<table>
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<tr>
<th>COURSE</th>
<th>FACULTY</th>
<th>DAY AND TIME</th>
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<tbody>
<tr>
<td>Advanced Tai Chi</td>
<td>Jim Story</td>
<td>Every Friday, Except 3rd Friday 4:00pm to 5:00pm</td>
<td>TC-CR</td>
</tr>
<tr>
<td>Crafts with Wanda</td>
<td>Wanda Smith</td>
<td>2nd Thursday May-August, 2:00</td>
<td>SP-AR</td>
</tr>
<tr>
<td>Man-Made Wonders</td>
<td>Becky Strong</td>
<td>2nd Friday, July &amp; August, 2:00</td>
<td>TC-LR</td>
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<tr>
<td>Wine Drinking 115</td>
<td>Scott Steinmetz</td>
<td>2nd Tuesday, May-Aug, 4:30</td>
<td>TC-CR</td>
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<tr>
<td>Tai Chi</td>
<td>Anna May</td>
<td>Tuesdays, May-Aug, 10:00</td>
<td>TC-CR</td>
</tr>
<tr>
<td>Town Center Book Club</td>
<td>Facilitator: Sue Ann Johnson</td>
<td>Last Monday, May-Aug, 2:00</td>
<td>TC-LR</td>
</tr>
<tr>
<td>Cheeses Around the World</td>
<td>Kaitlan Kenworthy</td>
<td>Tuesday, June 7th, 2:00</td>
<td>SP-AR</td>
</tr>
<tr>
<td>Celebrating the Music of the 30’s and 40’s</td>
<td>Dr. Charles Freede &amp; Guy Ferlo</td>
<td>2nd Saturday, May-Aug, 2:00</td>
<td>TC CR</td>
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<tr>
<td>Making Cinnamon Rolls</td>
<td>Chef Debbie Adams</td>
<td>Wednesday, May 18-10:00</td>
<td>INN-BR</td>
</tr>
<tr>
<td>Bible Study</td>
<td>Ime Peter</td>
<td>3rd Wednesday, May-Aug, 10:00 am</td>
<td>Gardens 1412</td>
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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.

Join Wanda, our Human Resources Director, in expressing your artistic side! She will be helping teach the disciplines of pencil drawing & painting. In addition she will help you to create expressive and fun crafts! Spring and Summer are perfect seasons to learn new craft ideas!

Becky will discuss the Man-made wonders of the world, how they did it: the design secrets of the world's greatest structures. She will cover such wonders as The Pyramids, Mount Rushmore, The Great Wall, Pantheon, Hagia Sophia, ingenious tunnels, bridges, canals, towers, Appian Way and many more phenomenal structures in the world.

Does purchasing or ordering wine scare you? Well the purpose of this course will help to take some of the mystery out of buying wine. You can relax & enjoy a nice bottle of vino, tasty appetizers and good company in this class with Scott.

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 & prolongs life!

Join us on the last Monday of each month to discuss books ranging from current Bestsellers to classics!

Kaitlan will choose various cheeses which will run the gamut from completely inexpensive to fancy, from countries all over the world, and from all three of the major types of milk. This may include Roquefort, Camembert, Cotija, Chevre, Feta, Emmental, Mozzarella or Havarti. She may incorporate little known cheeses as well and touch on how they are paired for events and parties.

A fun-filled hour with our two lively musicians...Dr. Charles Freede on piano and Guy Ferlo on Clarinet. Come and bring the lyrics of your favorite songs from the 30’s and 40’s and share the history of the songs. Join in as everyone loves to sing along!

Chef Debbie is famous for her Cinnamon Rolls! She will demonstrate how to make "semi-homemade" and easy cinnamon rolls. She has experimented with several versions to get the best quality and taste we all love in a cinnamon roll, and you will see how you can make these yourself with very little effort. The most fun of making cinnamon rolls is the moment when you can bite into them!

