

WU
WATERMARK UNIVERSITY

2017

Fall Semester
SEPTEMBER THROUGH DECEMBER

 **THE FOUNTAINS**
AT BRONSON PLACE



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,

Nancy Kotarski
Community Life Director

COURSE	FACULTY	DAY AND TIME	LOCATION
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Educational Courses

Fascinating Facts About Birds	Randall Schau	Wednesday, November 29 2:00 - 4:00 p.m.	Town Center Auditorium
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Almost everyone is fascinated with birds, so return presenter Randy Schau has put together a slide presentation that includes 341 slides depicting images and interesting facts about these fascinating creatures. The program has been presented in the past as part of the Osher Lifelong Learning Institute, and has been one of Larry's best received programs.

Resident Lunch & Learn	Sue Gardner & Committee	September-December 1st Wednesdays at noon	Town Center Auditorium
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This popular program, (formerly known as *Books & Ideas*), brings an educational presentation into our Auditorium every month, along with a free lunch! This fall you can look forward to new and exciting presentations, including the opening program of the season, Linda Whitlock of Consumer Horticulture & Master Gardener Program, MSU Extension, Kalamazoo County, with her presentation: *Kalamazoo is Bloomin' Beautiful* on September 6; soon-to-be-announced presentations on October 4 and November 1, and a presentation we all look forward to: *Stories Shared by the Reminiscence Writing Class* on December 3. We hope you can join us for one, several, or all of these wonderful programs!

The Presidential Burial Grounds	Lynn McFarlen	Thursday, October 5 at 3:00 p.m.	Town Center Auditorium
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Kalamazoo Community Outreach Coordinator, Lynn McFarlen, has provided some wonderful presentations for us over the past year, including excellent programs on Fort Custer and America's First Ladies. This fall she'll be here to present two programs for us. The first gives an overview of the places our deceased former presidents have been laid to rest. Learn interesting facts behind the burial grounds of some of our most famous and beloved U.S. Presidents.

U.S. War Memorials	Lynn McFarlen	Thursdays, Nov. 2, Nov. 30 & Dec. 7 at 3:00 p.m.	Town Center Auditorium
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Lynn McFarlen returns in November for a three-part series describing our country's famous U.S. war memorials. For each presentation Lynn will share interesting facts about the era in history in which the war occurred, as well as details about the memorial. The series will be presented as follows: *Korean War Memorial - Nov. 2; Vietnam Memorial - Nov. 30; WWII Memorial - Dec. 7;*

Current Events	Ken Long	September-December 3rd Thursday of the month at 2:00 p.m.	Town Center Den
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Are you interested in what is happening in today's society? Do you like to have regular discussions about current events. If so, you should join resident Ken Long and others for this class. Be prepared for great conversation and debates.

COURSE	FACULTY	DAY AND TIME	LOCATION
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The History of the Broadway Musical	Nancy Kotarski	September-December 3rd Wed. & Thurs. at 3:30 1st & 3rd Wed. at 10:45	Gardens Den Springs
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Witness the progression of the American musical by following the history of Broadway via the PBS Documentary, *Broadway: The American Musical*. This class will meet twice per month--the third Wednesday of each month viewing and discussing a time period and what styles were happening at that time; the following Thursday of the same week viewing one of the most significant musicals of the period. Come and learn how the Broadway musical has evolved from the late 1800s to the present day, and enjoy watching some of American history's best musicals!

Twentieth Century Timeline	Natalie Yang	September-December 2nd & 4th Wednesdays 1:45	Gardens Den
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Witness the most significant events of the 20th Century, from the Wright Brothers' first flight to the landing on the moon, from WWI to the end of the Cold War, and from the first automobile to the birth of the Internet. Twice a month, Natalie will run part of this phenomenal DVD series, which features insightful narration, rare photographs and stunning footage tracing the global milestones that paved the way for future generations. Each session will include discussion and personal connections with the remarkable events and achievements that defined and shaped the world in which we live.

This Month in Maintenance	John Windover	September-December Last Thursdays of each Month at 3:00 p.m.	Town Center Activity Room
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Maintenance Director John Windover continues to hold this monthly informative session to review what is going on in Plant Operations. He'll review past progress as well as discussing what is being planned for the month ahead. Each month John will describe work orders completed over the past month and provide a preview of upcoming projects. Come and get a perspective on what the maintenance team does, including preparations required for inspections and drills.

WMU Prof Talks & Campus Tours	Janis Clark & WMU Faculty	September - December Select Tuesdays at 3:00 Plus Outing Dates at 2:00	Town Center Auditorium
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The Fountains' collaboration with WMU continues with a whole new semester of Prof Talks. This fall, you can look forward to in-house informative presentations in our Auditorium, along with outings to WMU to explore topics and resources further. This fall's schedule includes: *The Richmond Art Center* - Sept. 19; *Richmond Art Center Tour* - Monday, Sept. 25; *Tour of the WMU Archives* - Monday, October 23; *W Med* - Nov. 7; *W Med Tour*- Nov. 15. This program will resume for the spring semester in January, 2018.

