

WU
WATERMARK UNIVERSITY

2018

Fall Semester
SEPTEMBER THROUGH DECEMBER

 **THE FOUNTAINS**
AT LAKE POINTE WOODS



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,

Jenny Welch

Jenny Welch
Community Life Director
3260 Lake Pointe Blvd
Sarasota, FL 34231
941-929-2442

COURSES	FACULTY	DAY AND TIME	LOCATION
Photography as Art	Jules Altenberg	Every Fourth Tuesday • 2:00 pm	Cinema
Learn to crop, edit and enhance your photographs. Prerequisites: students must be computer literate enough to send emails with attachments, have some type of photo editing software, such as light room or Photoshop elements, and must have either a cell phone camera or other digital camera.			
Brain Fitness	Chandra Tribit	Every Other Wednesday • 1:30 PM	Activity Room AL
The Brain Fitness class features brain games to stimulate learning processes, enhance memory and help prevent boredom and stagnation. Chandra is a Speech-Language Pathologist who works at the Springs. She uses brain fitness as a proven exercise to sharpen cognitive skills. Have fun while learning to think faster, have a higher level of focus and remember more.			
Comedy at the Movies	Allen Wolfe	Every Thursday • 1:30 PM	Cinema
This series will be showing an extensive, comedy movie collection from the 1930's and 1940's. Before the showing there will be a brief description about the characters and plot. Following the movie, you will be able to discuss your likes and dislikes of each movie among your fellow residents.			
Beginner Spanish	Wendy Rosario	Every Second Friday • 1:00 PM	AL Activity Room
This is a great opportunity for you to learn basic Spanish. Even if you have never tried it before, the pictures and words will help you to identify each word and use them daily. Each week we will learn new vocabulary words and review the previous lessons			
Health Chat with Debbie	Debbie Harcup	Every Third Friday • 10:30 AM	AL Activity Room
At the Fountains, Debbie gives a monthly chat and facilitates a discussion with the residents and is impressed at their knowledge and interest in health topics. The upcoming lectures topics will range from Stroke Awareness, Sleep, Glaucoma Awareness, Falls and Fall Prevention and Parkinson's Disease.			
iPad/iPhone's 101	Wendy Rosario	Every Fourth Friday • 10:30 AM	AL Activity Room

Are you lost on your mobile device? Bring it to this class where Wendy can walk you through step by step issues you may have with emailing family and friends, texting, calling people or taking pictures and saving them. All you need with you is your mobile device and the questions you have!

COURSES	FACULTY	DAY AND TIME	LOCATION
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Snacks Around the World	Jenny Welch	Every Fourth Friday • 1:30 PM	AL Activity Room
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We will be travelling the world through our stomachs! Each month we will receive a box filled with snacks from around the globe. During this interactive class we will discuss the history and cultural differences between the US and the other countries.

Chair Yoga	Sydney Manas	Thursdays, Sept 6th, Oct 4th, Nov 1st & Dec 6th • 2:00 pm	AL Upstairs Resident Lounge
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Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Join Sydney as she takes you on this exercise journey once a month through her chair yoga class! Don't miss out on this relaxing and fit experience.

Yiddish Language & Jewish Culture	Baila Miller	Sep 12th, Oct 24th, Nov 21st & Dec 19th • 1:00 pm	Key West Auditorium
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Baila Miller will be giving us some of her time to discuss in detail the Yiddish Language and the Jewish culture. The topics will be different for each lecture. The lecture topics (in order) will be as follow: Verdi's Nabucco (Jewish New Year), Yiddish Theater, Klezmer & Jewish Music History and Politics in the Pale of Settlement.

Intro to Harvard (From a Former Insider)	Melanie Marcus	Monday, September 17th • 10:30 am	AL Activity Room
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Harvard University is famous for many things, but who knew it houses an extraordinary collection of rare culinary art? An overview of Harvard history, a description of its structure (graduate schools, etc.) and a look at rare food-related art from its many libraries are all part of the tour. Your guide is a former Assistant Editor of Harvard Magazine and author of "Cooking With A Harvard Accent."

