

WU  
WATERMARK UNIVERSITY

2017

**Fall Semester**  
SEPTEMBER THROUGH DECEMBER

 THE WATERMARK  
AT ROSEWOOD GARDENS



**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,

*Stephanie Goodyear*

Stephanie Goodyear  
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Cultural Offerings</b>			
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<b>The Tasting Hour</b>	<b>Gary Christo /Nancy Harrison</b>	<b>Third Thursday of Each Month at 1:30pm</b>	<b>CH</b>
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Each month Gary and Nancy will dazzle your eyes, nose and taste buds with a new ethnic food creation. Much like your favorite cooking shows on TV Gary and Nancy will share with you all the secrets of their recipes as they cook and make sure you have samples to eat before the hour is over.

<b>Documentary Film Club</b>	<b>Stephanie Goodyear</b>	<b>Last Saturday of Each Month at 9:15am</b>	<b>LR</b>
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Each month we choose a film that gives us a new insight into a different topic or biographical figure. We invite to explore, spirituality, theatrical personalities, natural phenomenon and so much more about the world in which we live. – Following the film we have a short discussion about the films themes, social and artistic relevance.

<b>Teas Of The World</b>	<b>Stephanie Goodyear</b>	<b>Last Saturday of Each Month at 2:00pm</b>	<b>Café</b>
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Each month we sample teas from a different family, Green, Black, Rubios, Chai, etc. We will learn the origins, the medicinal qualities and the best snacks to pair with our favorites. This is a traditional tea party that blends cultures from around the globe.

<b>Spiritual Offerings/Emotional</b>			
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<b>Health Rhythms Drumming</b>	<b>Stephanie Goodyear</b>	<b>Fridays at 11:00am</b>	<b>Gardens Neighborhood</b>
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HealthRhythms® Group Empowerment Drumming® is an evidence based program designed to relive stress and promote communication. It is also tons of fun. Come on out and join us for this unique and wonderful experience lead by trained HealthRhythms Facilitator Stephanie Goodyear.

<b>Mindful Meditation</b>	<b>Marsha Becker</b>	<b>Saturdays at 10:45am</b>	<b>Sun Room</b>
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Join Our Neighbor Marsh as she leads us in fifteen minutes of Mindful Meditation to help you calmly walk through the rest of your day. With a focus on gentle breathing and calming thoughts, Marsh will make sure you have a wonderful experience

<b>Educational/Intellectual Offerings</b>			
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<b>Young Rembrandts Gold-Painting 101</b>	<b>Ann Hartwell</b>	<b>1<sup>st</sup> and 3<sup>rd</sup> Fridays at 10:30am</b>	<b>Cafe</b>
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The Watermark at Rosewood Gardens is proud and excited to announce our new Young Rembrandts Gold series of art classes. These classes are specially designed for the beginner who feels they have no talent and could never learn to draw or paint. Young Rembrandts was created to be fun. Young Rembrandts drawing classes offer friendly and relevant subject matter to spark interest and increase knowledge retention, never losing sight that people learn best when they are engaged and entertained.

<b>Short Story Discussion</b>	<b>Chelsey Scroggin</b>	<b>Mondays at 1:15pm</b>	<b>Sun Room</b>
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Join Chelsey each week as she shares a new written short story, highlighting various authors from many different genres. The story is read aloud by the group and then discussed in detail. These lively discussions covers everything from the author's point of reference, setting, era and uses of language.