COURSE	FACULTY	DAY AND TIME	LOCATION
CD Treasures	Larry Smith	Tuesday, October 10 at 2:00 p.m.	Town Center Auditorium
<p>Music expert Larry Smith has discovered a treasure trove of music right here in our own Bronson Place library! To celebrate this incredible find, he invites you to this special class that will feature listening to selected tracks from a variety of music one track at a time--tying together tracks that somehow fit in a theme. He will provide comments about each selection, and, where possible, share illustrations and notes to help you better enjoy the music. For this fall session, selected tracks will include music for dancing, from a classical minuet to well-known ballet, through Broadway and big band tunes. Come have some musical fun with Larry!</p>			
Introduction to Sign Language	Erin Fouch	September-December Fridays at 11:00 a.m.	Inn
<p>The unspoken language of the world has been around for years and years to allow those who can't hear to communicate. Each country has their version of sign language and together we will be exploring American Sign Language. Community Life Assistant, Erin Fouch, has a basic knowledge of sign language, and is pleased to share this introduction to some of the basics of this important form of communication.</p>			
Life on Other Planets	Brad Gleason	Friday, October 13 at 3:00 p.m.	Springs Lounge
<p>Life on other planets, or extraterrestrial life, also called alien life (or, if it is a sentient or relatively complex individual, an "extraterrestrial" or "alien"), is life that does not originate from Earth. These hypothetical life forms may range from simple single-celled organisms to beings with civilizations far more advanced than humanity. Although many scientists expect extraterrestrial life to exist in some form, there is no evidence for its existence to date. Explore with Brad some theories and experiences about this otherworldly phenomenon, and add your two cents as well!</p>			
Ghost Towns of the Midwest	Travis Northrup	September - December 4th Tuesdays at 3:00 p.m.	Town Center Den
<p>Learn the history of local ghost towns. We will cover the location and history of each town and what happened that caused each to become a ghost town. If possible, we'll wrap up this class with a visit to a Michigan ghost town that you may not even know existed.</p>			
Numerology	Richard Dailey	September - December By Appointment	Varies
<p>Numerology is the ancient science of studying numbers. It is believed that numbers are the cosmic code of the universe, and understanding the higher and lower vibrations of numbers and how to use their energies will be of benefit to you. If you are looking for a fun, easy, and often revealing way of improving your life by knowing yourself or others better, look no further. All you need to get started is the date of your birth and the letters of your name. Contact Richard for an appointment.</p>			

COURSE	FACULTY	DAY AND TIME	LOCATION
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Travelogue: <i>The Baltic States</i>	Wayland & Sue Gardner	Mondays, October 9 & 30 3:00 p.m.	Town Center Auditorium
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Residents Wayland and Sue Gardner have enjoyed traveling all over the world. A couple of years ago they presented several travelogues that allowed the rest of us a glimpse into some of the countries they have visited. This fall Wayland and Sue have offered to share their experience visiting the Baltic States in this two-part program which will provide beautiful photographs and a recap of their journey to this part of the world. Enjoy a little armchair travel in our Auditorium with Wayland and Sue!

Reminiscence Writing	Wilma Kahh	September - December Mondays at 1:15 p.m.	Town Center Activity Room
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Welcome to a Reminiscence Writing at Bronson Place. In this course we will have the opportunity to review the 20th (and 21st century!) as we have seen it. This is our opportunity to write and share with classmates whatever part of our personal history we wish. We look forward to learning more about your experiences. Final class will be a presentation for the Resident Lunch & Learn program on Wednesday, December 6. The class will meet every Monday beginning September 11; however there will be no classes held on Mondays, October 9, 16, or 23.

Six American Memoirs	Martha Faketty	September - December 1st & 3rd Wednesdays at 1:30 p.m.	Town Center Activity Room
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Memoirs are back by popular demand! In this seven-week course we will read and discuss six highly engaging works from the likes of Ernest Hemingway, Natalie Goldberg, Jimmy Santiago Baca, and more. Four of the books substantially concern their writers' journeys as writers; two others center around life-changing conversions, one of a spiritual type and one based on adopting life as an organic farmer and becoming part of a community. All involve hunger of one kind or another, and all share the theme of dedication—even devotion—to a practice, craft, ideal, or person.

Staying Safe from Identity Theft	Zana Macky	Friday, November 3 3:00 p.m.	Town Center Auditorium
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As the holiday season approaches, it is more important than ever to protect yourself from various scams and identity theft. Modern technology has opened us up to more ways for thieves to take advantage of unsuspecting shoppers. Please join Zana Macky of the Michigan Department of the Attorney General Consumer Protection Division for this informative Consumer Education Program, where you will learn how to identity theft and fraud, how to protect your personal information online and off, and what to do if you become an identity theft victim.

COURSE	FACULTY	DAY AND TIME	LOCATION
Erika's Atrium Chats	Erika Harman	September-December 1st Thursdays at 11:00 a.m.	Town Center Atriums
<p>Executive Director, Erika Harman shares updates and insights into what's happening at Bronson Place in these monthly talks, which keeps residents caught up on all of the latest community news. Questions are encouraged and welcomed. Location will alternate between the East and West first floor atriums.</p>			
Trash Talk	Michael Rice	September - December 4th Wednesdays at 3:00	Town Center Auditorium
<p>Want to be in-the-know about all things "housekeeping"? Join Michael on the fourth Wednesday of each month this summer to "talk trash". He'll give you insights into the "hows" and "whys" of the housekeeping department, and answer questions you may have about the housekeeping services.</p>			
Short Stories for Discussion	Erin Fouch	September-December 2nd Mondays at 2:00 p.m. 3rd Mondays at 2:00 p.m.	Inn Gardens
<p>Reading aloud can bring enjoyment as well as information to the mind, but novels and long publications can become tedious. Join Erin to enjoy reading and discussing a variety of short stories and essays that will lead to insightful discussion in addition to enjoyment of the literature itself.</p>			
Spanish 101	Erin Fouch	September-December 2nd & 4th Tuesdays, 2:00	Inn
<p>Spanish is the number one non-English language spoken in American homes, even among non-Hispanics! Wouldn't you like to be able to understand a few words and phrases so that you would be able to interpret signs along the street, or perhaps follow along when watching a bilingual movie? Erin has a basic knowledge of the Spanish language, which she plans to share with you in this new class for fall. Join her to learn, or possibly refresh your Spanish.</p>			
Outrageous Animal Facts	Denny Miller	Date & time to be determined	Springs Lounge
<p>The Animal Kingdom is a strange place. Have you ever heard of an Umbonia Spinosa or seen a panda ant? Did you know the cricket's ears are located in their knees? Learn a handful of fascinating, little-known facts about some of the weirdest creatures. You'll have such great information to share with family and friends when they come to visit!</p>			

COURSE	FACULTY	DAY AND TIME	LOCATION
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Osher Lifelong Learning Institute

The courses in this section are presented by the Western Michigan University chapter of the Osher Lifelong Learning Institute. The Fountains at Bronson Place is proud to offer its facilities to this program, which serves members of the Kalamzazoo community over 55 years of age who have a passion for learning. The best value for these classes is to get the best value for these classes, and take advantage of early sign-up is to become a member for \$35 per course year. You can join OLLI and register for courses by calling (269) 387-4200 or going online to wmich.edu/olli/courses. Following each course description in the Watermark University catalog, you will see the course fees for both members and non-members.

