

WU
WATERMARK UNIVERSITY

2019

Spring Semester
JANUARY THROUGH APRIL

ST. ANDREW'S
VILLAGE

 A WATERMARK RETIREMENT COMMUNITY



Learn, grow, and play every day!

Watermark University strives to enhance wellness in the Seven Dimensions of Well Being: Physical, Social, Intellectual, Spiritual, Emotional, Environmental, and Vocational.

The faculty is comprised of residents, associates, and experts in the community who want to share their passions, interests, and knowledge with others.

Engaging oneself in these dimensions of well being promotes life long learning and has tremendous benefits for aging adults. Encouraging associates to participate and lead courses creates relationships and strengthens our community.

There are various courses in the following pages that will provide many opportunities to learn, grow, and play. I encourage you to try something new this semester and see where it takes you.

Sincerely,

Stephanie Baker

Community Life Director

| COURSES | FACULTY | DAY AND TIME | LOCATION |
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| Food for Thought | Clint Rasti, RD | 3rd Monday each month at 2:30PM *exception- 4/22 • 2:30PM | HC Media Room |
| Join Registered Dietitian Nutritionist, Clint Rasti, each month as he explores the delicious and beautiful world of food. Each month he will be your guide to a different region of the world, focusing on foods specific to the area. This semester, you can look forward to learning about the culinary delights from El Salvador, Ethiopia, Japan, and Russia. | | | |
| Kathleen Presents | Kathleen Arnold | 2nd Monday each month at 1:00PM • 2nd Thursday each month at 10:00 AM *exception-1/14 at 7:00 PM | AL Activity Room IL Community Room |
| Kathleen Arnold joins us each month to discuss a wide range of topics that will transport you to different times throughout our history in locations around the globe. In January, she'll lead you through a time of decadence where the social elites like Vanderbilt, Rockefeller and Carnegie ruled the day and perhaps even the country! | | | |
| Curious Dragonfly Science Program | Trina Terrell | 1st Wednesday each month at 10:30AM • 1:00PM • 2:30PM | HC Media Room AL Activity Room IL Chapel |
| Trina joins us each month to share her passion for teaching Science and Nature in a fun and creative way. She encourages questions and often has very hands on classes to really help you understand the topic. Her classes touch on various areas of science: Earth Science, Biology, Chemistry, Environmental Science, Astronomy and Physics. | | | |
| Book Review | IL Residents | Fourth Thursday each month at 3:00PM | IL 5th Floor |

Each month a resident selects a book and gives a review. It is not necessary that you read the book to come to the review as the speaker for the month is the one sharing the synopsis and their insights. If you would like to be a presenter, speak with Elinor Christiansen.

| COURSES | FACULTY | DAY AND TIME | LOCATION |
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| Active Minds: World Issues | Active Minds Presenters | First Wednesday each month at 7:15PM | IL Community Room |
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Active Minds is dedicated to expanding lives and minds by providing outstanding educational programs for seniors and adults. Programs range from international current events, to history, biography, and more. Each topic is researched in depth and presented within their historical contexts, with multiple perspectives presented. Attendees are challenged to look beyond their own opinions and political leanings to grapple with current events on a deeper level, encouraged to share their own experiences, and to draw parallels between the historical perspective and current events or contemporary figures.

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| Active Minds: Music Appreciation | Active Minds Presenters | 4th Monday each month at 7:15PM | IL Community Room |
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Music appreciation topics are designed to give attendees insight into various aspects of the world of music. Covered topics include composers, great works of music, musical styles, and more. Each class is supplemented with samples of music to illustrate the ideas presented in the program.

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| Yoga | Kathleen Laub | Every Wednesday at 9:00AM | AL Media Room |
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It's been said that Yoga was actually developed thousands of years ago for the aging body. Seated in a chair, this class includes gentle stretches that address strength, endurance, stability, flexibility, balance, and peace of mind. Kathleen also include various breathing techniques that both energize and relax the body and mind. This class is designed for almost every individual.