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Map Chat</b>	<b>Angie Warren</b>	<b>Tuesdays at 1:00pm</b>	<b>Lib</b>
Each week we learn about a different facet of the world. Rivers, mountains, climate and political structure and just some of the things we tackle in this informative and interactive hour.			
<b>Big Group Trivia</b>	<b>Stephanie Goodyear</b>	<b>Wednesdays at 1:00pm</b>	<b>LR</b>
Each Wednesday at 1:45 the most brilliant minds of the Watermark at Rosewood Gardens gather in our very own living room to show off their grand knowledge of all things trivia. Ok so you don't actually have to be a college professor to enjoy this very fun group trivia hour. As we tackle questions of History, The Arts, Geography and General Knowledge, we guess, we discuss, we laugh and have a terrific time.			
<b>Introduction to Computers &amp; and Life Online</b>	<b>Stephanie Goodyear</b>	<b>Fridays at 1:00pm</b>	<b>Lib</b>
Computers are a necessary part of most people's lives these days, but if they are not something you grew up using they can be a daunting and frustrating undertaking. This class is designed for the most beginners of beginners to learn the basics of what a computer can do for you, from simple letter writing and printing, to emailing, shopping, and banking online we will also learn about the world of social networking introducing new users to Facebook, Pinterest, Skype and the wonderful world of blogging. If none of this makes sense to you, do not fear, it will after just a few classes.			
<b>American Sign Language for real beginners</b>	<b>Stephanie Goodyear</b>	<b>Select Saturdays at 3:00pm</b>	<b>LR</b>
Learn the basic communication skill required to make conversations with the Deaf population while also enjoying a bit of Deaf culture and history (Call for Dates).			
<b>Words Words Words</b>	<b>Stephanie Goodyear &amp; Angie Warren</b>	<b>Every Thursday at 3:00pm</b>	<b>Lib</b>
Where do words and phrases come from, how do they evolve? Do we still use them correctly? What is that slang my grandson just used? Meet us in the Living Room at The Watermark at Rosewood Gardens and learn it all!			
<b>Social Recreational Offerings</b>			
<b>Bocce for Beginners</b>	<b>Angie Warren</b>	<b>Saturdays at 1:30pm</b>	<b>Bocce Court</b>
Come have some fun on our brand new senior friendly Bocce Ball Court. Each week we will learn by playing this wonderful social and ancient game. Even if you have never played before you will get a chance to shine with your neighbors as this fun an easy game is perfect for all skill levels.			
<b>Current Event Discussion Group</b>	<b>Angie Warren</b>	<b>Every Saturday 9:15am</b>	<b>CH</b>
Each Week we will read and discuss news and current events stories that are national, international and local. We will share thoughts and opinions with a goal of gaining a better insight into the world we live in.			
<b>Blackjack for Beginners</b>	<b>Bruce Anderson</b>	<b>Tuesdays at 3:15pm</b>	<b>Lib</b>
Bruce has joined are faculty just for the love of the game. Join him and he will take you slowing through the rules, strategy, scoring and betting practices so that you are all ready for our next casino outing!!			