(Ex. *Course Fee: Members \$20 / Non-members \$40).

Down (or Up) the "Old Sauk Trail" - U.S. 12	John Geisler	Wednesdays, 9/13 & 9/20 1:00-3:00 p.m.	Town Center Auditorium
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This course will be a narrated slide show telling the story of the native Amerian trail that eventually became the busiest highway between Detroit and Chicago. You will see the current sites on the "Trail", including early train stations, baseball parks, cemeteries, roadside attraactions, historic buildings, a one-of-a-kind meat market, a currently operating "opera house", twin observation towers built in 1924, a religious shrine, a stage coach tavern from teh 1840s and other early American sites.

***Course Fee: Members \$20 / Non-members \$40**

Into to German (or Reacquaintance With)	Bill Beverly	Wednesdays, 9/13 - 9/27; 10/18-11/1, 9:00-11:00 a.m.	Town Center Activity Room
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We will finish the text Willkommen! - German, chapters 9-12, available from Amazon, new or used. This is a contiuation of two previous courses. Anyone who was not in them needs to have some experience with the language-perhaps a dimly remembered course or two in the past. There will be some grammar, cultural content, and an emphasis on vocabulary acquisition.

*** Course Fee: Members \$60 / Non-members \$120**

The Still Open File on Jack the Ripper	James Wright	Wednesdays, 10/4-10/2 5:30-7:30 p.m.	Town Center Auditorium
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Jack the Ripper was the fist modern serial killer and the subject of the largest, longest runnin manhunt in British history. Jack the Ripper may have been a well-connected member of the Victorian society, a doctor, a famous painter or a derelict. The course will examine the entire lure of the Ripper through readings and film. *Note: Readings are from The Complete Jack the Ripper by Donald Rumbelow, available for under \$20* ***Course Fee: Members \$40 / Non-members \$80**

COURSE	FACULTY	DAY AND TIME	LOCATION
Juvenile Justice and Mental Health: Finding a Path Forward Juvenile Justice refers to the judicial system that addresses youth who commit acts that, if they were adults, would be a crime. The conversation will address the best practice for supporting youth with mental illness who encounter the juvenile justice system. This is done through a discussion of statewide and local community efforts to apply evidence-based practices. As part of the evidence-based practices will be a discussion of the imperative need for trauma-focused treatment. As in the large population, mental and behavioral health concerns create an additional complicating factor to successful rehabilitation. *Course Fee: Members 10 / Non-members \$20	Honorable Curtis J. Bell	Monday, November 6 3:00-5:00 p.m.	Town Center Auditorium
Forgotten U.S. Historical Documents Come Alive Again The Continental Congress (and Agreement), the Articles of Confederation (1781), the 1783 Treaty of Paris, the Land Acts of 1784-85 and the Northwest Ordinance of 1787 are often overshadowed by the Declaration of Independence (1776) and the Constitution of the United States (1787) as U S founding documents. However, for several years these 29 “other” documents held sway in terms of governing the United States, and the Midwest, in particular Ohio and Indiana, violated the provisions of one law and “stole” land from Michigan, which led to the Toledo War and the addition of the UP to Michigan. Thomas Jefferson proposed that Midwest states should be named Sylvania, Chersonesus, Assenspia, Saratoga, Polypotamia, Pelyssia, Michigania & Metropotamia. *Course Fee: Members - \$ 20 / Non-members - \$40	John Geisler	Tuesdays, Nov. 14 & 21 3:00 - 5:00 p.m.	Town Center Auditorium
The Eclectic Hour: OLLI Lecture Series The Fountains at Bronson Place is pleased to host this special FREE lecture series offered through the Osher Lifelong Learning Institute at WMU. For each presentation, faculty members will present 45-minute lectures on their current areas of research followed by a 15-minute Q & A session. Full descriptions of each lecture can be found in the Fall 2017 OLLI catalog of courses, located in the mail area of our community. The schedule includes: <i>Suicide in the United States</i> - Sept. 8; <i>Structured Inequality in Kalamazoo</i> - Sept. 22; <i>Rocks & Minerals Are a Valuable Economic Resource in Michigan</i> - Oct. 6; <i>Child Obesity: A Generation at Risk</i> - Oct. 20; <i>Life Participation Approach to Aphasia</i> - Nov. 3; <i>School Reform Isn't Complicated, It's Complex</i> - Nov. 17.	Jo Arnold and Ron Crowell	September-November Alternating Fridays at 11:00 a.m.	Town Center Auditorium

COURSE	FACULTY	DAY AND TIME	LOCATION
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Health & Wellness Classes

My Brain is Strong & Healthy	Suzanne Gernaat	September - December 1st Fridays at 2:00 p.m.	Town Center Den
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Your Brain is the most important organ of your entire body. It has been stated, "Without brain health, we don't have health." Our brain controls and monitors every function of our body 24/7. It is a powerful and complex machine that we often take for granted. Obtain the ultimate guide for keeping your brain healthy for your entire lifetime. Develop a personal plan of action with simple step-by-step everyday changes that can make such a difference. Each monthly session will give you current, reliable research and provide useful ways to keep your brain strong.

