

WATERMARK UNIVERSITY

2018

Spring Semester
JANUARY THROUGH APRIL

 **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

Nancy Kotarski
Community Life director

Educational Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Resident Lunch & Learn	Sue Gardner & Committee	1st Wednesdays • 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 Steve Charnley as *Abraham Lincoln* on February 7; B.J. Wesoloski on March 7; The Reminiscence Writing Class on April 4; *Justice for Our Children* on May 2; Stan Robin on June 6. We hope you can join us for one, several, or all of these wonderful programs!

Current Events	Ken Long	3rd Thursdays • 2:00 pm	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.

WMU Prof Talks & Tours	John Clark Colleen Munson	Tuesdays • 3:00 pm	Town Center Auditorium
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The Fountains' collaboration with WMU continues with a whole new semester of Prof Talks. This spring, you can look forward to in-house informative presentations in our Auditorium, along with outings to WMU to explore topics and resources further. This semester's schedule includes: January 9: *The State of American Politics: A Political Science Perspective*; February 28: *Heritage Hall Tour*; March 13: *Creating Leaders 1 Spike At A Time: WMU Women's Volleyball*

CD Treasures	Larry Smith	Tuesdays, 1/16 & 3/6 3:00 pm	Town Center Auditorium
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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 and then sharing his comments on each musical selection. On January 16 Larry will be playing examples of outstanding choral singing, including among others, a barbershop quartet, the beloved Andrews Sisters, and a big Broadway musical. On March 6 he will showcase virtuoso keyboard performers. There will be music for organ, harpsichord and piano, both "classical" and "popular". For each selection Larry will share introductory remarks before playing the piece. Come have some musical fun with Larry!

Educational Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Reminiscence Writing	Wilma Kahn	Mondays, 1/29-4/4 1:15 pm	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.

Tour Southeast Asia	Natalie Yang	4th Thursdays • 3:00 pm	Town Center Den
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Have you always wanted to visit Southeast Asia but are no longer able to take such a long journey? Join Natalie as she takes you on a virtual tour of the beautiful countries of Southeast Asia. Through online slide shows, video selections and discussion she will share the wonders of countries such as Malaysia, Indochina, Thailand, Singapore and more!

Ghost Towns of the Midwest	Travis Northrup	2nd Wednesdays 3:00 pm	Town Center Den
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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.

Numerology	Richard Dailey	By Appointment	Varies
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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.

Erika's Atrium Chats	Erika Harman	1st Thursdays • 11:00 am	Town Center Atriums
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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.

Educational Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Inn-formational Chats with Erika	Erika Harman	2nd Thursdays 11:00 am	Inn
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Executive Director, Erika Harman presents this new class directed at providing information, insights, and discussion on topics related to residents living in the Inn. Join her to keep up on what's happening throughout the Fountains community and to learn what's up and coming for the Inn. Questions are encouraged and welcomed.

Trash Talk	Michael Rice	4th Wednesdays 2:00 pm	Town Center Activity Room
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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.

Meet the Artist	Nancy Kotarski	3rd Tuesdays • 2:00 pm	Gardens Den
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From Vincent Van Gogh to Thomas Kincade, we see the artwork of the masters in so many places throughout history and our lives. Attend this new class in the Gardens, where the focus will be on a specific artist each month. We'll learn a bit about each artist's life, view examples of their work, and explore fun facts about the contributions, public reaction and more associated with each artist.

From Book to Film	Nancy Kotarski	1st & 3rd Wednesdays 1:30 pm	Town Center Activity Room
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So many famous film have been based on fabulous books. Join this special book club, where participants will read selected novels independently, then meet with the group to discuss the book and view the film created from the book. Discussion will follow the viewing of the film, at which time all will review how the film captured the essence of the book, taking into account the interpretation of the director and production team and comparing details. The first selection for this course will be the novel, *Wonder* by R.J. Palacio. Please sign up in the Community Life office to order a copy of the book for this course, which begins on January 17.

Short Stories for Discussion	Erin Fouch	3rd Mondays • 2:00 pm	Gardens Den
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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.

Educational Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Birth of Flight	Nancy Kotarski	2nd & 4th Mondays 3:00 pm	Town Center Den
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Join other aviation enthusiasts in viewing and discussing the fascinating documentary series, *Birth of Flight: A History of Civic Aviation*. From the exhilarating and perilous days of early flight, to the present, where travel on commercial flights all over the world is as common as travel by car, this program chronicles the complete history of the airplane and the persons who have had the biggest impact on the world of aviation. Twice per month we'll view and discuss an episode of the documentary. The class will end with a group outing to the Kalamazoo Air Zoo in April.

Easter Around the World	Erin Fouch & Natalie Yang	Thursday 3/29 11:00 am & 2:00 pm	Inn & Gardens
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The celebration of Easter spans the world, with a wide array of traditions and customs associated with the feast of the Resurrection of Christ. Join us for this course that offers a glimpse of the world as we explore Easter as it is celebrated throughout the world. We'll view photos, videos, and more to engage in a comparison study of how the world celebrates this beloved holiday. This class will meet in the Inn at 11:00 a.m., and then again in the Gardens at 2:00 pm.