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<b>Quotable Quotes</b>	<b>Stephanie Goodyear</b>	<b>2<sup>nd</sup> and 4<sup>th</sup> Fridays at 4:00pm</b>	<b>Living Room</b>
<p>The world is filled with challenging moments and circumstances, sometimes we need just the right words to get through, but where are the words? They escape us oft times when we need them most. In our new Watermark University Discussion group, we explore the words of some of our world's greatest thinkers, poets, writers, journalists, religious leaders and all around brilliant citizens of the world. Twice Each Month we will pick a theme, and all bring our favorite quotes that best speak to our feelings on that theme. We will explore each topic from the eyes of many different people. Those quotes we decide we like the best might be turned later into artwork of our own creation. Plaques, jewelry and much more await you in the fun and mind opening new course.</p>			
<b>Physical &amp; Wellness Offerings</b>			
<b>Wellness Talks</b>	<b>Carol Blackwell</b>	<b>First Friday of Each Month at 1:30pm</b>	<b>LR</b>
<p>Interested in learning more about how to keep your body and mind fit and healthy? Our very own Assisted Living Director, John Blancada is here to help! As a registered nurse, John will be discussing important health tips and topics once a month during Wellness Talks with John. John will also be answering any questions that you have regarding your own health and how to thrive in this community during these meetings so be sure to bring all of your questions!</p>			
<b>Circuit Training With Karen</b>	<b>Karen Emmerson</b>	<b>Every Thursday 10:30am</b>	<b>SR</b>
<p>The class will focus on learning a circuit (or set of exercises) utilizing our bodies own natural resistance, weights and the larger adapted work out machines in our Sun Room. Karen will give every participant in her class a full assessment and roadmap for success.</p>			
<b>Walking Fit Club</b>	<b>Chelsey Scroggin &amp; Angie Warren</b>	<b>Wednesdays &amp; Fridays at 9:15am (check daily notes for time changes)</b>	<b>Meets at the Front Door</b>
<p>The Walking Fit Club will meet three times weekly and go on short walks (starting with 30 min and less) to build stamina and general fitness. Fitness goals having to do with mileage and number of workouts performed will be rewarded with prizes!! As the group builds some workouts may include a trip to a local park or athletic track.</p>			
<b>Nutrition Through the Holidays with Bill</b>	<b>Bill Ziegler</b>	<b>Monday, November 13<sup>th</sup></b>	<b>Café</b>
<p>Our dining Services Director Bill Ziegler will be giving us all a talk on how to live well while eating well. Not sure how to follow Doctors orders and still get through all those upcoming holiday parties? Let Bill talk to you about the many flavorful and still healthy meal options you have everywhere you go.</p>			
<b>Tai Chi for Beginners</b>	<b>Satwinder Pangali</b>	<b>Every Tuesday at 10:00am</b>	<b>SR</b>
<p>Relax your mind, body and soul as Satwinder Pangali leads you through the therapeutic journey that is Tai Chi. The ancient art of Tai Chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. Satwinder will explain the meaning of each movement and how they're beneficial to your body. Be sure to join us as we embark on this peaceful journey to total relaxation.</p>			

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<b>Easy Chair Yoga</b>	<b>Carol Atkinson</b>	<b>Wednesdays at 10:00am</b>	<b>SR</b>
Sit and be fit! Carol teaches a wonderful class that anyone can do. Chair yoga is a safe and easy way to stretch and strengthen your muscles. Learn breathing exercise, work on your posture, warm up your legs and arms, and loosen up tight muscles all from the comfort of your chair!			
<b>Sittercise Exercise to Music</b>	<b>Angie Warren &amp; Stephanie Goodyear</b>	<b>Every Saturday at 10:00am</b>	<b>SR</b>
With a combination of The Beach Boys and some Classic Jimmy Buffet, we work all the major muscle groups in our bodies while keeping at a steady light aerobic rhythm, we want it to feel more like a sit down dance party that exercise.			
<b>Watermark University Off-Campus Offerings</b>			
<b>Trip Planning Club</b>	<b>Chelsey Scroggins</b>	<b>Mondays at 9:00am</b>	<b>Living Room</b>
Our new Trip planning club will be in charge of many of the outings we plan for our residents, families and friends. We will meet each month with our ideas and our dreams ( and our snacks and our favorite beverages) to plan and brainstorm everything from local day trips to full on vacations. Dream big and let us help plan it with you!			
<b>Movie Critics Outing (\$)</b>	<b>Stephanie Goodyear or Chelsey Scroggin</b>	<b>TBA</b>	<b>Outing</b>
Everyone's a critic. Here's your chance to be one for the movies! Join us for one or two newly released films each month at one of our luxury local theaters. Just bring some money for your ticket and treats!			
<b>Restaurant Critics ( \$)</b>	<b>Stephanie Goodyear or Chelsey Scroggin</b>	<b>TBA</b>	<b>Outing</b>
Ever wonder what it would be like to take on the role of a restaurant critic? , here's your chance! A few times a month, you will be given the opportunity to go to different restaurants and try the best cuisine's they have to offer. Then you can critique and share your experiences in our monthly newsletter after! (All critics are responsible for their own bill.)			



**ASSISTED LIVING • MEMORY CARE**

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