**Note: September's class will meet on Friday, September 8 instead of the first Friday.*

Monthly Health Talk	Sarita Alexander	September - December 1st Thursdays at 1:45 p.m.	Inn
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What are some ways we can get ourselves healthier? Each health talk will be facilitated by Sarita Alexander, Inn Program Director and licensed nurse, on different topics; exploring different medical issues, questions and how they affect health and well being, in correlation to national health topics. Please see the calendar for what is being discussed each month.

Treating Lymphedema Through Therapy	Lars Ruser Kitty Stafford	Tuesday, September 12 & Thursday, November 16 2:00	Town Center Den
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Lymphedema refers to swelling that generally occurs in one or both of your arms or legs. While there is no cure for lympedema, it can be managed with early diagnosis and diligent care. Join therapists Lars Ruser and Kitty Stafford to learn about treatments available, including manual lymphatic drainage, massage, and exercise. They'll also provide tips on how to use compression stockings and other methods to help alleviate this common medical occurrence.

Exercises in Mindfulness	Erin Fouch	September-December 3rd Tuesdays at 2:00 p.m.	Inn
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Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience. Join Erin to explore and practice mindfulness in everyday activities. Each month you'll focus on a new area of your life in which to be mindful as you go about things like eating, walking and listening.

The Art of Massage	Marina Garcia	September - December 3rd Fridays at 2:00 p.m.	Inn
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Who doesn't like an occasional hand or neck and shoulder massage. It feels great and can relieve physical, mental and emotional stress. This semester Marina will introduce you to the art of massage, with monthly soothing hand massages using special oils to sooth the joints and fingers and ease the pain of cracked, dry skin. She'll also use gentle techniques to lighty massage neck and shoulders with relaxing chair massages. Ahhhhhh.....

COURSE	FACULTY	DAY AND TIME	LOCATION
Skin Care 101	Carley VanderPloeg	September - December 3rd Saturdays at 3:00 p.m.	Springs Activity Room

Do you find yourself overwhelmed by all the commercials that claim their lotions will make your skin look and feel so much better? Do you scratch your head in confusion at all the choices in the skin care aisle? If so, you are not alone. The good news is that skin care can be simple. Washing your face doesn't have to be a 10-step process, and you don't have to spend a lot of money filling up your medicine cabinet. Join Carly as she teaches you the basics of healthy skin care.

Classes to Feed the Spirit

Praise, Worship & Fellowship	Nancy Schripsema	September - December 2nd & 4th Thursdays at 2:00 p.m.	Gardens Den
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Gather with us in the Den for fellowship as we praise God's Word through scripture readings, singing and discussion. You'll enjoy this uplifting class, led by Nancy Schripsma, where celebration and inspiration is part of every meeting!

Encouraging Words Bible Study	Patty Nuyen	September - December 2nd & 4th Wednesdays at 10:30 a.m.	Town Center Auditorium
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Please join us, along with fellow residents, for a (non-denominational) Devotional Bible Study. Together, we will read scripture passages and review discussion questions pertaining to the lesson of the day. Our goal is to grow together in God's Word by making the Bible relevant and meaningful to our everyday lives. Although this is a continuing study, everyone is welcome at any time! A new lesson is presented each time we meet, and you are welcome to share, or just to come and listen. There is no cost--all materials are provided. Enjoy this inspiring, caring, and fun group while learning more about God's Word.

Spiritual Moments	Carlene Jenney	September - December 4th Mondays at 1:30 p.m. 3rd Tuesdays at 1:30 p.m.	Gardens Inn
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There are many ways to enjoy having spiritual moments throughout your week. Join Carlene for this class in which you will engage in a variety of spirit-moving activities from month to month. Some weeks will be devoted to scriptural readings, inspirational stories and discussions, while others will be filled with music and singing of hymns. We hope you'll join us.

COURSE	FACULTY	DAY AND TIME	LOCATION
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Culinary Classes

Kitchen Tour	Andy Mitchell	Wednesday, November 1 at 2:30 p.m.	Town Center Kitchen
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Are you curious what is behind those doors in the dining room that lead into the kitchen? Now is your chance to see what happens behind the scenes in the kitchen. Andy will give you tour, answer any questions, and explain how the kitchen runs.

Moroccan Cooking	Laila Gourma	September - December 4th Fridays at 2:00 p.m.	Town Center Activity Room
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Laila continues this popular class which features the cooking and culture of her Moroccan heritage. Each month Laila not only brings delicious recipes to demonstrate and share; she also shares wonderful stories and a passion for cooking that make this program a wonderful event!

A Taste of Asia Cooking	Natalie Yang Erik Oliver	September - December 2nd Fridays at 2:00 p.m.	Town Center Activity Room
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In this class, Community Life Assistant, Natalie Yang, with assistance from Erik Oliver, will teach you how to make delicious Asian home cooking! Her recipes are healthier and lighter than what you will find at your local Chinese restaurant. She will show you how to make dishes from fresh spring rolls to yummy stir-frys. Don't miss out on the delicious fun!

Seasonal Beers, Ales & Ciders	Nancy Kotarski	Tuesdays, October 17 & November 28 at 2:30 p.m.	Town Center Activity Room
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By popular demand, we're bringing back a beer tasting class. Join Nancy for two separate sessions where we will explore some of the fall seasonal beers and ales, along with hard ciders and snack pairings to make the experience a treat for your tastebuds.

Wine & Pairings	Erin Fouch	September - December 3rd Fridays at 2:00 p.m.	Town Center Activity Room
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For those who enjoyed Erin's Wine Basics class last fall, you'll appreciate this continuation, which furthers your wine education with more samplings of great pairings for foods and wines. If you ever wondered how to choose a good wine to go with a meal, snack or dessert, be sure to attend.

