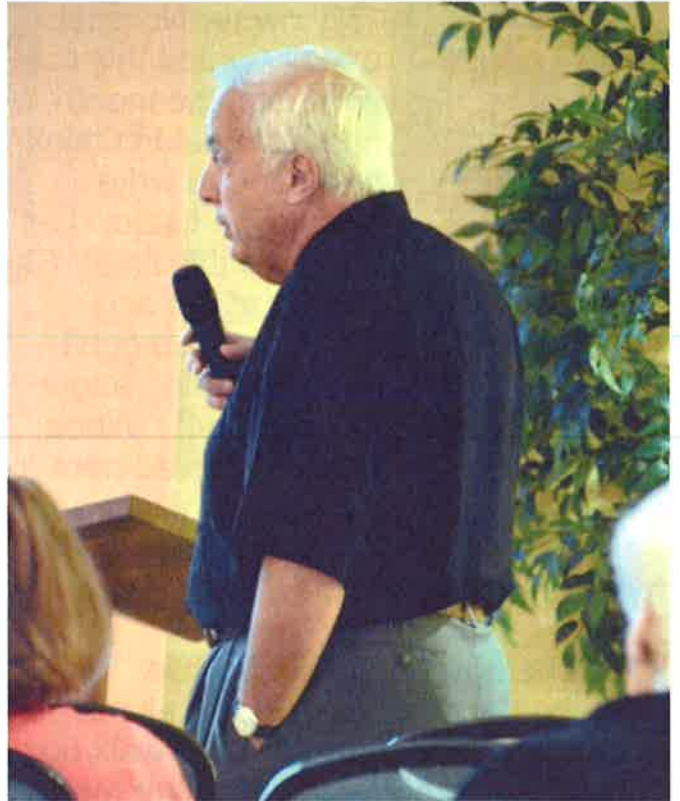
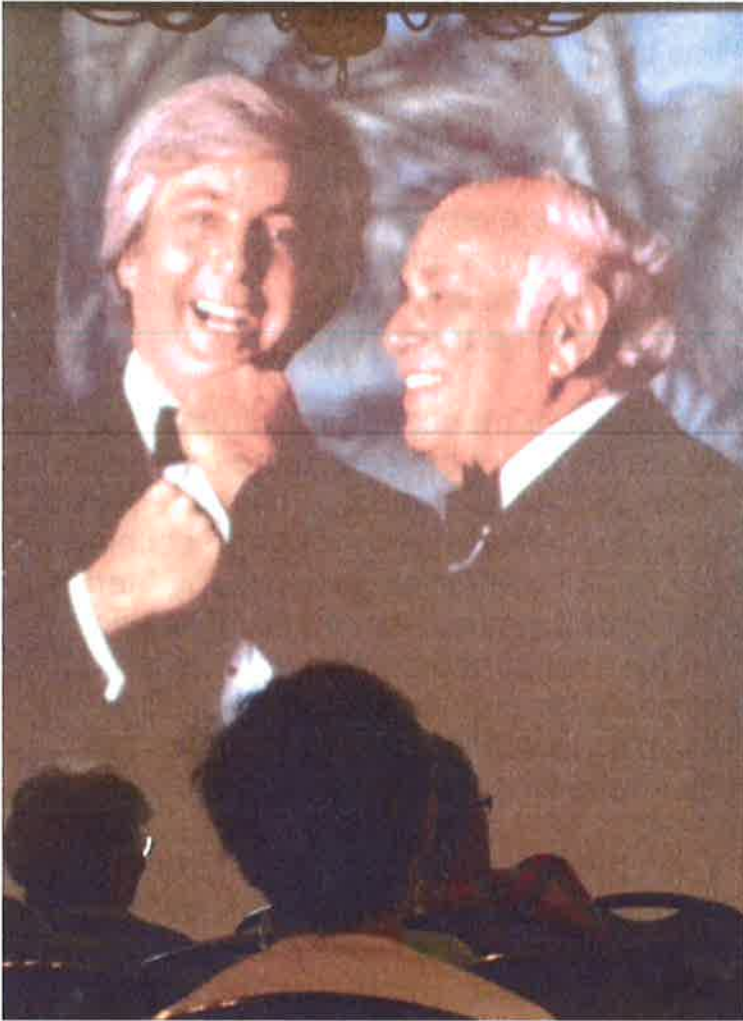
What a life I have here at Canterbury! Thank you to all my friends, both two-legged and four legged. For me, it is like the words from that wonderful hymn, Amazing Grace: "I once was lost but now am found."

Love, Remi



Noradel Wilson #555

EVENTS



September 4th, we were entertained by **Peter Funt**, son of **Allen Funt**, who started a TV program called **Candid Camera** in 1948. Allen would devise scenarios for shows that placed average people in predictable situations that were designed to become unpredictable. Several examples of these very funny visual vignettes were shown reminding the audience of this delightful show. Peter became a co-host of the program in 1987.

Peter occasionally writes Op-Eds for the New York Times and Wall Street Journal and was assisted in his presentation at Canterbury by his son, Daniel.

PHOTOS: GREG FUKUSHIMA



EVENTS

Our Theologian in Residence

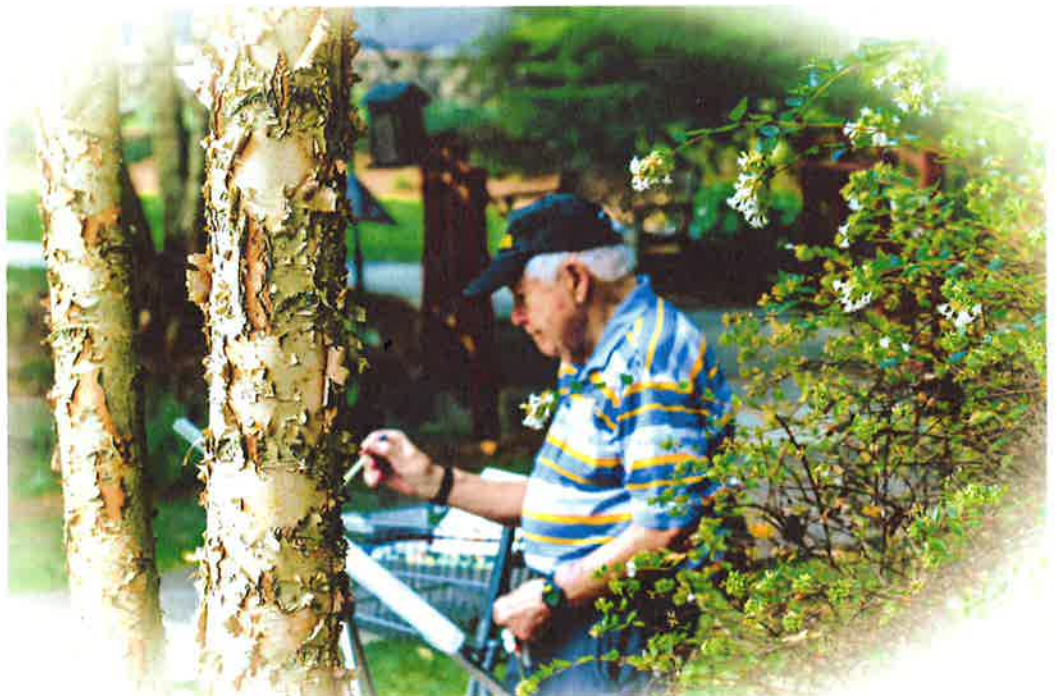
Dr. Amy-Jill Levine was here for three days to present four lectures on the Old Testament and the study of Jesus in His Jewish context. She brought the characters of the old testament alive and illustrated how Jesus' Jewish listeners would understand His parables and comparing that with our understanding of them. She could slip easily among the languages of the times: Hebrew, Aramaic and Greek and illustrated how the different interpretations of the languages influence our reading of the scriptures.

She is the Professor of **Jewish Studies of the New Testament at Vanderbilt Divinity School of Arts and Sciences** and also **Affiliated Professor, Centre of Jewish-Christian Relations, Cambridge, UK**. She is a member of Congregation Sherith Israel, an Orthodox Synagogue in Nashville, although she is often quite unorthodox.

She was here from September 5th until the 7th. Her lectures were well-attended.



Bill Evans snapped a picture of Canterbury's esteemed watercolor artist and teacher **Clyde Draughon** painting in the garden, while Bill hones his photography skills.

