

WATERMARK UNIVERSITY

2019

**Spring Semester**  
JANUARY THROUGH APRIL

 THE WATERMARK  
AT 3030 PARK

1968 • FIFTY YEARS STRONG • 2018



**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,**

*Cindy McGuire*

Cindy McGuire  
Director of Living Well/Director of Fitness

## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>A'chromatherapy</b>	<b>Kayti Meehan</b>	<b>Tuesdays • 11:15 AM</b>	<b>Second Floor Lounge</b>
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A'chromatherapy is a holistic healing ritual created for practicing mindfulness. It includes tactile and sensory components with a sensory journey, complete with guided meditation matching the users chosen destination. The power of aroma, color, guided meditation, visualization, and nature imagery are combined to combat stress, anxiety, and disease, providing an overall sense of well-being and balance.

<b>Beginning Hebrew Class</b>	<b>Rabbi Barbara Paris</b>	<b>1st Friday of every month • 1:00 p.m.</b>	<b>4th Floor Lounge</b>
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Have you always wanted to learn to read Hebrew but were afraid to ask, then this is the class for you. Rabbi Barbara will be using the book "Teach Yourself to Read Hebrew" by Simon and Anderson. This book is designed specifically for the needs of adults and is divided into 10 sessions. Barbara has had great success with it and her former students cannot believe they are now able to read the prayers and follow along in the Siddur.

<b>Bible Talk</b>	<b>Reverend David Rowe</b>	<b>1st &amp; 3rd Thursdays of the Month • 3:30 PM</b>	<b>Interfaith Chapel</b>
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Join Reverend David Rowe for these interactive, spiritual discussions where we review Biblical stories and discuss how they relate to our lives today. All are welcome to attend and participate in this thought-provoking class.

<b>Brain Fitness</b>	<b>Kathleen Quinn, R.N.</b>	<b>2nd Thursday of the Month • 3:00 PM</b>	<b>Auditorium</b>
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Join Kathy as she engages you in a variety of fun activities to nurture a healthy brain such as trivia and word games as well as problem solving skills, language, memory, train of thought and more.

<b>Culinary Food Demonstration by our Chef's</b>	<b>Pradheep Shankar Michael Stevens Sripal Redy</b>	<b>All Demonstrations are at 2:30 PM, Dates Below</b>	<b>W Lounge</b>
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This semester we will be offering a variety of desserts and salads made by our very own Dining Services Associates.

- Thursday, January 1st - Mississippi Mud Pie Cake**
- Thursday, February 7th - Chocolate Dipped Strawberries**
- Thursday, March 14th - Jambalaya**
- Thursday, April 11th - Easter Cookies**

## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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Discipleship Class	Isai Melendez	4th Thursday of the Month • 3:30 PM	Interfaith Chapel
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We will be studying the life of a disciple based on the words of Jesus found in the New King James Version.

Drawing What You See	Clare Chapman	Mondays • 1:30 PM Fridays • 11:00 AM	Art Studio
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Drawing is the foundation of any visual art form. You will be inspired to draw the world around you with guidance from an experienced instructor. Develop your natural talents, discover new ideas, and improve your artistic skills. Drawing is an activity of searching and exploring, and it can be a very pleasant past-time. Materials provided. Beginners and accomplished artists are welcome!

Eat Well to Live Well	Candace Rodak	See Dates and Times Below	Main Lounge
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A monthly discussion with the Watermark Registered Dietitian on various topics pertaining to diet & nutrition. One can expect to learn how to optimize their eating habits, strengthen their views surrounding food, and gain perspective on new health trends. Some discussions may include food tastings.

**Benefits of Whole Grains - Friday, January 25th at 2:00 PM**

**Love Your Heart: Nutrition and Heart Disease - Friday, February 22nd at 2:00 PM**

**National Nutrition Month - Friday, March 29th at 2:00 PM**

**Focus on Fruit and Vegetables - Friday, April 26th at 2:00 PM**

Film Noir Thrillers	Frank DeStefan	See Dates and Times Below	Auditorium
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The series of Tuesday Film Noir Thrillers will continue this Spring with four gritty dramas from the 40s and 50s. Frank DeStefano will continue to present these films that we often saw as the second feature on the Saturday double feature menu. Now most of these films are regarded as groundbreaking classics. Besides being extremely well-made, taut dramas, these films also provide a look at the world of our youth. All films will start at 2:00.

March 26: **Nightmare Alley**: Tyrone Power and Joan Blondell star in this 1947 tale of love, lust, and greed set in a world inhabited by shady small-time carnival characters and con-men.

April 16: **Out of the Past**: Robert Mitchum and Jane Greer star in what some consider to be the greatest film noir of all time. In this 1947 film Mitchum plays a private eye forced to track down a gangster's runaway girlfriend.

## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Glory in Your Story Writing Workshop</b>	<b>Lia Levitt - Ain't She Sweet Signature Program</b>	<b>2nd Thursday of the Month • 11:00 AM</b>	<b>10th Floor Lounge</b>

Glory in your Story is a writing workshop designed to help you record and share your stories in a supportive environment. Through writing prompts, fun exercises and discussion, we will work towards creating a story that leaves a lasting legacy.

<b>Great Courses: The Guide to Essential Italy</b>	<b>John Calhoun</b>	<b>Second and Fourth Monday of each Month • 3:00 PM</b>	<b>Auditorium</b>
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Explore the splendor of Rome, Florence, and Venice, with many side trips including Pompeii, Assisi, and Siena. Detailed photography portrays the history and myths of Italy's past and present.

<b>Harbingers of Spring</b>	<b>Ken Elkins, Audubon Center of the River</b>	<b>Friday, March 22nd • 2:00 PM</b>	<b>Auditorium</b>
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The calendar claims the first day of spring is March 21st. However, that is not necessarily the first spring day. After months of white and gray gloom, we'll provide a peek into the sights and sounds of our favorite signs of spring.

