

WATERMARK UNIVERSITY

2018

Spring Semester
JANUARY THROUGH APRIL

WOODBURY MEWS

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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,

Susan Sacks

Community Life Director
Woodbury Mews

COURSES	FACULTY	DAY AND TIME	LOCATION
Art & Culture	Community Life Team	Every 3rd Wednesday • 3:15 p.m.	Town Center 3rd floor
		Every 2nd Tuesday • 2:00 p.m.	Inn 2nd Floor

We are please to be continuing our Art & Culture program in honor of our presenter Pauline Jonus who sadly passed away at the end of 2017. Her love of the arts and sharing a variety of different types of programs will be continued and presented by our community life staff members.

In January The Great Cathedral Mystery: The dome that crowns Florence's great cathedral of Santa Maria del Fiore - the Duomo - is a towering masterpiece of Renaissance ingenuity and an enduring source of mystery. Still the largest masonry dome on earth after more than six centuries, it is taller than the Statue of Liberty and weighs as much as an average cruise ship. Historians and engineers have long debated how its secretive architect, Filippo Brunelleschi, managed to keep the dome perfectly alighted and symmetrical as the sides rose and converged toward the center.

February's theme is The Journey of Man. March we will be discovering all about Irelands Wild Coast. And finally in April, a bit of comedy and culture, The Pioneers of Television. No need to sign up for this class. The more the merrier.

Art of Candy Making	Kim Williams	Every 3rd Thursday • 2:00 p.m.	The Gardens
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Join Kim to create sweet treats we can all enjoy. Each month we will create new confections that are sure to satisfy your sweet tooth. In January, participants will be making home made fudge. In February, some special heart shaped chocolate lolly pops will be featured. March she will be teaching the art and history behind original Irish Potatoes. And Finally, April will be assorted chocolate covered fruits. What a delicious way to learn!!

Artistic Expressions	Dressler Smith	Every Last Friday • 2:00 p.m.	Town Center Community Room
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Lucy brings years of expertise and artistic talent to our community and she is happy to help you explore your inner artist. This September she will be teaching Kirigami which is the Japanese art of cutting and folding paper into ornamental objects or designs. Attendees will experiment with a simple accordion fold to create unique paper chains. In October, we will explore watercolors and create a personal painting as Lucy shares simple watercolor techniques. Simple Japanese Origami will be the subject in November. In the ancient art of origami, intricate shapes are created by folding a single sheet of paper and in this class, everyone will learn to construct a number of simple beginner origami shapes. To round out the semester in December, she will be teaching Quilling or paper filigree using strips of paper that are rolled, shaped and glued together to create decorative designs. The project will be a star made from this technique in time for the holidays.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Baking at its Best	Cindy Hibbard	Every 3rd Thursday • 2:00 p.m.	Town Center Bottle Club
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We are pleased that Cindy is continuing her crowd pleasing class on baking this semester. Among the classes this semester will be a class on how to bake January she will be baking Snowball Cookies, February - Raspberry Thumbprints, March - Irish Potatoes and April - Bunny Cake.

Ballroom Dancing	Gene LaPierre/ Krista Bradley	Every 4th Monday • 1:30 p.m.	Town Center Bottle Club
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Dust off those dance shoes and get back on the floor! Each month, Gene shares his fancy footwork with us and encourages us to dance our cares away and explore some new steps. In September, we will learn how to country two step and line dance. Gene will focus on German music and polka at a slow pace in October as well as the Waltz and Tango. November will focus on the Foxtrot, Swing, Rumba and Bachata using Big Band music and music from the Islands. And in the spirit of the holidays, we'll celebrate holiday music from around the world in December as we learn to dance the Waltz, Rumba, ChaCha, and the Hustle.

Behind the Stove with Anna Italian Pinwheel Appetizer	Anna Catando	Wednesday, March 28th • 3:15 p.m.	Town Center Bottle Club
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Anna will be preparing and sharing her recipe for delicious Italian Sub Pinwheels. This was a favorite fun recipe of Anna's as a child that her mother and grandmother used to make and she has continued her recipe with her daughter .