Seasonal Samplings	Erin Fouch	September - December 2nd Tuesdays of the month at 11:30 a.m.	Gardens Activity Room
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Fall means great flavors of the season and an abundance of holiday foods. Join Erin for this delectable opportunity to taste all of the wonderful flavors of the harvest, from pumpkin spices to cinnamon, peppermint, and a host of other delicious examples. We'll cook and bake together, just like old times, when Mom, Grandma, and all of the kids came together in the kitchen.

COURSE	FACULTY	DAY AND TIME	LOCATION
Bells' Beers	Brad Gleason	Friday, December 8 at 3:00 p.m.	Springs Activity Room
<p>If you are looking for an in depth exploration on local brewery phenomenon Bells.... Look no further! Brad is not only an avid lover of these beers, he also is employed by the Bells Company. So, bring your interest and your questions, and even your taste buds! You never know if you'll get a free sample!</p>			
Food Demonstrations	Emily Meijer	September - December 2nd Wednesday of the month at 2:00 p.m.	Town Center Activity Room
<p>Join Chef Emily and see how she prepares some of the wonderful dishes enjoyed in our dining room. Learn what goes into making different dishes, and enjoy getting to taste the finished product too!! See monthly postings for more details on the menu for each class.</p>			
Fall Lattes & Pastries	Chandra Clark Natalie Yang	September - December 1st Mondays at 2:00 p.m.	Inn
<p>Warm beverages are in order when the crisp fall air starts coming around. Join Chandra and Natalie to sample some interesting and delicious fall-flavored lattes. A little pastry on the side and you've got everything you need to settle in for a cozy afternoon.</p>			
Food For Thought	Andy Mitchell	September - December 4th Wednesdays at 10:00	Town Center Market Area
<p>Do you have questions about how things work in dining services? Would you like a preview of what's up and coming in the dining room and market at The Fountains? Andy will meet with you every fourth Wednesday of the month during the new "Breakfast Hour" to go over what you can expect to see from his department. From time to time you may be treated to samples or be invited to participate in dining services planning by providing your input. Most of all, you'll stay informed as changes occur.</p>			
No Bake Desserts	Maddie Huff Emily Schmeling	September - December 2nd Tuesdays at 11:00 a.m.	Inn
<p>Learn how to whip up some terrific no-bake desserts for your family, friends, and yourself! Join Maddie to explore new recipes for delectable desserts you can make without the fuss of the oven! We'll whip something up on a Tuesday morning that we can sample later in the afternoon. Yum!</p>			
Spiced Cocktails Wonderful Lattes	Melissa Matsko Jamie Hause	September - December 2nd Thursdays at 3:00 p.m.	Springs Activity Room
<p>When the weather gets colder, you can always count on a cocktail to warm you up. Sip a taste of fall with these cocktails made by Melissa and Jamie! They'll bring all the info and ingredients and you only need to bring yourself for a wonderful seasonal treat.</p>			

COURSE	FACULTY	DAY AND TIME	LOCATION
Delectable Dips	Tresha Tramel & Doug Sytsma	September - December 3rd Wednesdays at 3:00 pm	Springs Activity Room
Grab a carrot and hang on for the ride! We have a whole bunch of tasty dips that will make it easy to wow the crowd at your next potluck, dinner party, or cocktail hour. Perfect for entertaining, dips also make for great snacking while you're watching the big game or hosting a holiday get together.			
Designer Holiday Sweet Treats	Shantase Alexander Stephanie Phillips	Tuesday, October 24 at 2:30 p.m.	Town Center Activity Room
Have you ever thought of ordering one of those fancy foodie gift packages, with chocolate dipped fruits and gold-sprayed chocolate-dipped pretzels? They can be pretty expensive. Shantase has learned how to skillfully create your own designer treats, and she wants to share her passion with you in this			
Fall & Winter Holiday Mixology	Erin Fouch	May-August 2nd Mondays at 3:00 p.m.	Inn
With the holidays coming, we begin gathering with friends and family members more often to celebrate. Often this includes having a special seasonal cocktail. Join Erin to learn some new tricks for mixing up delicious cocktails for the holiday season.			
Holiday Candy Making	Nancy Kotarski	Wednesday, December 6 2:00 p.m.	Inn
Nancy loves to bake and make sweet treats to give as gifts during the holidays. Learn how to make some of her favorite holiday-themed recipes. You'll enjoy not only the process of creating delicious home-made candies, but also reminiscing good times in the kitchen from holidays gone by, and, of course, sampling the fruits of your labor. 'Tis the season.....			
<u>Creative Arts Classes</u>			
Crafty Corner	Gloria Slater	September - December 1st Tuesdays at 2:30 p.m.	Inn
Gloria has got some great craft ideas up her sleeve, and she's looking for fellow crafters to help create some of these unique creations. Join Gloria for another season of <i>Crafty Corner</i> , create some delightful home décor items or maybe gifts to share during the holidays.			
Homemade Clay Artworks	Chandra Clark Natalie Yang	September - December 1st & 3rd Wednesdays, 2pm	Gardens Activity Room
Being creative and learning an art is not only a fun and interesting thing to do--it also provides benefits by inspiring you to use your senses in a whole new way. Join Chandra and Natalie for this mini-sculpture class where you will form works of art from clay. Enjoy the sensation of working the clay and tap into your artistic side to tackle a new project each month!			