Smart Phones 101	David Ansel	4th Wednesdays 3:00 pm	Town Center Activity Room
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A smartphone is a mobile or cellular phone that runs off a mobile operating system and functions like a mini computer. Smartphones also function as portable media players, digital cameras, video cameras and GPS navigational devices. This is great! But how do I make my phone do all of these things with my phone? Attend this class and learn to use the basic functions of your smartphone. From simple texting to operating the GPS and sending photos to your family, David will work with you to help you to become smartphone savvy! Please bring your phone with you to class. (Tablet use will also be reviewed if you wish to bring a tablet in lieu of a phone.)

Growing the Fountains Family	Karissa Baker, Nicoline Tarcala, Michael Rice	Monday 4/30 • 3:00 pm	Town Center Auditorium
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Have you ever wondered how the sales process works at The Fountains at Bronson Place? So much needs to happen to get a prospective resident from the interest stage to a smooth, successful move-in. Join the sales staff in this informational class designed to give you a peek into this well-designed process. Not only will you gain an appreciation for all that the sales department does--you'll also learn ways you can be a part of the process!

Educational Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Osher Lifelong Learning Courses

*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 Kalamazoo community over 55 years of age who have a passion for learning. The best value for these classes 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).*

Gerrymander: The Creepy Dragon That's Wreaking Havoc on American Democracy

Robert M. Weir

**Mondays 2/5 & 2/12 •
3:00-5:00pm**

Town Center Auditorium

Gerrymandering. The word is in the news and on the street. It's the topic of town halls and election reform initiatives. In this OLLI course, through presentation and discussion, you will learn:

- What is gerrymandering and how it got its name
- Abuses of current gerrymandering practices
- How gerrymandering creates political divisiveness, destroys cooperative compromise, and is unfair to voters
- Judicial and legislative attempts to abolish gerrymandering
- Nonpartisan citizen initiatives to abolish gerrymandering
- Regardless of your political leanings, you will discover why slaying the gerrymander dragon is necessary to revive a true democracy and a fair balance of power in America.

Members: \$20 Non-Members: \$40

Abraham Lincoln, the Lawyer

Robert Cinabro

**Wednesday, 2/7
9:00-11:00 am**

Town Center Activity Room

This one-session course is designed primarily to illustrate some interesting and significant milestones in the legal career of Abraham Lincoln until he was elected president in 1860. It will focus on his training, his first case and some of the most important cases he was involved in. It will also touch on the connection between his career as a lawyer and his more famous political career. It is designed for the layman and is not technical in nature!

Members: \$10 Non-Members: \$20

Educational Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Cow, Sheep, Goat	Natalie Fuller	Wednesday, 2/14 11:00 am-1:00 pm	Town Center Auditorium
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This course will start with an introductory understanding of cheese and how it is made. We will then dive into which health benefits and differences occur in our favorite cow, sheep and goat milk cheeses. Discussion will revolve around how the animal's environment and diet impact the end result of the cheeses. Health elements such as lactose, sodium, protein, fat, gluten and more will be part of the focus. The course will include samples of various cheeses made from cow, sheep and goat milk.

Members: \$10 Non-Members: \$20

Helping Under-Represented Students Thrive in College	Mark Delorey	Thursdays 3/1, 3/8, 3/15 3:00-5:00 pm	Town Center Auditorium
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Some students face challenges that severely limit their ability to enroll and thrive. Students who have been orphaned, in foster care, victims of trafficking, refugees or are undocumented have very low rates of college enrollment and graduation. WMU is the recognized national leader in providing access and support to these students, and the course will explore what we can all do to move these efforts forward.

Members: \$30 Non-Members: \$60

March to the Sound of the Guns: Decisions at Waterloo	Tom Vance	Thursday, 3/8 11:00 am-1:00 pm	Town Center Den
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The horrific and legendary battle of Waterloo was won or lost (depending on whose side you're on) by a series of strategic and tactical decisions. We will discuss the most critical decisions during this campaign in 1815, consisting of four battles between the French and the allied forces of the British and Prussians. The simultaneous battles at Ligny and Quatre Bas June 16 decided the fate of the simultaneous battles at Wavre and Waterloo June 18. Orders that were disobeyed proved helpful and orders followed proved harmful To Napoleon Bonaparte it was a gamble; to Wellington it was "a near run thing." We will explore what the participants knew at the time and what historians say now about what became one of the most written about battles in modern history

Members: \$10 Non-Members: \$20

Educational Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Steam Locomotive
Technology**

Mark Tomlonson

**Tuesday, 4/10
6:00-8:00 pm**

Town Center Den

This course explores a lost technology that built America: the steam locomotive. While no attempt will be made in the course to learn how to operate a steam locomotive, participants will be given an understanding of how the locomotive developed, some of the design issues, what it took to run a locomotive and why steam locomotives now appear in museums instead of on the main line. No prior technical or railroad knowledge is required.