Bible Study	Steve Bruce	Every Saturday • 3:00 p.m. Every 2nd Sunday • 3:15 p.m.	Town Center 3rd Floor Inn 2nd Floor
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Each week Steve will select a different scripture from the Bible for the group to reflect on and then lead discussions as to how the passage pertains to today's world and daily living. This is a non-denominational group and all are welcome to attend this spiritual class of reflection.

Birds, Bears and Northern Lights	Carol Wood	Tuesday, February 6th • 2:00 p.m.	Town Center Community Room
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A spectacular program presented by Carol wood featuring photography by her amazing husband Wijbren Huisman that highlights their travels to Alaska. Soak up the beauty as Carol and Wijbren share their amazing adventure to this scenic wonder. A must see for all nature enthusiasts.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Celebrity Biography	Kelly Thompson	Wednesday, February 21st • 2:00 p.m.	Town Center 3rd Floor
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Kelly will explore the intriguing and interesting life of Elton John. "Sir" Elton Hercules John, CBE, is an English singer, pianist, and composer. He has worked with lyricist Bernie Taupin as his songwriting partner since 1967; they have collaborated on more than 30 albums to date. In his five-decade career Elton John has sold more than 300 million records, making him one of the best-selling music artists in the world. Join Kelly as she takes you further into Elton's amazing life, career and more.

Celebrity Bio	Community Life	Every 1st Monday • 10:30 a.m. Every last Monday • 2:00 p.m. Every 2nd Friday • 3:15 p.m.	The Gardens Inn 2nd Floor Town Center Community Room
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The lives of the rich and famous has, and always will be, fascinating to those less glamorous. Stars are idolized around the world for both their good and bad qualities. This course will highlight some of our most beloved celebrities from the past. We will discuss what their life is or was like in the limelight, and reminisce some memories we all share from their public appearances. Celebrity Corner is a great way to learn about your favorite celebrities. From Lucile Ball to Liza Minelli, Laurel and Hardy to Johnny Carson this class will evoke memories and intrigue you with these fascinating life stories. Since the program starts off with a who's who, the featured celebrity will always be a surprise.

Chair Yoga	Christie DiStefano	Every 1st & 3rd Monday • 1:30 p.m. Every 1st Tuesday • 10:30 a.m.	The Gardens Town Center 3rd Floor
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Many people hear the word yoga and envision twisting themselves into a pretzel pose. Yoga can provide a wide range of benefits to people of all ability levels, backgrounds and ages. Did you know that yoga can help you lower your blood sugar and blood pressure, it can boost your immunity, prevent cartilage and joint breakdown, improve your balance and increase your strength? These are just a few of the reasons to explore this ancient practice which is said to not only provide physical benefits but also improve your emotional and mental state. Christie will ensure that we can all access this practice in a safe way without leaving our chairs. We hope you'll join us for this class.

COURSES	FACULTY	DAY AND TIME	LOCATION
Cooking for Life Culture & Health	Sue Sacks	Every 2nd Tuesday • 3:15 p.m. Every 2nd Wednesday • 3:15 p.m.	Inn 1st Floor (Gardens Joining) Town Center Bottle Club

Sue loves cooking and she enjoys exploring other cultures through their cuisine and traditions. January's theme will be western style chili. Sue will incorporate some facts and trivia about the old west as she teaches her class how to make her home made chili. February 's theme is Eating Heart Healthy. Sue will be cooking up a special recipe that is tasty and heart healthy as well. Participants will learn the benefits of eating a heart health diet. March's theme is Ireland. Sue will be making home made Irish Stew as participants learn about Ireland and it's traditions and customs. April's theme is the benefits of coconut oil. Sue will be cooking up some pecan crusted chicken tenders fried in the coconut oil. A delicious must try dish. Most important is the knowledge participants will gain of the many health and beauty benefits.

