

WU  
WATERMARK UNIVERSITY

2018

**Summer Semester**  
MAY THROUGH AUGUST

 **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>Basic Beading</b>	<b>Trish Pressley</b>	<b>4th Wed, May-Aug • 9:30am</b>	<b>INN-Blue Room</b>
----------------------	-----------------------	--------------------------------------	----------------------

Trish will teach you the steps to making your own jewelry. She will have a selection of beads to choose from so you can make necklaces, bracelets, pins, and more! Have fun making accessories to match the colors of all of your beautiful outfits!

<b>"Road Trip Across America"</b>	<b>K'Lynn Bigelow</b>	<b>Monday, June 10th • 1:30pm</b>	<b>Town Center-Commons Room</b>
-----------------------------------	-----------------------	---------------------------------------	---------------------------------

K'Lynn will do a presentation on the best and most unusual roadside attractions in many of our American States. She will take you on a tour throughout the country, stopping along the way to find the most interesting and/or crazy sites to see in the state. Refreshments will be an extra treat!

<b>Advanced Tai Chi</b>	<b>Jim Story</b>	<b>Tues &amp; Thurs, May-Aug • 4:00pm</b>	<b>Town Center-Commons Room</b>
-------------------------	------------------	---	---------------------------------

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. Tuesdays in the fitness center and Thursdays in the commons room.

<b>Art of Beer Tasting</b>	<b>Lloyd Rodenbur</b>	<b>Thursday, May 3rd • 4:00pm</b>	<b>Town Center-Living Room</b>
----------------------------	-----------------------	---------------------------------------	--------------------------------

Lloyd will be researching different choices of beers around the country of Mexico. 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. Appropriate snacks will accompany his Mexican Beers!

<b>Crock Pot Cooking</b>	<b>Heather Justice</b>	<b>Tuesdays, May &amp; July • 2:00pm</b>	<b>INN-Blue Room</b>
--------------------------	------------------------	--	----------------------

Heather will be cooking delicious recipes in her crockpot for each class. She loves to cook and finds this a perfect way to cook for her family with her long work hours. She will prepare a variety of dishes that are tasty, quick and simple to fit any lifestyle or budget, including how to cook the most delicious ham in a crock pot! Join Heather to see what she will be fixing in May and July!

COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

<b>Bible Stories</b>	<b>Phillip and Marilyn</b>	<b>Wednesdays, May-Aug Springs • 2:00pm Gardens • 2:45pm</b>	<b>Springs-Activity Room &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.

<b>Bible Study</b>	<b>Lavita Dryden</b>	<b>2nd Fri, May-Aug Inn • 2:00pm Springs • 3:00pm</b>	<b>INN Blue Room, &amp; Springs Activity Room</b>
--------------------	----------------------	---	---

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, May-Aug • 2:30pm</b>	<b>Springs Activity Room</b>
--------------------------	--------------------	--------------------------------------	------------------------------

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 Summer months are a perfect season to learn new craft ideas!

<b>"Decorating and Décor"</b>	<b>Amanda Wahl</b>	<b>1st Wed, May-Aug • 2:30pm</b>	<b>Springs Activity Room</b>
-------------------------------	--------------------	--------------------------------------	------------------------------

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. Summer 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, May-Aug • 2:00pm</b>	<b>Springs Activity Room</b>
--------------------------	---------------------	--	------------------------------

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 and her many travels.

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
----------------	----------------	---------------------	-----------------

<b>Gospel Music Appreciation</b>	<b>Jane Lepak</b>	<b>2nd Tuesday, May-Aug • 1:00pm</b>	<b>Town Center Commons Room</b>
----------------------------------	-------------------	--------------------------------------	---------------------------------

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.

<b>Benefits of Walking</b>	<b>Adrian Lennox</b>	<b>June 14th • 10:00am</b>	<b>INN-Blue Room</b>
----------------------------	----------------------	----------------------------	----------------------

Walking improves circulation and helps you have a healthy heart. Adrian will talk about the benefits of walking, such as lowering blood pressure and reducing your risk of heart disease. Then Adrian will take the class for a short walk inside our community.