Members: \$10 Non-Members: \$20

**Street Walking Through
History**

Thomas Dietz

**Friday, 3/30
10:00 am-noon**

Town Center Auditorium

We can learn much about local history by discovering the origins of Kalamazoo's street names. This course will primarily cover street names from the 1800s and early 1900s but participants will be encouraged to ask about any street.

Members \$10 Non-Members \$20

**Why is Michigan So
Square?**

Thomas Dietz

**Friday, 2/23
9:00-11:00 am**

Town Center Auditorium

A look at a map of Michigan reveals that many of its counties are rectangular. A closer look shows that almost all townships are square. How did this happen? This course looks at the Michigan Land Survey that commenced in 1815 and the reasons behind this grid-like land pattern. Don't be surprised to learn that it is related to the American Congress before the adoption of the U.S. Constitution.

Members: \$10 Non-Members: \$20

Educational Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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The Eclectic Hour: OLLI Lecture Series	Jo Arnold Ron Crowell	Fridays • 11:00 am	Town Center Auditorium
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Initiated in the winter/spring 2017 semester, the lecture series highlights the research being done in various departments by current WMU faculty. Each week a faculty member will present a 45-minute lecture on his or her current area of interest. Check out the stimulating lineup of subjects; if you want to know what is happening on the cutting edge, this is the place for you. It would also be a good way for you to introduce OLLI at WMU to your friends and neighbors. Fee **\$30 for members & non-members. (Non-member residents of The Fountains at Bronson Place attend FREE of charge.)**

Feb. 2

Dr. Edward A. Roth, director of WMU's music therapy program and BRAIN Lab

Music Therapy: The Rhythm of Recovery

Dr. Roth will lead a discussion regarding music therapy, brain health and rehabilitation. His talk will describe the application of music for persons diagnosed with neurologic disorders such as stroke, Parkinson's disease and dementia, and provide opportunities for discussion with attendees.

The Eclectic Hour: OLLI Lecture Series (cont.)	Jo Arnold Ron Crowell	Fridays • 11:00 am	Town Center Auditorium
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Feb. 16

Dr. Ashley Atkins, assistant professor of philosophy

The Aesthetics of Exposure and the Spectacle of Black Death

Ashley Atkins will discuss two racially controversial artworks, Dana Schutz's "Open Casket" (2017), an abstract expressionist rendering of the open casket photo of Emmett Till, a teenager who was lynched for allegedly flirting with a white woman and whose death helped to galvanize the Civil Rights Movement, and Kathryn Bigelow's film "Detroit" (2017), which exposes, with journalistic detachment, a night of violence at the Algiers Hotel that resulted in the murder of three black men by white police officers at the time of the 1967 Detroit riots. The lecture will consider the claim that both of these artworks make a spectacle of black death and will ask, what would it be to witness these deaths instead?

March 2

Dr. Carla Koretsky, dean of the College of Arts and Sciences, professor of geosciences and environmental and sustainability studies

Urban Dead Seas: Road Deicers, Fertilizers and the Dynamics of Urban Lakes

The use of road salt deicers has skyrocketed in recent decades. Although these deicers make roads safer, they have significant impacts on natural systems such as vegetation, drinking water supplies, corrosion of steel structures and nearby lakes. The study reported here looks at the influence of road salt deicers on two Kalamazoo lakes – Woods Lake and Asylum Lake. We'll learn about the normal yearly life cycle of lakes and the impact of salt deicers on the health and physical functioning of these lakes and other urban lakes.

March 16

Dr. Denise Keele, associate professor of political science and environmental and sustainability studies

The Politics of Climate Change

The scientific consensus on the causes and consequences of climate change are clear, yet the United States has continually struggled to adopt national solutions. This talk will explore the legal and political challenges to climate governance and identify the opportunities for the U.S. to respond to one of the more significant problems our global society will ever face.

April 6

Dr. Kristina Wirtz, linguistic and cultural anthropologist in the Department of Spanish, professor of Spanish

Cuba: Culture and Society

Come take a virtual trip to Cuba, "the Pearl of the Antilles," and learn about Cuba's fascinating culture and society! Learn about life under the Cuban Revolution and explore changes taking place there, in historical context. See some fascinating art and learn about the global impact of Cuban music and dance. Your guide is an expert on Cuban folk religion and Afro-Cuban culture. Anthropologist Kristina Wirtz has been visiting Cuba for 20 years to do research on Cuban religion, race and revolution She is the author of two books about Cuba.

April 20

Patrick Wilson, assistant professor of art, sculpture area coordinator at the Gwen Frostic School of Art

Nomadic Forms: Sculpture Inspired from the Tibetan Plateau

In his work Patrick Wilson combines traditional materials with contemporary fabrication methods. His most recent body of work focuses on the tensile structures of Tibetan yak wool tents. Using the same woven wool fabric that nomadic herders use to build and repair tents on the Tibetan plateau, Wilson re-imagines a traditional building technique in order to create a dialogue between shared experience and unfamiliar forms. Wilson will discuss his artistic process and the integration of studio art practice and field research.

Health & Wellness Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
My Brain is Strong & Healthy	Suzanne Gernaat	1st Fridays • 2:00 pm	Town Center Activity Room

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.