Fit for Life	Lois Viola	Every Monday • 10:30 a.m. Every 1st Friday • 10:00 a.m. Every 3rd Wednesday • 1:30 p.m.	Town Center 3rd Floor The Gardens Inn Lobby
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Fitness should be fun and in this class, Lois ensures that you don't experience another traditional physical fitness program. Join her for this unique approach to fitness and get moving with friends this semester.

Frozen in Time	Sabrina Costantino	Tuesday, January 23rd • 2:00 p.m.	Inn 2nd Floor
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Join Sabrina for an adventurous journey in time to the historic year that froze our wonder of the world, Niagara Falls. Included in this presentation are a host of other related articles and splendid photography of history's frozen relics and moments.

Fun, Fit and Fab	Patti Lindstrom	Every Last Thursday • 10:30 a.m.	Town Center 3rd Floor
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Certified fitness instructor Patti will take her class to their highest fitness potential. Focusing on balance, strength training, breathing techniques and more, participants get a full body workout. Patti can modify her classes to all fitness levels. Combined with music, her classes are a crowd favorite.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Health Tips with J.T. from Bayada	John Szigethy, DPT	Every 3rd Monday <ul style="list-style-type: none"> • 2:00 p.m. • 3:15 p.m. 	Inn 2nd Floor Town Center 3rd Floor
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Each month, Bayada has a different health and wellness topic. The Topics vary and are posted in the Town Center main lobby and on the board at the Inn next to the main elevator. Participants will gain insight and knowledge of a variety of different wellness themes. J.T. also is available every 2nd and 3rd Monday in the Town Center library for his Ask the Bayada Therapist hour. Residents can visit and bring any questions and concerns that they may have.

History's Fiercest Women	Joyce London	Tuesday, April 17th <ul style="list-style-type: none"> • 2:00 p.m. 	Town Center Community Room
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Throughout history, there are countless women who have challenged societal expectations and defied stereotypes, but we don't always hear their stories. From the female Paul Revere and a Hollywood starlet-turned-scientist to a political pioneer and the first female sports star, HISTORY champions the legacies of these daring women.

In this course, Joyce will be sharing her research about these amazing women with her audience about their triumphs and turmoil.

Horticultural Expressions	Rachelle Hasenberg	Friday, January 19th <ul style="list-style-type: none"> • 2:00 p.m. 	Town Center Community Room Inn 3rd Floor
		Monday, February 5th <ul style="list-style-type: none"> • 2:00 p.m. 	
		Friday, March 23rd <ul style="list-style-type: none"> • 2:00 p.m. 	Town Center Community Room Inn 3rd Floor
		Monday, April 2nd <ul style="list-style-type: none"> • 2:00 p.m. 	

In January at the Town Center and February at the Inn, participants will be learning how to make home made potpourri. You will learn about each ingredient and also design a pretty container for displaying your fragrant creations. In March and April, the lesson and creation will be about springtime bulbs. Participants will be working with different silks so that it will last a lifetime. Be sure to sign up at the front desk for this program as seating is limited.

Jewelry Re purposing	Lynn Moles	Tuesday, February 20th <ul style="list-style-type: none"> • 1:30 p.m. 	Town Center Private Dining Room
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Participants can bring their old or broken jewelry to repair or redesign them into something new. Lynn will also have a variety of beads and such, and will be teaching the participants how to create a variety of jewelry.

