

WATERMARK UNIVERSITY  
WU

2018

**Spring Semester**  
JANUARY THROUGH APRIL

 **THE FOUNTAINS**  
AT CANTERBURY



**Hello and thank you for your interest in Watermark University!**

The foundation of Watermark University (WU) is to provide meaningful opportunities to learn, teach and grow, resulting in a life of overall well-being. Research shows that learning and keeping our mind active and sharp supports healthy aging.

At Watermark Retirement Communities® we are committed to encouraging our residents and associates to lead balanced lives, full of meaning and purpose, grounded in self-awareness and infused with curiosity. Our Watermark University courses help achieve this goal.

By focusing on the Seven Dimensions of Well-being: Physical, Social, Intellectual, Spiritual, Emotional, Environmental, and Vocational we offer the opportunity to achieve a balanced life and we see the benefits across the country in every class, every day.

**Sincerely,**

*Becky Strong*

Becky Strong  
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>100 Most Extraordinary Women</b>	<b>Trish Pressley</b>	<b>3rd Wed, Jan-Apr • 4:00pm</b>	<b>INN-BR</b>
<p>Trish will continue the last half of the book this semester, on the 100 most extraordinary women in history. These women have made a profound impact on mankind. She will tell you about scientists, explorers, astronauts, writers, doctors, artists, actors, religious leaders and more!</p>			
<b>43 Great Women-Fun Facts and Trivia</b>	<b>K'Lynn Bigelow</b>	<b>Monday, Jan 22nd • 1:30pm</b>	<b>TC-CR</b>
<p>K'Lynn will do a presentation on facts and trivia about all of our 43 Presidents' wives. She will tell you things about the U.S. Presidents' wives you've probably never heard before. She will also be serving fun snacks and beverages. We heard about the Presidents...now let's find out all the interesting history and gossip about their wives!</p>			
<b>Advanced Tai Chi</b>	<b>Jim Story</b>	<b>1st, 2nd, 4th and 5th Friday, Jan-Apr • 4:00pm</b>	<b>TC-CR</b>
<p>Join Jim, our fitness director, for an hour of advanced Tai Chi. This class gives you a little more of a workout than the Tuesday morning Tai Chi class.</p>			
<b>Art of Beer Tasting</b>	<b>Lloyd Rodenbur</b>	<b>March 8th • 4:00pm</b>	<b>TC-LR</b>
<p>Lloyd will be researching different choices of beers around the world and locally. He will present several samples to taste and tell the history of each, including the ingredients. He will also touch on the different types, colors and strengths of each one. He will be focusing on a specific type of beer this time.</p>			
<b>Beginning Ballet &amp; Hula</b>	<b>Laura Ward</b>	<b>Mondays, Jan-Apr • 3:00pm</b>	<b>TC-CR</b>
<p>Laura Ward with the OKC Ballet is leading a beginning ballet class that targets strengthening, stretching posture, and balance. You do not have to have any ballet experience to join us. The music and movements are tranquil, calming, and spiritual. We also do 15 minutes of Hula at the end of the class.</p>			
<b>Bible Stories</b>	<b>Phillip and Marilyn</b>	<b>Wednesdays, Jan-Apr Springs • 2:00pm Gardens • 2:45pm</b>	<b>SP-AR &amp; Gardens 1410 &amp; 1412</b>

Phillip Scarbrough and Marilyn Milton will share their knowledge of the Bible through stories of Jesus' life and stories from the Old Testament as well; Adam and Eve, Jonah and the Whale, Moses and his Life, Noah's Flood, David and Goliath and many more. Phillip says his joy is to see the smile on people's faces as they are taught the word of God.

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Bible Study</b>	<b>Lavita Dryden</b>	<b>2nd Fri, Jan-Apr Inn • 2:00pm Springs • 3:00pm</b>	<b>INN BR &amp; SP-AR</b>
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Lavita leads this Bible study every month touching on favorite passages and incorporating those into our daily lives. She invites interaction and discussion. Feel free to bring your favorite passages or messages from the Bible.

<b>Crafts with Wanda</b>	<b>Wanda Smith</b>	<b>2nd Wed, Jan-Apr • 2:30pm</b>	<b>SP-AR</b>
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Join Wanda, our Human Resources Director, in expressing your artistic side! She will be helping teach the disciplines of pencil drawing and painting. In addition, she will help you to create expressive and fun crafts! The Spring months are a perfect season to learn new craft ideas!