Health & Wellness Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Health Talks with Sarita	Sarita Alexander	1st Thursdays • 2:30 pm	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.

Feed Your Brain	Erin Fouch	3rd Tuesdays • 2:00 pm	Inn
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There's no denying that as we age chronologically, our body ages right along with us. But research is showing that you can increase your chances of maintaining a healthy brain well into your old age if you add these "smart" foods to your daily eating regimen. Join Erin for a look at "super-foods" and the science behind what makes these foods so healthy for your brain! Each month she'll highlight a new food item, and bring recipes and samples to share, in addition to great information on how to best feed your brain!

Food of the Month	Laurie Hancock	2nd Tuesdays • 2:00 pm	Springs Activity Room
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It's no secret that food science is making new discoveries all the time on what types of foods are the most nutritious and good for our overall health. Join certified dietitian, Laurie Hancock for this monthly class that will feature a certain food we should all eat on a regular basis. She'll share interesting facts about each food of the month, and provide samples of items prepared with that food.

Courses to Feed the Spirit

COURSES	FACULTY	DAY AND TIME	LOCATION
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Encouraging Words Bible Study	Patty Nuyen	2nd & 4th Wednesdays 10:30 am	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.

Courses to Feed the Spirit

COURSES	FACULTY	DAY AND TIME	LOCATION
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Praise, Worship & Fellowship	Nancy Schripsema	2nd & 4th Thursdays 2:00 pm	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!

Say Good-Bye in Your Own Way: Plan Your Life's Celebration	Lynn McFarlen	Monday 1/22 2:00-4:00 pm	Town center Auditorium
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Funerals or memorial services are no longer the cookie cutter, everyone-does-the-same-thing event. Many families choose to say goodbye in very personal ways. Come see what some families have done and learn some options for what you can do to prepare your family for a meaningful and respectful farewell. Prepare for laughter even though we're talking about a somber subject! Handouts you can use for personalizing will be given and time for questions will be a part of the class. This class is for education purposes only.

Culinary Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Kitchen Tour	Andy Mitchell	Wednesday, 3/21 2:30 pm	Town Center Dining Room
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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	4th Fridays • 2:00 pm	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!

Culinary Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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A Taste of Asia	Natalie Yang	Fridays 2/9 & 4/13 2:00 pm	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!

Wine & Pairings	Erin Fouch	Fridays 1/12 & 3/9 2:00 pm	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.

In the Kitchen with Lenisha	Lenisha Gardener	2nd Wednesdays 3:00 pm	Inn
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Caregiver Lenisha loves to cook and bake, so she's bringing some of her favorite recipes to share with you once a month in this new cooking class. Learn how to make some of her specialties as you help out in the kitchen with Lenisha!

Food Demonstrations	Emily Meijer	2nd Wednesdays 2:00 pm	Town Center Activity Room
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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.

Food for Thought	Andy Mitchell	4th Wednesdays 10:00 am	Town Center Market
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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.

Culinary Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Valentine Sweets	Nancy Kotarski	Tuesday 2/13 • 11:00 am	Inn
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True Love Truffles, Chocolate covered Cherries, Dark Chocolate Fudge....What are your favorite sweets during the month of love? Nancy loves to work in the kitchen and is a chocoholic herself, so she's ready and willing to share this class where you will learn to make some delicious homemade treats to share with loved ones this Valentine's Day!

Spring Mocktails	Natalie Yang	1st Mondays • 2:00 pm	Inn
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Miss those fancy cocktails you used to enjoy? Join Natalie to learn some recipes for great mocktails (cocktails without the alcohol) that you can enjoy all through the winter and spring. Winter classes will include mocktails to warm you up, while spring will bring forth light and breezy drinks to relish as the weather begins to heat up again.

Winter/Spring Mixology	Nancy Kotarski	4th Tuesdays • 3:00 pm	Town Center Activity Room
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Mixology is back! This time around we'll progress from warm and cozy winter drinks in January, to lighter, breezier fare as we head into spring. Join Nancy in learning some great new recipes for drinks for every season in this popular course.

Delectable Dips	Tresha Tramel	3rd Wednesdays 3:00 pm	Springs Activity Room
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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 get together.

Seasonal Beers	Doug Sytsma	2nd Thursdays • 3:00 pm	Springs Activity Room
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With all of the craft beers out there you can find something to suit your taste every season. Join therapist Doug Sytsma for this fun beer tasting class. Doug will give you the background on some new selections each month, and, of course, samples to taste!

Creative Arts Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Silvertones Chime Ensemble	Phil Marsceau	Tuesdays • 7:00 pm	Town Center Auditorium
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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 Spring Concert in May. 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 winter/spring session, which begins on **February 6**.

Music with the Munchkins	Gretchen Malinowski	3rd Saturdays • 10:30 am	Town Center Auditorium
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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. Classes begin in February.