COURSES	FACULTY	DAY AND TIME	LOCATION
Music Appreciation	Judy Godshall	Every Saturday Afternoon • 1:30 p.m. Every 3rd Wednesday • 10:15 a.m.	Town Center Library Inn 2nd Floor

Judy Godshall started the Senior Welcome Line 27 years ago at the age of 50 with her now deceased husband Luke. Seniors have been brought together once a month for a Dutch treat luncheon sharing senior issues. Married to her husband Luke, an Air Force veteran for 44 years, and living in four states, Judy attended Gloucester County College and studied several subjects over the years. Her music training was in Delaware playing the organ. Judy has two sons and helped raise a girl who lived on the streets. This child calls her mom and has even named her daughter after her. Judy enjoys her grandchildren and great grandchildren and gives the lord prayers for the miracles in her life. Judy shares her love of music with our residents with her Watermark University program Music Appreciation. During her program she plays songs of reminisce and discusses with her participants the song history and composer, while encouraging reminiscing participation from her guests.

Philly Talk	Russ Cohen	Friday, April 13th • 2:00 p.m.	Town Center Community Room
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This is a must attend event for all Phillies sports enthusiasts (FANS)!!!!

Russ will be sharing his "Sportsology" know how about the Philadelphia Phillies Baseball Team inspired by his sports radio programs on Sirius/XM and Sportstalkny WLIE 540 AM. Russ knows everything you ever wanted to know about our home team and more. From spring training to the world series! Let's hope we win it this year!

Postcard Travels	Community Life	Every Tuesday • 3:00 p.m.	The Gardens
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Postcard Travels is a wonderful nostalgic and educational program that is performed by the community life team. Each week the residents are engaged in a different trip adventure. From favorite vacation spots to exotic countries, each program takes them on a different journey. First they are given clues to guess where they will be traveling. Vintage postcards, items they would be packing, passports, foods of the destination and costumes are often used as part of this stimulating and fun program.

COURSES	FACULTY	DAY AND TIME	LOCATION
Procrastination 101	Community Life	Wednesday January 24th • 3:30 p.m.	Inn 2nd Floor
		Wednesday February 28 • 3:30 p.m.	Town Center Community Room

Don't even think about putting this course off. Well actually, if you do, you may be a procrastinator. Let's face it, we all procrastinate from time to time, some more than others.

In this set of interesting short Ted Talks, you will learn why we humans do this non productive and sometime frustrating behavior and also some techniques to help those of us who are chronic offenders. There's even a little humor too! The staff presenting the course will conduct a discussion about the seminar afterwards and participants can share their opinions and experiences.

South West Landmarks	Stuart Liss	Friday, March 2nd • 2:00 p.m.	Town Center 3rd Floor Inn 2nd Floor
		Monday, April 9 • 2:00 p.m.	

This Watermark University will be featuring a host of Americas most famous landmarks. In this class, Stuart will explore many of the landmarks concentrating on the south west while educating participants about the folklore and history surrounding them. Many of you may have visited some of them!

The Art of Quilling	Betty Adams	Monday, April 30th • 2:00 p.m.	Town Center Community Room
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Just a brief introduction: Quilling, the coiling and shaping of narrow paper strips to create a design, has been around for years — hundreds, in fact. During the Renaissance, nuns and monks would roll gold-gilded paper remnants trimmed during the bookmaking process, and use them to decorate religious objects as an alternative to costly gold filigree. Quilling later became a pastime of 18th and 19th century young ladies in England, who would decorate tea caddies and pieces of furniture with paper filigree. The practice crossed the Atlantic with colonists, who added quilling to candle sconces and trays as home decorations.

Betty Adams will be teaching participants this ancient art and how to design it into beautiful hand made greeting cards. You may sign up for this class at the front desk during the month of April as seating is limited.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Tai Chi	Gerri Medoff	Every 2nd & 4th Tuesday • 2:00 p.m.	Town Center 3rd Floor
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In this class, Gerri will share the benefits of Tai Chi stretches and provide the most beneficial exercises and poses for participants whether in a chair or standing. The controlled movements associated with Tai Chi lead to healthy muscles, reduction in stress and increased energy. The low-impact movements make this a highly suggested program regardless of age or physical ability. Join us and reap the physical, spiritual and emotional benefits of Tai Chi.

