

WATERMARK UNIVERSITY

2018

Spring Semester
JANUARY THROUGH APRIL

 **THE FOUNTAINS**
AT THE CARLOTTA



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,

Vanessa Villalobos

Vanessa Villalobos
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
Balance & Strength Class	Micah	Thursday's • 10:00 a.m.	TC Auditorium
<p>Regularly doing a few gentle exercise may help you enhance your coordination and decrease the risk of falling. Join Micah in this new balance and strength class where each week he'll focus on new techniques that will help you improve your balance.</p>			
Round Tables Chats	Ronn Ellenich	TBA •	TC Auditorium
<p>Once a month Ronn will hold round table chats. Various topics will be discussed. Ronn is very knowledgeable in many things so this is sure to be informative and well presented. Please check the monthly calendar for date, time and topics.</p>			
Morning Affirmations	Vanessa	Every Wednesday • 8:00 a.m.	The W
<p>The theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body. It's also thought that positive and optimistic people tend to live healthier lifestyles. With so many great benefits of positive thinking don't skip this program.</p>			
Health Chats	Khalid	3rd Thursday of Month • 11:00 a.m.	TC Auditorium
<p>Each month a different health topic is observed. There's the well known topics such as Breast Cancer month, Alzheimer awareness, etc. But what about the lesser known health related topics? Join Khalid as each month he shares these topics with ways and tips to improve your health.</p>			
Apple & Mac Class	Edie & John	Every Monday • 1:00 p.m.	Jacaranda Room
<p>Edie is known as the "Apple Whisper" around the Coachella Valley. Edie worked for Apple for many years so she knows her stuff. She'll help you set up your email, transfer your photos, music and other files and show you how to keep everything in sync with iCloud. If you have an iPhone, iPad or Mac that you can't seem to get working then come on down and let the pros show you the basics.</p>			

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Dining with Libby	Libby Quigley, RD	2nd Thursday • 5:00 p.m.	TC Auditorium
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Dining with Libby is a series that will teach you about your nutrition. Each month, a different topic will be discussed and dinner will be served according to the topic. This series will help you maintain a balanced approach to nutrition and health. Space is limited for this series so please sign up early. Previous topics have included: Understanding Cholesterol, The Color of Food, and Obesity: A Nation at Risk. As a Registered Dietitian, Libby is always aware of what she eats and how it will affect her body. Let her pass down this knowledge to you and put you on a path to better understanding your health. Class topics TBA.

Total Brain Health	Vanessa	Every Monday • 11:00 a.m.	Koerner Lounge
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The Total Brain Health (TBH) Toolkit offers brain training through hands-on, socially engaging classes and programs that teach the interventions shown to keep you sharp and maintain brain vitality over your lifetime. The current science suggests that to achieve sharper thinking and ward off dementia, you must practice better health habits across the three main dimensions of wellness: physical, intellectual and socio-emotional health. Pursuing activities that promote engagement in all these areas – such as getting regular exercise, playing games that test our ability to “think fast,” stretching our minds with new intellectual pursuits, and staying socially connected – are all paths to better brain fitness. Every week will be a different program so please check the calendar for topics.

Art Class	Joan Ryan	2nd & 4th Thursday • 10:30 a.m.	Jacaranda Room
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This art class is designed for all levels of artists. Whether it's your first time picking up a paint brush to painting for years. This class will also put special emphasis on understanding color, how to mix colors to achieve natural effects and various techniques of paint application to get the right shape or form.

Torah Talks	Rabbi Mendy Kreiman	2nd Monday • 3:00 p.m.	Jacaranda Room
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Rabbi Mendy Kreiman will be holding monthly Torah Talks where he will be discussing various topics ranging from Jewish holidays to Jewish stories.

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The World's Greatest Geological Wonders	Vanessa	Every Friday • 6:30 p.m.	TC Auditorium
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This course takes you to the world's most spectacular geological wonders, explains the forces that have formed them, and tells you the stories that have grown up around them. Our planet remains unique in the galaxy, even after space investigations have found many hundreds of other planets around other stars. This is part one of a three part series. You'll enjoy visiting these wonders every Friday.