Elegant Easter Egg Designs	Maddie Huff	Tuesday 3/13 • 11:00 am	Inn
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Gone are the days where eggs are just plopped into colored water and set out on display for the Easter holiday. There are now hundreds of terrific new decorating ideas for creating unique and beautiful eggs for your Easter table. Join Maddie for this creative session where we will explore new techniques to try and see what stunning egg-art we can achieve!

Crafty Corner	Gloria Slater	1st Tuesdays • 2:30 pm	Inn
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Gloria has got some great winter and spring craft ideas up her sleeve, and she's looking for fellow crafters to help with some of these unique creations. Join Gloria for another season of *Crafty Corner*, create some delightful home décor items or maybe gifts to share.

Creative Arts Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Readers Theatre	Nancy Kotarski	Select Thursdays 2:30 p.m.	Town Center Activity Room and Auditorium
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Our next production is in process, but we still welcome members to join this group who works on learning the craft of stage production through voice. This spring the Readers Theatre ensemble will present a radio play adaptation of Alfred Hitchcock's *The 39 Steps*. The cast will continue to work on the script, but others new members are invited to participate as understudies, sound technicians, and other production staff for the performance, which will take place on Thursday evening, March , 2018. No experience is needed.

Simple Stained Glass Projects	Chandra Clark	2nd Thursdays • 11:00 am	Gardens
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Beautiful stained glass effects can be achieved by using simple craft supplies like markers and paint. Join Chandra in the Gardens once per month for this fun, creative class, where you'll learn techniques for creating lovely stained glass projects to brighten your window.

Simple Skits & Scenes	Nancy Kotarski	1st Tuesday • 11:00 am	Inn
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Get ready to ham it up! Theatre professional, Nancy Kotarski presents this fun and active class where everyone gets to be a star. You'll learn acting technique, such as projecting your voice and developing character through facial expressions while simple reading from a script. No memorization or complicated stage movement is necessary to present these humorous scenes that will surely have us all entertaining one another.

Spring Flower Arranging	Laila Gourma	Tuesdays 3/27 & 4/24 2:00 pm	Town Center Activity Room
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Who doesn't love a beautiful display of flowers in the spring. Popular caregiver, Laila, has a designer's eye when it comes to flowers, and she is ready to spruce up the Inn with some lovely flower arrangements. Join her to learn how she selects just the right flowers to create an arrangement that could rival those in nature. All will participate in learning how to lay out designs through color, size, and types of flowers, as well as what selections contrast the best with others to create the best design.

Beginner Sketch	Natalie Yang	3rd Fridays • 11:00 am	Inn
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You may not know this about Natalie, but she is quite a sketch artist! Learn how she developed this skill, and how you can learn to sketch with a few simple lessons that will have you drawing like a pro in no time.

Creative Arts Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Creating Art with Joy

Joy Ansel

Time and day TBA

**Town Center
Activity Room**

Joy is back for a nuts and bolts class that will help you to develop the skills of a true artist. Whether you enjoy sketching, painting, or textile art, Joy will present you with the tools and knowledge you need to succeed in creating beautiful works of art.

Seasonal Centerpieces

**Mary Ida Hunt
Nancy Mason**

**Thursdays 1/18 & 3/15
7:00 pm**

**Town Center
Activity Room**

Have you ever wondered who creates the beautiful centerpieces on the Town Center Dining Room tables? Well, for some time residents Mary Ida Hunt and Nancy Mason have been teaming up to come up with fresh arrangements for the various seasons of the year. This semester they invite you to join them in the Activity Room to learn how they put together inexpensive, but elegant centerpieces for all residents to enjoy. Join them in the Activity Room periodically for creative work sprinkled with pleasant conversation for all.

Winter/Spring DIY Crafts

Erin Fouch

Fridays • 11:30 am

Gardens Activity Room

There are so many simple but elegant home décor items to make in the winter and spring months. Plan on being crafty on Friday mornings with Erin, and learn to create some beautiful handmade items to display in your home.

**Scrapbooking for Fun &
for Capturing Memories**

Nayas & Caregivers

Various Times •

Gardens & Inn

Scrapbooking is so much more than posting photos to a page. It's an art that requires the proper placement, correct background and pictures and memories that make a story. Join this class that will take place intermittently over the semester in the Gardens and Inn, whenever time allows and creativity strikes. Together with your nayas and caregivers, you'll capture great moments photographed on outings, and during programs with your Fountains neighbors and friends, and create a beautiful scrapbook to hold these precious times.

Creative Arts Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
Pintrest with Pat	Pat Chase	4th Tuesdays • 10:00 am	Springs Activity Room

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!

Fitness Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
Swingin' with Susan	Susan Iervolina	Saturdays • 10:00 a.m.	Town Center Activity Room

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	4th Thursdays • 3:00 pm	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 an 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	3rd Wednesdays 3:15 pm	Town Center 1st Floor East Atrium
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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.

Fitness Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Seated Tai Chi	Ryan Brazee	3rd Wednesdays 2:00 pm	Gardens
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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. This session of the class is geared toward participants in the seated position.