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| Pilates | Paula Powers | Every Tuesday and Saturday at 10:00AM | IL 5th Floor |
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Pilates is designed to improve physical strength, flexibility, and posture, and enhance mental awareness with a large emphasis on the core. The majority of this class is done in a chair, often utilizing equipment like Therabands, tennis balls, utility balls, and large balls. The class focuses on the folling principals:

1. Uniform Development (exercising both sides of the body)
2. Breathe Awareness
3. Mind/ Body Connection

| COURSES | FACULTY | DAY AND TIME | LOCATION |
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| Tai Chi | Pos | Every Tuesday and the 1st, 2nd, 4th and 5th Thursday each month at 10:30 | 5th Floor Exercise Room |

Tai Chi was originally developed in China for self defense but has evolved into a graceful form of exercise that combines the discipline of martial arts with the gentleness of walking. Through various breathing and coordinated movements, this moving meditation provides a sense of calm and relaxation while improving balance, range of motion, flexibility, and strength. This class practices the simplified Yang 24 form which consists of 24 flowing movements.

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| St. Cecilia Society | Bert Melcher | First, second and fifth Thursday each month at 7:00PM | IL Chapel |
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The St. Cecilia Society of St. Andrew's Village offers video concerts of classical music. It became an event in early 2017 when IL Residents Bert and Rosemary Melcher felt that their classical music DVDs might be enjoyed by others. Their collection and those of others, along with the use of Netflix, provide diverse orchestral and instrumental music, opera and ballet. St. Andrew's Village staff supports the program, but it is operated by residents with special knowledge, including performance experience. Operations involve selecting good music, reviewing and scheduling works and performers of high quality, and preparing brief handouts when appropriate. Calling the program just "Classical Music" is boring, so they honor St. Cecilia, the patroness of musicians and a Christian martyr executed for heresy by the Romans in 180AD and who died with a song on her lips.

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| Guide Dogs for the Blind Training | Guide Dogs for the Blind | First and third Thursday each month at 6:30 PM | IL Community Room |
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Liberty on Leashes puppy raising club for Guide Dogs for the Blind, headquartered in San Rafael, CA, has their training meetings at St. Andrew's Village. The puppies and their raisers, meet to work on manners, skills and basic obedience. Residents, friends and family members are welcome to attend.

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| St. Andrew's Singers | Zakk Wooten | Every Tuesday at 4:00PM | IL Community Room |
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This group of singers, made up of IL residents, sings songs ranging from Roger Miller to Doris Day. The members select the music and work together to create entertaining and uplifting music to be enjoyed by all! They are always looking for new music lovers to join the group.

| COURSES | FACULTY | DAY AND TIME | LOCATION |
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| Basketball for Seniors | Faye Muller Garner | 1st Wednesday of each month at 2:00PM | AL Activity Room |

Faye brings her love of basketball to the residents by sharing her knowledge of the sport and running a modified game where seniors of all abilities can participate.

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| Aqua Aerobics | Iman Jammal | Every Monday, Wednesday, and Friday at 9:00AM | Pool |
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Join Iman as she leads you through exercises in the pool where the water is the resistance. Water workouts are low to no impact, excellent for cardiovascular fitness, strength training, and fat burning. Because water lessens the effects of gravity, you're able to move your body through a wider range of motion, which improves flexibility.

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| Book Club | Jennifer Weber | To Be Announced | To Be Announced |
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Notices will be posted when a new book is available and information will also be available in the Events Book at Concierge. The club will meet 3-4 weeks later to discuss the selection. Books are supplied by the Arapahoe County Library. Although there is a limit of 10 people who can borrow the book, you can always purchase it or borrow it at your preferred library.

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| Ceramics | Rana Abeyta | Thursday's at 1:00- see calendar each month for specific dates | HC Media Room |
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Rana leads the group in creating ceramic crafts. Get hands on and let your creativity flow as you make your piece your own!