<b>Health &amp; Wellness</b>	<b>Marilyn Diamondstone &amp; Josi Russell</b>	<b>Last Wednesday of Every Month • 2:30 PM</b>	<b>Main Lounge</b>
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The path to well-being is one that many of us travel. In this class we will hear the latest in medical breakthroughs and share personal experience and practices impacting you. Topics including diet, fitness routines and cognition will be covered. Join us to become a more educated advocate for your own sense of well-being.

## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>HealthPRO Rehabilitation Discovery Series</b>	<b>HealthPRO Team</b>	<b>First Monday of the Month • 3:00 PM</b>	<b>Auditorium</b>

HealthPRO is rehabilitation that offers speech therapy, occupational therapy and physical therapy. They offer monthly educational programs called the Discovery Series which have been developed to facilitate residents staying healthier, more active, and confident in their ability to enjoy life. These programs will be offered in a variety of formats.

- January 7, 2019- Exercise Your Right Not to Fall**
- February 4, 2019 - Understanding Diabetes**
- March 4, 2019 - Maximizing Independence with Low Vision**
- April 1, 2019 - Walking Program**

<b>Home Cinema Group: Foreign Film Review</b>	<b>Westport Group</b>	<b>Meets Monthly on Saturdays • 7:30 PM</b>	<b>Auditorium</b>
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Calling all movie lovers. Join the Home Cinema Group of Westport as they bring you award winning films from around the country. After viewing the movie join in on the discussion reviewing techniques and semiotics found throughout these films. Please refer to the weekly for specific dates.

<b>Knit For Kids</b>	<b>Mary Scoran</b>	<b>Thursdays • 11:00 AM</b>	<b>4th Floor Lounge</b>
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This class offers the opportunity to give back to the children in our community by providing hand-crafted hats and mittens. Join the members of our knitting group as they put their heart and soul into creating over 500 hats and mittens. Each year the knitting group at The Watermark donates these items to Bridgeport non-profit organizations which benefit children 5 -12. It doesn't matter if you are an expert knitter or someone who is just starting out. This group is open to both men and women.

<b>Laughter Club</b>	<b>Cindy McGuire</b>	<b>2nd Tuesday of the Month • 3:00 PM</b>	<b>2nd Floor Lounge</b>
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Laughter may not only be the best medicine; it may also offer a way to improve memory. The act of laughter – or simply enjoying some humor – increases the release of endorphin's and dopamine in the brain, which provides a sense of pleasure and reward that may help the immune system function better. Come and find out how to laugh and reap the reward!

## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Make a Collage</b>	<b>Clare Chapman</b>	<b>Every Friday • 3:00 PM</b>	<b>Art Studio</b>
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Even people who think they can't draw can make a collage using magazine pictures and words. To begin, select only those images that appeal to you without questioning why you're attracted to each one. Place them on a piece of cardboard and glue them down. It is an interesting experience to do this quietly with a group of people and then tell the story of your collage. All collage materials are provided.

<b>March Madness: College Hoops, Brackets and More</b>	<b>Marketing Team</b>	<b>Tuesday, March 19th • 2:00 PM</b>	<b>W Lounge</b>
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Join the Marketing team for a fun lesson about college hoops. Fill out a bracket and the winner will receive a prize! Game day type snacks and beverages will be served.

<b>Matter of Balance</b>	<b>Fairfield University Nursing Students</b>	<b>Every Thursdays beginning on February 7th - • 1:00 - 3:00 PM</b>	<b>8th Floor Lounge</b>
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The Matter of Balance is a nationally recognized program. The objective of MOB is to decrease an older adult's fear of falling. Each session is comprised of discussion about fall risks and performance of basic exercises for strength and balance. Sessions are delivered by two student coaches, who are senior nursing students in the public health nursing course. They are supervised by myself and another nursing instructor. We will sit in on 1-2 sessions and contact them weekly to see how things are going. The suggested number of participants for the 8 week program is 10-15. We provide a healthy snack and water for the participants. The only prerequisite for entry is that individuals be cognitively aware to take part in discussions and follow directions. The program is free of charge to the participants thanks to a grant from SWCAA.

<b>Meditation</b>	<b>Clare Chapman</b>	<b>2nd Thursday of the Month • 3:30 PM</b>	<b>Interfaith Chapel</b>
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Meditation helps to quiet the mind; thus, reducing stress, worry and the anxieties of day to day life. Cultivate this practice by using the breath to train the mind to be present and experience overall well-being.

## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Nature's Symphony</b>	<b>Ken Elkins, Audubon Center of the River</b>	<b>Friday, April 12th • 10:30 AM</b>	<b>Auditorium</b>
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There is a lot to look forward to in spring, including the welcomed hullabaloo of birdsong. Listening to the soundscape around us, we will take note of familiar neighborhood voices, distinctive migrant songs, and the wonders of nature's lesser-known musicians: frogs, toads, mammals, and insects.

<b>Paint Kindness Rocks</b>	<b>Kayti Meehan</b>	<b>Wednesday, February 20th • 1:30 PM</b>	<b>Art Studio</b>
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Join Kayti from Community Life in the Art Studio and participate in Rock Painting! Be creative and paint a design of your choice, or write a positive inspiring quote on a smooth rock with acrylic paint. Finished artwork will be varnished and can make either a beautiful paperweight as a gift for yourself, or a loved one; or to be put somewhere around the community to bring joy to a lucky person who finds it!

<b>Portuguese and Spanish Dialects - What are the differences?</b>	<b>Jacinda Pereira</b>	<b>Tuesday, January 22nd • 7:30 PM</b>	<b>Auditorium</b>
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Jacinda will be explaining and comparing word and phrase differences in the Portuguese language and Spanish language using a power point presentation.