<b>"Decorating and Décor"</b>	<b>Amanda Wahl</b>	<b>1st Wed, Jan-Apr • 2:30pm</b>	<b>SP-AR</b>
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Amanda, our D.O.N. from the Springs, is very creative and loves to do crafts and projects. She is doing a class each month on a different theme. For those months with a holiday, she will be choosing a fun program surrounding each holiday. Spring is such a fun time to do projects to hang in your room, give to your family or friends, make for the birds or outside areas...lots of ideas!

<b>Fun With Humanity</b>	<b>Stacey Kelly</b>	<b>3rd Thurs, Jan-Apr • 2:00pm</b>	<b>SP-AR</b>
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Stacey will discuss trivia and make floats, cook, bake, and play games, in addition to something new and fun every month. She loves to ride motorcycles and take road trips to different destinations, so she will share her love of the road.

<b>Gospel Music Appreciation</b>	<b>Jane Lepak</b>	<b>2nd Tuesday, Jan-Apr • 1:00pm</b>	<b>TC-CR</b>
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Gospel music is a genre of Christian music. Jane, a resident in Town Center, has taken cruises with Bill Gaither and Sandi Patty, and she has developed a great love for Gospel Music. She will share CD's and DVD's of Gospel Music, old classics and newer music, followed by discussion.

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Great Decisions Class</b>	<b>Becky Strong</b>	<b>Thursdays, Jan-Feb • 2:00pm</b>	<b>TC-CR</b>
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The Foreign Policy Association has just released the new DVD's on the Great Decisions 2018 topics. We will do a class each week for the first two months of the semester. Great Decisions takes you beyond the headlines by providing a look at eight of the most significant and far-reaching challenges facing the world. Some of the classes include: Russia's foreign policy, China and America, Media and foreign policy, South Africa's fragile democracy, Global health: progress and challenges.

<b>Great Decisions Discussion</b>	<b>Ann Forester</b>	<b>Thursdays, Mar-Apr • 6:00pm</b>	<b>SP-AR</b>
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Springs resident, Ann Forester, will be showing the 2018 Foreign Policy Association DVD's about the most topical news stories in the world today and how they affect the United States. There are eight 1/2 hour documentaries, each tackling a different challenge facing America today. Discussion follows.

<b>Jesus in Our Every Day</b>	<b>Charlie Waters</b>	<b>Tuesdays, Jan-Apr • 10:00am</b>	<b>SP-AR</b>
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Charlie brings his own knowledge of Jesus and the Bible to this class to share with everyone. He gives us inspirational messages each week along with hymns we all know and remember.

<b>Krafts with K</b>	<b>Kathryn Barger</b>	<b>Tuesday, March 20th • 1:00pm</b>	<b>TC-LIB</b>
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Join K as she presents a fun crafts class. She will offer a variety of items to paint and create for Spring. She will be assisted by resident Kay Parrot who has done crafts all her life. Come have some fun with K & Kay!

<b>Lenten Series "The Celts"</b>	<b>Reverend Bill Hesse</b>	<b>Thursdays, Feb 21st- March 29th • 6:30pm</b>	<b>TC-CR</b>
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Reverend Hesse will teach a course on "The Celts" every Thursday night during Lent for six weeks. There will be a video and discussion. For 800 Years, a proud, vibrant, richly imaginative warrior people swept ruthlessly across Europe. The ancient Greeks called them "Keltoi" and honored them as one of the great barbarian races. We will follow their fascinating story from their earliest roots 2500 years ago through the flowering of their unique culture and their enduring heritage today.

<b>Manicures</b>	<b>Angie Lutter</b>	<b>1st Thurs, Jan-Apr • 1:30pm</b>	<b>SP-AR</b>
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Angie, our concierge at the Springs, loves to have her own nails done, and she knows how much the residents enjoy it too! She is excited about pampering them, letting them pick out a variety of colors, and doing a full manicure with hand massaging too. There is always sure to be a long line!

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Navigating the Choices in Senior Services</b>	<b>Cody Erikson</b>	<b>Thursdays, Jan-Apr • 10:30am</b>	<b>TC-LIB</b>
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Whether it is senior housing, medical or assistive services or financial assistance, there are a multitude of choices for seniors. In this class, we will discuss the options that can help enrich independent living and learn what is available when independent living is no longer a viable option.