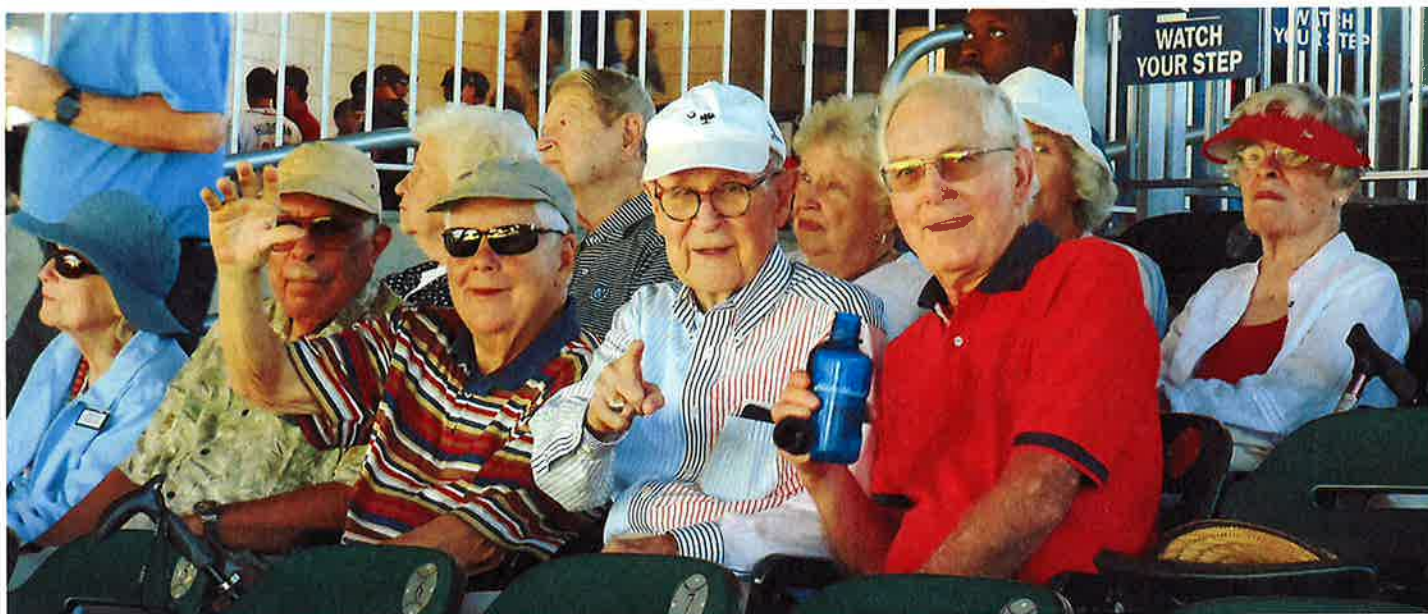


EVENTS



Saturday, August 25th, Reverend Milton Murray baptized Andrew Wiltz's son, Alexander John Wiltz into the Christian family. Xander was born January 2, 2018. February 18, 2017 Milton officiated at the wedding of Jennifer (Jen) and Andrew, so this was truly a special day for all of them.

EVENTS



Top: T.J. Anderson, Clyde Draughon, B.B. Brown, Wayne James and Barbara Furbish. Below: Midge Gardner and Mary Ann Dahlman cheer the Braves on September 19th at SunTrust Park. The Braves were victors!



WELLNESS



**Andrew
Wiltz**

I think that it's fair to say that we have the latitude to make choices in life. We can choose to act or feel a certain way at any given moment. No one goes through life making all the right decisions, however we can learn and grow from them, good or bad. Sometimes, life can be hard, and how we cope with life's difficul-

ties can go a long way in determining how our story will be told.

Recently, we lost **Billy Bell** who lived to be 95 years old. Like many of you, I knew Mr. Bell and admired him. I was fortunate to attend his Celebration in the Chapel. His son gave a great remembrance of his childhood growing up in a small country town in Georgia. This country boy took a bus to the city to go to school at Georgia Tech with no registration papers. He enlisted and served our country in WWII. I recall reading Mr. Bell's biography of his experiences on the Burma Road. It was amazing and frightening.

After the war, he worked for Bell South for many years before retiring and moving into Canterbury Court with his wife who died in 2005. In the 12 years that I knew Mr. Bell, he always greeted you with a warm smile, was skilled at repairing just about anything, and never complained. His son shared that he was an unconditional loving man that never missed a Georgia Tech or Braves game. When you want to come up with an example of someone who successfully coped with life's stressors and was content with life no matter what curveballs were thrown at him, it would be Billy Bell. We were blessed to know him, and there are others in our community that share these same qualities.

We can live life in a positive manner even with limitations. We are fortunate to exist in a community where care and compassion are commonplace. I see it every day in the Wellness Center. It is as if we are extended family helping each other out through the trials and tribulations of life. There is nothing wrong for reaching out if there is something weighing heavy in one's life. It is not a sign

of weakness. In fact, it shows strength and resolve that we have decided to do something about it.

Recently, we gave a talk on strategies to prevent falls. **Fear of falling** can have serious consequences for those who don't act to change it. Some individuals will isolate themselves because of this which makes matters worse physically and mentally. We are here to help you with a comprehensive plan that involves the disciplines of medicine, rehabilitation and wellness programming. Though we have plenty pursuing these resources, we don't want anyone left behind. You have opportunities to prevent and reverse some of the debilitating effects of aging. There are choices that we make on how we cope with challenges and limitations, overcoming certain fears, and continuing to add more chapters to our life stories.

I've been asked to provide the site from the CDC on an initiative that they have launched to help older adults avoid falls. It has plenty of resourceful information that should be looked at. The program is called STEADI which aims at avoiding falls, accidents, death and injury for seniors. You can find it at www.cdc.gov/steady/index.html.

I told a resident visiting me in my office that I hoped to look like he does when I'm his age which happens to be 95. He told me that he felt confident that I would which was a nice thing to say. If I take care of myself, have a little luck, and manage life's stressors, the odds will increase. Whether you are young, middle-aged or in your 90's, you can choose to live life to the fullest, love our neighbor and greet people with a smile. When we live like that, it makes you and the world a better place.

life is
defined by the choices
you make.

so make the right ones.

Andrew Wiltz, Director of Wellness

WELCOME MAT

Felicia is called Fifi by her friends. She grew up in Fort Payne, Alabama and attended elementary and high school there. She has one younger sister who provided her with a niece and a nephew. Her father was a general practice doctor in Fort Payne. While in high school, Fifi attended Camp DeSoto and was so impressed by two counselors from Agnes Scott College that she decided to come to Atlanta to attend Agnes Scott.

She earned her Bachelor of Arts Degree in English Literature from Agnes Scott. After working in public health for many years, she returned to earn a Master of Public Health Degree. She has 42 years' experience as a health educator and medical writer, almost all of it at Emory School of Medicine. Fifi says she always wanted to be a writer and her career allowed her to write about patient education, staff training, and a medical textbook on contraception.

She considers her family most important. Sister Louise Rains and her husband, David, have a son, David, and a daughter, Felecia. David, who is an attorney, and his wife, Lisa, live in Tuscaloosa, AL with sons David Barton and Carter. Brett and Felicia Noerager, an internist, live in Birmingham with Ben and Mae. Hope the family comes



Felicia Guest
Birthplace: Birmingham, Alabama
Birthday: September 30
Apt. 79W Move in date:
September 12, 2018

to Canterbury often.

Fifi is a member of All Saints' Episcopal Church and, of course, knows Ann and Fay Pearce, Harry Pritchett, Sue Mobley, Kack Whitaker and others. She moved to Canterbury from Druid Hills, realizing that her condo steps might become a problem. She also longed for the peacefulness and restfulness that Canterbury Court offers.

Her hobbies include traveling, book clubs, watching baseball, SEC football, golf, and music. Fifi played clarinet in her high school band and went on to

play with the Atlanta Concert Band. She loves Paris and has been there 13 times. Other favorites are Amsterdam and Barcelona. Fifi says she expects she can fit in many places at Canterbury after she enjoys some peace and quiet for a while. We welcome you wherever you decide to fit, Fifi. We are glad you are here.



Barbara Cheshire, #177

ART GALLERY

October Group Show

Presenting our October artists—we are fortunate to have so many creative spirits here at Canterbury. Some of these are seasoned with years of experience, some have made art years ago when they were in the midst of producing art, and some will enjoy participating in their first exhibit. Be sure to engage in conversation with your friends about their work, and enjoy:

Jeann Blankenship
Nan Brown
Norm Currey
Bill Evans
Jennifer Evans

Tricia Gaston
Ellie Harrison
Joan Holliday
Sam Holliday
Jean Ellen Jones

Babette Tipping

There will be an Artist's Reception for both the September and October Group Shows on Thursday, October 4th in the Community Room from 4:00 to 6:00 p.m. where all the Canterbury Residents will have an opportunity to congratulate each artist and discuss their work.

Jeann Blankenship #817

SEPTEMBER ARTISTS



Some of the works represented in last month's wonderful display. We are very fortunate to be surrounded with the amazing talents shown in various mediums here.

RECYCLING



Walda Lavroff

After the summer break, the Canterbury Recycling Committee resumed its monthly meetings on Tuesday, September 12, 2018.

While three Committee members did not attend, those who did participated in a lively discussion. Resident Council President Noradel Wilson also attended; so did Resident Services Director Kathy Hobbs and Rebecca Oleson. Our committee thanks them for their support.