COURSE	FACULTY	DAY AND TIME	LOCATION
Holiday Crafts	Erin Fouch	September - December Fridays at 11:30 a.m.	Gardens Activity Room
<p>There are so many great craft ideas for the holidays on Pintrest that we decided to continue a weekly crafting session in the Gardens so we can try many of them out this summer! Join us in creating unique home decorations, jewelry, and much more as we test the limits of Pintrest on Friday mornings throughout the summer.</p>			
Fall Flower Arrangements	Natalie Yang	September - December 2nd Tuesdays at 3:00 p.m.	Inn
<p>Have a knack for flower arranging or just an interest in doing so? If so, this is the class for you. Join Natalie, to learn how to make simple floral arrangements from the colorful late blooming flowers of autumn. She'll provide the materials and provide some basic guidance, but then it will be up to you to create an arrangement that makes you or someone you know smile.</p>			
Gretchen's Music With Munchkins	Gretchen Malinowski	September - December 3rd Saturdays of the month at 10:30 a.m.	Town Center Auditorium
<p>Gretchen continues this delightful class that combines two things that everyone enjoys--music and babies!! Join her one Saturday per month as she brings her own baby son, Eugene, and some other friends with babies to engage residents and participants in an interactive program that offers fun for everyone. Residents are invited to bring in their own family members who have babies to join in on the fun, and we'll all learn to enjoy music among the different generations.</p>			
Pintrest with Pat	Pat Chase	September - December 4th Tuesdays at 10:00 a.m.	Springs Activity Room
<p>Arts and crafts describes a wide variety of activities involving making things with one's own hands, and is, for many, a hobby. Some crafts (art skills) have been practiced for centuries, while others are more recent inventions. Join Pat for some of these arts and crafts highlights found on none other than everyone's favorite crafting site - Pintrest!</p>			
Silvertones Tone Chime Ensemble	Phil Marsceau	September - December Tuesdays at 7:00 p.m.	Town Center Auditorium
<p>Phil Marceau leads this musical ensemble dedicated to bringing the joy of music to residents and family members alike. Again this fall the group will take part in weekly rehearsals to prepare music for a holiday concert in December. To participate, you need to be able to read music. Chimes, music and musical direction are provided. Please contact the Community Life Office if you plan to join this group for the fall session, which begins on September 5.</p>			

COURSE	FACULTY	DAY AND TIME	LOCATION
Readers Theatre	Nancy Kotarski	September - December Rehearsal times to be determined after 1st mtg.	Town Center Auditorium

Nancy is geared up and ready to help you tackle another semester of stage fun, both for our acting team and our audiences. This semester we'll be preparing to perform another script in the readers theatre style. New members are always welcome. There are no lines to memorize, and depending on who comes out for the class, each actor may play multiple roles from a seated or standing position (their choice). If you're interested in finding out more, attend the first class on **Monday, September 11 in the Auditorium**. We'll have a great time acting together!

Physical Courses

Swingin' With Susan	Susan Iervolina	September - December Every Saturday at 10:00 a.m.	Town Center Activity Room
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Do you enjoy country music and line dancing, but feel like you can't do it anymore? Don't let that stop you from getting into the music and moving with a purpose. While this class has always featured Line Dancing, it has been reformulated to include seated movement so that everyone can participate. Come and swing with Susan! You'll get some great exercise and have a wonderful time!

Chair Zumba!	Erin Fouch	September - December 3rd & 5th Thursdays at 2:00 p.m.	Gardens Den
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Zumba is a dance-exercise class that uses Latin rhythms and upbeat music to get you dancing in ways that strengthen and tone, while giving you and aerobic work out and a great time in the process! The chair-adaptable classes make participating an option for those with limited the opportunity to take on the joy of Zumba® Fitness!

Tai Chi	Ryan Brazee	September - December 4th Wednesdays at 2:00 p.m. 4th Wednesdays at 3:15 p.m.	Town Center Auditorium Inn
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There is growing evidence that the mind-body practice of Tai chi has value in treating or preventing many health problems, (including Parkinson's Disease); and you can get started anytime, whether you are completely healthy, or have health concerns that challenge you with limitations. Join certified Tai chi instructor Ryan Brazee for an introduction to this martial art form that provides low-impact, slow-motion exercise through a series of motions emulating nature. Depending on your desires and needs, you can participate at any level to increase flexibility, strength and balance.

COURSE	FACULTY	DAY AND TIME	LOCATION
Fall Walking Club	Natalie Yang	September - December Thursdays at 11:30	Gardens
<p>What better way to work up an appetite for lunch than taking a good walk? Now that the weather is cooling down, and the leaves are beginning to change color, we can enjoy walks along the walkways of our beautiful community grounds. Capture some of that crisp fall air, along with the sound of crunching leaves underfoot as you walk, along with neighbors from the Gardens.</p>			
Autumn Strolling	Erin Fouch	September-December Thursdays at 11:00 a.m.	Inn
<p>Breathe new life into your weekly exercise program with group walks on our beautiful community grounds . We'll enjoy the fall flowers and watch critters preparing for the winter ahead. Learn what's new outside our building as we stroll along this Autumn.</p>			
Shuffleboard	Ann Wedel	September-October Tuesdays at 7:00 p.m.	Upper Courtyard
<p>There's still good weather to come, at least throug the first part of this fall semester. So continue to join Ann Wedel for ongoing tips for play on our shuffleboard courts. Meet others after dinner for some light exercise (while the opportunity is still there). Of course, the courts are always open to anyone who wishes to play at any time of day or evening--grab your friends and take advantage of this relaxing way to get some light exercise and visit with neighbors in the upper courtyard.</p>			
<u>This and That</u>			
Life Storytellers	Mary Ida Hunt	September - December 1st & 3rd Mondays of the month at 3:00 p.m.	Town Center Auditorium
<p>Resident Mary Ida Hunt leads this class that allows all residents, and associates as well, the opportunity to share their personal stories with other residents. Topics can include anything from life experiences and careers to travel experiences and unique hobbies. If you have a story to tell, contact Mary Ida and she'll schedule you to present. (Presentations can be anywhere from 15 minutes to a full hour in length.)</p>			
Bronson Place Pickers	Ken Luchies	September - December 1st Fridays at 10:00 a.m.	Meet in Town Center Lobby
<p>Back for another semester, Bronson Place Pickers will hit the town to discover hidden gems at antique markets, re-sale shops, or a surprise place from Ken. Stops can be made along the way and he will also take requests. He will provide tips and tricks for finding a bargain, and share his knowledge and passion for "treasures". Like they say, one man's junk is another man's treasure. Be sure to bring your own money if you want to buy anything and for lunch if the group wants to stop!</p>			