<b>Scrapbooking Bucket List</b>	<b>Katy Woodard</b>	<b>2nd Tues, Jan-Apr • 2:00pm</b>	<b>SP-AR</b>
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Katy, Springs Administrator, will be putting together a Scrapbook with all of the Springs long-term care residents and their bucket list items. Springs residents made out a list of items on their bucket list of things they want to do in the next few years. Many have already had their wishes come true, so Katy will be creating scrapbooks with photos and memorabilia for all. Scrapbooks are in the activity room to view.

<b>Sing Along with Mary</b>	<b>Mary Storm</b>	<b>2nd Wed, Jan-Apr • 10:00am</b>	<b>TC-AR</b>
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Mary will be singing some of the old favorite tunes that everyone knows from the 1940's to more current songs. She will also lead us in some well-known hymns.

<b>"Spring Chicken" Book Review</b>	<b>Kaitlan Kenworthy</b>	<b>Thursdays, Jan-Apr • 10:30am</b>	<b>SP-AR</b>
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How can we live longer...and better? In his self-deprecating voice, veteran reporter Bill Gifford takes readers on a fascinating journey through the science of aging, from the obvious signs like wrinkles and baldness, right down into the innermost workings of cells. We will visit cutting-edge labs where scientists are working to "hack" the aging process, like purging "senescent" cells from mice to reverse the effects of aging. Join Kaitlan each week as she shares this fascinating journey through the book, "Spring Chicken".

<b>Restaurants you Knew, loved and miss!</b>	<b>Eddie Taylor</b>	<b>Thursdays, Jan 11th &amp; Feb 8th • 11:00am</b>	<b>TC-LIB</b>
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Eddie will be teaching two classes, one in January and one in February, on well-known restaurants in Oklahoma you all loved that are no longer here. His two classes will cover restaurants in Oklahoma City and around the state and he will also discuss all the many famous cafeterias that were here for years and have closed. He will present photos and trivia about each restaurant. Bring your favorites to discuss!

COURSES	FACULTY	DAY AND TIME	LOCATION
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Tai Chi	Anna May	Tuesdays, Jan-Apr • 10:00am	TC-CR
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Tai Chi is a positive way to relieve stress. It is a soft martial art that promotes balance, flexibility and a wonderful relief from stiff achy joints. It is a complete exercise, concentrating on making the body and mind reach their potential well-being with no pain or strain. Slows aging process and prolongs life!

The Music of 40's & 50's	Dr. Charles Freede	2nd Saturday, Jan-Apr • 2:00pm	TC-CR
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A fun-filled hour with our lively musician...Dr. Charles Freede on piano (playing by ear!). Come and bring the lyrics of your favorite songs from the early days and share the history of the songs. Join in as everyone loves to sing along!

"The Oklahomans"	Becky Strong	4th Friday, Jan-Apr • 3:00pm	TC-LR
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We will cover the last third of the book that we started two semesters ago. It will touch on the late 1800's and early 1900's in Oklahoma Territory, reaching deep into the rough and rugged history, showing how resilient and independent we Okies have been.

Town Center Book Club	Sue Ann Johnson	Last Monday, Jan-Apr • 2:00pm	TC-LIB
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Join Sue Ann, TC resident, who facilitates the book club each month. The club chooses a book and they discuss it the following month, books ranging from classics to best sellers!

Travels Around the World	Dr. John Carey	2nd and 4th Thurs, Jan-Apr • 2:30pm	TC-CR
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John has traveled widely and has been to many countries. He will share his visits to all these countries with us. You will be introduced to the flavors of each country!

## Faculty Biographies

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### NAME OF INSTRUCTOR

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### CLASS NAME

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**Amanda Wahl**

**Decorating and Décor**

Amanda is our Director of Nurses in the Springs. She began as a C.N.A. working in healthcare since 2006. She enjoyed working with seniors and decided to go back to school and get her L.P.N. and then her R.N., and she has been working as an R.N. for five years now. She has been with The Fountains at Canterbury for over a year and loves her job. She is also part of the team working with Leading Age on a "Music and Memory" grant so we can provide iPods and earphones for our residents with their own playlists. Amanda is married with two sons ages 7 and 10. She loves gardening, decorating, crafts, and scrapbooking.

**Angie Lutter**

**Manicures**

Angie is the concierge at the Springs here at The Fountains at Canterbury. She has been here several years and loves her job. She enjoys doing the residents' nails, as she knows how happy it makes them. Angie adds a spark to the Springs wherever she goes! She has a teenage son.