As a pleasant surprise Chef Brian White attended also. He confirmed what Babette Tipping had asked for from the Canterbury Food Service: that all food take-out containers, as well as the cups by the "watering stations" throughout the Canterbury campus are now recyclable. Even drinking straws are no longer plastic. Those in use now are made from corn and can be recycled or composted.

Chef White told us that he is working on assigning the emptying of food waste in the kitchen preparation stations. Committee members suggested that recognizing kitchen workers for recycling could be an incentive for them. Our committee still has several green wristbands which were a contribution from founding member Jack Langford. Those wristbands are im-

printed with "Canterbury recycles; I help". Chef was open to that suggestion; the wrist bands have been taken to him.

Former committee member Dr. Diane Fowlkes is pursuing her idea of an Internship with Georgia State University about recycling activities. Since committee members had heard about Diane's idea there were many questions. Unfortunately Diane could not attend our meeting and she asked me to convey that "her proposal is in the early design phase and may take months to work out".

Since Ashaki Borders was also not able to attend, questions about what we may do to make her and her team's task of "heavy lifting" of Canterbury's recycling easier, will have to wait until the October meeting which is planned to be on **Tuesday, October 9, 2018 at 3 PM.**

Visitors are most welcome. Recycling is a task for the entire Canterbury Court community.



Walda Lavroff, Chair #575

IN THE GARDEN



Stapelia Gigantea's common name is "Zulu Giant" and it just started blooming in our hothouse. It is a "carrion flower" (smells like rotting meat) and is a spine-free succulent member of the milkweed (not cactus) family. It is one of the largest flowers in the plant world. Wes Lucas hopes people stop by to see this odd plant that is usually found in desert areas from Tanzania to South Africa, and now at Canterbury.

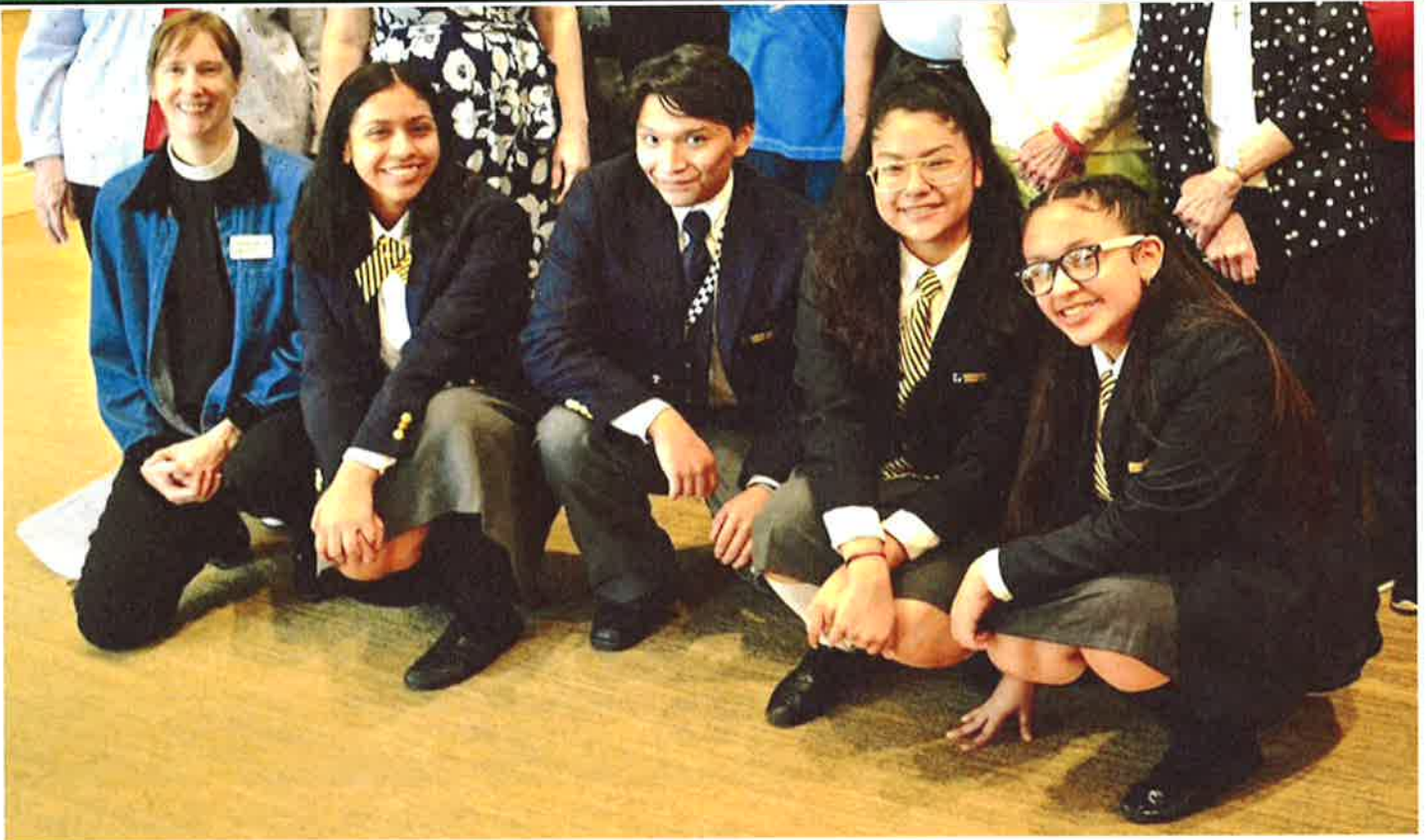
PHOTO: GREG FUKUSHIMA

EVENTS



PHOTOS: GREG FUKUSHIMA

EVENTS



September 10th Canterbury welcomed, with great enthusiasm, our Cristo Rey interns, and were delighted to meet **Ana Hernandez, Emmanuel Montes Espericueta**, returning intern, **Daisy Jimenez**, and **Azucena Gonzalez**.



COVER STORY



**Mary Earle
Scovil**

Remember when we wore big yellow Chrysanthemums to football games?

Welcome to October! It's time for pumpkin pie, football games, bare branches and Halloween. This clever arrangement by **Flower Committee** members Barbra Furbish and Gail Johnson includes all the elements pointing to this time of year.

Johnson. In addition, credit goes to **Hall Goode** and **Hazel Jones** whose plants you will see placed in various locations on campus. Thanks to all of these talented busy bees who work their magic to beautify our surroundings



Mary Earle Scovil #672

This is an appropriate occasion to recognize the creative members of the Flower Committee - **Llwellyn Bell, Barbara Furbish, Marguerite York, and Gail**

GARDEN COMMITTEE



**Margaret
Langford**

from? Has he been a resident for years and years?

The sign in our garden "**Wildlife Habitat**" isn't far from the truth! During the past month, we have witnessed a beautiful barred owl sitting in our Weeping Willow tree in the South Bog, and a fierce Snapping Turtle near that same bog. Where did he come

The **Native Plant Garden** in the North Bog continues to grow. **Pat, Emily and Hazel** have recently added about 23 new plants. Be sure to see the Beauty Berry plants with their purple fruit and the Winterberry Holly with their red berries.



We haven't given up on the **Monarch Butterflies**. Thirty new milkweed plants have been planted in some individual gardens. Look for bright orange flowers next summer. We hope the Monarchs will lay eggs on these plants which will hatch into caterpillars which will turn into butterflies. Sounds like a good plan.

The Garden Committee tries to use its funds wisely. We have helped pay for the new picnic table up in the woods, and we are contemplating cushions for the Gazebo. Giving money to the Garden Endowment is a beautiful way to honor a loved one. Any amount would make a nice birthday gift for a friend.

October is one of the best months for walking: cooler air, clear sky, colorful leaves. Enjoy them!

Margaret Langford, Chair #872

DINING COMMITTEE



**T
Taylor**

The schedule for coffee talks has changed in October, but the intent remains the same. The dining staff would like to hear from you if you have questions, comments, complaints or compliments. This month, the talks will be on

Wednesday, October 10th and Wednesday, October 24th. Both are at 1:30 p.m. in the Private Dining Room. Please come.

Also in October, the informative Kitchen Tours will resume. These are scheduled for Monday, October 15th and Friday, October 19th, both at 3:00 p.m. They are limited to groups of eight and will meet in the Post Office area 15 minutes before the tour begins. Sign-up sheets will be on the Post Office stand. And if the tours are filled, don't worry. There will be others and they are a great way to see what goes on before that plate is put in front of you.

On October 11th from 2:30 to 4:00 p.m. the Dining Staff will be pairing with the Wellness Department at three food-related stations in the Community Room. At one will be a nutrition talk; at the second, Chef Brian will hold 30 minute sessions demonstrating a dish, while residents assemble and eat their own preparations. The third station will be a nutrition game with delectable prizes.

Don't forget the Halloween Party on the 31st. Don your costumes and prepare yourselves for some spooky food!



T Taylor, Chair #674

FEATURE



Life Beyond Earth?

