

WATERMARK UNIVERSITY

2018

Spring Semester
JANUARY THROUGH APRIL

 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 & Associate Executive Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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The Tasting Hour	Nancy Harrison & Gary Christo	Third Thursday of Each Month • 1:30pm	Café
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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.

Documentary Film Club	Stephanie Goodyear	Last Saturday of Each Month • 9:15 AM	Living Room
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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.

Teas of the World	Stephanie Goodyear	Last Saturday of Each Month • 2:00 PM - 3:30 PM	Café
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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.

Young Rembrandts Gold	Kimberly Ingalls	2nd & 4th Tuesdays • 1:00 PM	Café
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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.

Mindful Meditation	Marsha Becker	Saturdays • 10:40 AM	Sun Room
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Join Our Neighbor Marsha 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

COURSES	FACULTY	DAY AND TIME	LOCATION
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Short Story Discussion Group	Chelsey Scroggin	Mondays • 1:15 PM	Café
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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 authors point of reference, setting, era and uses of language.

Map Chat	Angie Warren	1st & 3rd Tuesdays • 1:00 PM	Library
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Each week we learn in depth facts and lore about a different part of our globe. Rivers, mountains, climate and political structure are just some of the things we tackle in this informative and interactive hour.

HealthRhythms® Drumming	Stephanie Goodyear	1st & 3rd Fridays	Gardens Neighborhood
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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.

Conversational Spanish	Fernando Olguin	2nd & 4th Fridays • 1:00 PM	Living Room
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Join Fernando for a cultural experience that will teach you basic phrases and terms in Spanish so that you are able to have very basic conversations with your neighbors who speak Spanish.

Big Group Trivia	Stephanie Goodyear	Wednesdays • 1:00 PM	Living Room
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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 question of History, The Arts, Geography and General Knowledge, we guess, we discuss, we laugh and have a terrific time.

Words Words Words	Stephanie Goodyear & Angie Warren	Thursdays • 3:00 PM	Living Room
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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!.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Bocce for Beginners	Angie Warren	Saturdays • 1:30 PM	Bocce Court
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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

Current Events Discussion Group	Angie Warren	Wednesdays & Saturdays • 9:15 AM	Living Room
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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.

Blackjack for Beginners	Bruce Anderson	Tuesdays • 3:15 PM	Library
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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!!

Circuit Training	Karen Emerson	Thursdays • 10:00 AM	Sun Room
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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.

Chair Tai Chi for Beginners	Sindy Satwinder	Tuesdays • 10:15 AM	Sun Room
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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.

Easy Chair Yoga	Carol Atkinson	Wednesdays • 10:00 AM	Sun Room
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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!

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Stephanie Goodyear

Various Courses

Stephanie has been the Community Life Director at The Watermark at Rosewood Gardens for five years. Prior to that she spent twenty five years running recreation programming for many different populations. she has lead outings White Water Rafting, Cross Country Skiing, To Hawaii, Disneyland and Nashville Tennessee. In her spare time she likes to knit, watch great movies and take long walks. Her dream is to walk the entire Camino de Santiago in Spain.

Angie Warren

Various Courses

Angie has been our Activities Assistant for about a year and has worked here at Rosewood for almost two years. She is a devoted mom and wife. She spends a great deal of time supporting her kids in all of their many sports and cheer activities. Angie is always there for all of our residents with a big smile and a laugh.

Chelsey Scroggin

Short Story Discussion Group

Chesley has been our faithful driver for almost five years. Chelsey is working hard on her time off to finish her degree and get into nursing school for fulfill a life long dream of becoming an RN. In her spare time she is creating life and is due to have here first child in April! Chelsey is always a breath of cheer for every resident she comes in contact with. She is and ear to listen and a shoulder to lean on for everyone.

Gary Christo

The Tasting Hour

Gary Christo has been our Director of Maintenance for six years. He holds our building together and makes sure all of our residents are warm and cozy. When Gary is not at work he and his wife Joy are singing and putting on amazing shows and weddings with their company Christo Entertainment. In addition Gary is a great chef and the reason we no have the tasting hour in our schedule. We have been lucky to have him singing and cooking for us for several years now, cant wait for his next show.

Nancy Harrison

The Tasting Hour

Nancy Harrison has been a part of Watermark Retirement Communities since the very beginning. We could not be more proud or feel more lucky than to have her as our Executive Director for the past six years. When Nancy is not working with us she is a very proud Grandma of two wonderful kids. She is watching them in soccer games, swim meets and choral performances. She is cooking and sewing, reading great books and being the ultimate grandparent.

NAME OF INSTRUCTOR

CLASS NAME

Fernando Olguin

Spanish for Beginners

Fernando has worked in our Maintenance department for almost two years. Fernando is full of wonderful ideas and support for all of our residents. Fernando has generously volunteered to share his knowledge of Spanish fluency with us all and we are so grateful for his dedication to our Watermark University program and to all of our residents.

Bruce Anderson

Blackjack for Beginners

Bruce has been one of our most active residents for almost three years. He is a go getter who loves being out and about and enjoys dining out pretty much everywhere in town. He knows almost every joke written before 1983, so if you need a laugh he is your guy. Bruce is a retired restaurant manager, rent a car worker, traffic school instructor and several other careers. Bruce loves to hit the casinos every time we plan a trip so you would all do well to join his new class if you would like to win on the next outing,

Carol Atkinson

Chari Yoga

Carol has been teaching flexibility to seniors in the tri-valley area for many years and has been part of our community for as long as any of us can remember. she also happens to be the niece of one of our residents!



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