Sipping On Spirits	Paul Ebaugh	Wednesday, September 19th • 3:00 pm	Tiffany Lounge
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Every other month Paul will feature a "spirit" for the focus. He will present unknown facts, history and recipes for the featured spirit. Paul will conduct a interactive seminar on each spirit that will also include a free tasting of said Spirit. In this month's presentation we will be discussing Rum! Future dates to be determined.

COURSES	FACULTY	DAY AND TIME	LOCATION
Everything You Always Wanted to Know...	Paige Cohen	Friday, September 21st • 1:00 pm	AL Upstairs Resident Lounge

Submit all the questions you always wanted to ask about life here at the Inn and Paige will answer them in detail at this instructive Q&A seminar. Fire safety? Pond management? Temperature in the Upper Lounge? Join us and ask those burning questions and prepare to put all that's lingering to rest.

Arts & Humanities	Baila Miller	Sep 26th, Oct 10th, Nov 14th & Dec 5th • 1:00 pm	Key West Auditorium
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Baila Miller will be giving us some of her time to discuss in detail arts and humanities. The topics will be different for each lecture. The lecture topics (in order) will be as follow: Frida Kahlo, Diego Rivera, The Ringling Art Collection and Art & Literature of the Lost Generation.

Name That Tune: Pop Culture	Teryn Quintanilla	Tuesday, October 16th & November 20th • 1:30 pm	AL Upstairs Resident Lounge
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Join Teryn as she plays the top songs from each decade and adds trivia to the mix. She will be elaborating on how pop culture influenced social culture during that decade as well (ie: Elvis-inception of rock and roll and how that evolved a less conservative introduction of music to our culture and the social ramifications).

Rhymes & Reasons: Examining Rhymes, Lyrics & Song Structure	Melanie Marcus	Monday, October 15th • 10:30 am	Mangrove Room
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While many of us enjoy listening to our favorite songs, a few simple skills will help us to appreciate them even more. Learn how to listen for – and create—rhyme patterns that are pleasing to the ear, while making lyrical and musical sense. And though many of us can distinguish between a verse and a chorus, the fine art of also recognizing a lift and a bridge will give you a deeper appreciation for the whole world of songs and song-writers.

Melanie is a lyricist who has worked extensively with co-writers in Nashville to produce R&B, Country and Country-Rock songs. Once—and ONLY once—while driving in her car and listening to the radio, one of her songs came on! The bad news was....she was alone in her car!

COURSES	FACULTY	DAY AND TIME	LOCATION
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Kitchen Tour	Paul Ebaugh	Wednesday, October 17th & Wednesday, December 5th • 11:00 am	Lobby
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Enter the secret world of our fabulous chefs. See where the magic is created and our culinary team slices and dices to bring forth the masterpieces you see at each meal. After your tour of the facilities, you will enjoy a taste of Chef Paul's specialty lunch. There is a limit of 12 residents per class, so sign up quickly!

Gemstone Jewelry Workshop	Melanie Marcus	Monday, October 22nd • 10:30 am	AL Activity Room
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Create a gorgeous gemstone pendant in one easy lesson! Choose a pretty oval cabochon from our rainbow selection. Then nestle it into one of our ornate silver settings. Bring your own chain and you're ready to go!

Diabetes 101	Jenny Welch	Tuesday, October 30th • 10:30 am	Tiffany Lounge
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Do you have diabetes or know someone that does? You do now! Our Community Life Director has lived with Type 1 diabetes for 22 years. She will be discussing the struggles and realities that come along with having this medical condition. She will also touch on the new technology out in the world to help with diabetes.

Flora & Fauna	Jo Hanson	Monday, November 5th • 1:30 pm	Tiffany Lounge
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Do you wonder what all those trees and shrubs around our campus are? Join Jo for a brief slide presentation followed by a walk/ride around the campus (weather permitting) to identify the plants, birds and other critters.

Memory Lane	Wendy Rosario	Tuesday, November 6th • 10:30 am	AL Activity Room
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Reminisce as we travel back to the most memorable events in time. We will be discussing the most epic events and tragedies to take place in the last 50 years. We will do a brief overview of each event and the significance of it. The only thing you have to do is remember where you were when it happened!