On April 19 this year scientists at the European Organization for Astronomical Re-

search (ESO) found the best candidate for extraterrestrial life so far. The Super-Earth named LHS 1140b was found in the habitable zone of a dim star 40 light-years away from Earth. It receives about half as much sunlight from its star, as the Earth does from the Sun.

"This is the most exciting exoplanet I've seen in the past decade," author Jason Dittmann of the Harvard-Smithsonian for Astrophysics said in a ESO press release. "We could hardly hope for a better target to perform one of the biggest quests in science—searching for evidence of life beyond Earth."

HUMOR

Elderly Banking

Shown below, is an actual letter that was sent to a bank by an 82-year-old woman. The Bank Manager thought it amusing enough to have it published in the New York Times.

Dear Sir:

I am writing to thank you for bouncing my check with which I endeavored to pay my plumber last month. By my calculations, three nanoseconds must have elapsed between his presenting his check and the arrival in my account of the funds needed to honour it.

I refer, of course, to the automatic monthly deposit of my entire pension, an arrangement which, I admit, has been in place only eight years.

You are to be commended for seizing that brief window of opportunity, and also for debiting my account \$30 by way of penalty for the inconvenience caused to your bank.

My thankfulness springs from the manner in which this incident has caused me to rethink my errant financial ways. I noticed that whereas I personally answer your telephone calls and letters, when I try to contact you, I am confronted by the impersonal, overcharging, pre-recorded, faceless entity which your bank has become. From now on, I, like you, choose only to deal with a flesh-and-blood person.

My mortgage and loan repayments will therefore and hereafter no longer be automatic, but will arrive at your bank, by check, addressed personally and confidentially to an employee at your bank

whom you must nominate. Be aware that it is an OFFENCE under the Postal Act for any other person to open such an envelope.

Please find attached an Application Contract which I require your chosen employee to complete. I am sorry it runs to eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative.

Please note that all copies of his or her medical history must be countersigned by a Notary Public, and the mandatory details of his/her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof.

In due course, at MY convenience, I will issue your employee with a PIN number which he/she must quote in dealings with me.

I regret that it cannot be shorter than 28 digits but, again I have modeled it on the number of button presses required of me to access my account balance on your phone bank service.

As they say, "imitation is the sincerest form of flattery". Let me level the playing field even further.

When you call me, press buttons as follows:

IMMEDIATELY AFTER DIALING,
PRESS THE STAR (*) BUTTON FOR
ENGLISH.

- #1. To make an appointment to see me.
- #2. To query a missing payment.
- #3. To transfer the call to my living room in case I am there.
- #4. To transfer the call to my bedroom in case I am sleeping.
- #5. To transfer the call to my toilet in case I am attending to nature.
- #6. To transfer the call to my mobile phone in case I am not at home.
- #7. To leave a message on my computer, a password to my computer is required. Password will be communicated to you at a later date to that Authorized Contact mentioned earlier.
- #8. To return to the main menu and to listen to options 1 through 7 again.

- #9. To make a general complaint or inquiry. The contact will then be put on hold, pending the attention of my automatic answering service.

May I wish you a happy, if ever so slightly less prosperous New Year?

Your Humble Client

And remember: Don't make old people mad. We don't like being old in the first place, so it doesn't take much to piss us off.

***Contributed by:
Margaret Westerman #477***

EVENTS



A very entertaining evening with the cabaret song styling of Hani, accompanied by Jeanne Brown, was enjoyed with the enthusiastic singing talent Hani displayed. They enhanced a Monday evening, September 24th.

PHOTOS: GREG FUKUSHIMA



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**.

ACCUMULATION SALE



**Martha
Solano**

October means it's SHOW TIME!
The Fall Accumulation Sale will be held:
Thursday, October 18 - Friday, October 19
9 am to 1 pm
North Tower, Ground Floor

As is our tradition, Friday is
Half-Price Day.

If you were one of the residents who signed up to help in set-up, sale, or clean-up activities, you will be receiving your assignments in the next few days. Please mark your calendar and let me know if you are not able to work in your assigned time as soon as possible.

Setup for the sale will begin on Tuesday, October 16 on the ground floor of the North Tower. Resident volunteers will be working to display items and organize things for an effective sale. To keep things from getting too complicated, we ask that you not come into the area unless you are one of the workers.

The sale will open on **Thursday, October 18, at 9 AM**. Many residents, staff, and outsiders will get in line at the North Tower elevator to be in the first wave where the best deals can be secured.

To ensure that everyone has a fair chance for those special deals, each person in the line will be offered 2 "sold" tags to put on the items they want to purchase. If more than one person wants an item, each will be asked to give their highest bid. The person with the highest bid will pay \$5 over the next highest bid for that item. Since we will be selling furniture up to the sale week from the Furniture Store (West Tower Parking Garage), residents

will always have the first opportunity to buy the pieces they want at full price.

On **Friday, October 19 at 9 AM**, the doors will open for half-price day. Most items will be half price with the exception of some items that we want to keep for later sales

This year we will have a special collection of Billy Bell's wood carvings for sale. You won't want to miss that.

But we shouldn't overlook a very profitable September where, at the time of writing this, we have taken in over \$4,500. We made more than \$1,250 in our Fine Jewelry sale on September 17 and were able to sell much of our silver for over \$1,600. We couldn't do this without the generous donations from residents and their families.

But now we are ready for the sale and look forward to seeing everyone there either working or buying. Be sure to bring your friends and family and invite people you think would enjoy the shopping experience. We have everything from nice clothes to kitchen items, original and custom framed art to antiques, and just plain old interesting items.

**Come early and come often.
Bring cash or check because we don't
take credit cards.**

Martha Solano, Chair #475

SECURITY



Alan Allison

Security Officer of the Month

I'm doing something a little different with this month's security article. I want to take this opportunity to recognize one of our security team members. **Sarah Scott** has

been associated with Canterbury Court for the past 15 years. She's worked in the security department from the beginning and works part-time in the Residential Services Department as the transportation specialist.

For the past 14 months, Sarah has worked with **G4S Security Solutions** when we came on board to assume the security services. Sarah played a major role in making sure the turnover of the security services to G4S was a seamless transition.

Sarah wears many hats here at Canterbury Court, and she's never hesitated to assist a resident and will never be heard

saying "that's not my job".

I'm recognizing Sarah's efforts for going above and beyond the call of duty, by naming her security employee of the month for the month of October and will remain security member of the month until the next security team member goes above the call of duty and replaces her.

So, if you see Sarah on campus doing what she does best, serving the residents of Canterbury Court, let her know how much she's appreciated.

Thanks,

Your Canterbury Security Team



Sarah Scott

TREASURER'S REPORT



Tom Tredway

Contributions to the Appreciation Fund through August totaled \$140,322.35. Expenses from the fund were \$132,118.81, of which **\$52,910.79 were scholarship payments and \$79,208.02 were quarterly gifts to the employees.**

Checks from the Appreciation Fund to the employees

will be written in October and again in December, so please continue to give as generously as you have in the past.

As of August 31, the General Fund had received \$16,624.83 due to the continuing furniture sale. Please support the upcoming Accumulation Sale in October

Tom Tredway, Treasurer #802

THE FOUR C'S STORE



**Norm
Currey**

Here are some more pearls of wisdom that I gleaned from my summer reading that relate to what you buy at the **4Cs** or the supermarket.

Bones and Joints

Your weight is a big factor in the health of your bones and joints, so you should try to keep it stable or reduce it a bit. Every pound of body weight exerts 4 pounds pressure on your knees with each step, degenerating your cartilage. It also contributes to foot pain, and this leads to balance problems and falls. A firm gel insole in your shoes can help by distributing your weight over your entire foot. About half of older adults have brittle bone, and vitamin supplements don't seem to help. What does help is walking plus calcium from foods such as milk and canned salmon (with bones). You are shrinking—between your 50s and late 70s you may lose 3 inches in height. This is due to flattening of your spinal discs.

Heart

The number of natural heart pacemaker cells are about 90% less at age 75 than when you were in your youth, so about 25,000 pacemakers are installed every year in the US beginning at age 75. People with dogs have healthier hearts due to the necessity of walking their dogs. For a healthier heart do the following: Take a 30-minute brisk walk twice a week and at least 2-days per week do some strength training (30 minutes each time) using weights or exercise machines.

Sugar

First, sugar (glucose) is necessary to provide energy, but excessive amounts can lead to diabetes and that can be life-

threatening. When you eat, your blood sugar increases; your pancreas then sends out insulin, and this sends glucose to cells that are opened to use it as energy. Excessive glucose reduces the ability of cells to distribute insulin, leading to high blood sugar levels and eventually to diabetes. Some 30 billion Americans have it and it is the 7th leading cause of death! So reduce your sugar intake. You can't avoid all of it though; it is even in your fruits and vegetables, but it is also in many foods that are listed as having "added sugar", and 15% of your calories usually come from these sugars. So the trick is to cut down on these in particular: candy, doughnuts, cookies, ice cream, sugar-topped turnovers and many other delicious desserts. Also, remember that potatoes are full of starch which enzymes convert to sugar! I keep telling myself that I didn't say eliminate all those good things—I just said to cut down on them!

