

ADMINISTRATION

As a tribute to Deanna Brockman, our longtime Administrative Coordinator who recently passed away, we are having a collection. Bring a toiletry item or new socks to be given to the women at the homeless shelter. This was one of the charities that Deanna enthusiastically supported. Then come to the lounge on Wednesday, March 7, between 2 and 3 p.m. and enjoy a root beer float. -- Norma Brambilla

FROM THE KITCHEN -- Did You Know?--

- Sunday March 11th will be the first day that we are serving our newly revised menus for weeks 2 & 4. As always, I welcome your comments on our pink slips. Please forgive any shortages occurring in the first weeks of introducing these new offerings. Sometimes it is hard to predict which items will be more popular until we try them.
- The nutritional analysis of our menus is now available in the Library and on the Canterbury Woods website. I am continuing to fill in the information as it becomes available.
- We are in the process of replacing the floors in the kitchen. There will be some nights that we have contractors doing work that cannot be done during the day. We have asked them to be considerate of their surroundings. If you have any concerns about this, please let me know personally. Right now it looks like we will be replacing the floor under our dish washing machine in the second half of March. I will provide updates as the information becomes available to me.
- Friday March 2nd we are offering "Tickets for Tables" at dinner time. This is a fun way to meet people that you do not usually dine with, and it's a great chance to win a bottle of wine. Details are posted in front of the dining room. Please sign up at the front desk.

RESIDENT COUNCIL

OUR SHOP has a reputation for offering a carefully selected collection of men's and women's clothing at very favorable bargain prices. Most of the garments are current, timeless styles and often are displayed with appropriate accessories. Examples of clothing purchases seen on folks around campus recently include the following: a warm hand knit cardigan in a perfect color and fit for the wearer, a multi-colored easy care top that was very flattering and is easy to care for, a sweater in a shade of blue that matched the wearer's eyes and to which she had added a sparkly bracelet purchased at the same time, an employee sporting a very stylish high end tunic that was perfect for Valentine's Day and beyond and a resident who loves vests and was wearing one of two she had purchased and on which she often receives compliments.

Please continue to check your closets for clothing in excellent to new condition, and make sure it has been washed or cleaned before you donate it. There are many locations in town that accept items that are not quite shop worthy, so please call Karen @ x271 with your donation questions. Our Shop will be open Wednesday, February 28th from 2:30 to 4 and then again on Friday, March 9th from 10:30 to 12.



RECYCLE, REUSE, REPURPOSE

We know that glass and aluminum can be recycled but did you know that all types of fabric items can also be recycled? This includes not only clothing but also such items as towels, sheets, fabric scraps from projects and small rugs.

If placed in the trash they end up in landfills, where natural fibers can take hundreds of years to decompose. They may release methane and CO₂ gas into the atmosphere. Additionally, synthetic textiles are designed not to decompose. One of the best ways to recycle fabric items is reuse. This is the most environmentally friendly form of recycling and we have many options available to us. Freshly washed or dry cleaned clothing items in good condition might be appropriate for donations to OUR SHOP or one of the many thrift stores or places that work with the homeless in the area. If you are unsure if an item is appropriate for OUR SHOP contact Karen @ x271. If the items are not appropriate for OUR SHOP and you are unable to get to any of the local places, the items may be placed in clear plastic bags and put in the blue colored recycling bins on campus. No clear plastic bags? You can place the items in the bottom right drawer in the coat closet next to the dining room. No fabric item ever needs to go into the trash. Look for more information about different locations to donate fabric items and other reusable items in a future issue of *What's New*.

RESIDENT ACTIVITIES

Saturday, March 3 10:00 a.m. - Auditorium -- Pilates is Canceled.

Resumes March 10th \$4.00 CW Residents \$5.00 Non-Residents

Have you tried out this weekend exercise opportunity? Newcomers = Try 1st Class for FREE. Invite a friend from outside CW and receive one session for yourself for FREE

Women's Discussion Group will meet on **Monday, March 5 @ 10:30 a.m. in the Rose Room**. First-timers are cordially invited for this casual sharing time.

GREAT COURSES -- On Monday, March 5th, we continue our Series, **The Cathedral** with lectures 17 and 18: **New Developments in Gothic France** and **Late Gothic Churches in France**. The following Monday, March 12, we will view **Early Gothic Architecture in England** and **Decorated and Perpendicular English Gothic**. We encourage you to join us each Monday from 4 to 5 p.m. in the Canterbury Room as we watch this interesting series.

Tuesday, March 6th - 10:15 a.m. - Exploring Technology with Alice: Tablet Computers and Smartphones - Canterbury Room

Tech classes continue every other Tuesday at 10:15 a.m. in the Canterbury Room.