<b>Students for Life: Armchair Travelers</b>	<b>Elsa Cantor &amp; Don Lamberty</b>	<b>Friday, January 18th &amp; Friday, February 15th • 3:00 PM</b>	<b>Auditorium</b>
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This fun loving, enthusiastic, retired educators, have a passion for traveling. Elsa & Don enjoy sharing their adventures with you. They have presented on Sicily, Iceland, Israel and Turkey. Come hear what their next adventure has been and what will be.

<b>Students for Life: Child's Play</b>	<b>Mona Garcia</b>	<b>Wednesday, March 20th &amp; April 17th • 2:30 PM</b>	<b>Auditorium</b>
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Please join us as we explore the lives of two famous children's authors. Louisa May Alcott is known for her March family chronicles: *Little Women*; *Little Men*; and *Jo's Boys*. Beatrix Potter created a series of books about Peter Rabbit and his friends.



## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Students for Life:  
Great Art Near Us**

**Marcie Slepian**

**Monday, January 21st  
• 2:00 PM**

**Auditorium**

This talk will show the highlights and backgrounds of American works from the New Britain Museum of Art, and the European and American galleries of the Wadsworth Athenaeum in Hartford.

**Students for Life:  
Making Society Work for  
the Few**

**Mark Albertson**

**Wednesday  
January 16th • 10:30 AM**

**Auditorium**

Based in part on a book title, *The Monopolist*, written in 1906. The author wrote how he was able to get government to work for him, despite not being an elected official. And in so doing, created an economic advantage to which, as he states, Making Society Work for the Few. The Rockefellers, Morgans, DuPonts, all created additional wealth by controlling government to insure an economic position of primacy. The idea of Free Market in America is not as prevalent as many believe. This is especially true in present day America. Forty years ago, 61 percent of Americans were Middle Class; now, it is 50 percent. Yet the wealth of America's Royalty has risen to meteoric highs. How? By Making Society Work for the Few.

**Tea & International  
Treats**

**Carol Goncalves**

**Thursday, January 17th  
• 1:00 PM**

**10th Floor Lounge**

Come delight your sweet tooth while you taste a variety of international desserts with your afternoon tea. All desserts will be home made with love and come from abundance as traditions are shared with everyone.

**Technology Time**

**Sue Kennedy**

**2nd Tuesday of Every  
Month • 1:00 PM**

**Main Lounge Office**

Learning about technology is beneficial for many reasons. It can be fun, exciting and very helpful since much of what we do on a daily basis involves the use of technology such as the phone, ipad, ipod, kindle and so on. This class will cover basic knowledge, learning and reviewing computer basics, components of PC & laptop, navigating desktop apps, pinning favorites, searching "Official Sites", opening tabs, minimizing and saving favorites.

## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Wine Travels</b>	<b>Jon Haight</b>	<b>Mondays • 2:30 PM See Dates Below</b>	<b>W Lounge</b>

Would you like to travel on a wine trail without ever having to leave home? Jon Haight will take the mystery out of wine. We will be exploring our very own wine train here through our "Wine Travel" classes. Jon Haight will lead us through different countries, regions and local vineyards exploring the differences between various ports.

<b>Australia and New Zealand</b>	<b>January 7th</b>
<b>Argentina and Chile</b>	<b>February 11th</b>
<b>South Africa</b>	<b>March 11th</b>
<b>France</b>	<b>April 8th</b>

<b>Yesterday's Headlines</b>	<b>Robert Novak</b>	<b>Meets Monthly on Saturdays • 2:30 PM</b>	<b>Auditorium</b>
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Yesterday's Headlines is a fun, unique trip down memory lane using original photographs from Bridgeport and the surrounding area taken from local newspapers. Local historian Rob Novak conducts completely new presentations every month in a fun, interactive format. Please refer to the weekly for specific dates.

## Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>A Closer Look at Art</b>	<b>Clare Chapman</b>	<b>Sunday, February 24th &amp; April 28th • 2:00 PM</b>	<b>Inn Lounge</b>

Develop your understanding and knowledge of Art History by looking at key features in images of famous paintings and sculpture. The importance of shape, style, color, technique, medium, and symbols will be explored.

## Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>12 Months of Countries</b>	<b>Mary Jo Vincent</b>	<b>Third Monday of each month • 2:00 PM</b>	<b>Inn Lounge</b>
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Celebrate and honor a different country each month. Visit countries from the continents of South America, Australia, Asia, Africa, Europe and North America.

January - Chile	May - India	September - France
February - Argentina	June - Thailand	October - Greece
March - Australia	July - Egypt	November - Italy
April - China	August - Kenya	December - Canada

<b>Animal Embassy</b>	<b>Animal Embassy</b>	<b>Friday, January 11th Friday, February 8th Friday, March 8th Friday, April 12th • 2:00 PM</b>	<b>Springs Lounge Town Center Auditorium Gardens Lounge Inn Lounge</b>
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This educational and entertaining program will take participants around the world with a unique group of rescued and adopted animals, representing diverse habitats. While exploring these habitats, we will discover some of the musical instruments used by people indigenous to these regions such as a rainstick, maracas or a drum. We will also discuss examples of animals that contribute to nature's symphony including song birds, chirping crickets and chorus frogs. We will meet incredible live Animal Ambassadors such as South American Chinchillas, North American Spring Peepers or a Cuban Tree Frog, an African Sulcata Tortoise, an African Lovebird or Australian Eclectus Parrot, an African Savannah Monitor and a Dumeril's Boa from Madagascar.

<b>Antique Roadshow</b>	<b>Mary Jo Vincent</b>	<b>3rd Fridays • 10:30 AM 3rd Tuesdays • 1:30 AM</b>	<b>Inn Lounge Gardens Lounge</b>
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From The Elephant's Trunk, Stormville Flea Market, and Brimfield Flea Market on the television program Flea Market Flip, Mary Jo visits them all during her free time on weekends. Each month she will bring in some of her treasures. Find out where she found them, the deal she got, and guess how much they are worth!

## Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Art Therapy</b>	<b>Clare Chapman</b>	<b>Mondays • 10:45 AM 2nd &amp; 4th Fridays • 1:30 PM</b>	<b>Gardens</b>
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The art making process can soothe the mind. For individuals, art therapy engages the senses and allows for self-expression. Art making activities include reflective drawing, painting, collage, and sculpting which can be administered either in groups or individually. All sessions encourage participation, build self-esteem, develop social skills, and provide residents with opportunities to make non-threatening choices.

<b>Artist Spotlight</b>	<b>Mary Walsh</b>	<b>Every other Monday of the Month • 3:30 PM</b>	<b>Inn Lounge</b>
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Learn about a variety of artists as painters, vocalist, designers and animation.

January 14th - Michael Angelo	March 11th - van Gogh
January 28th - Monet	March 25th - Vera Wang
February 11th - Picasso	April 15th - Street Art
February 25th - Disney	April 29th - Schwarz "Peanuts"

<b>Bead Making Class</b>	<b>Clare Chapman</b>	<b>February 23rd • 2:00 PM</b>	<b>Inn Lounge</b>
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Clay beads are back in fashion for costume jewelry! Using polymer clay, create intricately colored square and round beads by using a layering technique to be cut, holed, and cured.

<b>Drum Circle</b>	<b>Lydia Smith</b>	<b>February 5 &amp; April 9th January 8th &amp; March 12th Tuesdays • 2:00 PM</b>	<b>Inn Lounge Gardens Lounge</b>
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Lydia Smith is a Therapeutic Music Instructor. She will bring drums of all shapes and sizes as well as many other percussion instruments you may never have seen. Lydia will have a new lesson plan for each class. All you need to bring is yourself and your love for music.

<b>Disciples of the Bible</b>	<b>Cristina Esteves</b>	<b>1st Friday of the Month • 11:00 AM</b>	<b>Inn Lounge</b>
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The 12 disciples of Jesus were the foundation of the church, several even wrote portions of the Bible. Learn about Andrew, Nathanael, James the Elder, James the Younger, John, Judas, Thaddeus, Matthew, Peter, Philip, Simon, and Thomas.

## Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Fired Up ! On the Go</b>	<b>Maria Gold</b>	<b>Monday, February 4th &amp; Wednesday, April 3rd • 11:00 AM</b>	<b>Inn Lounge</b>

No artistic ability required! Paint your own piece of pottery, choosing your own designs let your creativity inspire you! Items will be brought back to Fired Up's home in Branford to be fired and brought back to you next time!

<b>Fruits from Jamaica</b>	<b>Jackie Evans</b>	<b>Wednesday, January 9th • 2:00 PM</b>	<b>Inn Lounge</b>
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Jamaica is an island in the northern and western hemisphere in the Caribbean. It is the third largest in the Caribbean. Jamaica is know by many names: Land of wood and water, Reggae Country and Sprint Capital. Jackie will be demonstrating several fruits that are from Jamaica, which are not available here in the United States, such as Otaheiti Apple, Rose Apple, Star Apple, as well as Naseberry, Guinep, Mangoes, and June Plum.

<b>Giggling Pig Art Studio on the Go</b>	<b>Hannah Perry</b>	<b>Friday, January 11th &amp; Friday, March 8th • 11:00 AM</b>	<b>Inn Lounge</b>
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Enjoy an instructor lead painting time with Giggles on the Go. Every other month a theme will be chosen and supplies brought in for residents to paint their own canvas. No need to have a background in art, these instructors will help with the most novice of artists find their way around their paint brushes

<b>Green Thumb Gardening</b>	<b>Mary Jo Vincent</b>	<b>4th Thursday of Each Month • 4:00 PM &amp; 4th Monday of Each Month • 1:30 PM</b>	<b>Inn Lounge  Gardens Lounge</b>
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Learn how to take care of your house plants during the winter months. Activities will include propagating succulents, re-potting plants, forcing bulbs in the winter, and pruning techniques. In the spring, the Club will grow plants from seed for the patio.

## Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Health Talks</b>	<b>Kathleen Quinn - RN</b>	<b>3rd Wednesday of Each Month • 11:00 AM</b>	<b>Inn Lounge</b>
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Each month we will discuss major and interested health topics within the Healthcare field. Stop by and learn new technologies and up to date information.

**January 2019 - The Common Cold**

**February 2019 - Heart Disease**

**March 2019 - UTI**

**April 2019 - Allergies**

<b>How To Speak French 101</b>	<b>Johanna Henry</b>	<b>Wednesday, February 20th • 1:30 PM</b>	<b>Inn Lounge</b>
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Join Johanna as she teaches simple basic French words and phrases to create an easy and comfortable conversation.

<b>Interactive Elements: Display to Play</b>	<b>Mary Walsh</b>	<b>First Monday of Every Month • 10:00 AM</b>	<b>Springs Lounge</b>
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This program offers a variety of sensory and cognitive activities including but not limited to residents, families and associates such as bringing in a collection of kaleidoscopes, bird houses, antique jewelry where residents can touch, feel and reminisce. A new display table is set up monthly for all to enjoy.

<b>Mandala Art Work</b>	<b>Nayas</b>	<b>Every Thursday of Each Month</b>	<b>Gardens Lounge</b>
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Mandala's are sacred circles. The word mandala come from the ancient Sanskrit language and loosely means "circle" or "center". When you color mandala coloring pages, you're expressing your desires for healing and wellness.

<b>Mid-Morning Stretch</b>	<b>Kayti Meehan</b>	<b>Mondays • 11:00 AM</b>	<b>Inn Lounge</b>
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Learn a safe and beneficial way to stretch and strengthen your body in this body fitness class. Kayti will lead us in a number of controlled movements, many of which can be performed in a chair. Improve your strength, flexibility, stamina and overall feeling of well-being with this class.

## Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Mosaic Art</b>	<b>Cristina Esteves</b>	<b>January 16th &amp; March 20th • 2:00 PM</b>	<b>Gardens Lounge</b>
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Using rock and mineral designs, we will learn the ancient history of mosaics and how to make your own colorful creations. As we create beautiful master pieces, we will also learn about each variety of rock and mineral and what properties they contain. Join us monthly to learn and create beautiful works of art.

<b>Moving to the Beat</b>	<b>Cindy McGuire</b>	<b>Mondays • 2:30 PM</b>	<b>Gardens Lounge</b>
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Stimulate your muscles with this hands on exercise program designed to increase blood flow and circulation throughout all parts of the body. This program incorporates music, yoga and massage without having to get up from your seat. Muscle Stimulation is great energy booster and ideal for all fitness levels.

<b>Music Appreciation</b>	<b>Marvel Campbell</b>	<b>Monday Afternoons • Time TBD</b>	<b>Gardens Lounge</b>
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Listen to, and learn all about classic composers throughout the world. First learn about the composer including; their childhood, rise to fame, what was going on in the world during their composing time, and fun facts about them. After, enjoy the beautiful music of the composer in discussion. Puccini, Verdi, Beethoven and Holst are just a few that will be available for your enjoyment!

<b>Reiki Overtones</b>	<b>Jeanette Stellato</b>	<b>1st Saturday of the Month • 10:00 AM - 11:30 AM</b>	<b>Inn Lounge</b>
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Reiki is much easier to define by experience than by definition. Recipients and practitioners describe Reiki as being a wonderful way to experience a sense of balance at many levels. They further describe profound results including, relaxation, joy, calmness, restful sleep, clarity; while some feel similar and subtler effects several days later. Jeanette and her team will talk more about Reiki's history and its benefits each meeting as well as perform Reiki on any resident interested.

## Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
Tai Chi	Jonathan Davis	Wednesdays • 10:30 AM	Inn Lounge
		Wednesdays • 10:00 AM	Gardens Lounge
		2nd & 4th Saturday • 10:30 AM	Inn Lounge
		2nd & 4th Saturday • 11:00 AM	Gardens Lounge

Tai Chi is a low impact exercise that promotes balance, strength, flexibility, circulation and stress relief through close attention to slow, graceful movement. This class is designed for seniors, including both sitting and standing exercises based on the classical Tai Chi movements and simple Qigong health exercises that have long been an integral part of Traditional Chinese Medicine.

What's Cooking?	Cristina Esteves Mary Jo Vincent	2nd Monday of the Month • 1:30 PM & 2:00 PM	Gardens Lounge Inn Lounge
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This class offers the participants a chance to not only make delicious baked goods, but also helps with motor skills, provides residents with sensory stimulation as well as giving all participants a sense of accomplishment once the product is completed. No prior baking skills required.

**January 4th - Cinnamon Rolls with Cristina and Mary Jo**

**February 11th - Valentine Cookies with Cristina and Mary Jo**

**March 11th - Yogurt Parfaits with Cristina and Mary Jo**

**April 8th - Apple Sandwiches with Cristina and Mary Jo**

Wine, Cheese & Trivia	Cristina Esteves	Last Tuesday of Every Month • 2:00 PM	Gardens Lounge
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Enjoy a sample of wine along with a light snack of cheese, crackers, and fresh fruit as we engage our brains with a variety of trivia questions.

Wine Tasting Social	Mary Jo Vincent	4th Friday of Every Month • 3:00 PM	Inn Lounge
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Sample a different wine each month. Learn how to drink and appreciation the wine's bouquet. Light snacks will be served to enhance your wine tasting experience!



## Faculty Biographies

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### NAME OF INSTRUCTOR

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### CLASS NAME

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#### Barbara Paris - Rabbi

#### Hebrew Class Shabbat

Rabbi Barbara Paris has served the greater Bridgeport community for over 25 years as Vice President of Jewish Family Service. Later in life, she attended Rabbinic School and started a second career. Barbara loves to share her love of Judaism with all, whether it is with the high school kids at Choate Rosemary Hall where she has served as the rabbi for over 10 years, her patients at St. Vincent's hospital where she is the Rabbi/Jewish Chaplain, or her students at the JCCH of Harrison.

Barbara is a lifelong learner and an enthusiastic teacher. She was ordained at the pluralistic Academy for Jewish Religion in New York. Barbara is open and accepting to people from all backgrounds and theologies. She is dynamic, warm and a woman who seeks to engage everyone. Her love of Judaism is infectious. Barbara looks forward to welcoming the Shabbat with our residents through prayer, song and study. No Hebrew background is necessary – just an open heart and a willingness to learn together.

#### Build ON Student Volunteers

#### Health Center Programs

A non-profit organization that is working through service and education. At Central High School, Build On is engaging more than 50 students to do service within their local community, making connections with residents of Fairfield County. This year, Central has already worked with youth, elderly, city beautification projects, community gardens and even marches to promote non-violence and the importance of education. Build On students are dedicating time to gain valuable experiences and life lessons partnering with residents at The Watermark and are looking forward to facilitating a variety of Watermark offerings.

#### Candace Rodak - Dietician

#### Nutrition Counseling Nutrition Talks

Candace has been a Dietitian for 10 years. She has worked with elderly patients since her first job as a Dietary Aide when she was 16 years old. She attended the University of New Haven and earned a Bachelor's Degree in Nutrition and Dietetics. Candace did an internship at Danbury Hospital.

#### Carol Goncalves

#### Tea & International Treats

Carols connections to Watermark began in 1979 in the Food Service Department. Though Watermark would form her major career, she also went on to teach English as a Second Language at Bullard High School in her younger days until the government ended the program. Over the years she has held many posts here, leading to her current role as Human Resources Manager. In this position, she is responsible for the hiring of staff members in various department, helping Watermark to run smoothly. Born and raised in Bridgeport, Carol has a large family. Her family includes two sons, two grandsons, three step-children, and seven step-grandchildren. She manages to oversee a Goncalves family dinner every Sunday.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Clare Chapman - Community Life Associate**

**Drawing What You See  
Make a Collage  
Yoga & Meditation**

Clare Chapman is an art therapist who conducts creative programs for older adults, including those living with dementia. A graduate of Marymount College (BFA in studio art) and Albertus Magnus College (MA in Art Therapy), Clare has been an art instructor for 15 years and maintains her own studio art practice. She is an award-winning artist whose work has been exhibited regionally and nationally. In addition, she has been practicing yoga and meditation for over 30 years, which serves her well in her daily work.