2019 is just around the corner and the 4Cs has some small "Daily Planner" books for you to keep track of all your appointments, trips, parties and so on that keep filling our lives these days. If we've run out, ask whoever is in charge that day to get you one.

Finally, I just have to quote one of Senator John McCain's jokes, "Two men were standing in line for lunch at the penitentiary. One said, 'The food here is terrible'. The next guy in line said, "Yes, things were better when I was governor".

Norm Currey #760

Anne Haltiwanger, Chair #174

BOOK CLUB



**Gloria
Davis**

Hello Canterbury Readers. The 2018-19 Book Club Reading Period began on September 24th with 21 residents in attendance, and a great discussion led by Norman Currey.

We now move on to October with the book **American Marriage: A Novel** by *Tayari Jones*. Goodreads review says of this book: "Newlyweds Celestial and Roy are the embodiment of both the American Dream and the New South. He is a young executive, and she is an artist on the brink of an exciting career. But as they settle into the routine of their life together, they are ripped apart by circumstances neither could have imagined. Roy is arrested and sentenced to twelve years for a crime Celestial knows he didn't commit." **Doralene Davis will be our Discussion Leader.**

The meeting will be held on Monday, October 2nd, at 2:00 p.m., in the

George Hightower Room on the North Tower Garden Level. The meeting format is to have a Discussion Leader for each book, providing for an enjoyable open-floor discussion of the writer's messages to us through the characters, plots, time periods and locales, and we are open to shared personal experiences directly related to the book.

By popular request, the full list of books chosen for this Reading Period are permanently posted on the Mail Room island. Our Library is very supportive of the Book Club by stocking most, if not all, of our books. **See you at the meeting.**



Gloria Watts Davis, Chair, #501

IN THE GARDEN



Carolyn Thorson's Lucy B challenged the snapping turtle she found in the back.



LIBRARY



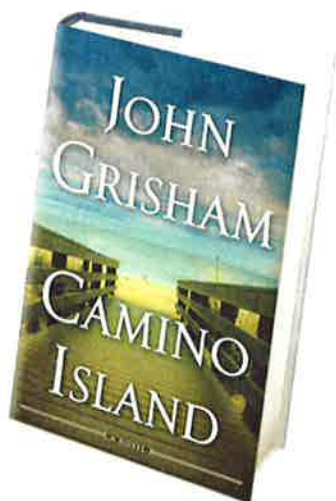
LuAnne Schwarz

October's New Books for the Library

Fiction

Bowen, Rhys - **THE TUSCAN CHILD** - Love and betrayal that a town would prefer to forget.

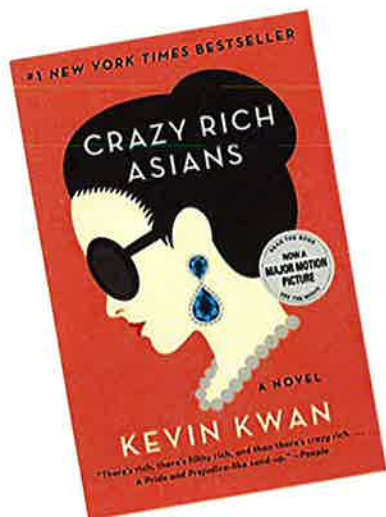
Finn, A.J. - **THE WOMAN IN THE WINDOW** - Psychological suspense in NYC.



Grisham, John - **CAMINO ISLAND** - A busy writer finds a story at the beach.

Groff, Lauren - **FLORIDA** - Background for her collected stories.

Hilderbrand, Elin - **THE PERFECT COUPLE** - Mystery at a Nantucket wedding.

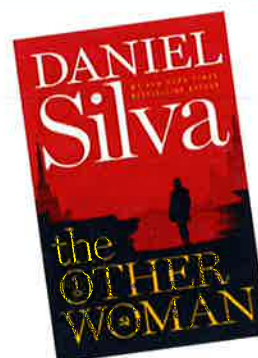


Kwan, Kevin - **CRAZY RICH ASIANS** - Now an excellent funny movie.

Roberts, Nora - **SHELTER IN PLACE** - A shooting in Portland, Maine. Large Print.

Slaughter, Karin - **PIECES OF HER** - Is Mother a hero, liar, killer?

Silva, Daniel - **THE OTHER WOMAN** - A KGB mole in the west.



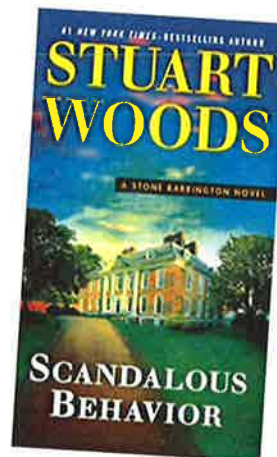
Steel, Danielle - **IN HIS FATHER'S FOOTSTEPS** - A concentration camp survivor's family history in lower east side NYC. Large Print.

Swann, Christopher - **SHADOW OF THE LIONS** - A teacher at a Virginia prep school finds a web of buried secrets.

Taylor, Brad - **OPERATION DOWN: A PIKE LOGAN THRILLER**

Towles, Amor - **RULES OF CIVILITY** - Surviving the depression in Manhattan.

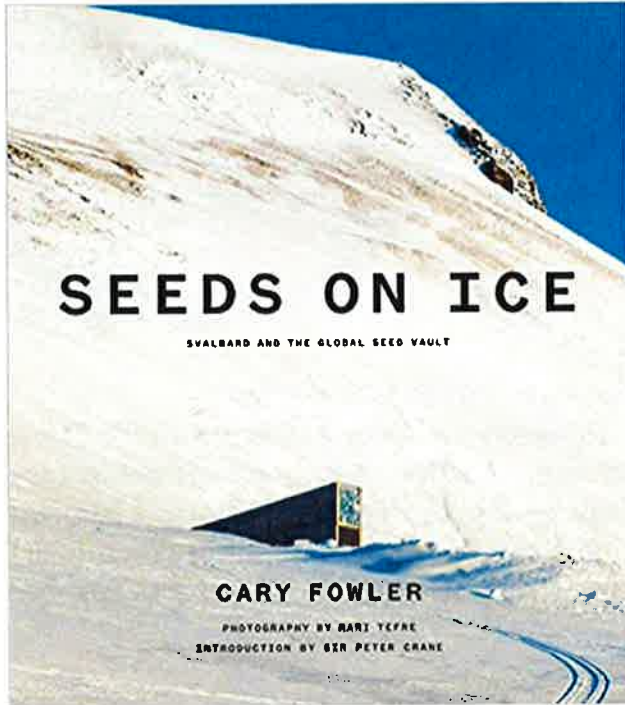
Woods, Stuart - **SCANDALOUS BEHAVIOR** - Stone Barrington deals with a thriller in England.



Non-Fiction

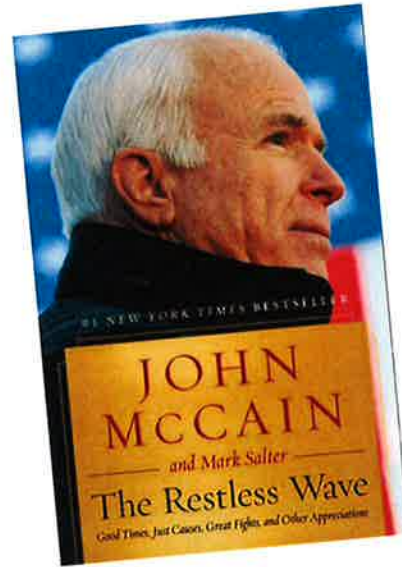
*Dickey, J. D. - **RISING IN FLAMES** – Sherman's march and the fight for a new nation.*

*Fowler, Cary - **SEEDS ON ICE** - Svalbard and the Global seed vault.*



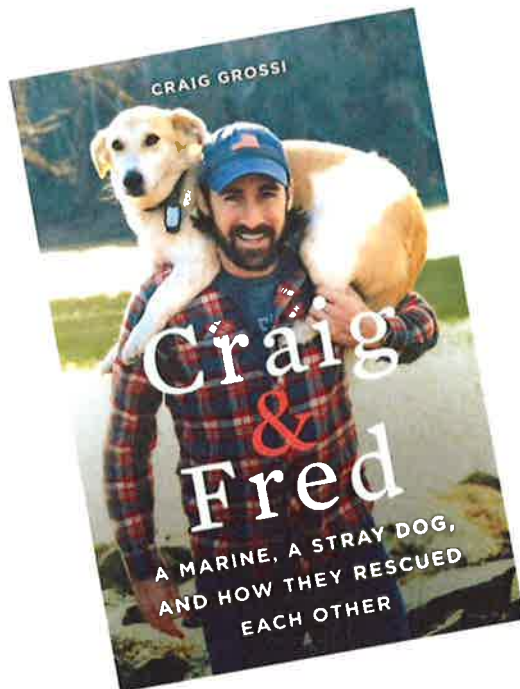
*Hollis, Rachel - **GIRL, WASH YOUR FACE** - Specific practical strategies exposing lies that prevent us becoming our best selves.*

*John McCain and Mark Salter - **THE RESTLESS WAVE***



*Sedaris, David - **CALYPSO** - His deeply personal and darkly hilarious book.*

BE SURE TO NOTICE OUR NEW CLOCK, WHICH GIVES EACH DAY'S DATE!