COURSE	FACULTY	DAY AND TIME	LOCATION
Puzzling Fun	Sarah Dunning	September - December Tuesdays at 6:45 p.m.	Inn

If you like to figure things out, and love the sense of achievement you attain by solving puzzles, be sure to join Sarah on Tuesday nights. Each Tuesday she will have a puzzle to solve. These puzzles will range from the jigsaw-traditional type, to those of the brain-teaser variety, with a few puzzle games thrown in for good measure.

Faculty Biographies

Nancy Kotarski has been the Community Life Director at The Fountains since December, 2013. Previously, she had worked in a variety of settings as an arts administrator, recreation program coordinator, and teacher. She has a masters degree in Theatre, and enjoys acting, directing, and singing, as well as reading, walking, gardening, and baking. This semester she will continue to share her theatrical passions with you as well as some of her other hobbies.

Natalie Yang has taught her Asian Cooking class now for the past few semesters, and because it is so popular, she plans to continue this fall, along with several other classes in the Inn and the Gardens. She began working at The Fountains as a caregiver, and is now finishing her first year as a Community Life Assistant for the Town Center, Inn and Gardens

Erin Fouch joined the Community Life Team in August of 2016. With experience with animals, wine, and as owner of her own Zumba fitness business, Erin holds just that amount of "random experience" that makes her perfect for Community Life. She lives here in Kalamazoo with her daughter. As you can see, she will continue to lead classes for the Town Center, Inn and Gardens.

Hello, my name is **Denny Miller**. I have been a nurse at the Springs for almost a year now and have thoroughly enjoyed getting to know my residents. It's true, I do work a lot, but I have plenty of hobbies to keep busy with during my free time. I love reading science fiction, fantasy and mysteries. I enjoy fishing and spending time outdoors. I am an animal lover, but because I don't have time for a pet of my own, I often borrow my parent's dogs to take for a long walk on these nice late summer days.

Hi, I'm **Doug Sytsma**. I am the rehab tech at the Springs. Even though much of my time is spent staring at a computer screen, I always make time to visit with the residents and take part in their afternoon socials. In my free time, I enjoy sipping a glass of wine, sitting down with a book, and writing poetry. I have a passion for photography, and work on it whenever I am feeling inspired. I attempt to live a healthy lifestyle, eating right and exercising regularly, but I'd be lying if I said that I didn't splurge on junk food and sweets every now and then.

Carlene Jenney has worked in home healthcare for the past five years, and recently joined our staff here as a housekeeper in the Gardens. Prior to working with seniors, Carlene worked with children. She states that her passion for children and seniors are what she feels most blessed about in her life.

Sarah Dunning is a Lead Caregiver and Naya for the Inn and the Gardens. She is originally from Missouri, and came to Michigan in 1979. She has five children and loves horror movies and bingo. Mostly, though, she takes pride in her work, which she loves.

Suzanne Gernaat is an experienced teacher, obtaining a double teaching certification in 1975. She later earned her Master's Degree in Educational Leadership, specializing in curriculum development. She looks forward to providing quality individual and group instruction in memory improvement, in her class, *My Brain is Strong and Healthy: Using New Research to Increase Your Brain Health, Memory*

Erika Harman became the Executive Director at Bronson Place in June of 2016. Born in St. Joseph, Erika is no stranger to Southwest Michigan, she moved to Bowling Green, Ohio during her high school years, and proceeded to earn a Bachelor's Degree from BGSU. After working with the homeless and felons for a number of years, Erika switched paths to Health Care Administration, where she spent 22 years as an administrator, senior director of healthcare services, and a regional marketing director. She is happy to now be living in Kalamazoo, with her new husband and her WMU student son. She enjoys bike riding, travel, and driving her Camaro!

Hello, my name is **Susan Iervolina**. I am really looking forward to doing line dancing with all of you! I have a BA & MA in dance, and I am an ex-professional dancer, with 45 years of teaching experience. I am also American Arthritis Certified. You may remember me over the years in the Town Center, teaching a variety of line dancing classes.

Meet **Sarita Alexander**! Sarita has worked at the Springs as a nurse for the past several years, and has recently taken on the position of Program Director for the Inn. She looks forward not only to serving as Program Director, but also by participating in Watermark University, where she hopes to get to know residents in the Town Center, Inn and Gardens.

Hello! My name is **Ken Luchies**. I am the Transportation Coordinator at The Fountains. Aside from organizing transportation, I enjoy the second hand market. You could say that I live by the slogan, "One man's junk is another man's treasure". Looking forward to having fun with you!

Hello, my name is **Richard Dailey** and I will be having the privilege of helping you to understand yourself a little better through the science of numerology. I worked for 28 years as a psychiatric social worker for the Kalamazoo State Hospital, and have lived at The Fountains since April of 2013. I hope you'll come and share with me my passion for exploring the knowledge of the ancients.

Hello! My name is **Andy Mitchell**. I am the Director of Dining Services and have worked at The Fountains for nearly twenty-seven years. I am married and the father of two beautiful girls. I am an avid sports player and have competed in many sports throughout my life. I enjoy staying fit and am passionate about food and nutrition.

Ken Long has been a resident of The Fountains since November of 2012. Known to most of us as "the judge", Ken has had a long career of practicing law in Central Michigan. Ken has a passion for keeping up with current events, and is happy to lead this popular Watermark University class.