<b>Great Decisions Discussion</b>	<b>Martha Vaughan</b>	<b>Thursdays, May &amp; June • 6:00pm</b>	<b>Springs Activity Room</b>
-----------------------------------	-----------------------	---	------------------------------

Springs resident, Martha Vaughan, 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, May-Aug • 10:00am</b>	<b>Springs Activity Room</b>
-------------------------------	-----------------------	------------------------------------	------------------------------

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>Crafty Corner</b>	<b>Mary and Cynthia</b>	<b>Tuesdays, May 13-Inn &amp; May 20th-Gardens • 1:00pm</b>	<b>INN-Blue Room GARDENS 1410 &amp; 1412</b>
----------------------	-------------------------	---	--

Join Mary Gammon and Cynthia Booker for this fun class making easy crafts. The ladies will bring the supplies to make some beautiful Spring crafts to put in your apartments or give to your families!

<b>Cell Phones 101</b>	<b>Sonya Clay</b>	<b>Wednesday, June 20th • 2:00pm</b>	<b>Town Center Commons Room</b>
------------------------	-------------------	--------------------------------------	---------------------------------

Sonya is a whiz when it comes to technology! Bring your cell phones to the class and she is going to answer all your questions, plus show you how to get into programs unfamiliar to you. She can help with texting, emails, playing games on your cell phones and more!

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Manicures</b>	<b>Angie Lutter</b>	<b>1st Thurs, May-Aug • 1:30pm</b>	<b>Springs Lobby</b>
<p>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!</p>			
<b>Navigating the Choices in Senior Services</b>	<b>Cody Erikson</b>	<b>4th Thursday, May-Aug • 10:30am</b>	<b>Town Center Commons Room</b>
<p>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.</p>			
<b>Scrapbooking Bucket List</b>	<b>Katy Woodard</b>	<b>2nd Tues, May-Aug • 2:00pm</b>	<b>Springs Activity Room</b>
<p>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.</p>			
<b>Sing Along with Mary</b>	<b>Mary Storm</b>	<b>2nd Wed, May-Aug • 10:00am</b>	<b>Springs Activity Room</b>
<p>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.</p>			
<b>"Blue Zone Solution" Book Review</b>	<b>Kaitlan Kenworthy</b>	<b>Thursdays, May-Aug • 10:30am</b>	<b>Springs Activity Room</b>
<p>Dan Buettner reveals how to transform your health using smart eating and lifestyle habits gleaned from new research on the diets, eating habits, and lifestyle practices of the communities he's identified as "Blue Zones"-those places with the world's longest-lived and thus healthiest people, including locations such as Okinawa, Japan Sardinia, Italy, Costa Rica's Nicoya Peninsula, Ikaria, Greece, and Loma Linda, California.</p>			
<b>Person of the Year</b>	<b>Eddie Taylor</b>	<b>Thursday, May 17th • 11:00am</b>	<b>Town Center Library</b>

**Person of the Year** is an annual issue of the United States news magazine *Time* that features and profiles a person, a group, an idea, or an object that "for better or for worse...has done the most to influence the events of the year".

COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

Tai Chi	Anna May	Tuesdays, May-Aug • 10:00am	Town Center Commons Room
---------	----------	--------------------------------	--------------------------

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, May-Aug • 2:00pm	Town Center Commons Room
--------------------------	--------------------	-----------------------------------	--------------------------

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, May & June • 3:00pm	Town Center Living Room
------------------	--------------	------------------------------------	-------------------------

We will cover the last part 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, May-Aug • 2:00pm	Town Center Library
-----------------------	-----------------	----------------------------------	---------------------

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!

Candy Bar Cookies with "Kimmy Crocker" & The History of Candy Bars	Kim Miles	Wed, June 6th • 9:30am	INN-Blue Room
--	-----------	------------------------	---------------

Kim will work with the class to prepare this fast and easy dessert recipe, great to serve at any event. She will also talk about the history of the candy bar, the earliest ones made in 1847. She will discuss some of the most unusual candy bars made throughout history, such as the Whatchamacallit in 1978, made by Hershey and always covered with a layer of caramel. Does anyone know how Baby Ruth got it's name or who made the first milk chocolate? Join Kim and find out these interesting facts!

West African Traditions	Ime Peter	Tuesday, July 10th • 10:00am	INN-Blue Room
-------------------------	-----------	---------------------------------	---------------

Ime will wear and present some of the traditional attire of her country, Nigeria in West Africa. She will also talk about their customs, food, and how they take care of their parents and the elderly.