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**Cristina Esteves - Community Life Assistant**

**What's Cooking?  
Button Tree Craft  
Wine, Cheese & Trivia**

Cristina has been a Therapeutic Recreation Director for over 12 years working with older adults in skilled nursing facilities. She is married with two children, Tyler, 17 and Matthew, 14. Cristina has always had a passion for helping others. Most of all Cristina loves making people happy.

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**Cynthia Dungey - Community Coordinator**

Cindy Dungey was born and raised in Long Island. She began college at Lehigh University in PA, but transferred to the University of California in San Diego where she received a BA in Political Science. Her experience in the workforce includes food & beverage management, sales & marketing, home staging, writing, photography and retail management. She lived in California and Oregon since 1981, but just moved back to the east coast. She has 3 children, the youngest of which is the starting quarterback at Syracuse University.

**Cynthia Fallon McGuire -  
Director of Living Well/Fitness Center Director**

**Fitness Classes  
Laughter Club  
Community Life Programs**

Cindy has a BS in Recreation and Leisure Education from SCSU (Southern CT State University) and an MS in Biology with a concentration in Nutrition from UB (University of Bridgeport). She is also certified with AFAA (Aerobics and Fitness Association of America) as a group exercise instructor. With over 25 years of experience in the fitness profession, teaching a variety of fitness classes as well as managing multisport facilities, her interest in fitness and wellness is to provide practical healthy lifestyle information to all ages. In addition to fitness, she also teaches Anatomy and Physiology at Sacred Heart University. Cindy lives in Shelton with her husband and son who keeps her fit and young at heart.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Dana Uhrynowski - Volunteer**

**Book Club**

Dana is an avid reader who also enjoys swimming, travel, cross country skiing and snow shoeing. She holds a B.A. degree from the American College of Switzerland, an M.ED from Boston College and a C.D.A.G.S. from University of California. She was recently retired, having been the teacher of the Visually Impaired for thirty-five years, serving students in Greenwich, Norwalk and Fairfield. Dana lives in Fairfield, CT with her husband, Peter.

**David Rowe - Reverend**

**Literature that Feeds Our Faith  
Worship  
Bible Study**

David Rowe grew up in Queens, and graduated from Colgate, Andover-Newton Theological School and got his doctorate from Palmer Seminary. He is the author of many books, most recently "Church: One Pilgrim's Progress". David was president of Habitat for Humanity International for many years, and the overseas ministries study center.

**Denise Rozell - Director of Sales**

Denise was born and raised in Fairfield and still resides there with her husband, Jim, and her son, Owen, and daughter, Madison. She has 16 years of Sales Management experience working for a Greeting Card company and for Scholastic Book Fairs. Denise has been working here at the Watermark since 2010. Her true love is to travel, see new places, and spend time with family and friends.

**Elsa Cantor & Don**

**Armchair Travelers**

Elsa Cantor and Don Lamberty are retired educators. Elsa has worked as a school psychologist for 34 years. Don started his career as a research physicist, and after 10 years left industry to continue his love of science, working as a high school teacher, teaching both chemistry and physics. As wife and husband, they have shared their passion for travel during their retirement. They have traveled extensively in Asia and Central and South America, as well as many islands around the world. They are especially interested in the history, culture and daily lives of the people around the world. They take great pleasure in sharing these experiences with others.

**Frank P. DeStefano, PhD**

**Students for Life:  
Gritty Film Noir Dramas from the 1950's**

Francis P. DeStefano has a PhD in History. For the past eight years he has been offering courses in the Lifelong Learner's Program in Fairfield. He left academe 44 years ago to pursue a career as a financial advisor, finding out later that he was very interested in Italy and the Renaissance. He also likes to play chess as well as workout in the fitness center. He lives with his wife, Linda, in Fairfield.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Isai Melendez, Housekeeping Supervisor****Discipleship Class**

Isai has been working in the Healthcare field for over 25 years. He completed and awarded a 4-year Diploma at Bilingual Bible Institute thru Global University. Currently he is a professor at Bilingual Bible Institute where he teaches The Pentateuch, World Religion, Conflict Management, Romans, Hermeneutics, and Systematic Theology. He also teaches Bible study classes at Jesus Way to Heaven in Wallingford, CT. Currently he is a minister of God's Word at the Radiant Star of Jacob Christian Church in New Haven, CT. He is married to his high school sweetheart and has two sons, one daughter and a grandson.

**Jacinda Periera, Server****Portuguese and Spanish Dialects -  
What are the differences?**

Jacinda graduated from Central High School in Bridgeport. She will be attending the nursing program at Norwalk Community College in January 2019. She lives with her mom, dad and sister. Her mom is Puerto Rican and her dad is Portuguese. Jacinda likes to paint in her spare time.

**Jackie Evans, CNA****All About Fruit in Jamaica**

Jackie was born and raised in Jamaica and came to the United States in 2010. She has been residing in Connecticut since 2015. She completed the Patient Care Technician Program from Norwalk Community College in 2016. The program had given her skills as a certified nursing assistant as well as a phlebotomist.

**Johanna Henry - CNA****How to Speak French 101**

Johanna Henry has been a Certified Nurse's Aide for over a year and has truly blossomed with the Watermark Family. Johanna is a mother of two and enjoys cooking for her loved ones.