**Ann Forester**

**Great Decisions Discussion**

Ann is a resident who lives in the Springs. She leads several programs with the residents, including current events and the documentary series. She was a buyer in manufacturing, buying raw materials for reclamation. She served as state chairman for HOPI.

**Anna May**

**Tai Chi**

Anna is a former International Fashion Model & instructor of modeling and acting at John Casablanca's Modeling School. She took lessons in Tai Chi with Master Mickey Sherman, achieved her Black Belt, then became a Certified Master Instructor. She is teaching Tai Chi classes once a week and residents and guests are finding it very rewarding and mentally stimulating.

**Becky Strong**

**The Oklahomans, Great Decisions**

Becky has been the Community Life Director at The Fountains @ Canterbury for over 20 years. She has a BS Degree in Interior Design and worked as a designer for more than 15 years. She also has a Masters Degree in Gerontology and is a Certified Dementia Practitioner. She has a grown son Ryan, daughter Heather, and a cat named Prada. She loves doing parties, events, cooking, and gardening. She also loves to read, especially Biographies and is interested in history and geography as well. She serves as President of her Homeowners Association in her neighborhood and volunteers at her church.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Charlie Waters****Jesus in Our Every Day**

Charlie comes to the Springs every Tuesday morning to do a class with the Springs residents on religion. He does a short service with a discussion, and he brings his music so the residents can sing along with his hymns. He is an inspiration to everyone. He loves to travel and he has one son. Everyone is welcome and encouraged to attend these classes.

**Cody Erikson****Navigating the Choices in Senior Services**

Cody began his career in senior services in 2001 while earning his bachelors degree in Business Administration from Northwestern Oklahoma State University in Alva, OK. After several years in independent living management, he obtained licensure as a Residential Care/Assisted Living Administrator. He subsequently worked as the administrator of an assisted living community in Stillwater, OK. While with that company, he assisted several communities with the state survey process, trained new administrators and oversaw the operation of two communities. Cody has been the Executive Director at The Fountains at Canterbury since March of 2017 and is currently working to obtain Nursing Home Administrator licensure. Through his career, he has gained valuable knowledge of the many services available to senior adults and enjoys sharing that knowledge to help seniors get the most out of life at every stage. Cody is married with one son and two dogs.

**Dr. Charles Freede****The Music of 40's & 50's**

Dr. Freede is a native Oklahoman, well known in Oklahoma for his work as a Pediatrician. He is a resident in Town Center and has lived here for 13 years. His hobbies include playing piano and being with his family.

**Dr. John Carey****Travels Around the World**

Dr. Carey is a retired cardiovascular surgeon, was in practice with Dr Zudhi and Dr. Greer and together they introduced open heart surgery to Oklahoma City. He has traveled broadly and studied religion, philosophy, and world topics. He has the good fortune to have traveled all over the world and would like to share some of his adventures and travels with you.

**Eddie Taylor**

Eddie has been the Plant Operations Manager at Canterbury since 2012. He is married to Keri and together they have five children and four grandchildren. He attended OSU and has a degree from OU in teaching. He also coached track in Norman.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Jane Lepak**

**Gospel Music Appreciation**

Jane is a Licensed Professional Counselor and she currently serves on two Licensing Boards for the State of Oklahoma. In her Graduate Studies at OU, she took training in Music Therapy. She believes music has a great positive influence on our attitudes and moods. Her personal favorite music is Christian Gospel Music. She listens to K-Love radio in her car and watches Bill Gaither Precious Memories on TBN-TV on Saturdays at 6:00 pm. Jane is an active resident in the Town Center at The Fountains @ Canterbury.

**Jim Story**

**Advanced Tai Chi**

James P. Story specializes in exercise for arthritis. He is certified by the Cooper Institute as a Fitness Specialist for Older Adults. In addition to designing our fitness programs, James has also been a designer and chief investigator in seven research studies for the aging population dealing with strength training, flexibility (range-of-motion), balance and cardiovascular conditioning and endurance.

**Kaitlan Kenworthy**

**"Spring Chicken" Book Review**

Kaitlan has been the community life assistant in the Springs for three years. She has a degree in Kinesiology and is presently working on a graduate degree in Gerontology. She worked with the sports teams at Chesapeake Energy, coaching the adult soccer team. Kaitlan loves soccer, mountain climbing, and she runs in marathons. She has backpacked through Europe and many other countries around the world and loves to travel. She loves to make anything possible for our residents.