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Making Hand and Lip Scrub</b>	<b>Jasmine Carrington</b>	<b>Wed, May 23rd • 2:00pm</b>	<b>INN-Blue Room</b>
<p>Jasmine will show the class how to make your own hand and lip scrub and exfoliate unwanted skin cells. She has been doing this for her own skin for years and says it is a healthy and safe scrub for your skin.</p>			
<b>Gourmet S'mores</b>	<b>Tamie Willis</b>	<b>Wed, June 13th &amp; 27th • 2:00pm</b>	<b>INN-Blue Room</b>
<p>Tamie will bring a variety of items to the classes with her so everyone can prepare their own gourmet s'mores, creating different flavors to try. She will discuss the origin of the s'more which goes back to 1927 in a publication called "Tramping and Trailing with the Girl Scouts".</p>			
<b>Wine and Painting Class</b>	<b>Jenettie Redmond</b>	<b>Friday, May 18th • 7:00pm</b>	<b>INN-Blue Room</b>
<p>Jenettie will provide the canvas, the paints and the brushes for this fun wine and painting class, offering wine or sparkling cider while you paint! Express your artistic abilities on the canvas...anything goes!</p>			
<b>Filipino Cooking</b>	<b>Imelda Guillermo</b>	<b>Thurs, May 10th • 2:30pm</b>	<b>INN-Blue Room</b>
<p>Imelda will be cooking a dish called "Chicken Adobo" which is well-known in her country. She is making it the way they make it back home...with chicken breasts, garlic, onions, soy sauce, salt and pepper. She will talk about the customs and foods of her country.</p>			
<b>Dealing with Dementia: The Process</b>	<b>Nakia Talley</b>	<b>Thursday, June 7th • 3:00pm</b>	<b>Town Center Library</b>
<p>Nakia will go over signs and symptoms of different types of dementia and ways to help families cope with taking care of a loved one with dementia, especially Alzheimer's.</p>			
<b>BBQ with Yancy</b>	<b>Reginald Yancy</b>	<b>Monday, July 2nd • 3:00pm</b>	<b>Town Center Living Room</b>
<p>Yancy has always been someone who loves to smoke or grill meats for his family and friends. He is going to prepare ribs, sausage, and chicken for his class, and serve with potato salad and beans. He will take you through the whole process it takes to prepare his famous BBQ and talk about various ways to prepare different meats and even vegetables for holidays throughout the year!</p>			



COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Water Walking</b>	<b>Glenna Barnett</b>	<b>Tues &amp; Thurs, May-Aug • 1:30pm</b>	<b>Town Center Pool</b>

Glenna has been exercising all her life and especially loves swimming. She has worked out a routine for seniors who love the water but have had to slow down as far as exercising goes. This is a good work-out for seniors with balance issues. Her water walking class helps build strength in the whole body, it is refreshing, and anyone can do it. Glenna is a resident in Town Center and can relate to resident challenges with exercising. She also makes it fun while you work out!

<b>Summer Sliders, Sides, and Sips</b>	<b>Kaitlan, Becky, &amp; Trish</b>	<b>Thursday, June 21 • 3:00</b>	<b>Town Center Living Room</b>
--	------------------------------------	---------------------------------	--------------------------------

Join Kaitlan, Becky, and Trish, the community life team, for healthy hamburger sliders, both vegan and vegetarian. You won't believe how delicious they are! We will also prepare a healthy side dish to go with the burgers, and fun drinks to celebrate the First Day of Summer! Kaitlan will talk about the benefits of eating healthy and staying fit. She is a vegan and will discuss some of the foods she prepares daily,

## Faculty Biographies

---

### NAME OF INSTRUCTOR

---

### CLASS NAME

---

**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 8 and 11. 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.

**Martha Vaughan**

**Great Decisions Discussion**

Martha is a resident who lives in the Springs. She has been here many years and has lead several programs with the residents, including current events, bingo, and the documentary series. She enjoys being involved and active every day.

**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 & Summer Sliders, Sides & Sips**

Becky has been the Community Life Director at The Fountains @ Canterbury for 21 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.

---

**NAME OF INSTRUCTOR**

---

**CLASS NAME**

---

**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.

**Heather Justice****Crock Pot Cooking**

Heather is our Director over the Inn (Assisted Living) and the Gardens (Memory Care). She is an R.N. and has worked in healthcare for many years. She has two sons, for whom she loves to cook and bake. She likes getting on Pinterest to look up fun and creative ideas!