**John Calhoun - Resident****Great Courses**

John Calhoun was an Engineering Manager at Parker Hannifin Corp. After retirement, while President of the Stratford Historical Society, he co-authored two books illustrating Stratford history. Here at Watermark John serves on the Resident Council, the Building and Grounds Committee, and the Arts Committee. He has studied Great Courses for several years and enjoys presenting a variety of historical, scientific, and musical topics.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Jon Haight, Independent Wine Educator****Wine Travels**

Jon Haight has worked as a wine retailer, consultant, wine journalist, and as a wine educator. For over 20 years he has taught wine appreciation classes at the University of New Haven and is also a Certified Spanish Wine Educator. Jon has traveled to many of the world's greatest wine producing regions and has been making wine for over 25 years. Currently Jon runs weekly educational tastings at a wine shop, does public and private classes throughout Connecticut and conducts wine classes at Jones Winery.

**Jonas Zdanys - English Professor****Students for Life: Poetry Readings**

Jonas Zdanys was born in New Britain, CT in the United States. He received his B.A. in English from Yale University and his M.A. and Ph.D. in English from the State University of New York. A bilingual poet and translator, he is the author of forty-six books, forty-two of them collections of poetry, written in English and in Lithuanian, and translations from the Lithuanian. He has received a number of prizes, book awards, writing and travel grants, and public recognitions for his own poetry and for his translations. He has taught at the State University of New York and at Yale University and was a Scholar-in-Residence in the Yale Center for Russian and East European Studies. He is currently Professor of English and Poet in Residence at Sacred Heart University, where he teaches creative writing and modern poetry seminars and directs the program in creative writing.

**Josi Russell - Resident****Health & Wellness Talk  
Entertainment Committee Chair**

Josi Russell has been in the costume business for over 50 years. Her Husband, Joey Russell, was an entertainer. She has always been active in the theater. Josi has five children, fifteen grandchildren and three great-grandchildren.

**Kayti Meehan - Community Life Associate****A'chromatherapy  
Fitness Classes  
"Someone Cares" Greeting Card Design Class  
Community Life Programs**

Kayti Meehan was born in England and moved to America when she was 19 years old. She began training to be a group exercise instructor in 1999, after the birth of her second son. She received her National Certification from the Aerobics and Fitness Association (AFAA) in March 2001. In the same year she became a certified teacher of the Silver Sneakers Fitness Program. Silver Sneakers is the nation's leading exercise program designed exclusively for older adults. In 2004 she received the AFAA Personal Training Certification enabling her to train individual clients and customize workout programs specifically to their needs and fitness goals. Kayti began teaching a variety of classes at the Watermark at 3030 in 2009. She continues to complete fitness workshops and certifications to broaden her fitness knowledge and skills.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Kennith Elkins, Education Programs Manager  
Audubon Center Bent of the River**

**Students for Life Program  
Harbingers of Spring; Nature's Symphony**

Ken's interest in birds started when he was 10 years old, while watching the birds at his grandmother's feeders in Vermont, and he has been obsessed ever since. He started his career in conservation education at a small nature center and quickly moved onto Connecticut Audubon Society, leading many EcoTravel trips, competing in the World Series of Birding and directing their education programs for all 5 centers. In 2008, Ken moved onto National Audubon, where he's the Education Program Manager at the Audubon Center at Bent of the River in Southbury. In the past few years, he's tripled the enrollment in their summer camps, and created a nationally recognized therapeutic program using birds to engage people with dementia, called Bird Tales.

**Kristin Butler - Executive Director**

**Wines of the Finger Lakes**

Kristin is the Executive Director here at Watermark. She is originally from Syracuse, New York but has resided in Connecticut for 20 years. She has held a variety of positions in senior living including Executive Director, Nursing Home Administrator, Operations Director of Aging Services Continuum and Director of Performance Improvement. Her career path started at Niagara University with a Bachelors in Political Science and Business and then on to graduate school at James Madison University in Harrisonburg, Virginia to study Public Administration.

**Marilyn Diamondstone - Resident**

**Head Librarian  
Health & Wellness Talk**

Marilyn Diamondstone was a Nurse and Social Worker. She has one daughter and three granddaughters in Westport. Marilyn has two cats named Pumpkin and Precious. Since moving to 3030 Marilyn has been involved in 3 fundraisers raising over 4k to benefit local charities. Marilyn is an Ambassador, the Head Librarian, the Vice President of the Resident Council and Chairperson of the Health & Wellness committee. In her spare time she enjoys spending time with friends.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Lia Jill Levitt**

**Glory in Your Story Writing Workshop**

Lia Jill Levitt is a global citizen, having traveled to over 50 countries. She left her corporate career in 2017 to start a company dedicated to intellectually inspiring seniors. She recently completed a memoir, "Ain't She Sweet: A Coming of (Old) Age Story". She combined her drive to empower seniors with her lifelong public speaking experience to form Ain't She Sweet, LLC, a company named for her grandmothers favorite song. It's focused in four areas: intellectual programming for seniors, education for caregivers, partnering with facility marketing and finally, as a resource for custom staff leadership training. Lia received her M. Phil from the University of Pennsylvania in Organizational Dynamics, Organizational Consulting and Executive Coaching in 2015. Her research is published through Penn Scholarly Commons. She also has an M.S. in Leadership & Strategic Management and a B.A in Communications, with a concentration in Human Relations. Lia currently writes as a regional editor for Grand Magazine, a national lifestyle magazine for grandparents.

**Mark Albertson - Historian Author/Speaker**

**Students for Life Program**

Mark Albertson is the historical research editor at Army Aviation Magazine; and, is the historian for the Army Aviation Association of America. He is a long time member of the United States Naval Institute; and, has authored several books. Mark teaches history as an adjunct at Norwalk Community College in Norwalk, CT as well as the Lifetime Learners Institute at Norwalk Community College. He also is an avid speaker on a variety of issues on history and appears in a variety of venues.