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| Expressions In Paint Class | Kristen Muench | Every Tuesday at 1:00 | IL Community Room |
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This class does not require talent or experience, just a desire to explore your inner creative self. You're guaranteed to surprise yourself though, with Kristen's encouragement and gentle guidance in creating your own masterpiece. You'll practice fundamental "seeing" skills, based on photograph or still life, which emphasize simple shapes and proportion. All supplies are provided by the instructor, including a genuine love for the magical art of watercolor. The class employs levity, humor, beautiful music (and sometimes chocolate) to overcome anxiety around the creative process. The class is great for all levels of experience. Even those with previous experience will learn new ways of seeing and explore new techniques, all while having extraordinary soul fulfilling sessions of creative expression and fun!

| COURSES | FACULTY | DAY AND TIME | LOCATION |
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| Peer Presentations | Cynthia Peer | To Be Announced | IL Chapel AL Activity Room |
| Cynthia Peer, Art Historian, does presentations around famous works of art, specific themes in art, and styles and eras. She presents her vast knowledge of the subject using beautiful slides depicting the works she is talking about to bring her presentations to life. | | | |
| Memory Support Group | Anneliese Muhlbauer | 3rd Friday each month at 2:00PM | AL Activity Room |
| This group, led by the Social Services Director, offers education, coping skills and exercises for those who know someone with memory loss or who are dealing with it themselves. With support from others, memory loss can be more accepted and not as overwhelming. | | | |
| Tap Dancing | Tina Miller | 2nd and 4th Wednesday each month at 12:30PM | IL Community Room |
| This class teaches you the wonderful steps of tap dancing. You can do the steps standing or seated. Either way you'll get a great workout and have a blast! | | | |
| Tom Keller, Historian | Tom Keller | 3rd Thursday each month at 10:00AM | IL Chapel |
| Tom brings his love and knowledge of history to us and discusses various people and events throughout time. Some of his subjects are The Kaiser steel Corporations, Korea, the Forgotten War, and Great Battleships. His enthusiasm for his topics and background in teaching and public speaking make his talks entertaining and informative. | | | |
| Japanese Language and Culture | Anneliese Muhlbauer | 2nd Wednesday each month at 3:00PM | AL Activity Room |
| Experience Japan without getting on a plane! Learn Japanese words, try new flavors, learn about the Japanese culture and traditions, the geography, and share stories of your own travels, whether they were to Japan or beyond! | | | |
| Live 2 B Healthy | Barbara Gillick | Every Monday, Wednesday, and Friday at 10:00AM | IL Community Room |

This exercise class is led by a Certified Personal Trainer. The exercises can be done in chairs and utilize equipment like weights and exercise balls. Participants get to measure their progress through the twice a year evaluations. The class has proven to help with strength, balance, and overall fitness.

| COURSES | FACULTY | DAY AND TIME | LOCATION |
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| Live 2 B Strong | Barbara Gillick | Every Monday, Wednesday, and Friday at 9:00AM | IL Community Room |

This class is similar to it's sister class, Live 2 B Healthy, but is done standing. It's perfect for those who are ready to intensify their workouts to meet their fitness goals.

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| Painting Class with Kelly | Kelly Steinkuehler | 2nd Friday each month at 1:00 | AL Activity Room |
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Kelly leads the class step by step through creating a picture with acrylic paints. You can follow her instruction exactly or take creative liberties to make it your own. No painting experience needed, just a willingness to have fun and create!

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| Travelling Table | Patrick Raab | January 8th at 1:00PM | AL Activity Room |
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Patrick has travelled to many places around the world and is bringing his adventures to you. Hear about the places he's seen, the people he's met, and his favorite moments during his travels.

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| Scrapbooking | Heather Keyes | 3rd Thursday each month at 1:00PM | AL Activity Room |
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Heather will lead the group in making a community scrapbook to make a lasting memory of the many events happening around St. Andrew's. An avid scrap booker herself, she'll be able to share tips and tricks to add extra flair and eye catching appeal to each page.