Betty Seely, Librarian



*Brossi, Craig - **CRAIG AND FRED** - A marine, a stray dog and how they rescued each other.*

MOVIES

OCTOBER

**West Tower "G" Floor Theater
Every day at 3:15 pm & 7:30 pm**

Two films alternate between afternoon and evening daily. Please see weekly schedules posted in elevators and on bulletin boards. Every effort is made to show the scheduled movie but it may be necessary to substitute.



MOVIE # 1

September 28th-October 4th: Amour (2012) 127 Minutes

Retired music teachers Georges (Jean-Louis Trintignant) and Anne (Emmanuelle Riva) have spent their lives devoted to their careers and to each other. Their relationship faces its greatest challenge when Anne suffers a debilitating stroke. Though Georges himself suffers from the aches and infirmities of old age, he bravely ignores his own discomfort to take care of his wife and is determined to keep his promise to her that she never goes back to the hospital.

MOVIE #2

September 28th-October 4th: Moana (2016) 113 Minutes

An adventurous teenager sails out on a daring mission to save her people. During her journey, Moana meets the once-mighty demigod Maui, who guides her in her quest to become a master way-finder. Together they sail across the open ocean on an action-packed voyage, encountering enormous monsters and impossible odds. Along the way, Moana fulfills the ancient quest of her ancestors and discovers the one thing she always sought: her own identity.

SPECIAL

September 30th & October 4th: Jiro Dreams of Sushi (2011) 83 Minutes

Revered sushi chef Jiro Ono strives for perfection in his work, while his eldest son, Yoshikazu, has trouble living up to his father's legacy.

MOVIE # 1

October 5th-11th: The Dressmaker (2016) 119 Minutes

Driven away when she was young, Tilly Dunnage (Kate Winslet) returns to rural Australia after years of working as a dressmaker in Paris -- and she's ready to make waves in her conservative hometown not only with her haute couture but a hidden agenda.

MOVIE #2

October 4th – 11th: Sweet Bean (2015) 113 Minutes

A baker's (Masatoshi Nagase) business takes off when he hires an eccentric 76-year-old woman (Kirin Kiki) who specializes in making dorayaki pancakes.

SPECIAL

October 6th & 11th: The Spencer Tracy Legacy: A Tribute by Katharine Hepburn (1986) 87 Minutes

Spencer Tracy was a true Hollywood legend who starred in dozens of films, including such classics as *Guess Who's Coming to Dinner* and *It's a Mad Mad Mad Mad World*. In this tribute to her frequent co-star and longtime love, Katharine Hepburn hosts a behind-the-scenes look at Tracy's personal and professional life that features intimate personal accounts, interviews and clips from his most acclaimed work on the silver screen.

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MOVIE # 1

October 12th-18th: The Leisure Seeker (2017) 113 Minutes

Traveling in their family Leisure Seeker vintage recreational vehicle, John and Ella Spencer take one last road trip from Boston to the Hemingway House in the Florida Keys before his Alzheimer's and her cancer can catch up with them.

MOVIE # 2

October 12th -18th: Molly's Game (2017) 141 Minutes

Molly's Game is based on the true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high-stakes poker game for a decade before being arrested in the middle of the night by 17 FBI agents wielding automatic weapons. Her players included Hollywood royalty, sports stars, business titans and finally, unbeknownst to her, the Russian mob. Her only ally was her criminal defense lawyer Charlie Jaffey, who learned that there was much more to Molly than the tabloids led us to believe.

SPECIAL

October 14th & 18th: Judy Garland Live at the London Palladium (1963) 55 Minutes

On Nov. 16, 1964, Judy Garland walked onstage at the London Palladium and gave a performance that captured everything that was magical and unforgettable about her. Garland sings many of the tunes she's made her own, including "Over the Rainbow." She also delights the crowd with "Just in Time," "Hello Dolly," "It's Just a Matter of Time" and "The Man That Got Away," and is later joined by her daughter, Liza, in their first official public duet.

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MOVIE #1

October 19th- 25th: The 15:17 to Paris (2018) 94 Minutes

From Clint Eastwood comes "The 15:17 to Paris," which tells the real-life story of three men whose brave act turned them into heroes during a high-speed railway ride. In the early evening of August 21, 2015, the world watched in stunned silence as the media reported a thwarted terrorist attack on Thalys train #9364 bound for Paris—an attempt prevented by three courageous young Americans traveling through Europe. The film follows the course of the friends' lives, from the struggles of childhood through finding their footing in life, to the series of unlikely events leading up to the attack. Throughout the harrowing ordeal, their friendship never wavers, making it their greatest weapon and allowing them to save the lives of the more than 500 passengers on board.

MOVIE #2

October 19th -25th: Midnight in Paris (2011) 100 Minutes

Gil Pender (Owen Wilson) is a screenwriter and aspiring novelist. Vacationing in Paris with his fiancé (Rachel McAdams), he has taken to touring the city alone. On one such late-night excursion, Gil encounters a group of strange, yet familiar revelers, who sweep him along, apparently back in time, for a night with some of the Jazz Age's icons of art and literature. The more time Gil spends with these cultural heroes of the past, the more dissatisfied he becomes with the present.

SPECIAL

October 21st -25th: Mister Rogers & Me (2011) 72 Minutes

Inspired by his conversations with Mister Rogers, journalist Benjamin Wagner decides to learn more about the children's TV icon following his death, particularly his philosophy that a "deep and simple" approach to life offers meaningful rewards.

.....

MOVIE # 1

October 26th -November 1st: Girl with the Pearl Earring (2003)

When her father goes blind, Griet (Scarlett Johansson) must go to work as a maid for painter Johannes Vermeer (Colin Firth). While cleaning the house, Griet strikes up an unlikely friendship with Vermeer, which both agree to keep secret for fear of provoking the painter's jealous wife, Catharina (Essie Davis). When wealthy patron Van Ruijven (Tom Wilkinson) begins to lust after Griet, and commissions a painting of her, Vermeer and Griet are obliged to spend long hours alone together.

MOVIE #2

October 26th -November 1st: Beetlejuice (1988) 92 Minutes

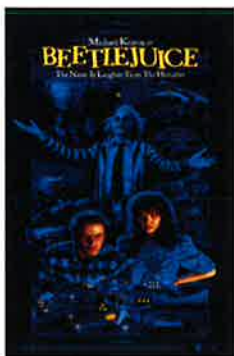
After Barbara (Geena Davis) and Adam Maitland (Alec Baldwin) die in a car accident, they find themselves stuck haunting their country residence, unable to leave the house. When the unbearable Deetzes (Catherine O'Hara, Jeffrey Jones) and teen daughter Lydia (Winona Ryder) buy the home, the Maitlands attempt to scare them away without success. Their efforts attract Beetlejuice (Michael Keaton), a rambunctious spirit whose "help" quickly becomes dangerous for the Maitlands and innocent Lydia.

SPECIAL

October 28th & 31st: Ghostbusters "Answer the Call" (2016) 134 Minutes

Paranormal researcher Abby Yates (Melissa McCarthy) and physicist Erin Gilbert are trying to prove that ghosts exist in modern society. When strange apparitions appear in Manhattan, Gilbert and Yates turn to engineer Jillian Holtzmann for help. Also joining the team is Patty Tolan, a lifelong New Yorker who knows the city inside and out. Armed with proton packs and plenty of attitude, the four women prepare for an epic battle as more than 1,000 mischievous ghouls descend on Times Square.

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RESIDENT SERVICES

Kathy Hobbs
Resident Services
Director

Canterbury Court is pleased to offer the following programs. Please check your weekly calendar for current information regarding our activities and events. If you have transportation needs, please contact Edith O'Neal at (678)536-7217 or see the Bus Schedule.

OCTOBER MUSICAL EVENTS

Canterbury Court is pleased to offer the following musical programs.

Happy Hour Entertainment

Susan Marie will perform on **Friday, October 5** from **5-6 p.m.** in the **Front Lounge**.

We will have an exciting Happy Hour on **October 12** at **5 p.m.** with **James Wells**.

Enjoy singing along with **Beth Michaels** and her tunes on **October 19** at **5 p.m.**

"Si" Wages and Friends return on **Friday, October 26** at **5 p.m.** in the **Front Lounge**.

Canterbury Court Choristers

Just a reminder that **John Carter** the Director of the Canterbury Choristers conducts rehearsals every **Monday at 4 p.m. in the Community Room**.

We are looking forward to your programs!