**Mary Jo Vincent - Community Life Associate**

**Antique Road Show  
Disciples of the Bible  
Green Thumb Gardening**

Mary Jo made a career change over 10 years ago to work with older adults in skilled nursing facilities. She earned a BA from Sacred Heart University in Business Management and a minor in Psychology. She is currently an evening student at Gateway Community College and an active member of the Connecticut Association of Therapeutic Recreation Directors.

**Mary Scoran - Resident**

**Knit for Kids**

Mary Scoran joined the Watermark family in January 2010 with her husband Gene. Mary's passion for knitting began at the tender age of 10 when her mom began to teach her. Mary always liked to be constructive. Knitting hats is her favorite project because it is so easy to do, it is also very simple to teach. Mary was born in Connecticut but raised in the Bronx until the age of 17 when she returned to Connecticut. Mary looks forward to welcoming new members to the knitting group this semester.



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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Mary Walsh - Community Life Assistant**

**Interactive Elements:  
Display to Play**

Mary has over 30 years of work experience in Healthcare, Retirement Communities and Hospitality. She also was an associate of 3030 years ago and was part of their 20th year anniversary. Mary comes from a large family and has two grown daughters in college. She loves the outdoors, antiques and the arts as well as candy! She always has a "game on" attitude.

**Michael Stevens - Chef**

**Cooking Demonstrations**

Michael Stevens, Chef at The Watermark. Michael is originally from Jamaica and has studied under many international Chefs while establishing his expertise in cooking. Michael has a passion for food which has lead him to cook for over 30 years thus far. When he is not at work, he likes to focus on teaching responsibility to his 2 daughter's ages 15 and 17.

**Olivera N. Uberti, Sales Associate**

Oli grew up in Bridgeport, CT but is originally from Serbia in the former Yugoslavia. She currently lives in Monroe, CT with her family. She has a 7 year old daughter, Isabella who loves fashion and crafting. Oli enjoys traveling to Martha's Vineyard in the summer and skiing in the winter.

**Pradheep Shankar - Director of Dining Services**

**Cooking Demonstrations**

Pradheep Shankar, Director of Food Services, responsible for overseeing all the communities dining rooms, culinary operations, bar's lounge and catering activities. He previously worked at the Hartford Marriott Hotel and has held various positions throughout the industry with Hilton, Radisson, Intercontinental Hotels, Water's Edge Resort and Spa and Scandinavian World Cruise Lines. He is a graduate of Kilburn Polytechnic, London and University of Salzburg, Austria.

**Ramona Garcia**

**Students for Life: British History**

Also known as Mona, has a PhD in history and has taught at the college level. She has publications in her field of British History. She currently serves as the coadjutor editor of *North West Catholic History: A Peer-reviewed Journal of Research into the History of the Catholic Community in North-western England*.



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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Robert Novak****Yesterday's Headlines**

Robert lives in Shelton, and is the Municipal Historian of that City. He currently is an Officer in the Connecticut League of History Organizations and serves on several other statewide and local cultural heritage boards. Employed by the Bridgeport Fire Department since 1996, Rob is currently ranked as a Lieutenant. He has a lifelong love of local history including authoring four books through Arcadia Publishing and as well as writing a local newspaper column for Hometown Publications for 15 years. Rob began conducting historical presentations about 12 years ago while serving as Executive Director of the Derby Historical Society. This has been refined to the popular "Yesterday's Headlines" and other programs conducted under the business name "Hometown History CT" since 2011.

**Sripal Reddy Alugubelly - Chef****Cooking Demonstrations**

Sripal is from India. He lives in Bridgeport with his wife. He has one sister and 2 brothers. His father is a police officer and his mother is a house wife. Sripal's passion is to become a professional chef and open his own restaurant. His hobbies are cooking, reading culinary books and playing cricket and tennis.

**Sue Chrien - Resident****Art Classes  
Art Committee Chair**

Susan Chrien and her husband Robert moved to The Watermark from Long Island. Together they have two sons and two daughters of whom they are so proud. Susan graduated from the Cleveland Institute of Art, received a B.S. in Education from Kent State Ohio and a Masters in Art History from Western Reserve. Susan spent many years as an Art teacher working with children from Kindergarten on up. If she is not attending a show, spending time at church or with her family, Susan enjoys counted cross stitch and reading.

**Susan Kennedy- Community Life Associate****Community Life Programs  
Technology Time  
Fitness Classes**

Susan Kennedy has been with Watermark at 3030 since 2010 working both in administration as Resident Liaison and in the fitness center teaching yoga classes and one-on-one personal training instruction. Sue's professional fitness certifications are with the American Council on Exercise (ACE), Aerobic & Fitness Association of America (AFAA), Yogafit and BOSU. She has an educational background in Interior Design and is presently pursuing a B.S. in Business Management. Sue resides in nearby Trumbull with her husband, Rob; son, Shaun; daughter Leah and their two dogs & cat; Jake, Kringle and Bella.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Susan Maturro - Volunteer**

**Book Club**

Susan Maturro has worked in the school system at Tomlinson Middle School for the Dean and Assistant Principal as an administrative assistant for 25 years. She has been retired for 4 years and has lived in Fairfield for over 40 years. Susan participates in two other book groups as well as volunteers to lead the book club here at Watermark. She also participates in the Strength Training for Woman class on Tuesday mornings with Susan Kennedy.

**Suri Levow Krieger - Rabbi**

**Seder**

Suri Levow Krieger is the Rabbi of Kerhonkson Synagogue, in upstate New York, and Chavurat Bet Chai in Westchester, NY. She also teaches at University of Bridgeport, Sacred Heart University, and Merkaz Hebrew High School of Bridgeport. Her first love and connection to Judaism has always been through the arts; she was the music and drama director at Solomon Schechter Day School, Bergen County, NJ for some 20 years. In her teaching she weaves a tapestry of story, song, prayer and poetry. Her credentials include a PhD and Rabbinic Ordination. Rabbi Suri's mission includes building bridges between communities and peoples of different faiths by learning, singing and doing together.



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