Cocktail Party Bites	Aaron	3rd Wed. of Month • 3:30 p.m.	TC Auditorium
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Treat yourself to a fun and personalized class experience that will make hosting a cocktail party all the more enjoyable. Aaron will bring his experience in the culinary arts and hospitality management introduce an entirely new element into your next event in the form of delectable bites. His class will bring an experience that is free from intimidation.

Ted Talks	Zina	Wednesdays in January • 3:00 p.m.	Koerner Lounge
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TED is a media organization which posts talks online for free distribution, under the slogan "ideas worth spreading". TED was founded in February 1984 as a conference, which has been held annually since 1990. Join Zina as every week you'll discuss different topics.

Topics:

- Does chocolate really lower your blood pressure?
- What would happen if the world went vegetarian?
- How the food you eat affects your brain.
- What's the big deal with gluten?

Indescribable	Irietys Burrows	Sun. Jan. 07 • 2:00 p.m.	Carlotta Theater
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The heavens are telling the glory of God, and their expanse declares the work of His hands. Indescribable takes you on an image-rich journey through the cosmos, allowing you to peer into God's universe to discover the amazing magnitude of His greatness and grace.

COURSES	FACULTY	DAY AND TIME	LOCATION
How Great is Our God	Irietys Burrows	Sun. Jan. 17 • 2:00 p.m.	Carlotta Theater
<p>Your life is a miracle, and the Creator of the universe knows each of us by name. He's big enough to breathe out stars, yet intricate enough to fashion together the trillions of cells that make up every facet of who we are. And He cares about each of us and promises to carry us through. He will hold onto you and hold you together, giving strength to those who hope in His unfailing love.</p>			
The Early Days of Film	Craig	Tue. Jan. 16 • 11:00 a.m.	TC Auditorium
<p>This course will cover the early days of film. It'll be an overview of how film became to be. Craig will also discuss the first movies made and also film pioneers such as Thomas Edison and The Lumiere Brothers.</p>			
The History of Polo	Vanessa	Fri, Jan 19 • 2:30 p.m.	Springs Activity Room
<p>While the sport of polo is older than recorded history, we know that its origins are in the inspirational relationship between humans and horses. This special bond and the unique blending of athletic talents between horse and rider have helped polo evolve into The Sport of Kings. Come and learn about this great sport and join us monthly for our trips to the Polo Grounds.</p>			
Benefits of Hand Scrubs	Zina	Sat. Jan., 26 • 3:00 p.m.	Koerner Lounge
<p>A scrub works in a few ways: As you massage it over your body, the exfoliating granules help to slough off dead skin, and the rubbing action itself boosts circulation and helps drain your lymph nodes, by increasing blood flow to the skin's surface. Plus, after all that deep cleansing work in the shower, your post-wash moisturizer will be better able to soothe and hydrate your skin. At the end of the class you'll have your very own scrub to take home.</p>			
Labeling Personal Items	Stephanie	Tue. Jan 30 • 10:30 a.m.	Jacaranda Room
<p>Stephanie comes to us from the Braille Institute and she holds programs here at the Carlotta. For this program she will be showing the residents how to label personal items for better access. Stephanie will begin to hold programs once a month so please make sure to check your calendar for dates and times.</p>			
Greatest Love Stories Of All Time	Zina	Every Sunday in February • 3:00 p.m.	Koerner Lounge
<p>Just in time for Valentines Day, Zina takes a spin through history's greatest lovers—star crossed, cursed, life-long, and everything in between.</p>			

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Pinterest Craft	Amanda	Thur. Feb 8 • 3:30 p.m.	Koerner Lounge
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Amanda enjoys crafting in her spare time and is an avid Pinterest user. For Valentines Day she'll walk you through a project she found on Pinterest that is simple yet elegant to display on your dresser or nightstand.

The End of the Silent Era and Censorship in Hollywood	Craig	Tues. Feb. 13 • 11:00 a.m.	TC Auditorium
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Silent movies were just that – movies that did not have any talking or music in them. To provide drama and excitement to movies, live music was played in sync with the action on the screen, by pianos, organs, and other instruments. The era also brought us many silent movie stars, such as Charlie Chaplin, Laurel and Hardy, Harold Lloyd and Pearl White. Some actors and actresses continued their careers in film when talking pictures started in 1929, others did not. To learn more about this fascinating time in the history of the theater, please attend this class.

