

WATERMARK UNIVERSITY
WU

2019

Spring Semester
JANUARY THROUGH APRIL

The Village
AT LEGACY POINTE

 A WATERMARK RETIREMENT COMMUNITY



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,

Ashley Wiederin

Ashley Wiederin
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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Guided Meditation	Sheila Rouse	Jan 1, 8, 15, 22, & 29 • 4 pm	Independent Living Library
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Join Community Life Associate, Sheila, as she walks you through a scenic meditation experience. Guaranteed to heighten your awareness and initiate a calm and peaceful feeling.

IL Men's Breakfast Club	Ashley Wiederin	January 2 • 8 am	Meet in Town Center
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IL men get ready for a breakfast outing!

Senior Helpers Blood Pressure Clinic	Senior Helpers	Jan 3 & 17 • 1:00-2:30	Exercise Room
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Senior Helpers will be here to check blood pressures as well as talk about heart health.

Spiritual Discussion	Sheila Rouse	Jan 3, 10, 17, 24, 31 & • 4 pm	Independent Living Library
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Join Community Life Associate, Sheila, as she poses various questions to residents. The goal of this group is to expand our notion of Spirituality and be open to discussion.

Technology Q&A	Miranda Christenson or Ashley Wiederin	January 8, 15, 22, & 29 • 1 pm	3rd Floor Independent Living Community Room
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Have questions about your smart phone, computer, tablet, or Ipad? Our volunteer from Drake University, Miranda, is happy to assist in anyway she can answering your technology related questions!

Parkinson's Disease Support Group	Senior Helpers	January 8 • 3:30 pm	Community Room
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The Village at Legacy Pointe will host a Parkinson's Disease Support Group in the Community Room hosted by Senior Helpers.

Currents with Dick Hudson	Dick Hudson	January 9 & 23 • 2 pm	Family Room
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Join Dick, a Legacy Pointe town home resident, as he peruses through a variety history topics twice monthly.

COURSES	FACULTY	DAY AND TIME	LOCATION
Alzheimer's Caregiver Support Group	Tonya Anderson	January 10 • 4 pm	Assisted Living Library
The Village at Legacy Pointe's own Tonya Anderson will hold the monthly Alzheimer's Support Group in the Assisted Living Library.			
Bentley the Therapy Dog	Becky Poyser	January 10 • 6 pm	Town Center
Bentley the therapy dog will be around to visit residents, stop by and say hello!			
Dignity Memorial	Erin Evans	January 16 • 2 pm	Community Room
Erin Evans with Dignity Memorial will be coming to Legacy Pointe to discuss funeral, memorial service, and final arrangement preparation.			
Beck the Therapy Dog	Julie with the ARL	January 16 • 3 pm	The Springs
Julie a volunteer with the ARL will be bringing Beck, a certified therapy goldendoodle, to visit residents of the Springs.			
Grief and Loss Support Group	St. Croix Hospice	January 16 • 3 pm	Community Room
Grief and loss are unfortunately something everyone has to deal with at some point in their lives. St. Croix hospice will be here monthly to hold discussions on coping with loss and grief.			
IL Women's Breakfast Club	Ashley Wiederin	January 30 • 8 am	Meet in Town Center
IL women get ready for a breakfast outing!			
Therapy Department Wellness Discussion	Amy Seemann	January 31 • 10:30 am	Community Room
Amy, or one of her associates, will host a monthly wellness discussion for residents.			
Technology Q&A	Miranda Christenson or Ashley Wiederin	Feb 5, 12, 19, 26 • 1 pm	3rd Floor Independent Living Community Room
Have questions about your smart phone, computer, tablet, or Ipad? Our volunteer from Drake University, Miranda, is happy to assist in anyway she can answering your technology related questions!			