At the last class, we talked about Web browsing and used a laptop to demonstrate it. At this class, we will continue our discussion by demonstrating browsing on a tablet computer and a smartphone.

By looking at major applications on both tablets and smartphones, interleaving the discussions, we will clarify the similarities and make it easier to understand both types of computers.

Please note: Many of you have brought a wide variety of questions about your tablets, phones and other computers to our classes. To help us focus on the current topic, during the first part of the class I would like to stick to my planned lecture and only take questions and comments directly related to the topic we're covering. I will be available at 10:00 a.m. (before the class starts at 10:15 a.m.) and again after the end of the class to answer other questions.

Wednesdays, March 7th and 14th 11:00 a.m. - Canterbury Room

Senior Center Without Walls Virtual Home Tours

DIY, IKEA partnerships, and Art figure into the last two homes of the this Virtual Home Tour Series.

Wednesday, March 7th at 2 p.m. -- An Ice Cream Social, honoring the memory of Deanna Brockman. Watch our bulletin boards for important details!

B & B Return, with an Irish Lilt! Wednesday, March 7, 4 p.m. -- Lounge

With St. Patrick's Day approaching, Beth and Bill are shining up some favorite Irish tunes, as well as introducing lesser-known Gaelic melodies. "Bantry Bay" and "The Fields of Athenry," for instance. There's something about Irish music that just tugs at the heartstrings! (And Bill will bring another surprise for The Instrument Corner.)

NEW! Aging and Me -- Thursday, March 8th, 2:30-4:00, Rose Room

Come meet Cindy Klaniecki, M. Ed., LCSW, as she leads/facilitates bimonthly conversations regarding aging. We are all connected in this "aging thing" together – gain new insights and share your thoughts. Please visit her website at klanieckilcsw.com or feel free to call her for more info at 831-210-0423.

Cindy is also available privately, upon appointment.

Karen @ the Keys - piano program -- Thursday, March 8 – 4 p.m. in the Lounge

Come for some lovely "easy-listening" music!

PG POPS Orchestra -- The Pacific Grove Pops Orchestra will present a **free concert on Saturday, March 10th, at 2 p.m.** at the **Pacific Grove Performing Arts Center**, across

Forest Avenue from Canterbury Woods. The program will feature a wide variety of music from classical pieces to music for films. A playlist is posted on the bulletin board by the door to the Rose Room and on the resident website. **Admission is free!** The Pacific Grove Pops Orchestra consists of student and adult musicians. Come join us!

Tuesday, March 13th 11:00 a.m. - Lounge -- Todd Samra - Symphony Preview

The Overture from Mozart's highly lauded and loved opera, Don Giovanni, will begin the fourth program, entirely dedicated to the music of Wolfgang Amadeus Mozart. This concert set will also feature the first and last symphonies by Mozart: Symphony No. 1, KV 16; and Symphony No. 41, KV 551, commonly known as the 'Jupiter.' Symphony No. 1 was composed in 1764 while he was eight years of age during a tour of England. Enjoy March Mozart-Madness with the Monterey Symphony in a spectacular concert! **Sign up in the transportation binder for March 18th concert at Sunset Center.**

Wednesday, March 14th 10:00 a.m. - Noon - Crafts Room -- Art With Julie

Come and share in the creative spirit with Julie's latest project for us.

Weight Watchers Freestyle & New Members

New Session Starting Thursday, March 15th, 1:00-1:15 - Canterbury Room

If you are considering WW, or just curious please keep reading...

WW is not a diet. It's simply mindful eating.

A quote from a CW resident/WW member regarding our recent open house;

“The food, goblets and camaraderie were all wonderful - too bad we didn't video the event, as it would have been great PR for Weight Watchers.” And from our leader, Ruth, who posted our pics on WW's international website: “THIS is what an Open House is supposed to be.”

Several members shared their 8 month weight loss stories. Here are a few highlights:

Quit or reduced medications, best Dr. checkup in years, able to travel more now, easier to walk in general, receiving compliments, more confident, feelings of happiness - including family members, qualified to receive new knee with reduced weight, it's changed my life, it was easy, I didn't think it was possible!

If you would like to join or for more info, please contact Mary Lou, Wellness X180.

LIBRARY NEWS

NEW BOOKS IN THE REGULAR PRINT LIBRARY

ADMISSIONS: LIFE AS A BRAIN SURGEON Henry Marsh 617.4 Ma

“Reflecting on forty years of what handling the human brain has taught him, Marsh finds a different purpose in life . . . and a fresh understanding of what matters to us all in the end.”

