

WATERMARK UNIVERSITY
WU

2019

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 |
|----------------|----------------|---------------------|-----------------|
|----------------|----------------|---------------------|-----------------|

| | | | |
|-------------------------|--|--|-------------|
| The Tasting Hour | Nancy Harrison & Gary Christo | Third Thursday of Each Month • 1:30pm | Café |
|-------------------------|--|--|-------------|

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 | Angie Warren | Last Saturday of Each Month • 9:15 AM | Living Room |
|------------------------------|---------------------|--|--------------------|

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.

| | | | |
|-------------------------------------|---------------------------|--------------------------|-------------|
| Short Story Discussion Group | Stephanie Goodyear | Mondays • 1:15 PM | Café |
|-------------------------------------|---------------------------|--------------------------|-------------|

Join Stephanie 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 |
|-----------------|---------------------|---|----------------|

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.

| | | | |
|-----------------------------|----------------------|--|-----------------------------|
| Therapeutic Drumming | Dawn Schubert | 1st & 3rd Sundays • 1:30 PM | Gardens Neighborhood |
|-----------------------------|----------------------|--|-----------------------------|

Therapeutic 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.

| | | | |
|--|-----------------------|--------------------------|-----------------------------|
| Make up Application for Seniors | Justina Gaines | Mondays • 9:30 AM | Gardens Neighborhood |
|--|-----------------------|--------------------------|-----------------------------|

Justina is a new member of our team of Nayas, who also happens to be a licensed cosmetologist. Each Monday she will be teaching us techniques o look and feel our best by using simple make up blending and application. As she put's it. Make up does not need to be expensive if you know how to use it properly.

| COURSES | FACULTY | DAY AND TIME | LOCATION |
|----------------|----------------|---------------------|-----------------|
|----------------|----------------|---------------------|-----------------|

| | | | |
|-----------------------------|---------------------------|---|----------------|
| Writing your Stories | Stephanie Goodyear | 2nd and 4th Mondays • 10:40 AM | Library |
|-----------------------------|---------------------------|---|----------------|

Each of us has many stories in our lives and in our minds. Getting them on paper can be intimidating. You don't need to be a Hemingway to tell your own true stories. Join Stephanie as she provides a safe and comfortable environment for you to get your stories on paper so they will live on forever.

| | | | |
|------------------------------|------------------------|--|--------------------|
| Spanish for Beginners | Fernando Olguin | 2nd & 4th Fridays • 1:00 PM | Living Room |
|------------------------------|------------------------|--|--------------------|

Join Fernando as he teaches basic words and phrases in Spanish. He will provide a vocabulary list at each session, but please bring a list of anything you really need to know how to say. Fernando will adapt the class to the needs of each group.

| | | | |
|-------------------------|---------------------|-----------------------------|--------------------|
| Big Group Trivia | Angie Warren | Wednesdays • 1:00 PM | Living Room |
|-------------------------|---------------------|-----------------------------|--------------------|

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 |
|--------------------------|--|----------------------------|--------------------|

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!.

| | | | |
|----------------------------|---------------------------|---------------------------|--------------------|
| Bocce for Beginners | Stephanie Goodyear | Sundays • 10:30 AM | Bocce Court |
|----------------------------|---------------------------|---------------------------|--------------------|

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 |
|--|---------------------|---|--------------------|

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.

| COURSES | FACULTY | DAY AND TIME | LOCATION |
|----------------|----------------|---------------------|-----------------|
|----------------|----------------|---------------------|-----------------|

| | | | |
|--------------------------------|------------------------|---------------------------|----------------|
| Blackjack for Beginners | Nora Wientstien | Tuesdays • 3:15 PM | Library |
|--------------------------------|------------------------|---------------------------|----------------|

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!!

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

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 |
|------------------------|-----------------------|------------------------------|-----------------|

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 six 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 our incredible Activities Assistant is the glue that holds our department together. her efforts to provide the very best in activities shows in all she does. She is also 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.

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.

Dawn Schubert

Therapeutic Drumming

Dawn has been dazzling folks in our Gardens neighborhood with her many recreational talents for some time now. Dawn is not just an amazing Program leader though, she is also a great mom, a professional photographer and wife for thirty years and an all around amazing person.

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 seven 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

Justina Gaines

Make Up Application for Seniors

Justina is the newest member of Watermark University Faculty. She comes to us with a background as caregiver a mom and a licensed cosmetologist. she is very excited to begin sharing her skills with all of us.

Fernando Olguin

Spanish for Beginners

Fernando has worked in our Maintenance department for almost three 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.

Nora Wienstien

Blackjack for Beginners

Nora has been our neighbor for over a year now and joins in just about every activity we offer. Recently she has volunteered to take on the teaching of Blackjack to her long list of talents. When Nora isn't teaching us all how to gamble, she is reading a great book, singing the great american songbook or enjoying a classic film. She is simply a joy to all of us.

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!

Sindy Satwinder

Tai Chi

Sindy's Tai Chi class has been a part of Rosewood Gardens for as long as any of us can recall. She teaches all over the vally and we feel so lucky that we are one of her favorite spots to teach.



ASSISTED LIVING • MEMORY CARE

35 Fenton Street • Livermore, CA 94550 • **1-925-443-7200** • www.watermarkcommunities.com

RCFE LICENSE #015601492