Ime is a lover of the Bible and scriptures. She will lead a discussion on several of her favorite Bible verses and welcome anyone to add to the interaction by bringing their favorite scripture.
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<tbody>
<tr>
<td>Fun With Paper Crafting</td>
<td>Jaimie Pearsall</td>
<td>3RD Thursday, May-Aug, 10:30</td>
<td>TC-LR</td>
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<tr>
<td>Microwave Cooking</td>
<td>Ann Hughes</td>
<td>3rd Tuesday, May-Aug, 3:00</td>
<td>INN-BR</td>
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<tr>
<td>DVD and Discussion:</td>
<td>Becky Strong</td>
<td>Thursdays May, 2:00pm</td>
<td>TC-CR</td>
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<tr>
<td>Smartphones or Tablets</td>
<td>Kellie Stapp</td>
<td>3rd Wed., May-August, 11:00 am</td>
<td>TC-CR</td>
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<tr>
<td>Summer Cooking Demo</td>
<td>Debbie Shelton</td>
<td>Wed, June 22nd, 3:00</td>
<td>SP-AR</td>
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<tr>
<td>Jesus in Our Every Day</td>
<td>Charlie Waters</td>
<td>Tuesdays, May-August, 10:00am</td>
<td>SP-AR</td>
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<tr>
<td>Sing Along With Mary</td>
<td>Mary Storm</td>
<td>2nd Wed, May-August 10:00 am</td>
<td>SP-AR</td>
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<tr>
<td>Colorful Crafts &amp; Cooking</td>
<td>Ebony Stevenson</td>
<td>3rd Tuesday, May-August, 2:00 pm</td>
<td>SP-AR</td>
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<tr>
<td>Learning the Two-Step</td>
<td>Elizabeth Matuzak</td>
<td>2nd Sundays, May-Aug, 3:00 pm</td>
<td>Gardens 1410</td>
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<tr>
<td>Exploring Card Games</td>
<td>Donna Graham</td>
<td>2nd Monday, May-Aug 4:00 pm</td>
<td>INN BR</td>
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<tr>
<td>Great Decisions Discussion</td>
<td>Ann Forester</td>
<td>Thursdays, May-Aug- 6:00 PM-SP 1st</td>
<td>SP-AR &amp; TC-CR</td>
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Jaime will be making name boards for her first class. There will be an example set up in the lobby for you to see the end result. You can do any name you wish. The name you choose will be cut out on a machine and you choose the paper & decorations to go on the board. These are cute for your door, for grandchildren, or for your favorite sports team. Other classes will be just as fun!

Ann has been cooking all her life and has created many of her own dishes that have been in our community cookbooks throughout the years. She is a whiz at putting ingredients together to make a gourmet meal in minutes in the microwave. Join her for this class as she teaches us how to save time on meals but look like you've worked for hours!

Kellie will show the basic functions of Smartphones and tablets. Bring yours to the class and she will answer any questions about Smart phones or tablets that you may have. She can help you with any brand of phone you have, so please come with your questions.

Debbie will be doing some fun and light summer recipes including a salad with cool greens, fresh fruits and nuts. She will also make a light supper entrée for warm summer nights when you don't feel much like cooking over a hot stove. In addition to these items, Debbie will offer a fun, summery dessert to serve that takes minutes to prepare.

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.

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 hymns.

Ebony will be doing some fun crafts throughout the semester using lots of color. She will also be cooking at some of her classes, making some of her family's favorite recipes.

Elizabeth loves to dance and she loves music. She will demonstrate some of the basic dance steps, mainly focusing on the two-step which is an easy dance to learn. She will be using several different genres of music and different steps and flare you can add when you perfect the two-step!

Donna loves music and games. She will teach the residents new card games each month, which will be fun and stimulating...keeping everyone challenged!