ASO Violin Program, October 1

Front Lounge

Canterbury Court welcomes long-time ASO musicians **Thomas O'Donnell and Olga Shpitko**, who will perform a violin program in the **Front Lounge** on **Monday, October 1** at **11:30 a.m.**

Fall Variety Musicale Program, October 13

All residents are welcome to attend a special Fall Georgia Musicale Program.

Various instruments and musicians will perform for your listening pleasure!

Refreshments served at 1:45 p.m. **The program begins at 2 p.m. in the Community Room** on **Saturday, October 13, 2018**.

Atlanta Music Club's Fall Program, David Nash (piano) October 24

All residents are invited to attend the Atlanta Music Club's Fall program featuring David Nash, who has a project studio in his home where he records other musician's works, several of which have been broadcast on WABE radio station. In 2012, Mr. Nash was presented in recital by Mu Phi Epsilon music fraternity at the Roswell Cultural Arts Center. Mr. Nash also teaches Music Appreciation for Seniors Enriched Living in Roswell and maintains a private piano studio of over 40 students. He received a Bachelor of Music degree in Piano Performance from Mercer

University and a Master of Music degree in Piano Pedagogy from Georgia State University. The Atlanta Music Club's program will be in the **Community Room on Wednesday, October 24 at 11:30 a.m.** *** ALL WELCOME ***



Halloween Party! ***Wednesday, October 31***

Canterbury Court will celebrate Halloween with lively entertainment from **Beth Michaels!** Come ready to dance a little, enjoy fabulous food and the annual costume contest. The contest will include winners for Scariest, Funniest, Most Original and Tackiest. Winners will receive prizes!

The Halloween Party will be in the Community Room from 4:30-6:30 p.m.
Thank you to our Residents Council for sponsoring this fun event!

OCTOBER ACTIVITIES

Chats with James Wells ***Mondays and Fridays in October***

Twice a week, Canterbury President & CEO James Wells, encourages residents to join him for a group conversation about all things pertaining to Canterbury Court. Not only will you be able to chat with James but also, from time to time, **Warren Swanson**, CFO, and **Julie Parker**, Administrator. Come with questions and comments to one of two conversations weekly: **Mondays 10:30-11:30 a.m. in the WT Court Café or Fridays 10:30-11:30 a.m. in the ST Grille.**

Caregivers Support Group, October 2

The Caregivers Support Group continues monthly meetings.

The next meeting is **Tuesday, October 2 from 2:30-3:45 p.m. in the Card Room.**

For more information call Kathy Hobbs, Resident Services Director at 404-231-8262

Jewelry Making Class, October 4

Gillian Gussack will return this month to lead **another fun-filled class** in the making of necklaces, bracelets and earrings with beautiful beads.

Beginners are welcome! Space is limited to 10 residents, so sign up at the Front Desk.

The class will be in the Hobby Room on Thursday, October 4, 2018 from 9:30 to 12 noon. There is no charge.

Artist Reception, October 4

Let's celebrate our Canterbury Court Artists. As you know, there has been an amazing group art display in September and October featuring over twenty Canterbury artists! The Art Committee is honoring our talented residents at a reception on **Thursday, October 4 from 4-6 p.m. in the Community Room.**

Please stop by for refreshments and to salute our talented neighbors.

Water Color Workshop, October 17

Talented artist and resident, **Clyde Draughon** will have a water color class this month. Please bring water color brushes, paper and paint to the class. There is no charge. Class size is limited so sign up at the Front Desk today!
Join us Wednesday, October 17 from 9:30 a.m. – 12 noon in the Hobby Room.

It's Time for Flu Shots! October 4

Canterbury Court will offer flu shots on **Thursday, October 4 from 9 a.m. to 4 p.m. in the George Hightower Room for independent residents.** Kroger Pharmacy will provide the Flu Vaccines. Blank consent forms will be placed in your mail box.

The makeup date for independent residents is Thursday, October 11 from 9 a.m. to 4 p.m.

Refer to your memo for details regarding payment and information.
Don't forget your Medicare/insurance card and the completed consent form.
Call nurse Shantel at 404-365-3159 in the Clinic if you have questions.

Current Events Group, Tuesday, October 9

Canterbury Court invites all residents to attend a Current Events group with the **Rev. Don Jordan.** The election for the Governor is next month! The group will meet on **Tuesday, October 9 from 1:30-2:30 p.m. in Peachtree 1 & 2.**

Accumulation Sale, October 18 & 19

Canterbury Court will host their Fall Accumulation Sale in the George Hightower Room, Administrative Dining Room, and Garden Room from 9:00 a.m. to 1:00 p.m. This is your **Residents Council fund raiser**, so come out and show your support by volunteering to help and of course, buying something special!

"Expect Compliments" ***October 22***

Expect Compliments will be here with many new beautiful pieces. They will have a nice selection of handcrafted and sterling jewelry and other pieces from around the world. And as always, complimentary packaging is provided for your purchases. Marisa and Mark will be in the **Card Room on Monday, October 22, 2018 from 10:30 a.m. until 2:30 p.m.**

Book Club, October 22

The Canterbury Court Book Club will meet on **Monday, October 22 in the George Hightower Room at 2 p.m.** All residents are invited to attend.
For more information contact Gloria Davis in Apt. 501.

"Global Jewelry Repair" with Locksley, October 25

For your convenience, Locksley will return to repair jewelry, replace watch batteries and sell jewelry on **Thursday, October 25 from 10 a.m. until 2 p.m. in the George Hightower Room.**

Town Hall, October 25

All residents (especially our new residents) are encouraged to attend **Town Hall** meetings. It is a good way to find out the **latest Canterbury news** and obtain information on a variety of topics. Staff will be available to share the latest news from their departments and take questions from residents on **Thursday, October 25 at 11 a.m. in the Community Room.**

Sixty Plus Presentation: Medicare Open Enrollment Information and Services Provided by Sixty Plus, Tuesday, October 30

Are you ready for open enrollment with Medicare? Do you have questions? Do you understand Part D? Open enrollment begins in October, so find out answers to all your questions and new information to help you make a good decision. Also, Sixty Plus staff will discuss the community services that they provide.

Join Sixty Plus on Tuesday, October 30 from 2-3 p.m. in the Community Room.

OCTOBER TRIPS

Organ Concert with Alcee Chriss, Spelman College Friday, October 12

Mr. Chriss has performed throughout the United States and France, and in 2014 was a featured "Rising Star" at the national convention of the American Guild of Organists in Boston. Recent and upcoming performances include the Meyerson Symphony (Dallas, Texas) and John F. Kennedy Center, Washington National Cathedral, Caruth Auditorium, and St. Olaf's Catholic Church (Minneapolis, MN), among others. Alcee is currently pursuing a doctoral degree at McGill University where he studies with Hans-Ola Ericsson. He previously studied at Oberlin Conservatory of Music where he received a Master's degree in historical keyboard and a Bachelor's degree in Organ Performance. He also received a grant from Oberlin's 1835 fund to spend a month in France studying historic organs and repertoire. Mr. Chriss is regularly featured at various organ festivals, including the Atlanta International Organ Festival and he returned to France in April 2016 and November 2017 to perform solo recitals as part of the Festival Myrelingues in Lyon.

He will perform in Atlanta this month at **Spelman College on Friday, October 12, 2018.**

If you are interested, please sign up at the Front Desk.

This trip is limited to 14 residents. The concert is free.

The bus will leave at 5:45 p.m. from the Front Desk on Friday, October 12, 2018.

Please sign up for bus transportation.

Atlanta Botanical Garden Presents "Imaginary Worlds" and "Scarecrows in the Garden"

Thursday, October 25

The blockbuster is back. **Imaginary Worlds** returns with all new giant living plant sculptures sure to bring a smile as they take visitors on a fantasy journey throughout the Atlanta Botanical Garden. This exhibit will wow visitors with custom made sculptures that are steel forms covered in soil-and-sphagnum moss and planted with thousands of meticulously groomed plants. The tour will include a giant **Phoenix** looming over the Alston Overlook, a **Mermaid** lounging beside Howell Fountain, and a massive **Dragon** and Sleeping **Princess** near the Great Lawn. There is also a prancing **Peacock** inside the Fuqua Orchid Center and three towering **Camels** lumbering through the Skyline Garden.

In addition, the popular **Scarecrows in the Garden** will be on exhibit as well.

Have fun looking for kooky, creative scarecrows!

We plan to leave at 1:30 p.m. and return around 4:30 p.m.

The trip fee (\$4), admission to Atlanta Botanical Garden (\$20 for non-members, members are free) will be charged to your monthly account. Please sign up at the Front Desk.

Atlanta Symphony

If you plan to attend the Atlanta Symphony, please call 404-733-4800 to purchase your tickets for Thursday evening performances for Series 1, 2, 4 and Super Pops.

The bus leaves at 7 p.m. Please sign up for transportation at the Front Desk.

This month's ASO concerts include:

Thursday, October 11 - Series 2

Thursday, October 25 - Series 3

MET Opera HD Live at the Regal Theatre

Canterbury will provide a bus to the Regal Theatre if seven or more residents sign up at the Front Desk. This month we are offering:

"Aida" on Saturday, October 6 at 12 noon, returning at 5:30 p.m.