COURSES	FACULTY	DAY AND TIME	LOCATION
Guided Meditation	Sheila Rouse	Feb 5, 12, 19, 26 • 4 pm	Independent Living Library
Join Community Life Associate, Sheila, as she walks you through a scenic meditation experience. Guaranteed to heighten your awareness and initiate a calm and peaceful feeling.			
IL Men's Breakfast Club	Ashley Wiederin	February 6 • 8:00 am	Meet in Town Center
IL men get ready for a breakfast outing! The ladies have their coffee group so we will go out for breakfast!			
Spiritual Discussion	Sheila Rouse	Feb 6, 13, 20, 27 • 4 pm	Independent Living Library
Join Community Life Associate, Sheila, as she poses various questions to residents. The goal of this group is to expand our notion of Spirituality and be open to discussion.			
Senior Helpers Blood Pressure Clinic	Senior Helpers	Feb 7 & 21 • 1:00-2:30	Exercise Room
Senior Helpers will be here to check blood pressures as well as talk about heart health.			
Valentines Day Card Craft	Leah Ann Pint	February 8 • 2 pm	Community Room
Enjoy crafting? Create something special with Business Office Manager, Leah Ann!			
Parkinson's Disease Support Group	Senior Helpers	February 12 • 3:30 pm	Community Room
The Village at Legacy Pointe will host a Parkinson's Disease Support Group in the Community Room hosted by Senior Helpers.			
Currents with Dick Hudson	Dick Hudson	February 13 & 27 • 2 pm	Family Room
Join Dick, a Legacy Pointe town home resident, as he peruses through a variety history topics twice monthly.			
Alzheimer's Caregiver Support Group	Tonya Anderson	February 14 • 4 pm	Assisted Living Library
The Village at Legacy Pointe's own Tonya Anderson will hold the monthly Alzheimer's Support Group in the Assisted Living Library.			

COURSES	FACULTY	DAY AND TIME	LOCATION
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Bentley the Therapy Dog	Bentley and his mom	February 14 • 6 pm	Town Center
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Bentley the therapy dog will be around to visit residents, stop by and say hello!

Beck the Therapy Dog	Julie with the ARL	February 20 • 3 pm	The Springs
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Julie a volunteer with the ARL will be bringing Beck, a certified therapy goldendoodle, to visit residents of the Springs.

Grief and Loss Support Group	St. Croix Hospice	February 20 • 3 pm	Community Room
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Grief and loss are unfortunately something everyone has to deal with at some point in their lives. St. Croix hospice will be here monthly to hold discussions on coping with loss and grief.

Girl Scouts Craft	Local Girl Scout Troop	February 21 • 4 pm	Community Room
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Enjoy crafting? Create something special with a local Girl Scout Troop!

IL Women's Breakfast Club	Ashley Wiederin	February 27 • 8 am	Meet in Town Center
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IL women get ready for a breakfast outing!

Therapy Department Wellness Discussion	Amy Seemann	February 27 • 10:30 am	Community Room
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Amy, or one of her associates, will host a monthly wellness discussion for residents.

Technology Q&A	Miranda Christenson or Ashley Wiederin	March 5, 12, 19, 26 • 1 pm	3rd Floor Independent Living Community Room
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Have questions about your smart phone, computer, tablet, or Ipad? Our volunteer from Drake University, Miranda, is happy to assist in anyway she can answering your technology related questions!

Guided Meditation	Sheila Rouse	March 5, 12, 19, 26 • 4 pm	Independent Living Library
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Join Community Life Associate, Sheila, as she walks you through a scenic meditation experience. Guaranteed to heighten your awareness and initiate a calm and peaceful feeling.