We will be showing the newest Foreign Policy Associations DVD’s about the most topical news stories in the world and how they affect the United States. There are eight 1/2 hour documentaries, each tackling a different challenge facing America today.
**COURSE**  | **FACULTY**  | **DAY AND TIME**  | **LOCATION**
---|---|---|---
Bible Stories | Phillip and Marilyn | Wed, May-Aug 2:00 SP Gardens | SP-AR & Gardens 1410 & 1412
Great Seal of OK-Part II | Eddie Taylor | Wed, May 11th 11:00 am | TC Library
Gospel Songs & Their Origin | Leisha Sparks | June 22 & August 24th 3:00 pm | TC LR
The Zen of Adult Coloring | Lloyd Rodenbur | Wed, May 4th, 3:30 pm | TC-PDR
Bible Study | Lavita Dryden | 2nd Friday 2:00pm Inn/3:00pm Springs, May-Aug | INN-BR & SP-AR
Exploring Oklahoma | Mary & Trish | 3rd Thursday May-Aug 11:00 am | Inn-BR
Bible Stories for Grown-Ups | Marcia Foster | Saturdays, May-Aug @ 11:00 am | Gardens 1412
Fun Crafts with Trina | Trina Wills | 2nd Saturdays, May-Aug 10:30 am | Gardens 1410
Events Changed the World | Becky Strong | 2nd Friday, May-June, 2:00pm | TC-LR

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 God's word.

The Great Seal of Oklahoma consists of a five-pointed star in a circle. Eddie will touch on the many reasons for choosing the components that make up our seal today. It is rich with symbols of the history of our state. His classes on OK will continue.

Gospel music is a genre in Christian music. Leisha will share with you about the creation, performance, significance, and even the definition of gospel music and how it varies according to culture and social context. She will talk about some of the great Gospel singers of our time, along with the composers and their well-known songs, some of which emerged back in the 1700's.

The class participants will be given sheets with several choices of designs, patterns, and themes to choose from, along with colored pencils to complete their masterpiece. Lloyd will also be serving Margaritas and a Mexican appetizer to enjoy while you color. This is a relaxing and fun class, as everyone chooses their own color palettes and shares their final creation!

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 messages from the Bible.

Mary Shrum and Trish Pressley will be exploring Oklahoma History every month, discussing some of their travels to certain historical spots in the state. They will also plan some short road trips for this class throughout the semester, showing you unknown and remote areas of the state you probably never knew existed!

Based loosely on Wilson Harper's book, "Bible Stories for Grown-Ups", this class explores the stories that many of us learned as children in Sunday School; stories about Moses, Noah, Joshua, Ruth, & Peter. These stories go all the way from Creation to the expansion of the early Christian church across the Roman Empire. She will cover the historical and cultural context of the times.

Trina will teach how to create new things and new techniques with different materials. Her first class will be on fabric photo albums. She will use fabric in many of her classes, along with different embellishments and supplies that will let your creative side come through!

These events tell a story about the human experience from the dawn of time until present day. We will explore a number of different themes: the inventions that allowed humans to prosper and develop our civilization, the ideas that have shaped our history, the artists and art forms that have given expression to our human experience and the events that have impacted our lives in the past and the present. It will be fascinating to see how ideas from one part of the world affected other places and times.
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<tbody>
<tr>
<td>Scrapbooking-Bucket List</td>
<td>Katy Woodard</td>
<td>2nd Tues, May-Aug, 2:00 pm</td>
<td>SP-AR</td>
</tr>
<tr>
<td>Katy 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 in December of 2014 that were on their Bucket List of things they would like to do in the next few years. Many have already had their wishes come true, so Katy will be creating scrapbooks with photos &amp; memorabilia for all.</td>
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<tr>
<td>Fun with Humanity</td>
<td>Stacey Kelly</td>
<td>3rd Thursday, May-Aug, 2:00pm</td>
<td>SP-AR</td>
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<tr>
<td>Stacey will discuss trivia &amp; floats, cooking, 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.</td>
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<tr>
<td>&quot;Thrive&quot; Book Review</td>
<td>Kaitlan Kenworthy</td>
<td>Thursdays, May-Aug 2:00 pm</td>
<td>SP-AR</td>
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<tr>
<td>Kaitlan will continue her review of &quot;The Blue Zones&quot; in the world, where people are known to live longer than any other region. This sequel to the &quot;Blue Zones&quot; book will examine the happiness factor also found in these areas. She will reveal the secrets of the happiest people in these zones and touch on what makes us authentically happy in our lives.</td>
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<tr>
<td>Armchair Travels &amp; Cocktails</td>
<td>Amy Hall &amp; Kelli Fischer</td>
<td>3rd Wed, June, July, Aug, 2:00 pm</td>
<td>TC-CR</td>
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<tr>
<td>Join Amy, Kelli and Khristin Hepner for amazing journeys through fascinating countries, learning things you never knew and seeing beautiful countryside and points of interest. They will also prepare cocktails and non-alcoholic drinks to go along with the various countries you will be visiting. Sit back, relax, and take a trip to some far-away land you’ve only dreamed about.</td>
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**NOTE:** Dates and times are subject to change. Please call Community Life for specific details.