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| Technology Class | Stephanie Baker | January 22nd at 3:00 To Be Announced in following months | IL Chapel |
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Learn tips and tricks for getting the most out of your smartphone, tablet, and computer. Learn how to use your phone's camera and send the pictures to family and friends, the do's and don'ts of using the internet safely, and how to check out books for free on you tablet. Each class will focus on a different topic and have plenty of time for questions as well. When possible, bring your device to the class.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Clint Rasti, RD

Food for Thought

Clint Rasti is a Registered Dietitian Nutritionist here at St. Andrews Village primarily working in our Healthcare Community. He Received his undergraduate and Dietitian registration at the University of Northern Colorado in Greeley. He grew up in Littleton and Highlands Ranch Colorado. In his spare time, he enjoys reading, running, spending time with friends, and cooking. He became a Dietitian to spread his love of various foods and to celebrate how food connects us all!

Kathleen Arnold

Kathleen Presents

Kathleen Arnold puts passion, personality and her innovative ideas into creating original educational programs that will not only fascinate you but leave you yearning for more learning! Her goal as an educator and presenter is to bring audiences unique topics that are thoroughly researched and present them in an artistic style not seen anywhere else in adult educational programs.

Growing up an Air Force 'brat' of the Greatest Generation, she brings her personal experiences, humor, and insights into each presentation. And, with a background as a Congressional Investigator, she methodically plans, researches, and develops topics using multiple sources including current media technologies. Her lectures and PowerPoints are engaging, captivating, intellectually stimulating, and motivating! You will leave her enjoyable presentations more knowledgeable, enriched, and enthused than when you came in.

Toni Miller

The Traveling Table

With 14 years of hands-on experience in Senior Living environments, Toni decided to commit to creating the type of programs/presentations she found sadly lacking from outside entertainers/presenters. Three and a half years ago she founded, "The Traveling Table". Her hour-long programs are a multi-media, thematic experience that engages residents about subjects that are as diverse as your imagination can take you. From behind the scenes of Broadway shows, to exploring our amazing Earth and its countries, to learning about the history of our holidays - she covers a plethora of topics, and has a grand time doing so! It has been her honor to research, develop, create and present these monthly programs to our seniors - our "Greatest Generation" - and she looks forward to doing so for years to come.

Faye Mueller-Garner

Basketball for Seniors

Faye is a Colorado native, born in Denver and attended Highlands ranch High School where she won a state championship in basketball. She received a scholarship to the University of Nevada, Las Vegas, where she received a BA in Business Management. Faye spent eight years overseas playing professional basketball and being an ambassador of the game. In late 2012, she retired from playing to work on her career in the nursing field and to coach high school basketball.

NAME OF INSTRUCTOR

CLASS NAME

Bert Melcher**St. Cecilia Society**

Bert went to Denver East High School and Dartmouth College on a Naval ROTC scholarship to earn an MS degree in Civil Engineering. The Navy sent him to London where he met and in 1956 married Rosemary, secretary to US Maritime Ambassador. After London, they were sent to Boston, and then moved to Denver where Bert shifted to the Navy Reserve and eventually retired as a Captain. His career includes: architectural engineering; planning for transportation, energy and environment; and business appraising/brokerage. He helped create Denver's Regional Transportation District for public transit and is one of three people to serve on its Board of Directors and Colorado's Highway Commission. They have a son in London and a daughter in Connecticut.

Trina Terrell**Curious Dragonfly Science Program**

Trina is a fun, energetic and creative person with a passion for teaching science and nature. She has a Bachelor's degree in Biology: Ecology and Environmental Science, Wildlife Rehabilitation, and a Secondary Science Teaching licensure. Trina worked for seven years as a Science teacher at Thornton High School and taught a number of subjects including Biology, Chemistry, Physics, Earth Science, IB (International Baccalaureate), and Special Education. She also completed the Eden Alternative training. Trina changed careers to become a social worker in a nursing home and was awarded the 2011 CHCA Social Service Professional of the Year' for the state of Colorado. She knew that working with this clientele was the right career for her. Sharing time with residents, she saw a need for activities that opened their minds, challenged their knowledge, and piqued their curiosity about science, nature and art. Trina began teaching science classes in the nursing home where she worked. They were an instant hit! This was the genesis of Curious Dragonfly, a way to blend the two great loves of her life: teaching science and nature and working with people of all ages. It is truly the most rewarding experiences anyone could ask for.