Time Life: Through the Years	Stuart Liss	Wednesday, January 31st • 3:15 p.m.	Town Center 3rd Floor
		Monday, February 26th • 2:00 p.m.	Inn 2nd Floor

This course will be taking a nostalgic look back at Time Life's most amazing stories through the years since the magazines beginning. The stories, the photography and the amazing journalism alone are an attractive feature for all attendees. We hope you will enjoy it.

Wines of the Region	Vicki Pine	Thursday, April 5th • 4:00 p.m.	Town Center Bottle Club
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Join Vicki Pine for a vino tasting in the bottle club. Vicki will be offering wines from some of our local wineries along with some special chocolates and cheese for paring. Participants will learn about the wineries and how they got started here in New Jersey. Hammonton is famous for some of New Jerseys vinyards but many others have spread across our region over the last 20 years.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Anna Catando

Behind the Stove

Anna works part-time for an Elvis Tribute Artist. She handles all bookings and marketing for him. She enjoys photography and graphic design. She created her own business, A.R.T. Creations using the initial of the three members of her family. She has a daughter in high school and has been married for 20 years. She also restores old photos and creates personalized products for individuals as well as organizations. She also works freelance with Partners in Learning, a non-profit organization creating posters, flyers and such for their annual events. She enjoys spending quality time with her family, loves to cook and loves animals.

Ben Vukicevick

Music Therapy

Ben has been a board certified music therapist since 2001. He graduated from Immaculata University with a BA in music therapy. He implements music therapy techniques with a wide variety of individuals on a daily basis. Ben sings, plays guitar, piano, bass, harmonica, ukulele, and drums. He holds music therapy sessions regularly in over 12 assisted living facilities in the area.

Betty Adams

The Art of Quilling 101

Betty is the sister of Community Life Director Sue Sacks. Betty is a retired Science teacher with many hobbies and interests that she enjoys sharing with others. She has been a butterfly enthusiast for many years. It is a passionate hobby of hers. Now that Betty is retired, she enjoys sharing her knowledge of science and her many hobbies with others. Some of her hobbies are ceramics, quilling, quilting and crocheting. She loves to find treasures at yard sales and thrift markets and collects many of her supplies when browsing them.

Carol Wood

Birds, Bears and the Northern Lights

Carol is a friend of one of our IL residents Jane Armstrong. Carol has traveled the world to many exotic places. She loves sharing her experiences with others about the different cultures and beauty of her travels.

Christi DiStefano

Yoga 101

Christi has been teaching yoga for over 10 years. Yoga is her passion. She teaches classes at Plum Yoga as well as. When not practicing yoga, Christie enjoys spending time with her husband and the dog they rescued from a local animal shelter.

NAME OF INSTRUCTOR

CLASS NAME

Cynthia Hibbard**Baking at it's Best**

Cindy is a Dining Room Supervisor in the Town Center here at Woodbury Mews. She got her culinary start as a professional baker in her father's restaurant. She has three wonderful children and is the proud Grandmother of a six month old baby boy.

Dressler Smith**Art Expression**

Dressler Smith's works, on paper and stained glass, are designed to touch the human spirit. Her use of clean, rich colors, combined with her affinity for nature and all things spiritual, result in landscapes filled with peace and tranquility.

A nationally recognized artist and colorist, Dressler was featured in the May 2001, issue of *Essence*. Her paintings have caught the eye of both critics and private collectors, including media titan Oprah Winfrey. Eight different paintings were selected for use in Dressler's fine art notecard series. Dressler has been an adjunct faculty member at Camden County College since 1994.

Dwan Honey**The Honey Pot**

At the tender age of "three going on four", our busy and inventive head chef became more fascinated with cooking than in the foods sit produced. Born and raised in Camden, NJ, he attended local schools. He then enrolled in the Academy of Culinary Arts in Mays Landing, NJ. Upon graduation, he attended Rowan College's Hospitality Course and received a BS in business management. Needless to say, he worked his way through college, starting at the bottom. Over a 14 year period, he worked his way up to executive chef status at a large hotel. Dwan is a proud father as well as amazing chef.