**Upcoming Classes**
- "Thrive" Book Review
- Art History
- Oklahoma Part II-The Music
- Poetry & Prose
- Fall and Holiday Crafts
Scott Steinmetz
Scott has taught a class on wine drinking the last few semesters. He is an accomplished appetizer creator/wine drinker. He is knowledgeable about the history of wines and other liquors. He enjoys spending time with the residents and has been the Executive Director of The Fountains @ Canterbury since October of 2010.

Sue Ann Johnson
Sue Ann is new to our community in TC this last year. She has already become very active in many programs. She is a former librarian and avid reader, and has agreed to take over facilitating our newly re-organized Book Club each month.

Kaitlan Kenworthy
Kaitlan is the community life assistant at The Springs. She has a degree in Kinesiology and experience working with the sports teams at Chesapeake Energy. Kaitlan loves soccer, mountain climbing, and running. She has run in many triathalons and hopes to travel to distant countries to mountain climb. She has backpacked through Europe and traveled to many countries. Kailan is a healthy eater and has prepared many different nutritious dishes with our residents.

Stacey Kelly
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.

Donna Graham
Donna has been a CNA/CMA for 15 years. She loves laughing and working with our seniors, especially having fun and making them laugh. She also loves music and games. She is the mother of 1 daughter in college who is a recent newlywed.

Mary Storm
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.

Debbie Adams
Debbie is currently a cook at The Fountains @ Canterbury. She was the Food Service Director/Executive Chef at Quail Springs Baptist Church for 8 years, and prior to that, a sous chef at Casady School for 12 1/2 years. She has also worked part-time at several hotels. Debbie is an active member of the ACF Culinary Arts Society of OK, loves to cook and enjoys using her God-given talents.

Jim Story
Jim has been the Fitness Coordinator at The Fountains for many years. He has a degree in geology and has taught many classes about rock formations. He is married and lives with his wife, his brother in law and several cats. Jim loves to run.

Dr. Charles Freede
Dr. Freede is a native Oklahoman, well known in Oklahoma for his work as a Pediatrician. He has lived at the Fountains for 9 years. His hobbies include playing piano and being with his family.

Ime Peter
Ime is a mother of four children. She has been in senior healthcare for seven years and has worked at Canterbury for two years. She taught Bible Study in her church in Nigeria for 4 years, and she currently sings in the choir at her church here in Oklahoma.

Kellie Stapp
Kellie was born and raised in Oklahoma. She graduated HS in 2009 and is currently going to school for a degree in business administration with a focus on Gerontology. She loves technology and worked at Dell Computers for 3 years learning all functions.

Phillip and Marilyn Milton
Phillip Scarbrough is an ordained minister and he and Marilyn are volunteering their time to share their knowledge of Jesus.
Becky Strong
Becky has been with Canterbury for almost 19 years as Community Life Director. She has a BS in Interior Design & Masters 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, and is interested in history and geography. Serves as Vice President of her HOA in her neighborhood.

Guy Ferlo
Guy was born & raised in Rome, New York, "God's Country." He was transferred to Oklahoma in 1964 while working as a civilian for the Air Force doing electronic, radar, & computer work. He plays the clarinette in addition to many other wind instruments.

Elizabeth Matuzak
Elizabeth has been a CMA/C.N.A. for 8 years and has been here at Canterbury for 3 years. She loves music and dancing, plus she loves her residents as much as she loves her own kids she says. She works in the Gardens and will be teaching the two-step in addition to other dance steps.