FIRE AND FURY Michael Wolff (Gift) 973.5 Wo
A journalist offers an inside account of the first year of the Trump White House.

THE INNER LIFE OF ANIMALS Peter Wohlleben 591.5 Wo
“Presents a revelatory exploration of the diverse emotional intelligence of animals, demonstrated in stories about loving pigs, cheating magpies, screaming roosters”

REVOLUTION SONG Russell Shorto (Gift) 973.3 Sh
The author “. . . takes us back to the founding of the American nation, drawing on diaries, letters and autobiographies to flesh out six lives that cast the era in new light.”

MUNICH Robert Harris (Gift)
An expertly paced thriller where two junior diplomats who were friends when they attended Oxford accompany Hitler and Neville Chamberlain to a meeting in 1938 and are forced to make a consequential decision.

FATAL PURSUIT Martin Walker Mystery
This is another in the “Bruno, Chief of Police” series that has become popular here. You can also find the whole series (a donation) now on our Paperback Mystery Shelf. Inside the front cover they are listed from 2 to 10 in the order they were published.

PARIS IN THE PRESENT TENSE Mark Helprin
“. . . seventy-four year old Jules Lacour, cellist, widower, veteran of the war in Algeria, a child of the Holocaust—must find a balance between his past and the attractions of beauties of life and love into the present.”

CAROLINE Sarah Miller (Gift)
“. . . vividly recreates the beauty, hardship and joy of the frontier in this historical fiction of Caroline Ingalls, “Ma” in Laura Ingalls Wilder’s beloved Little House books.”

NEW BOOKS IN THE LARGE PRINT LIBRARY

THE DARLING DAHLIAS AND THE CONFEDERATE ROSE by Susan Wittig
Albert (M)

Darling Dahlias #3. Darling, AL is anything but a sleepy little town: Just in time for the Confederate Day celebration, the Darling Dahlias are ready to plant Confederate roses along the fence of the town cemetery. Meanwhile, \$15,000 is missing from the county treasury, and what appears to be a secret code is discovered embroidered on a Confederate era pillow.

BEING MORTAL: MEDICINE AND WHAT MATTERS IN THE END by Atul
Gawande (N)

In the face of inevitable aging and death, doctors-committed to extending life-often continue to carry out devastating procedures that in the end extend suffering. Gawande, a practicing surgeon, explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified.

Y IS FOR YESTERDAY by Sue Grafton (M)

Kinsey Millhone #25. In 1979, four teenage boys from an elite private school sexually assault a 14-year-old classmate-and film the attack. The tape goes missing and the suspected thief is murdered. Two boys are convicted but the ringleader escapes. Now it's 1989 and Fritz McCabe has been released from prison-and becomes a virtual prisoner of his ever-watchful parents. When a copy of the missing tape appears with a ransom demand, the McCabes call Kinsey for help.

SOME TAME GAZELLE by Barbara Pym (F)

The 1st of Pym's 9 novels. Subtle mayhem taking place in the apparent quiet of the English countryside. Middle-aged sisters Harriet and Belinda live a comfortable, settled existence. Belinda, the quiet one, has for years been secretly in love with the town's pompous (& married) archdeacon.

VIDEO LIBRARY ADDITIONS

FLY AWAY HOME

A 13 year old girl has to go to live with her estranged father, when her mother is killed in an automobile accident. Things do not go well until she finds several eggs left in a nest when the mother goose was killed . She incubates the eggs and the goslings think she is their mother and follow her everywhere. Many adventures follow with the help of her new family. CHARMING ! DVD (subtitles)

SWEETLAND

Inge is a German mail-order bride, who comes to Minnesota to marry Olaf, a young Norwegian immigrant farmer. It is post WW1 and the anti-German sentiment is strong in the town. SWEETLAND “ is a lovely old-fashioned farm romance quietly doubling as a commentary on immigration and American identity.” DVD (subtitles)

RICK STEVES' ENGLAND 2000 – 2007

8 episodes from the public tv series Rick Steves' Europe. 4 hours of travel. DVD (no subtitles)

MOVIES

TUESDAY, MARCH 6th, Lounge - 6:15 p.m. **“SHAKESPEARE IN LOVE”** - This film won so many awards that they can't all be listed - 7 Academy Awards just for starters! This American romantic period comedy-drama depicts an imaginary love affair

between Viola (Gwyneth Paltrow), the daughter of a wealthy merchant, and Shakespeare (Joseph Fiennes) while he was writing *Romeo and Juliet*. Much of the story alludes to Shakespearean comedies, e.g., a play within a play as in *A Midsummer Night's Dream*, or the appearance of a ghost as in *Hamlet*. So, "Brush up your Shakespeare ..." - come and enjoy this exceptional comedy! Geoffrey Rush, Colin Firth, Ben Affleck, and Judi Dench also star. 1 hr. 25 min. Subtitles.