COURSES	FACULTY	DAY AND TIME	LOCATION
IL Men's Breakfast Club	Ashley Wiederin	March 6 • 8:00 am	Meet in Town Center
IL men get ready for a breakfast outing! The ladies have their coffee group so we will go out for breakfast!			
Senior Helpers Blood Pressure Clinic	Senior Helpers	March 7 & 21 • 1:00-2:30	Exercise Room
Senior Helpers will be here to check blood pressures as well as talk about heart health.			
Alzheimer's Caregiver Support Group	Tonya Anderson	March 7 • 4 pm	Assisted Living Library
The Village at Legacy Pointe's own Tonya Anderson will hold the monthly Alzheimer's Support Group in the Assisted Living Library.			
Spiritual Discussion	Sheila Rouse	March 7, 14, 21, 28 • 4 pm	Independent Living Library
Join Community Life Associate, Sheila, as she poses various questions to residents. The goal of this group is to expand our notion of Spirituality and be open to discussion.			
Parkinson's Disease Support Group	Senior Helpers	March 12 • 3:30 pm	Community Room
The Village at Legacy Pointe will host a Parkinson's Disease Support Group in the Community Room hosted by Senior Helpers.			
Currents with Dick Hudson	Dick Hudson	March 13 & 27 • 2 pm	Family Room
Join Dick, a Legacy Pointe town home resident, as he peruses through a variety history topics twice monthly.			
Bentley the Therapy Dog	Bentley and his mom	March 14 • 6 pm	Town Center
Bentley the therapy dog will be around to visit residents, stop by and say hello!			
Beck the Therapy Dog	Julie with the ARL	March 20 • 3 pm	The Springs
Julie a volunteer with the ARL will be bringing Beck, a certified therapy goldendoodle, to visit residents of the Springs.			

COURSES	FACULTY	DAY AND TIME	LOCATION
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Grief and Loss Support Group	St. Croix Hospice	March 21 • 3 pm	Community Room
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Grief and loss are unfortunately something everyone has to deal with at some point in their lives. St. Croix hospice will be here monthly to hold discussions on coping with loss and grief.

IL Women's Breakfast Club	Ashley Wiederin	March 27 • 8:00 am	Meet in Town Center
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IL women get ready for a breakfast outing!

Therapy Department Wellness Discussion	Amy Seemann	March 28 • 10:30 am	Community Room
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Amy, or one of her associates, will host a monthly wellness discussion for residents.

Crafting with Community Life	Ashley Wiederin	March 29 • 2 pm	Community Room
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Enjoy crafting? Create something special with one of the Community Life Associates!

Technology Q&A	Miranda Christenson or Ashley Wiederin	April 2, 9, 16, 23, 30 • 1 pm	3rd Floor Independent Living Community Room
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Have questions about your smart phone, computer, tablet, or Ipad? Our volunteer from Drake University, Miranda, is happy to assist in anyway she can answering your technology related questions!

Guided Meditation	Sheila Rouse	April 2, 9, 16, 23, 30 • 4 pm	Independent Living Library
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Join Community Life Associate, Sheila, as she walks you through a scenic meditation experience. Guaranteed to heighten your awareness and initiate a calm and peaceful feeling.

IL Men's Breakfast Club	Ashley Wiederin	April 3 • 8 am	Meet in Town Center
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IL men get ready for a breakfast outing! The ladies have their coffee group so we will go out for breakfast!

Spiritual Discussion	Sheila Rouse	April 3, 10, 17, 24 • 4 pm	Independent Living Library
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Join Community Life Associate, Sheila, as she poses various questions to residents. The goal of this group is to expand our notion of Spirituality and be open to discussion.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Senior Helpers Blood Pressure Clinic	Senior Helpers	April 4 & 18 • 1:00-2:30	Exercise Room
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Senior Helpers will be here to check blood pressures as well as talk about heart health.

Alzheimer's Caregiver Support Group	Tonya Anderson	April 4 • 4 pm	Assisted Living Library
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The Village at Legacy Pointe's own Tonya Anderson will hold the monthly Alzheimer's Support Group in the Assisted Living Library.

Currents with Dick Hudson	Dick Hudson	April 9 & 23 • 2 pm	Family Room
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Join Dick, a Legacy Pointe town home resident, as he peruses through a variety history topics twice monthly.

Parkinson's Disease Support Group	Senior Helpers	April 9 • 3:30 pm	Community Room
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The Village at Legacy Pointe will host a Parkinson's Disease Support Group in the Community Room hosted by Senior Helpers.

Bentley the Therapy Dog	Bentley and his mom	April 10 • 6 pm	Town Center
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Bentley the therapy dog will be around to visit residents, stop by and say hello!

Easter Wreath Craft	Allison Fraser	April 12 • 3 pm	Town Center
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Enjoy crafting? Create a special spring wreath with Allison.