Tina Miller**Tap Dance Class**

Tina's family started Milller Dance Studio in 1957-Developing strong bodies and sound minds through the Art of Dance.

NAME OF INSTRUCTOR

CLASS NAME

Cynthia Peer

Cynthia Peer is an art historian passionate about discovering the history and stories behind the painted canvas.

Cynthia graduated in 2007 with top honors. She traveled back and forth from the US to Europe for over 15 years studying, researching, and writing about the great works of art by the Masters. Her studies at The National Gallery in London, The Louvre in Paris, and her personal favorite, The Uffizi Gallery in Florence inspired her keen interest in the history and the artists behind the masterpieces we all have come to know and love.

Cynthia loves to share her discoveries and her enthusiasm is contagious. She began talking to friends and family about the interesting and inspiring stories behind the art and eventually created Peer Presentations. Projecting the vivid artwork, she brings these extraordinary stories to life for viewers. The presentations were met with great interest and she now travels world wide sharing invigorating presentations like "Summertime in Art History," "Themes of Love in Art History," "The Creation Story told Through the Arts," "The Crazy Mythological Stories told Through the Arts," and so many more exiting and interesting presentations.

Cynthia presents the stories behind the great works of art in a way that engages her audiences, interacting with them and stimulating their imagination "striking a chord between professor and entertainer."

Paula Powers**Pilates**

Paula received a B.S. in Physical Education from the University of Illinois (Champaign-Urbana), taught grades K-14, and developed curriculum later used by the State of Illinois. Later she received an M.S. from Pepperdine University (Malibu, CA) in Organizational Development & HR and worked at Xerox Corporation and The Boeing Company developing and teaching management training programs. After many years in the corporate world, Paula chose to return to Fitness/Wellness. She received her Certified Pilates Teacher designation in 2013 from the Pilates Method Alliance after completing more than 1,000 hours of training. "Pilates with Paula" works with individuals in her home studio as well as in Senior Residences. Her expertise is with clientele who are 45 and older who have had injuries and/or surgery. She has also worked in a chiropractic office. Paula has been doing Pilates since 1995 and understands its value to the aging body and has been teaching at St. Andrew's for over three years.

Kathleen Laub**Yoga**

Kathleen has been a practitioner of Yoga for over 18 years. She received her Yoga Teacher certification in 2012 and received her Silver Sneakers Chair Yoga Teacher certification in 2013. She has taken multiple certificate classes including Tai Chi (2014), Restorative Yoga (2013,2016), Adaptive Yoga (for individuals with multiple handicaps- 2012, 2013), Yoga as Medicine (2013), along with various on-going classes in the studies of the ancient knowledge of Yoga. Her heart lies in bringing Yoga to the senior population.

| NAME OF INSTRUCTOR | CLASS NAME |
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| Pos Ryant | Tai Chi |
| Pos has been instructing Tai Chi for four years with the Apprentice of Peace Wellness Studio. He is certified in Tai Chi Moving for Better Balance, Tai Chi for Arthritis, and Fall Prevention and has practiced various forms of Tai Chi for over 5 years. Pos is also a medical Qi Gong practitioner and has been studying and practicing for several years. | |
| Kelly Steinkuehler | Painting |
| Kelly is the Human Resources Director at St. Andrew's Village. Born in Honduras, she is multilingual in Spanish and Latin. She is an art major and has a passion for painting and the arts. She has two dogs that she loves very much. | |
| Jennifer Weber | Book Club |
| Jennifer is the Business Office Manager at St. Andrew's Village. She enjoys reading, typically completing over 100 books each year, has four cats who will reluctantly hula hoop with her, has a love for shoes, and credits herself as the inventor of silly putty. | |
| Zakk Wooten | St. Andrew's Singers |
| Zakk received his Bachelor's degree in Music Education with an emphasis in voice from the University of Nebraska-Lincoln in 2008. he has taught lessons around the country. Along with starting his private music studio in 2007, Zakk has taught for multiple different music schools in the Denver metro area. he currently teaches all voice types, guitar, piano, bass, songwriting, music theory, harp, cello, as well as studio and live sound production. | |
| Rana Abeyta | Ceramics |
| Rana was born and raised in Casper, Wyoming and moved to Colorado in 2004. She became a CNA in 2000, and recently became an Activity Assistant where she discovered her passion for crafts. She enjoys spending time with her huge family that includes her husband, six children, six grand-children, three dogs, and three cats. Rana enjoys fishing, camping, and crafting. | |
| Iman Jammal | Aqua Aerobics |
| Iman is a certified Water Aerobics Instructor through the American Exercise Association. She has worked at the Cherry creek Athletic Club in Denver, CO for many years. She also worked at the YMCA of Charlotte in North Carolina for a few years. Aside from instructing, she has also worked in Sales and Membership and has led private sessions for individuals with special needs. | |