Michael Rice became our new Housekeeping Director in January of 2016. A seasoned Housekeeping and Transportation Director, with 20 years of his experience coming from his time at Friendship Village, Michael is now happy to be with the residents of The Fountains at Bronson Place, and sharing his expertise, and a forum for discussion of all things housekeeping again in *Trash Talk*.

Mary Ida Hunt, has lived in the Town Center since 2009. She enjoys playing Bridge, serving on the Hospitality Committee, and can often be found attending events and participating in programs throughout the community. When not leading her Watermark University class, you can often find her playing a piano somewhere in the building, or "acting up" in the Readers Theatre class.

Hello! My name is **Tresha Tramel**. I am the Community Life Coordinator at the Springs and have worked in the community for almost 8 years. I love my job and working with the residents. I also recently became a mom, and am happy to be spending time with my daughter, Presley McKenna, as well as my four dogs.

Meet **John Windover** - He has been at The Fountains at Bronson Place for 11 years working up through the ranks to the position of Maintenance Director in December 2013. He has been in apartment maintenance and building construction for 20 years, having started out as a grounds keeper at a Portage community, where within a year and a half he was promoted to maintenance supervisor for another community. He was later asked to join a construction company out of Kentwood MI, and at this point has worked all over the state of Michigan from Benton harbor to Escanaba. He is happy to now be working here at the Fountains.

Patty Nuyen - Hi !!! I am a retired Occupational therapist and have been married to my husband Greg for more than 45 years. We have identical twin daughters (Julie & Wendy). They too are married, live in the Vicksburg Area and have blessed us with 6 beautiful grandchildren. Several years ago I joined a Community Bible Study and my life my has been so blessed by studying the Bible (Gods Word) that I find JOY in sharing this with others. I love seeing lives enriched through the "Encouraging Words" of Hope, Peace, Love & Joyfulfilled in the Bible.

Erik Oliver is part of our wonderful Maintenance department, and really enjoys helping residents with their home maintenance needs. He also loves to cook! Come and join Natalie and Erik in another round of their popular Taste of Asia Cooking class.

Laila Gourma is one of the most popular faces on the Bronson Place staff. She enjoys helping, as well as just interacting with residents throughout our campus. Our residents love her for her contagious smile and bubbling personality, as well as for sharing her culture thorough her Moroccan Cooking class.

Kitty Stafford is familiar to all of us from her five years as working as part of the therapy program at the Springs. She is certified in lymphedema treatment, and we are excited to have her join us in teaching a Watermark University class this semester.

Hello, my name is **Brad Gleason**. I am the Keg Line Leader for Bells Brewing. Born and raised in Kalamazoo, I am a dedicated fan of all of the originality our city has to offer. One of those being the assortment of local breweries. Aside of my appreciation for the local flavor, I enjoy camping, playing the guitar, watching biographies and volunteering at the Springs.

Maddie Huff is a carregiver for residents in the Inn and Gardens and loves working with residents and being creative. She can always be found assisting with various programs, and is especially happy to be teaching a new Watermark University cooking class this fall.

Hi, I'm **Melissa Matsko**. I am the Director of Nursing at the Springs. My job keeps me busy and I love every minute of it. It is important for me to maintain meaningful relationships with my residents and their families as I am a strong believer in an open-door policy. During my time away from work, I love spending time with my husband and daughter. Whether it's cruising around lake Michigan on our boat, or relaxing on the couch, watching a movie, every moment with them is one to cherish.

Gretchen (Ross) Malinowski is no stranger to The Fountains at Bronson Place. She has spent several years leading sing-alongs and our Bronson Place community band. She recently married and had a child, and now incorporates her expertise as a music therapist, combined with her love of babies into her *Music with Munchkins* class. We hope you enjoy her fabulously popular intergenerational class.

Hi, my name is **Carley Vanderploeg**. I am a CNA at the Springs. My favorite part of my job is spending time with the residents, and enriching their lives in any way that I can. I am originally from Holland, MI, but moved to Kalamazoo to attend college. I am currently enrolled in the Nursing program at WMU, and cannot wait to put my education to use. I also enjoy traveling, running and playing volleyball when I have time.

Hello, my name is **Jamie Hause**. I have many jobs and responsibilities at the Springs. With that said, let's keep it short and say that you can find me at the front desk. This has been a busy year for me! Some of you may know me as Jamie Williams. However, I recently married the love of my life, and found out that we are expecting a baby! We couldn't be more excited! I am a huge animal lover and have three dogs. These fur babies just can't wait to meet their new little human, brother or sister!

Chandra Clark new to our housekeeping staff and can't wait to get started in Watermark University. She is a very "crafty" person; easygoing and likes to make people laugh. She is also the mother of a new baby daughter--Alison!

Shantase Alexander is also new to WU. Not only is she a fantastic housekeeper, but Shantase is starting a business featuring her sweet treats. She hopes you'll enjoy learning to create beautiful foods you can give as gifts.

You all know **Travis Northrup** as our Business Assistant in the Town Center. Not only is he good with numbers, Travis is also a talented artist, and is currently working on a BFA in Illustration through Rocky Mountain College of Art and Design. Travis lives in Kalamazoo with his wife, four children, and four dogs.

Randy Schau has provided multiple presentations for the Osher Lifelong Learning Institute, and has graciously shared two favorites, (*Shapes of the States* and *The Rules of Basketball*) over the past two years. We're happy to have him returning this semester to teach us about birds.

Lynn McFarlan is the Community Outreach Coordinator for Langeland Funeral homes in Kalamazoo. While this position may seem an unlikely one for a funeral home, Lynn creates and presents programs on topics of interest to seniors because the company she works for appreciates community support of the business, and wants to give back to the community in thanks. We're happy to have her as part of our Watermark University faculty.



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