Indio Murals	Vanessa	Every Thursday starting in March • 3:00 p.m.	Main Lobby
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The heritage of Indio, California is represented in murals that are displayed all over town. In fact, this heritage is shared with all communities in the Coachella Valley. The murals are presented here as they are seen on the buildings. This work brings out the many vignettes that are encompassed in the murals. These vignettes bring the history to life. Each week we'll drive to one of the ten murals and learn about their significance.

The Battle of Fallen Timbers and the Opening of the West	Craig	Part 1: Tues. March 13 • Part 2: Tues, April 17 • 11:00 a.m.	TC Auditorium
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The Battle of Fallen Timbers was the final battle of the Northwest Indian War, a struggle between Native American tribes affiliated with the Western Confederacy, including support from the British led by Captain Alexander McKillop, against the United States for control of the Northwest Territory. This land had been ceded to the United States in accordance with the Treaty of Paris, but the Native Americans refused to comply with the treaty and relinquish control. British army bases were maintained there to support their Native allies. This ultimately led to the American offensive and subsequent British-Indian withdrawal from the territory altogether following the Treaty of Greenville. The battle, which was a decisive victory for the United States, ended major hostilities in the region until Tecumseh's War and the Battle of Tippecanoe in 1811. This led to the establishment of the first permanent Army of the United States.

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Windmill Tours	Kerry Berman	Wed. March 21 • 9:00 a.m.	Main Lobby
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What's with all those windmills in the San Geronio Pass? Why are they located in the pass? How much energy do they produce? How much do they cost? How much pollution do they eliminate? Discover other sources of clean energy: solar, geo-thermal, bio-mass, and hydro-electric that are perfectly suited for the desert. Learn some fascinating history and facts about our Aquifer, Colorado River water, the Southern Pacific Railroad and how they contributed to the settlement of the Coachella and Imperial Valley. The views will be breathtaking as we climb high above the valley and you'll have some tremendous photo opportunities!

Water & Agriculture in the Coachella Valley	Kerry Berman	Fri., March 30 • 3:00 p.m.	TC Auditorium
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The Coachella Valley's farmland is among the largest crop-growing regions in the state, renowned for its dates, citrus, grapes and bell peppers. More than two-thirds of local farmland is irrigated in part with the Colorado River water delivered via the Coachella Canal, a branch of the All American Canal.

Six Elements of Music	Rowena	Tuesday's in April • 2:00 p.m.	Springs Activity Room
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The six elements that make up music are texture, timbre, rhythm, melody, form and harmony. Each of these are key to making the music we all love to tap our feet to. Come down and learn what it takes to make a wonderful sound.

American Military Special Forces	Dick Couch	Sat. April 7 • 1:00 p.m.	Palm Springs Air Museum
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In this presentation Dick will address the expanding global role of deployed American special operations forces in the ongoing war on terror. He will also talk about the past, current, and future mission sets of our four special-operations ground-combat components—the Navy SEALs, the Army Special Forces (the Green Berets), the Army's 75th Ranger Regiment, and the Marine Raiders. Admission: \$15.00.

Cahuilla Indians	Paula Hoffman	Wed. April 18 • 11:00 a.m.	TC Auditorium
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The Agua Caliente Culture Museum will be on hand to deliver a fascinating presentation about the Cahuilla Indians. Here are a few topics that they will cover during the presentation: Historical Cahuilla culture, community, natural resources, land use and preservation. Don't miss this presentation to see how the Cahuilla's helped shape our valley.

COURSES	FACULTY	DAY AND TIME	LOCATION
Energy: Natural & Renewable Sources	Kerry Berman	Fri. April 27 • 3:00 p.m.	TC Auditorium

Learn about our desert's many renewable energy, the natural palm oasis of the San Andreas Fault, discuss the water seeping up through the underground aquifer. Discover other sources of clean energy: solar, geothermal, bio-mass, and hydro-electric that are perfectly suited for the desert.