COURSES	FACULTY	DAY AND TIME	LOCATION
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Essential Oil Play Dough	Kristin Buswell	Tuesday, November 13th • 1:30 pm	AL Activity Room
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In addition to smelling delicious, the health benefits from essential oils are too good to pass up. And the participants in this class get the extra benefits as they pat, roll, and make it creative with this DIY play dough.

Life At the Inn	Dawn Lewis	Wednesday, November 14th • 2:00 pm	AL Lobby
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For anyone who is interested in learning more about assisted living at The Inn, Dawn will be taking a group on a tour and answering any questions you may have about the assisted living lifestyle. All residents are welcome to attend, but there will be a sign up prior to this event. Valet will be available to drive Town Center residents back and forth.

My Life in Pictures	Jenny Welch	Tuesday, December 11th • 1:30 pm	AL Activity Room
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Have you ever looked back at a photo and thought of the great time attached to that memory? During this class Jenny will be sharing photos of her past and encouraging residents to share theirs too. We will discuss the memories attached to those photos and talk about the senses attached to each memory. It could be the memory of the smell of your mother's perfume, or the rough texture on a pair of bicycle handlebars. We will focus on the holiday memories and photos from that time frame!

Understanding Dreams	Kristin Buswell & Jenny Welch	Tuesday, December 18th • 1:30 pm	Tiffany Lounge
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Have you ever had a dream and wondered what the meaning of it was? Find out in this lecture! Jenny and Kristin will be discussing the philosophy of dreams and the meanings behind some of the most common occurrences. We will touch base on items discussed in the previous class and go over the dream journals, if any.

Scentscapes	Kristin Buswell	Friday, December 28th • 1:30 pm	Tiffany Lounge
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Spark recollections of sounds and scents about either working away in the garden, kitchen or tool shed. Join Kristin as she takes you on a journey through your sense of sound and smell. She will be playing an audio CD with common sounds of a particular theme and allowing you to smell specific smells to let you guess where you are.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Allen Wolfe

Comedy at the Movies

Allen and his wife, Paula, have been residents of the Fountains since June 2015. Allen was a computer programmer and analyst before retiring. Since moving here, he has focused on working out, reading, listening to music and sharing his extensive movie collection.

Chandra Tribit

Brain Fitness

Chandra is a Speech-Language Pathologist who has worked at the Springs for over 10 years. She has 2 children, Kellan, who is 3 years old and Riley who is 6. She loves boating, reading, snow skiing and the beach. Her Brain Fitness classes are a big hit!

Jenny Welch

**Understanding Dreams, Snacks Around the World,
Diabetes: Risks & Reality, My Life in Pictures**

Jenny is the Community Life Director at the Fountains. She was born in Newport News, Virginia and moved to Sarasota, FL when she was 9 years old. Jenny has a Bachelor's Degree in Sports Management and Recreation from Florida International University. In her spare time, Jenny enjoys spending the day playing softball, visiting with family and relaxing with her fur children.

Kristin Buswell

Understanding Dreams, Essential Oil Playdough

Kristin is the Community Life Assistant at the Town Center. She was born in Mansfield, OH and moved to Bradenton/Sarasota, FL when she was 10 years old. Kristin attended the University of Florida where she received a degree in Recreation Parks and Tourism. After graduating, she moved to Ormond Beach, FL where she lived for the last 21 years raising her two children. Recently, Kristin moved back to Sarasota, FL to start a new adventure in life. She loves to swim and do anything outdoors.

Paul Ebaugh

Sipping on Spirits, Kitchen Tour

Paul is the Director of Dining Services. Paul has been in the kitchen since he could remember. His gifts and talents stem from his mother and grandmother, from whom he received his love of cooking and knowledge of his heritage and other cuisines. He attended Baltimore International Culinary Academy for a time, but left to pursue his degrees in Political Science and Economics at Towson State University. Paul married his College sweetheart in 1998, and returned to his first love of the kitchen, taking a position at The Windows on the Green as Executive Chef / General Manager.