**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.

---

**NAME OF INSTRUCTOR**

---

**CLASS NAME**

---

**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, Jim 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****"Blue Zone Solution" Book Review & Summer Sliders,  
Sides and Sips**

Kaitlan has been the community life assistant in the Springs for almost 4 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.

**Cynthia Booker****Crafty Corner and Summer Poetry & Sunday Sundaes**

Cynthia has been a CMA/Naya at the Gardens for two years. Family and faith are very important to her. Her interests are puzzles, crafts, family time and her lovable poodle, Yoda!

---

**NAME OF INSTRUCTOR**

---

**CLASS NAME**

---

**K'Lynn Bigelow****Road Trip Across America**

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.

**Adrian Lennox****Benefits of Walking**

Adrian has been a nurse in the Inn for over 7 months, She has two daughters. She says she loves being here and is very blessed to be able to be helpful in our community.

**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 8 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.

**Patricia Pressley****Basic Beading & Summer Sliders, Sides, & Sips**

Trish has been working at the Fountains @ Canterbury as a community life assistant 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.

---

**NAME OF INSTRUCTOR**

---

**CLASS NAME**

---

**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.

**Sonya Clay****Cell Phones 101**

Sonya is our Business Office Assistant. She spends most of her time on the computer at work. She has three children, Callie-15, X'Zavion-9, and Gabrielle-2. She loves spending time with her kids at the park or just at home watching movies. She also loves to sing, cook, and host small gatherings.

**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 38 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!

**Mary Gammon****Crafty Corner and Chair Exercises Made Easy**

Mary enjoys working at the Gardens. She loves doing crafts and spending time with her grandchildren. One of her passions is reading, plus she loves spending time with her residents.

**Kim Miles****Candy Bar Cookies and The History of the Candy Bar**

Kim is a CMA/Naya in the Gardens 1410. She is a single mother of 3 (2 boys and 1 girl). She moved to Oklahoma in 2010 from Iowa and has been in the nursing profession for 15 years. She loves to bake!

---

---

**NAME OF INSTRUCTOR**

---

**CLASS NAME**

---

**Ime Peter****West African Traditions**

Ime is from West Africa, Nigeria in Akwa Ibom State. It is located in the coastal southern part of the country. It was the first to encounter Western education in Nigeria. Her native language is Efir. She loves working with our residents.

**Jasmine Carrington****Making Your Own Hand and Lip Scrub**

Jasmine is an LPN at the Inn. She is a Military wife with two boys. She enjoys being a nurse and even works PRN in the Springs when she gets the chance. She enjoys crafts and homemade concoctions.

**Tamie Willis****Gourmet S'mores**

Tamie is a CNA/CMA in the Inn. She has been working at Canterbury for seven years and loves it here. She is currently going back to school to advance her nursing status.

**Jenettie Redmond****Wine and Painting Class**

Jenettie works as a CMA in the Assisted Living and in our Memory Care. She is an artist and loves to be creative. She paints whenever she has the time.

**Imelda Guillermo****Filipino Cooking**

Imelda has been working at the Inn since 2010 and in the Springs before that. She is a nurse and a senior associate. Her husband is a pastor and they have a daughter who volunteers and does community service in our community.

**Nakia Talley****Dealing with Dementia: The Process**

Nakia has been an LPN for ten years. She has a Bachelor of Science with a specialty in Psychology. She loves to teach. She is Director of Resident Care at the Inn and Gardens. She is also active in her church as a praise and worship leader.

**Reginald Yancy****BBQ with Yancy**

Yancy is one of our drivers who has been here close to two years. He loves working with the residents and enjoys great conversations with them. He is originally from Houston, where he has a huge family. He tries to get back to Texas as often as he can to see his mother, siblings, and cousins. Yancy is very active in his church and spends his time off helping out there as much as he can. He has family and friends here in Oklahoma and he loves to smoke meats and cook for them.

---

---

**NAME OF INSTRUCTOR**

---

**CLASS NAME**

---

**Glenna Barnett****Water Walking**

Glenna is a resident in the Town Center. When she moved in, she immediately started volunteering to help with any projects she could. She loved gardening at her own home, so she continues to help our resident gardeners here at The Fountains @ Canterbury. She is very active and participates in many programs and events here.





**INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • REHAB & SKILLED NURSING**  
1404 NW 122nd Street • Oklahoma City, OK 73114 • **1-405-381-8165** • [www.watermarkcommunities.com](http://www.watermarkcommunities.com)  
A WATERMARK RETIREMENT COMMUNITY