Khristin Hepner
Khristin is the move-in coordinator for the community. She is married with three children and loves spending time with her family bowling, cooking and doing all kinds of outings and activities. She and her family love to travel all over the world and she has many experiences to share as the marketing department present trips to amazing countries throughout the world, accompanied by exotic beverages, both alcoholic and non.

Jaime Pearsall
Jaime works for Oklahoma Hospice Care in Community Relations. She has a long history of senior care and feels that God placed her right where she is supposed to be. She is married to a "wonderful husband" Rick, and together they have 4 children from 16 to 22. She enjoys doing crafts, loves to laugh, cook, and spend time with her family. She says, "life is too short not to enjoy it, come try a class, let’s laugh and have a great time”!

Wanda Smith
Wanda has been married for 32 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 the HR Director for Canterbury.

Debbie Shelton
Debbie works for Loving Care Home Health doing Public Relations. She loves working with seniors and making their lives better each day. She also has a love of cooking and will be demonstrating some fun and easy Summer recipes to make that are also healthy. The best part of her class is getting to eat what we prepare!

Trina Wills
Trina has been a medication aid for 18 years. She is the mother of two. She loves crafting, cooking, and movies. Her favorite snacks are Reese’s Peanut Butter Cups. She will be doing some fun crafts in this class.

Anna May
Anna is a former International Fashion Model & instructor of modeling & acting at John Casablanca's Modeling. She took lessons in Tai Chi with Master Mickey Sherman, achieved her Black Belt, then became a Certified Master Instructor.

Leisha Sparks
Leisha is the Controller at the Fountains @ Canterbury, managing the business office for the four years. She is happily married to Chad, the love of her life, and they have four children, 12 grandchildren. She loves to hear stories from the residents. Her passion is reading, especially the Bible and books about religion. She has taught other WU classes on books of the Bible. These classes on Gospel songs and the history will be fascinating. She will delve into the past, highlighting all the well-known Gospel singers of our time. Some go back as far as the 1700’s, and she will show how Gospel music has changed throughout the years.
Katy Woodard
Hi, my name is Katy Woodard, program director at the Springs. I am also a speech-language pathologist. I am married and have one 7-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.

Patricia Pressley
Trish has been a community life assistant here at the Fountains for three years. She worked in activities at other communities prior to coming to the Fountains. She works with the Assisted Living residents and loves her job. She is very creative, loves to do crafts and make jewelry. She has one daughter who lives in Texas.

Kelli Fischer
Kelli has been with The Fountains @ Canterbury close to two years. She has worked in other senior living communities in sales and marketing. She is the Assistant Sales & Marketing Director for the community. Kelli has a degree in Interior Design. She is married and loves to travel and assist her husband who is a Pastor by teaching classes at their church. They have two children.

Charlie Waters
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 bring 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.

Ebony Stevenson
Ebony is the Ancillary Director at the Springs, ordering supplies for our community and scheduling different shifts for our nurses. She began working at Canterbury last year and loves her job. She is full of pep and joy wherever she goes.

Amy Hall
Amy is the Sales and Marketing Director for The Fountains @ Canterbury. She has been here close to 2 years. She has a degree in Social Work and years of experience in sales with senior living communities. She is married with two children, a boy and a girl who keep her very busy and active. They are all very active in their church and enjoy doing family trips and activities. Amy has a special place in her heart for seniors and their needs.

Eddie Taylor
Eddie is 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.

Lloyd Rodenbur
Lloyd is the food service director and has worked in the food industry for 20+ years. He has a degree in business administration.

Lavita Dryden
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 memory care residents, assisted living, and our long term care and skilled nursing residents.

Mary Shrum
Mary is the Program Director for the Inn and Gardens. She has one daughter and three grandchildren and loves to spend her time with her family doing crafts and cooking. They love animals and nature. Mary also enjoys reading, gardening and history of all kinds, especially Egyptian. She is eco-friendly and a member of the Arbor Day Foundation. She has always been active in the Alzheimer’s walk each year, spearheading fund-raising for Alzheimer’s.

Ann Forester
Ann was a buyer in manufacturing, buying raw materials for reclamation. She served as state chairman for HOPI. Ann is a Resident.