TUESDAY, MARCH 13th, Lounge - 6:15 p.m. **"THE ULTIMATE GIFT"** - Based on the best selling novel by Jim Stovall, the story follows how Jason (Drew Fuller) deals with the 12 assignments he must complete within a year in order to get his unexpected inheritance from his wealthy grandfather, Howard "Red" (James Garner). Jason's assignments are centered around gifts of work, money, friends, and learning, among other tasks. One task takes him to Ecuador where he is to learn about his own father's death. His tasks are indeed a learning experience for Jason who eventually manages to complete his assignments. 1 hr. 45 min. No subtitles.

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BRITISH HORSEBURGERS

In the UK, some supermarkets have admitted that there is horse meat in their home cooked burgers.

Even places like Burger King have had to admit that there are "small amounts" of horse meat in their burgers.

Tesco is a big supermarket chain in the UK. Within hours of the news that Tesco's "all beef hamburgers" contained 30% horse meat, these quips hit the Internet ...

"I'm so hungry, I could eat a horse.... I guess Tesco just listened!"

"Anyone want a burger from Tesco? Yay or neigh?"

"Not entirely sure how Tesco are going to get over this hurdle."

"Had some burgers from Tesco for my tea last night ... I still have a bit between my teeth."

"A woman has been taken into hospital after eating horse meat burgers from Tesco. Her condition is said to be stable."

"Tesco are now testing all their vegetarian burgers for traces of unicorn."

"I've just checked the Tesco burgers in my freezer ... AND THEY'RE OFF!"

"Tesco now forced to deny presence of zebra in burgers, as shoppers confuse barcodes for serving suggestions."

Said to the missus, "These Tesco burgers give me the trots...."

"To beef or not to beef, that is equestrian".....

A cow walks into a bar. Barman says, "Why the long face?"

Cow says, "Illegal ingredients, coming over here stealing our jobs!"

"I hear the smaller version of those Tesco burgers make great horse d'oeuvres"

“These Tesco burger jokes are going on a bit....Talk about flogging a dead horse.”

At first I thought, “Oh great, I've been saddled with another email to forward, but something spurred me on.”

“Last night the wife made meat-loaf, so I had dinner with two nags.”

‘Since they're selling the meat wrapped in plastic, is that technically a “Trojan Horse?” ‘

‘Instead of choosing “rare, medium or well done,” it’s now “Win, Place or show.”’

I Just Wanted to order a Pizza

CALLER: Is this Gordon's Pizza?

GOOGLE: No sir, it's Google Pizza.

CALLER: I must have dialed a wrong number. Sorry.

GOOGLE: No sir, Google bought Gordon’s Pizza last month.

CALLER: OK. I would like to order a pizza.

GOOGLE: Do you want your usual, sir?

CALLER: My usual? You know me?

GOOGLE: According to our caller ID data sheet, the last 12 times you called you ordered an extra-large pizza with three cheeses, sausage, pepperoni, mushrooms and meatballs on a thick crust.

CALLER: OK! That’s what I want ...

GOOGLE: May I suggest that this time you order a pizza with ricotta, arugula, sun-dried tomatoes and olives on a whole wheat gluten-free thin crust?

CALLER: What? I detest vegetables..

GOOGLE: Your cholesterol is not good, sir.

CALLER: How the hell do you know?

GOOGLE: Well, we cross-referenced your home phone number with your medical records. We have the result of your blood tests for the last 7 years.

CALLER: Okay, but I do not want your rotten vegetable pizza! I already take medication for my cholesterol.

GOOGLE: Excuse me sir, but you have not taken your medication regularly. According to our database, you only purchased a box of 30 cholesterol tablets once, at Drug RX Network, 4 months ago.

CALLER: I bought more from another drugstore.

GOOGLE: That doesn’t show on your credit card statement.

CALLER: I paid in cash.

GOOGLE: But you did not withdraw enough cash according to your bank statement.

CALLER: I have other sources of cash.

GOOGLE: That doesn’t show on your last tax return unless you bought them using an

undeclared income source, which is against the law.

CALLER: WHAT THE HELL?

GOOGLE: I'm sorry, sir, we use such information only with the sole intention of helping you.

CALLER: Enough already! I'm sick to death of Google, Facebook, Twitter, WhatsApp and all the others. I'm going to an island without internet, cable TV, where there is no cell phone service and no one to watch me or spy on me.

GOOGLE: I understand sir, but you need to renew your passport first. It expired 6 weeks ago...