| NAME OF INSTRUCTOR | CLASS NAME |
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| Anneliese Muhlbauer | Memory Support Group and Japanese Language and Culture |
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Anneliese is the Social Services Director at St. Andrew's Village.

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| Kristen Muench | Expressions in Paint Class |
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Kristen is a gifted professional painter, muralist, and sculptor. She received a Bachelor of Fine Arts degree from the University of Arizona in 1984, augmented by studies in Guadalajara, Mexico and Florence, Italy. Frequent travels and self study throughout North America and Europe have enhanced her craft and vision. Kristen's large format watercolor paintings have won numerous awards and reside in collections throughout the country. She began painting murals in the 1980's and continues to this day. With nearly one hundred murals under her brush, Kristen's works live in public and private settings throughout the country and can be viewed on her website www.muencharts.com.

Kristen has been instructin St. Andrew's residents since 2013 and also draws, paints, does pastel printmaking, and sculpture for private clients. She teaches creative proficiency through simplification using basic drawing tools and a limited palette. Under personal tutelage by this talented artist, students learn readily and with confidence while enjoying a newly found sense of self within their creative productivity.

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| Tom Keller | Historical Talks |
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Tom was raised in Southern California. He graduated from California State University at L.A. with a B.A. in Industrial Psychology. an M.A. in Social Science, and did post graduate studies in Education and History. He is a Korean War Veteran in the U.S. Army; has been a member of the Optimist International for over 30 years where he has served as secretary, treasurer, President, and Lt. governor; and been a chairman of the Colorado/Wyoming Speakers Bureau for 19 years. He has been married for 62 years and has 4 children and eight grandchildren. He enjoys researching new topics and sharing his love of history with others.

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| Barbara Gillick | Live 2 B Classes |
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Barbara is a Certified Personal Trainer with National Academy of Sports Medicine specializing in the older adult. She is passionate about assisting others in maintaining independence while preventing or managing disease conditions through the aging process.

| NAME OF INSTRUCTOR | CLASS NAME |
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| Heather Keyes | Scrapbooking |
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Heather is a Colorado native born in Pueblo and raised until 13 in Beulah. She is an avid sports fan and enjoys travelling. She has her pyro technician license, meaning she is allowed to blow stuff up legally. She has been part of the crews that did the Greenwood Village fireworks on New Years of 2000 and shows at Fort Carson.

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| Patrick Raab | Traveling Table |
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Patrick grew up in Colorado. Though all of his schooling and careers have been here, he has travelled extensively, including to Africa three times and South America and Europe multiple times. He has a wife, three children, and three grand children. He enjoys anything outdoors, especially fly fishing, rides a Harley Davidson, and is restoring a 1966 convertible MGB.

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| Stephanie Baker | Technology Class |
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Stephanie moved to Colorado from North Carolina about 13 years ago. She originally worked with adults and children with developmental disabilities before switching to activities in retirement communities. She loves to read with her cat Jenny curled in her lap, cooking and trying new restaurants, running and paddle boarding, and would eventually like to do more travelling

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INDEPENDENT LIVING • ASSISTED LIVING • REHABILITATION & SKILLED NURSING

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