Gene LaPierre**Ballroom Dancing**

Gene has been a private dance instructor for over 20 years. He owns a studio in Glassboro, NJ. Gene's motto reflects "Dance is more than just movement, dance can challenge your mind as well as your muscles". Some of the exciting dances that will be touched on in his class include Ramba, Mambo, Cha Cha and Swing. Gene has many other trained dance student instructors who often teach at the Mews as well.

Gerri Medoff**Tai Chi**

Gerri is married and lives in Margate, NJ and also resides part-time in Center City, Philadelphia. She has three children and five grandchildren. She is retired from the IRS where she was the IRS Philadelphia Center Public Affairs Officer. Gerri is trained and certified with Dr. Roger Jahnke, Santa Barbara, California in Tai Chi Easy Training, (Yang Style) and Dr. Paul Lam, Tai Chi for Arthritis. (Sun Style)

NAME OF INSTRUCTOR

CLASS NAME

John Szigethy**Health Tips with Bayada**

John Szigethy, DPT and Program Manager for BAYADA Home health and Hospice Services, helps to support the Watermark community of Woodbury Mews. With the goal of helping all residents to age in place, he offers ongoing education, in-services, and screening events for both Residents and Staff. John Szigethy graduated from Lebanon Valley College with his Doctorate in Physical Therapy in 2011. He currently resides in Washington Township, NJ with his wife and baby girl. They currently are awaiting their second baby girl coming this March.

Kelly Thompson**Celebrity Biography**

Kelly is the oldest of five children and the proud aunt of two nieces. She loves music of all kinds and is an avid admirer of jewelry. Kelly has worked in various health care fields since she was 19 years old including: medical equipment, a chiropractic office, and a home health agency. She is the happy owner of a home in Gloucester City, NJ.

Kimberly Williams**Art of Candy Making**

Kim has been one of our dedicated nurses here at Woodbury Mews since 2003. In Kim's spare time, Kim enjoys volunteering at a local animal shelter or spending time with her own dogs. She also enjoys Bible Study and spending time at the beach.

Lois Viola**Fit For Life**

Lois is a fitness instructor and personal trainer. She has been teaching a variety of classes for 18 years. Lois enjoys helping people. Her goal is to get everyone moving at their own pace, so they can feel good and have a better quality of life.

Lynn Moles**Jewelry Re-Purposing 101**

Lynn is the Human Resource Director here at Woodbury Mews. Lynn lives in Cherry Hill with her two boys. She graduated from Rider University and started her career in the fashion industry as a manager/ buyer in NYC. She has also been a Real Estate Broker since 2004. Prior to her position at Woodbury Mews, she was in Human Resource at Spring Hills Assisted Living in Cherry Hill. For fun and extra income, she sells real estate with her business partner and makes jewelry. Lynn has mastered the art of taking old or broken/ unwanted jewelry and creating unique and exquisite designs.

NAME OF INSTRUCTOR

CLASS NAME

Rachelle Hasenberg**Inspirational Horticulture**

Rachelle grew up in Pennsylvania. She attended Rutgers University where she received her Bachelor of Plant Science. She has resided in New Jersey for over 20 years. Her passion for gardening started when she was eight years old where she had a garden made out of tinker toy sticks. She combined her passion of working with plants and people together and started her own business in 1989 called Inspirational Horticultural Therapy after becoming a registered Horticultural Therapist.

Rose Macarone**Miscellaneous W.U.**

Rose has been a Community Life team member since October 2017. She was raised in East Greenwich New Jersey. She was the captain of her tennis team in at Kingsway High School and was also Prom Queen! She has 2 sons and 1 daughter that she raised in Gibbstown New Jersey who are now grown with one married. Rose is also an experienced interior decorator and you can see her talents in some of our local restaurants. Carolina Blue, Arugula and many more. Rose enjoys singing, whistling and dancing with friends.