**Katy Woodward**

**Scrapbooking Bucket List**

Hi, my name is Katy Woodard, Nursing Home Administrator at the Springs. I am also a speech-language pathologist. I am married and have one 10-year old son who I have been scrapbooking with since he was born. I am looking forward to working with the residents who have made out their Bucket Lists for the year. We will be documenting all of the outings, trips, and other wishes that come true for them in the upcoming year and making each one their own scrapbook to treasure.

**Kathryn Barger**

K is the part-time concierge at the Town Center working two days a week and on week-ends. She has been with The Fountains at Canterbury for over 13 years. K loves to make jewelry and blankets, along with other fun crafts projects. She has two kids, seven grandkids and way too many dogs and cats to even count! She brings her dog, "Snowy" to work with her (in a new outfit each day) and Snowy greets all the guests and gets lots of hugs, kisses, and attention from residents and staff.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**K'Lynn Bigelow****43 Great Women-Fun Facts and Trivia**

K'Lynn is the Concierge and Administrative Assistant at the Town Center. She is married with four sons, active teen-age boys! She loves her job at Canterbury and helps makes a difference in the lives of our residents every day.

**Laura Ward****Beginning Ballet & Hula**

Laura has taken ballet from some of the greatest teachers in the world, including Maria Tallchief, Yvonne Chouteau, and George Balanchine, and has been with OKC Ballet both as a student and teacher for many years. She loves the state of Hawaii and also does hula dancing with a group for fun or entertainment. She comes from a family of dancers and occasionally her mother and sister join us for the class to help instruct or just dance! The last few months, her granddaughter is teaching the class with her. She creates a peaceful, serene atmosphere with beautiful music to do our bar exercises and floor dances. She teaches the fine points of ballet, the French words for each movement as well. We finish the class with 15 minutes of hula and have completed an entire hula dance.

**Lavita Dryden****Bible Study**

Lavita has a strong faith and loves to share it with others. She has taught Bible studies at her church and other senior communities. She works with our assisted living, memory care, long term care, and skilled nursing residents. All are welcome to attend her classes.

**Lloyd Rodenbur****Art of Beer Tasting**

Lloyd is the Director of Food Services throughout the community and he has been with The Fountains @ Canterbury for over 7 years now. He has worked in the food industry for 20+ years. He also has a degree in business administration. He and his wife Susan have one son and two dogs. He enjoys traveling throughout the year with his family, and especially likes to go to concerts around the country whenever they can get away.

**Mary Storm****Sing Along with Mary**

Mary enjoys bringing music into the lives of others. She has been singing in senior living communities for years and sharing hymns and joyful music with everyone.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Patricia Pressley****100 Most Extraordinary Women**

Trish has been working at the Fountains @ Canterbury for over six years. She has worked with seniors most of her adult life and loves to interact with them. Trish also loves to spend time with family and friends. She enjoys reading and doing a variety of crafts, including making jewelry. Trish has one daughter.

**Phillip Scarbrough and Marilyn Milton****Bible Stories**

Phillip is an ordained minister and he and Marilyn are volunteering their time to share their knowledge of Jesus and other stories in the Bible. They choose different books of the Bible each week and encourage discussion and interaction.

**Reverend Bill Hesse**

Bill has been our community chaplain here at The Fountains at Canterbury for the last nine years. He does seven services a week, covering the Town Center, Springs, Inn, and both Gardens houses. Bill also does chaplain visits to residents all over the community, including residents on the skilled floors in the Springs. He brings a guitar player who plays hymns so everyone can sing along. He does special services during Lent and every night the week of Easter, in addition to various Christmas services on Christmas Eve each year. Bill also teaches a Lenten series every year that runs for six weeks. He is very beloved by all here at Canterbury. He has performed many memorial services here in our Chapel and even a wedding or two!

**Stacey Kelly****Fun With Humanity**

Stacey is the co-founder and Director of Business Development at Humanity Hospice. She studied at West Texas State University. She is from Sunray, Texas. Stacey is one of our most active volunteers who devotes her life to helping seniors.

**Sue Ann Johnson****Town Center Book Club**

Sue Ann, who is a resident in Town Center, loves to read and discuss various types of books. She is very active in many programs here at the Fountains @ Canterbury. She says she has never met a stranger!

**Wanda Smith****Crafts with Wanda**

Wanda has been married for 37 years, has two sons and five grandchildren. She enjoys making crafts and is always searching for new projects to learn and share with others. Wanda is our HR Director for the community. She is also Mrs. Claus at Christmas!



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