Journey through the Desert...The road less traveled	Art Docent	Sun. April 29 • 2:00 p.m.	Palm Desert Art Museum
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This exhibition is not about the history of photography and how the themes of beauty and pictorial documentation have been interpreted through time. Instead, the selection seeks to examine the individual photographer's distinct visions and unique journeys through the American deserts of the West.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Vanessa Villalobos, Community Life Director

Wonders of the World, History of Polo and Indio Murals

I was born and raised in the Coachella Valley. I'm the youngest of three children. My mother, Elidia, is the housekeeping supervisor here at the Carlotta. I originally wanted to become a teacher, but after having my daughter, my plans changed. I started working at the Carlotta in 2007 and just fell in love with the residents and staff. I'm happy that I got my start here and was able work my way up and look forward to growing with the company and enriching the lives of all current and future residents.

Rowena Garcia, Community Life Assistant

Six Elements of Music

I went to college in the Philippines and graduated with a B.A. in Music. I was a music teacher in the Philippines, teaching the piano an organ. I came to the US in 1989 and I started working at the Carlotta in 2000. I love playing the organ and piano, singing, shopping, dancing, and I am very active at Sacred Heart Catholic Church; I am a Eucharist Minister for the church. I am married with 3 wonderful kids. I love working with all of the Residents here at the Carlotta. Stop by and see me in the Springs Activity Room!

Zina Zarco, Community Life Assistant

Benefits of Hand Scrubs & Greatest Love Stories of All Time

I born and raised here in the Coachella Valley. I graduated from Indio High School and attended C.O.D. , then went on to start my career in customer service and social service. During my career I've worked with youth at a High School Level and then assisting the elderly in private care setting. I have two sons and about to welcome my first grandchild.

Micah Floth, Personal Trainer

Balance & Strength Class

I am a firm believer that if I provide the knowledge of working out and the individuals have determination and dedication they will accomplish and realistic fitness goals that they desire. Associate Degree: Pre-Physical Therapy Minor in Chemistry. Bachelor's Degree in progress: Exercise and Sports Science Adult, Infant and Child CPR certification-American Red Cross Aquatic and Land exercises-Arthritis Foundation Personal Training Certification-NFPT (National Federation of Professional Trainers).

Libby Quigley, RD

Dining with Libby

Elizabeth has over 30 years' experience helping individuals improve or maintain their nutritional health. Make an investment in yourself by taking the time to improve your nutrition health. Libby's RD career began after graduating from San Diego State University and performing graduate work at Tufts University. The chief dietitian at Eisenhower for 22 years, Libby now consults privately through her company EQ Consulting, serves on the Board of Directors with the Joslyn Center, and teaches Nutrition at COD.

NAME OF INSTRUCTOR

CLASS NAME

Craig Myer, Business Office Manger

The History of Film

Born and raised in Cincinnati, Ohio. Craig moved to the valley in 2001. Previously worked in an art gallery, switched to Senior Living and Skilled Nursing seven years ago. Craig holds a Masters in Mass Communication. In his spare time, enjoys reading and playing guitar.

Joan Ryan, Artisit

Art Class

I've dabbled in every creative medium throughout my life beginning in Southern California. Created 3-dimensional art that was featured in an issue of Better Homes & Gardens Magazine. Designed commercial and residential interiors winning a best design award from the city of Manhattan Beach. Did a two-year certificate course study at the New York Botanical Gardens in Botanical Illustration. Worked in graphite, pen and ink, watercolor, and color pencils. Learned an amazing amount of new techniques in order to capture finite botanical details which have been very helpful in my current work.

Aaron Nava Piceno, Dining Service Director

Cocktail Party Bites

Aaron started working as a dishwasher and worked his way to Executive Chef. He took a brief hiatus from the Carlotta but returned and now is our Dining Service Director. Aaron was born in Mexico and came to the United States with his family when he was five years old. While in high school Aaron took some art classes and found it came naturally to him and won a few first place prizes at the Riverside County Fair. The categories he won in were for mechanical and architectural art. Aaron has three beautiful children, two girls and a boy.

Khalid Gonzales, Resident Care Services Director

Health Chats

Khalid has been with The Carlotta since 2008. He and his family came to Coachella Valley in the late 90's. After high school he went to nursing school to become a nurse like his mother. Some of his hobbies include cycling, hiking and spending time with his wife and baby boy.

Amanda Henn, Human Resource Director

Pinterest Craft

Amanda Henn has been with Watermark for six years. She enjoys to crafting and is an avid Pinterest user. She enjoys refurbishing furniture and making something old look new again. She has two beautiful daughters and enjoying swimming and camping in her spare time with her family.



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