Russ Cohen**Philly Talk**

Russ Cohen is an author of 8 books, (including his new tome "Pioneers of Baseball") and radio co-host for various hockey shows including Sirius/XM and Sportstalkny WLIE 540 AM. He covers the NHL out of Philadelphia and is a noted draft authority. His work has appeared on CSNPhilly.com and Sportsology.com. He's @Sportsology on Twitter and Instagram.

Russ has a special program he does all about the Philadelphia Phillies which is informative as well as entertaining.

Patti Lindstrom**Fun, Fit and Fab**

Patti Lindstrom is an ACE certified personal trainer and registered dietitian. She is the owner of Patti Lindstrom LLC. She has been teaching group exercise classes for over eight years. Her senior classes include breathing exercises, range of motion and strength and stretching exercises. Her classes incorporate resistance bands, light weights and balls. Patti is passionate about the importance of moving the body and exercising the mind and soul as well. She practices yoga, runs and bikes in her spare time.

Sabrina Costantino

Sabrina is a member of our Community Life Team. She grew up in West Deptford and moved to Gibbstown. Sabrina has been married for 11 years and has twin girls. Her hobbies are creating crafts of all kinds, reading, taking care of her family and loves to relax to a great old movie. Sabrina is always seeking new adventures.

NAME OF INSTRUCTOR

CLASS NAME

Sarah Sims**Miscellaneous W.U.**

Sara is a member of our Community Life Team. She was born in Philadelphia but moved to Wenonah/Deptford when she was six years old. She has 2 sisters (she is the middle child). She has two dogs, one boy and one girl. They are her furry babies. She is a natural witch born on Halloween. She loved to learn about the history of Salem, MA witch trials in the year 1692. Sarah also reads Tarot cards. She loves tattoos and going to concerts and of course putting a smile on others faces, that makes her smile!

Steve Bruce**Bible Study and Music**

Steve is a resident at the Town Center in the Mews. Steve volunteers in many ways by offering his musical talents on Friday evenings at Town Center, the 2nd Monday of the month at the Gardens and also Thursday mornings at the Inn. He graduated from Regents College with a major in sociology. He is recently widowed from his wonderful wife of 45 years Dee Bruce. They have three children together and three grandchildren. Steve is also retired from the US Navy. While in active duty, Steve was in charge of all of the music for the religious services on the ship. He became a certified Lay Servant in 2001 and gives various talks to walk to Emmaus. He has continued his passion for teaching the bible by doing weekly bible studies here for the residents. He is just an all-around great guy and a pretty good pool player as well. We are grateful for all he does at our community.

Stuart Liss**Life Long Learning**

Stuart is a native born Philadelphian. He currently resides in Cherry Hill, New Jersey. He is a retired Financial and Real Estate Entrepreneur and has a Masters in History. Stuart enjoys sharing his vast knowledge of historic events and creating intriguing programs to share with others. He is married with one daughter and enjoys golf, reading and photography.

Sue Sacks**Cultural and Healthy Cooking**

Sue has been the Director of Community Life at the Mews since January, 2017. She brings to us over 15 years of experience in the recreation field and also uses some of her 25 years of catering experience to add to her large events and programs. Sue has a love for cooking and health and brings both together in her healthy cooking programs. Sue also loves to bring different cultures to her cooking programs each month.

NAME OF INSTRUCTOR

CLASS NAME

Vicki Pine**Wines and Regions**

Vicki is the head of transportation here at Woodbury Mews, but that does not limit where you can find her. This ever talented woman helps in whichever way she can. She is the mother of four children and loves being home and watching movies with them. She loves taking her family to the beach, or camping at her sister's where bonfires are a requirement. She and her sister will "chat" for hours on those days. She enjoys her job and spending time with all those that reside in the community.

WOODBURY MEWS

 A WATERMARK RETIREMENT COMMUNITY

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