NAME OF INSTRUCTOR

CLASS NAME

Baila Miller**Yiddish Language & Jewish Culture, Arts & Humanities**

Baila completed a Bachelor's, a Master's degree, and post graduate work in the area of Instruction and Curriculum Development at the University of Memphis. Through her company, Miller Music and Fine Arts Programs, she has been presenting college level courses that explore the role of literature, paintings, architecture, sculpture, cinema, photography, as well as, orchestral and operatic influences in the development of European, Jewish, and modern American culture. Ms. Miller currently teaches at the Ringling College of Art and Design in Sarasota, Florida, where she is developing a Curriculum of Judaic Studies, from the Babylonian Captivity to Modern Architects; Frank Gehry, Daniel Libeskind, and Moshe Safdie.

Wendy Rosario**Beginner Spanish, iPad/iPhones 101, Memory Lane**

Wendy is a Community Life Assistant at the Inn. She has lived in Florida for 6 years. She has two amazing children, one boy and one girl. Wendy previously worked as an activity aid at other communities. She enjoys anything that has to do with the outdoors and her greatest blessing is her family.

Melanie Marcus**Gemstone Jewelry Workshop, Rhymes & Reasons, Intro to Harvard**

Melanie is a Community Life Assistant at the Inn. A native Virginian, Melanie moved to Sarasota in September after decades of shoveling Boston snow. The mother of two twenty-somethings, Melanie has worked as a journalist, special events coordinator and English teacher. In her free time, she loves puttering around with arts and crafts projects. She's also a song writer—R&B and country.

Dawn Lewis**Life at the Inn**

Dawn is the Sales Director here at The Fountains. She was born and raised in Sarasota, Florida, and has been working here at Lake Pointe since 2007. Dawn graduated from the State College of Florida with a degree in business. In her spare time she loves spending time with her family, volunteering, and traveling.

Debbie Harcup**Health Chat with Debbie**

Debbie Harcup is a RN with years of experience in various areas of nursing, both clinical and administrative. She has had an active role in staff development and education, teaching clinicians, general staff along with people in the community setting. The most challenging group she has worked with is middle school health students which she states she somehow has lived to talk about!

NAME OF INSTRUCTOR

CLASS NAME

Jo Hanson**Flora & Fauna**

Jo and her husband, Joe, have been residents of The Fountains since December, 2015; they moved to Osprey in 1998 from St. Louis. Jo has been a University of Florida/Sarasota County Extension Master Gardener for 16 years. She has taught rain barrel, Florida Friendly Landscaping and pesticide safety classes. She also volunteers for the Florida Department of Elder Affairs in the Long-Term-Care Ombudsman Program.

Teryn Quintanilla**Name That Tune: Pop Culture**

Teryn is a sales associate here at the Fountains. She was born and raised in the Midwest in a small farm town in Wisconsin. She attended the University of Massachusetts and Boston University with a BS in Criminal Justice and a MSW (Masters of Social Work). Teryn professionally began working within social services through college and afterwards with populations including dual diagnosis paranoid schizophrenics, mental health clients with veterans status and ran several shelters for homeless teen mothers and their children. She worked with human trafficking victims within the Boston area and later branched into an ED position for medical education and worked with patients with chronic conditions teaching holistic health. Teryn moved to Florida in 2012 to be closer to her very large and diverse family. She spends her free time hiking, kayaking, traveling and checking things off of her bucket list. Teryn has two dogs who are both registered as therapy animals due to their overly friendly demeanors. She loves music and seeing people happy!

Sydney Manas**Chair Yoga**

Sydney is the Move-in Coordinator here at The Fountains. She was born and raised in Long Island, NY and spent summers and vacations here in Sarasota. In 2014, she made Sarasota her home. Sydney is an RYT-200 Yoga teacher. She has taught several styles of Yoga including hot vinyasa, hatha, aerial and restorative. Come relax and thrive in Chair Yoga with Sydney.

Jules Altenberg**Photography as Art**

Jules Altenberg is a retired dentist with a passion for photography, including shooting, processing and printing. Jules has loved being in the darkroom since the age of 12! He served as photography editor of his high school newspaper and yearbook. In college, he worked as a staff photographer for the Daily Illini newspaper at the University of Illinois, Champaign/Urbana.



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