Drop-In Tai Chi	Ryan Brazee	Saturdays • 1:00 pm	Town Center First Floor East Atrium
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For those who'd like to observe or add an intermediate level of Tai Chi to their health and wellness program, Ryan will be meeting with his intermediate class of participants from outside the community on Saturday afternoons in our East Atrium. You are welcomed to drop by the East Atrium to observe this class, or, for a \$5.00 drop-in fee, join the class and attend on those Saturdays on which you wish to come. As many have already discovered, Tai Chi is a beautiful form of physical movement that emulates nature and has health benefits for the mind, body and soul. He hopes you stop by and discover what it's all about.

Chair Yoga	Laila Gourma	Wednesdays • 10:00 am	Inn
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We're shaking up our exercise routine in the Inn to introduce you to the health benefits of Yoga. While we hope all are attending Positive Moves exercise daily Monday-Friday, we're changing up the mid-week routine to teach you how Yoga can built strength and flexibility for your body in new ways. Besides the strength and flexibility benefits, "The relaxation techniques incorporated in **yoga** can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome," explains Dr. Nevins. "**Yoga** can also lower blood pressure and reduce insomnia."

A Potpourri of Additional Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Life Storytellers	Mary Ida Hunt	3rd Mondays • 3:00 pm	Town Center Auditorium
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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.)

Bronson Place Pickers	Ken Luchies	1st Fridays • 10:00 am	Off Campus
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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! *(This program involves a lot of walking and is geared toward residents in Independent Living who can handle a great deal of walking and getting on and off the bus without assistance.)*

An Afternoon with Oscar	Erin Fouch	2nd & 4th Tuesdays • 11:00 am	Inn
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Roll out the red carpet! We are taking a look back at wins, losses, upsets, and more fun facts about Oscar-nominated movies. Which Hollywood legend has 59 nominations? Which star won a leading actor trophy for just 16 minutes of screen time? Join us for the answers, and to view some of the best Academy-Awarding winning films of all time!

Create an Indoor Herb Garden	Natalie Yang	3rd Tuesdays • 2:00 pm	Inn
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Whether you have a green thumb or just enjoy the thought of growing fresh herbs to enjoy in tasty spring dishes, this is a great way to enter into the spring growing season. We'll discuss various herbs according to their appearance, aroma and use. We'll then proceed to start our own indoor garden and create an environment in which it will thrive. Once our herbs start coming in we'll try out some great recipes using fresh, homegrown herbs.

A Potpourri of Additional Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Power Couponing II	Sarita Alexander	Tuesday, 1/30 • 2:00 pm	Town Center Activity Room
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We all clip coupons here and there, but Program Director, Sarita Alexander has a system that will save you more than you ever thought possible! Join her for this special presentation on what she does to make the most of coupons available everywhere--if you just pay attention and take advantage of them! Sarita will distribute handouts with valuable information on how to save, as well as hands-on examples of coupons and products she purchased at a great savings! You might even get some FREE samples to take home with you!

Creating a Fresh Herb Garden	Tresha Tramel	2nd Mondays • 1:00 pm	Springs Activity Room
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There's nothing like fresh herbs to make any dish delicious. So why not grow our own herbs to use in all of those fresh salads, dips, and other recipes this spring? We'll start our herb garden in the winter, cultivate it, learn all about the herbs we choose to plant, and then reap the harvest as they start coming in by creating some tasty snacks using our very own home grown herbs!

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Nancy Kotarski

From Book to Film, Meet the Artist, Birth of Flight, Valentine Sweets, Winter/Spring Mixology, Readers Theatre, Simple Skits & Scenes

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

Tour Southeast Asia, A Taste of Asia, Spring Mocktails, Easter Around the World, Beginner Sketch, Create an Indoor Herb Garden

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 Town Center, Inn and Gardens. She began working at The Fountains as a caregiver, and is now in her second year as a Community Life Assistant.

Erin Fouch

Short Stories for Discussion, Feed Your Brain, Wine & Pairings, Easter Around the World, Chair Zumba, Spring DIY Crafts, An Afternoon with Oscar

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.

Doug Sytsma

Seasonal Beers

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.

NAME OF INSTRUCTOR

CLASS NAME

Suzanne Gernaat**My Brain is Strong and Healthy: *Using New Research to Increase Your Brain Health, Memory Power and Focus.***

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.

Erika Harman**Erika's Atrium Chats
Inn-formational Chats with Erika**

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 health care 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!

Susan Iervolina**Swingin' with Susan**

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.

Sarita Alexander**Monthly Health Talk, Power Couponing II**

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.

Ken Luchies**Bronson Place Pickers**

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!

NAME OF INSTRUCTOR

CLASS NAME

Richard Dailey**Numerology**

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.

Andy Mitchell**Kitchen Tour, Food for Thought**

Hello! My name is **Andy Mitchell**. I am the Director of Dining Services and have worked at The Fountains for 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**Current Events**

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**Trash Talk**

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**Life Storytellers, Seasonal Centerpieces**

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.

NAME OF INSTRUCTOR

CLASS NAME

Patty Nuyen**Encouraging Words Bible Study**

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.

Tresha Tramel**Delectable Dips, Creating an Herb Garden**

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.