"Sampson and Dalila" on Saturday, Oct. 20 at 12 noon returning at 5 p.m.

Saturday, October 27 we plan to attend "La Fanciulla del West."

Leave at 12 noon and return at 5:15 p.m.

Please call 770-936-8235 to purchase tickets (\$24).

Call Jeann Blankenship in Apt. 817 if you need further information.

The Atlanta Opera 2017-2018

Join the Atlanta Opera for the 2017-2018 season.

Tuesday, November 6, 2018 *"Westside Story"*

Tuesday, February 5, 2019 *"Dead Man Walking"*

Tuesday, March 5, 2019 *"Eugene Onegin"*

Tuesday, April 30, 2109 *"La Traviata"*

Call 404-881-8885 to purchase tickets.

Please sign up at the Front Desk for bus transportation to these events.

The bus will leave at 6:15 p.m. returning around 10:30 p.m.

October Wellness Screenings

October 4 9:00 a.m. to 5:00 p.m. **Flu Shots** in the George Hightower Room.

October 11 9:00 a.m. to 5:00 p.m. **Flu Shots** in the George Hightower Room.

October 12 at 10:30 a.m. – **B/P and Diabetes Check** in the Wellness Center
with Personal Care.

October 23 from 10-10:30 a.m. **Hearing Aid Checks** with Monica in Card Room.

Coming in November

November 6 – Celebration of Life Program

November 6 – Election Day (Skip the November lines and send in a Request for an Absentee Ballot!! See Loury in Wellness or the Front Desk for more details.)

November 9 – Veteran's Day Salute Program




November 22 – Thanksgiving Day

Calling all Veterans who are our new residents...please participate in our **Wall of Honor** by sharing a photograph of yourself when you were in the service. We will return your photo.

October

BUS

Call Edith O'Neal
Transportation
Coordinator
Phone: 678-536-7217
to schedule a trip

		1 1:35-3:15: Bus to Rite Aid/ Sun Trust & Wells Fargo Banks & Kroger	2 10:00-11:30: Bus to Publix- Brookhaven & Walmart	3 1:35-3:15: Bus to Rite Aid/Sun Trust & Wells Fargo Banks & Kroger	4	5	6 12:00: MET Opera HD Live at the Regal Theater "Aida"
	7 10:30: Bus to All Saints' & St. Luke's Churches	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 # 2	12 5:45: Organ Concert with Alcee Chriss, Spelman College	13
	14 10:30: Bus to All Saints' & St. Luke's Churches	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	18	19	20 12:00: MET Opera HD Live at the Regal Theater "Sampson and Dallia"
	21 10:30: Bus to All Saints' & St. Luke's Churches	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 1:30: Trip to the Atlanta Botanical Garden 7:00: ASO, Series #3	26	27 12:00: MET Opera HD Live at the Regal Theater "La Fanciulla del West"
28 10:30: Bus to All Saints' & St. Luke's Churches	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				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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**Dr. Hooker Available
Monday & Wednesday
Please call Shantel at
404-365-3159
for an appointment.**

October Activities and Events

	<div>1</div> <div>10:30: Chat with James Wells, WT Court Café 11:30: Violin Performance, Front Parlor, NT 4:00: Choristers Rehearsal, Community Room</div>	<div>2</div> <div>10:00: Tai-Chi, P1&P2 2:30: Caregivers Support, Card Room 7:30: Vespers, Chapel</div>	<div>3</div> <div>10:00: Holy Eucharist, Chapel 1:30: Spiritual Wellness, Card Room 7:00: Men's Poker, Club Room</div>	<div>4</div> <div>10:00: Yoga, Aerobics Room 9:00-4:00: Flu Shots, George Hightower Room 9:30: Jewelry Making Class with Gillian Gussack, Hobby Room 4:00: Canterbury Artists Reception, Community Room</div>	<div>5</div> <div>10:30: Chat with James Wells, NT Grille 5:00: Happy Hour with Susan Marie, NT Front Parlor, NT 7:30: Trivial Pursuit, George Hightower Room</div>	<div>6</div> <div>12:00: MET Opera HD Live "Aida"</div>		
7	<div>8</div> <div>10:30: Chat with James Wells, WT Court Café 1:30 Blessing of the Animals— Outside Terrace 4:00: Choristers Rehearsal, Community Room</div>	<div>9</div> <div>10:00: Tai-Chi, P1&P2 1:30: Current Events, P1&P2 3:00: Recycle Mtg— Card Rm 7:30: Vespers, Chapel</div>	<div>10</div> <div>10:00: Holy Eucharist, Chapel 1:30: Coffee Talk with Dining Staff, Private Dining Room 1:00: Campus Expansion Mtg, Community Room 1:30: Spiritual Wellness, Card Room 7:00: Men's Poker, Club Room</div>	<div>11</div> <div>9:00-4:00: Flu Shots, George Hightower Room 10:00: Yoga, Aerobics Room 2:30-4:00: Nutrition Talk and Demonstrations w/ Dining, Community Room 7:00: ASQ, Series 2</div>	<div>12</div> <div>10:30: Chat with James Wells, NT Grille 10:30: BIP & Diabetes, Wellness Center 5:00: Happy Hour with James Wells, NT Front Parlor, NT 5:45: Organ Concert with Alcee Chriss, Spelman College 7:30: Trivial Pursuit, George Hightower Room</div>	<div>13</div> <div>2:00: Georgia Musicales Group, Community Room</div>		
14	<div>15</div> <div>10:30: Chat with James Wells, WT Court Café 4:00: Choristers Rehearsal, Community Room</div>	<div>16</div> <div>10:00: Tai-Chi, Aerobics Room 7:30: Vespers, Chapel</div>	<div>17</div> <div>9:30: Water Color Workshop with Clyde Draughon, Hobby Room 10:00: Holy Eucharist, Chapel 1:30: Spiritual Wellness, Card Room 7:00: Men's Poker, Club Room</div>	<div>18</div> <div>9:00-1:00: Accumulation Sale, George Hightower Room, Admin. Dining Room, and Garden Room 10:00: Yoga, Aerobics Room</div>	<div>19</div> <div>9:00-1:00: Accumulation Sale, George Hightower Room, Admin. Dining Room, and Garden Room 10:30: Chat with James Wells, NT Grille 5:00: Happy Hour with Beth Michaels, Front Parlor, NT</div>	<div>20</div> <div>12:00: MET Opera HD Live "Sampson and Dalila"</div>		
21	<div>22</div> <div>10:30: Chat with James Wells, WT Court Café 10:30: Expect Compliments Jewelry Sale, Card Room 2:00: Book Club, George Hightower Room 4:00: Choristers Rehearsal, Community Room</div>	<div>23</div> <div>10:00: Tai-Chi, P1&P2 10-10:30: Hearing Aid Clinic with Monica, Card Room 7:30: Vespers, Chapel</div>	<div>24</div> <div>10:00: Holy Eucharist, Chapel 11:30: Atlanta Music Club's Fall Musicales, Community Room 1:30: Coffee Talk with Dining Staff, Private Dining Room 1:30: Spiritual Wellness, Card Room 7:00: Men's Poker, Club Room</div>	<div>25</div> <div>10:00: Yoga, Aerobics Room & Repairs, Global Jewelry Sales 11:00: Town Hall, Community Room 1:30: Trip to the Atlanta Botanical Garden 7:00: ASQ, Series 3</div>	<div>26</div> <div>10:30: Chat with James Wells, NT Grille 5:00: Happy Hour with "Si" Wages & Friends, Front Parlor, NT 7:30: Trivial Pursuit, George Hightower Room</div>	<div>27</div>		
28	<div>29</div> <div>10:30: Chat with James Wells, WT Court Café 4:00: Choristers Rehearsal, Community Room</div>	<div>30</div> <div>10:00: Tai-Chi, P1&P2 2:00: Medicare Open Enrollment Presentation w/ 60 Plus, Community Room 7:30: Vespers, Chapel</div>	<div>31</div> <div><div>Halloween</div><div>10:00: Holy Eucharist, Chapel 1:30: Spiritual Wellness, Card Room 4:30-6:30: Halloween Party, Community Room 7:00: Men's Poker, Club Room</div></div>	<div><div><div><div><div></div></div><div><div></div></div><div><div></div></div><div><div></div></div></div></div></div>			<div><div><div><div><div></div></div><div><div></div></div><div><div></div></div><div><div></div></div></div></div><div><div><div><div><div></div></div><div><div></div></div><div><div></div></div><div><div></div></div></div></div><div><div><div><div><div></div></div><div><div></div></div><div><div></div></div><div><div></div></div></div></div><div><div><div><div><div></div></div><div><div></div></div><div><div></div></div><div><div></div></div></div></div></div></div></div></div>	<div><div><div><div><div></div></div><div><div></div></div><div><div></div></div><div><div></div></div></div></div></div>