Grief and Loss Support Group	St. Croix Hospice	April 17 • 3 pm	Community Room
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Grief and loss are unfortunately something everyone has to deal with at some point in their lives. St. Croix hospice will be here monthly to hold discussions on coping with loss and grief.

Beck the Therapy Dog	Julie with the ARL	April 17 • 3 pm	The Springs
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Julie a volunteer with the ARL will be bringing Beck, a certified therapy goldendoodle, to visit residents of the Springs.

COURSES	FACULTY	DAY AND TIME	LOCATION
IL Women's Breakfast Club	Ashley Wiederin	April 24 • 8 am	Meet in Town Center

IL women get ready for a breakfast outing!

Therapy Department Wellness Discussion	Amy Seemann	April 25 • 10:30 am	Community Room
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Amy, or one of her associates, will host a monthly wellness discussion for residents.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Sheila Rouse

Guided Meditation and Spiritual Discussion

Sheila is an associate in the Community Life Department. Most of her time is spent in The Inn providing various offerings for our residents throughout the community.

Ashley Wiederin

Crafting with Community Life

Ashley is the Community Life Director at The Village at Legacy Pointe. She likes to help diversify the offerings for the resident's to engage them in a more holistic wellness atmosphere.

Tonya Anderson

Alzheimer's Caregiver Support Group

Tonya is the Outreach Coordinator for The Village at Legacy Pointe. Tonya works very hard to ensure the happiness of the residents once they arrive at Legacy Pointe for their therapy and checks on residents if they are in the hospital. She hosts the monthly Alzheimer's Disease Support Group.

Ashley Wiederin

IL Men's Breakfast Club

Ashley is the Community Life Director at The Village at Legacy Pointe. She likes to help diversify the offerings for the resident's to engage them in a more holistic wellness atmosphere.

Ashley Wiederin

IL Women's Breakfast Club

Ashley is the Community Life Director at The Village at Legacy Pointe. She likes to help diversify the offerings for the resident's to engage them in a more holistic wellness atmosphere.

Senior Helpers

Senior Helpers Blood Pressure Clinic & Parkinson's Disease Support Group

Senior Helpers will host a twice monthly blood pressure clinic for residents. They will also hold a once monthly Parkinson's Disease Support Group for residents and their loved ones to discuss how to deal with the disease.

Ashley Wiederin

Flower Arranging Club

Ashley is the Community Life Director at The Village at Legacy Pointe. She likes to help diversify the offerings for the resident's to engage them in a more holistic wellness atmosphere.

NAME OF INSTRUCTOR

CLASS NAME

St. Croix Hospice**Grief/Loss Support Group**

Once a month a member from St. Croix Hospice will come to Legacy Pointe to discuss the grief process. We all will lose someone we care about in our lifetime and this course will help teach us how to better deal with the grieving process.

Dick Hudson**Current Events with Dick Hudson**

Dick Hudson is a Town Home resident at The Village at Legacy Pointe and quite the history buff. Dick enjoys coming over and hosting these discussions twice monthly.

Miranda Christenson or Ashley Wiederin**Technology Q&A**

Miranda is a student volunteer from Drake University. She enjoys helping the residents with their questions regarding their smart devices.

Leah Ann Pint**Card Making**

Leah Ann is the Business Office Manager who has a passion for card making. She loves being able to assist and interact with residents this way.

Allison Fraser**Wreath Making**

Allison is the Services Coordinator in the Springs and she is quite crafty when it comes to making wreaths. She enjoys interacting with the residents in this crafty environment.

Tingting Shao**Art Class**

Tingting Shao owns an art studio here in Waukee, and quarterly she comes to lead residents through an art project. Ting says it is a fun way to interact with the community outside of her studio.

Becky Poyser**Bentley the Therapy Dog**

Becky is a volunteer with the ARL and once a month will bring her miniature poodle, Bentley, to visit residents.

Julie Kruehler**Beck the Therapy Dog**

Julie is a volunteer with the ARL and once a month will bring her goldendoodle, Beck, to visit residents in the Springs.

The Village
AT LEGACY POINTE

 A WATERMARK RETIREMENT COMMUNITY

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • SKILLED NURSING & REHAB
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