Erik Oliver**A Taste of Asia**

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**Moroccan Cooking, Chair Yoga,
Spring Flower Arranging**

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 through her Moroccan Cooking class. Thisse mester you can look forward to seeing her as she leads yoga class and spring flower arranging in the Inn as well!

Gretchen Malinowski**Music with the Munchkins**

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 inter-generational class.

NAME OF INSTRUCTOR

CLASS NAME

Travis Northrup**Ghost Towns of the Midwest**

ou all know **Travis Northrup** as our Business Office Manager 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.

Lynn McFarlen**Say Good-bye in Your Own Way:
*Plan Your Life's Celebration***

K. Lynn McFarlen is a former high school teacher whose job change to a funeral home may seem surprising until you hear why it happened! Suffice it to say she learned the hard way about planning ahead after the deaths of her father and grandfather. Lynn is now the Community Outreach Coordinator for Langeland Family Funeral Homes and finds great fulfillment in helping people learn ways to have meaningful and celebratory farewells.

Sue Garland**Resident Lunch & Learn**

Sue Garland is an active part of our resident community. She has led the Activities Committee for several years and has presented Watermark University Travelogue courses with her husband, Wayland, in the past. She welcomes all to attend the newly defined monthly *Resident Lunch & Learn* program.

Wilma Kahn**Reminiscence Writing**

Wilma Kahn has been teaching the Reminiscence Writing class for 17 years, and has participants who have been with her all that time, in addition to new arrivals each semester. Wilma has an MA in English and an MFA in Creative Writing from Western Michigan University, as well as a Doctor of Arts in English from SUNY-Albany. She is the published author of poems, short stories, essays, and a detective novel, *Big Black Hole*. In addition, she edited *Haiti: Footprints in My Heart* and *Sue Parish Memoirs*. Wilma has led writing classes for adults in Kalamazoo County, Michigan since 1987.

Larry Smith**CD Treasures**

Resident **Larry Smith** is a retired Music professor from Kalamazoo College here in town, and is also a composer and conductor. He holds a Phd in Composition from the Eastman School of Music as well as a Masters degree from Northwestern University. In addition, he is a past president of the National Braille Association, and author of several books of braille transcriptions. We fervently welcome this amazing resident to the faculty of Watermark University.

NAME OF INSTRUCTOR

CLASS NAME

Lenisha Gardner**In the Kitchen with Lenisha**

Lenisha Gardener is new to our care giving staff in the Inn and Gardens. When not at work she enjoys baking, and can't wait to share this passion with residents in the Inn, in her new class for this semester, *In the Kitchen with Lenisha*.

Emily Meijer**Food Demonstration**

Emily Meijer is our grand head chef here at The Fountains. She has brought a wide range of creativity and flavor to our menu, and is happy to share some of her cooking secrets with you in her very popular monthly *Food Demonstration* class.

Phil Marsceau**Silvertones Tone Chimes Ensemble**

While many in the Kalamazoo area know **Phil Marsceau** as an employee of the U.S. Postal Service, we at the Fountains know him for his outstanding musical talent and ability to lead our in-house tone chimes ensemble, *The Silvertones* in creating beautiful music. For more than five years Phil has been part of our faculty. To the Silvertones participants he is revered as a leader, a friend, and that guy with all of the birds!

Ryan Brazee**Tai Chi Classes**

Ryan Brazee, an instructor of Yang family style Tai Chi since 2013, is certified to teach 24 form Tai Chi through Hunan Normal University. Ryan has taught at WMU and for Kalamazoo City and County. He is especially pleased to be able to offer the health benefits of Tai Chi to residents at The Fountains.

Nancy Mason**Seasonal Centerpieces**

Nancy Mason has made herself indispensable since moving into the Town Center at The Fountains. She is currently the Secretary for the Resident Council, chair of the Spiritual Life Committee and a writer for the resident newsletter, *The Newsline*. When not fulfilling her duties for these committees Nancy can be found volunteering to serve lunch at the *Residents' Lunch & Learn* or participating in any number of programs at The Fountains.

John Clark**The State of American Politics:
A Political Science Perspective**

John Clark is Chair of Political Science and a Professor of Political Science at Western Michigan University. In 2016 he presented a talk at The Fountains titled, *The 2016 Elections and the Future of American Politics*, which was very well received. Watermark University is thrilled to have him back this semester for another insightful presentation and discussion.

NAME OF INSTRUCTOR

CLASS NAME

Colleen Munson**Creating Leaders, One Spike at a Time**

Colleen Munson is the head coach of the Western Michigan University Volleyball Team. Her tenure at WMU has included a program record eight consecutive 20-win seasons from 2005-12 and nine overall trips to the Big Dance in 2008, 2011, and 2014, including a berth in the Sweet 16 in 2008. Taking over a program in 2005 that finished better than third in the MAC West just three times since 1990, Munson has led the Broncos to four MAC West championships.

Robert Cinabro**Abraham Lincoln, the Lawyer**

Robert Cinabro is a former Kalamazoo city attorney and Kalamazoo city commissioner. A native of Kalamazoo, he is a graduate of Kalamazoo College and the Cornell Law School. He currently serves as a civil court case mediator in several counties and practices law with his own professional corporation, Robert H. Cinabro PLC.

Natalie Fuller**Cow, Sheep, Goat**

Natalie Fuller has been the owner of The Cheese Lady in Kalamazoo's Texas Township since 2011. Over the past 10 years she has developed an in-depth understanding of the world of cheese through travel, farm and cheese-making tours and retail sales. Natalie is a graduate of WMU where she received a degree in marketing and economics.

Robert Weir**Gerrymander: *The Creepy Dragon That's Wreaking Havoc on American Democracy***

Robert Weir is a professional writer and speaker. A WMU grad and Kalamazoo resident, he authors articles for Encore magazine and other publications. His presentations and four published books deal with human experiences and the relationship of peace, justice and Earth care.

Mark Delorey**Helping Under-Represented Students Thrive in College**

Mark Delorey received his B.A. from the University of Notre Dame and his MBA from the University of Saint Francis. He retired in 2015 after a career as a teacher, coach and administrator, including over 30 years as director of financial aid. He is a co-founder of the Seita Scholars program, the Foundation Scholars and efforts to support undocumented students.

NAME OF INSTRUCTOR

CLASS NAME

Tom Vance**March to the Sound of the Guns:
*Decisions at Waterloo***

Tom Vance, marketing communications officer at Kalamazoo Community Foundation, has been studying Napoleon Bonaparte since high school. He has B.S. and M.A. degrees in history from Western Michigan University and is a retired lieutenant colonel in the Army Reserve. His articles on Napoleon have appeared in the British Army Review, Military History magazine and on the Napoleon Series website. The author of “Napoleon in America: Essays in Biography & Popular Culture,” he is currently working on “Francis Bonaparte: An American View of Napoleon II.”

Mark Tomlonson**Steam Locomotive Technology**

Mark Tomlonson has been a fan of railroads for as long as he can remember. He posts a daily blog on railroad history that is read by over 2,500 readers, and reprinted in several railroad historical society newsletters. He is well-known for his presentations on Kalamazoo County railroad history to various historical groups. He works as chief engineer of WMUK, and is also a part-time musician.

Thomas Dietz**Street Walking Through History,
Why is Michigan So Square?**

Thomas Dietz is the retired curator of local history at the Kalamazoo Valley Museum and has taught American history at Wayne State University, Kalamazoo Valley Community College and Western Michigan University.

David Ansel**Smartphones 101**

Hi! I'm **David Ansel**. I am the Assistant Director for Dining Services with Morrison Dining at The Fountains. I was born and raised in Virginia. In my spare time, I enjoy sports, playing cards, cooking and traveling with my wife. I look forward to seeing you at my upcoming class on using smartphones.

Joy Ansel**Creating Art with Joy**

Joy Ansel is interested in many things--especially people! Some of her passions include art, classical music, writing, and reading. She also played the violin for many years, bicycled 4000 miles one summer, has been to 49 states, and is a certified storm chaser. In short, Joy is more than just a smiling face at our reception desk!

NAME OF INSTRUCTOR

CLASS NAME

Gloria Slater**Crafty Corner**

Hello! I am **Gloria Slater**. I have worked here for 8 years, as a housekeeper the Town Center and, more recently in the Inn. I am a mother of two daughters, and I'm a very happy grandmother to a granddaughter, whom I have a lot of fun with and love with all my heart. I love being creative and look forward to continuing my popular Crafty Corner class in the Inn this semester.

Chandra Clark**Simple Stained Glass Projects**

Chandra Clark is one of our housekeepers who loves working with residents on various projects. She is a very "crafty" person who loves beautiful things that you can create on your own. She also loves to make people laugh, and is the mother of a beautiful baby girl.

Maddie Huff**Elegant Easter Eggs**

Maddie Huff is a caregiver for residents in the Inn and Gardens and loves working with the everyone, as well as being creative. She can always be found assisting with various programs, and is especially excited about leading a class this semester that celebrates the Easter season.

Laurie Hancock**Food of the Month**

Laurie Hancock is our Certified Dietary Manager at the Springs. She also has a Sous Chef back ground. Customer service is her primary goal and she enjoys making all of her residents feel at home. Laurie's goal is always to continue to grow and learn, to be challenged and feel good about a job well done at the end of the day. She's excited to share her knowledge and some quality time leading this class with residents of the Springs.

Karissa Baker**Growing the Fountains Family**

Karissa Baker is our Sales Director at The Fountains. She has held this role for about a year now, and had previously worked as a General Manager and Director of Sales for Holiday Inn and the InterContinental Hotels Group. Karissa lives in Portage with her son.

Nicky Tarcala**Growing the Fountains Family**

Nicoline Tarcala began working for The Fountains as our Outreach Coordinator in November, 2016. Prior to working here she held a position with *Junior Achievement*, and worked as a General Manager and Director of Sales for Candlewood Suites. At one time Nicky and her husband shared ownership of a professional photography studio. She lives in Kalamazoo with her husband and has two grown children.



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