

WATERMARK UNIVERSITY

2018

Fall Semester
SEPTEMBER THROUGH DECEMBER

 **THE FOUNTAINS**
AT WASHINGTON HOUSE



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,

Dennis Del Rosario

Dennis Del Rosario
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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AARP Safe Driver Class	Ron Patterson	October 6 • 9 am - 5 pm	Sky Room
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The AARP Driver Safety classroom course is the nation's first and largest course designed for drivers 50 and older. You'll learn proven safety strategies to help maintain your confidence behind the wheel. Plus, you get a discount on your car insurance. The cost fee is \$15 for AARP members and \$20 for non-members. Please RSVP at The Fountains at Washington House concierge desk!

Asian Art	Roshna Kapadia	October 25 • 1:00 pm	Freer and Sackler Galleries
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This is a guided tour of the Freer and Sackler Museum to see ancient Chinese works, Edo-Era Japanese screens, Islamic calligraphy & metalwork, Hindu and Buddhist sculpture, and a few American works by painters such as Homer, Sargent and Whistler. Of course, we will end the tour with the famed Peacock Room.

Art Lecture 1 "Vermeer & his Contemporaries"	Roshna Kapadia	September 26 • 2:00 pm	Sky Room
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In the mid-17th century, the Dutch took to painting small works showing ordinary people going about their daily business. Known as "petits maitres" (or "little masters") these genre paintings show men engaging in scholarly pursuit, serving in the military, or carousing in inns, and women who care for children, do needlework, read, or make music. The works give us a delightful peek into interior spaces — homes and inns — and the intimate relationships within.

Art Lecture 2 "Art from the time of Matisse & Picasso"	Roshna Kapadia	November 28 • 2:00 pm	Sky Room
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Henri Matisse and Pablo Picasso — 20th century giants of modern abstraction — were not only friends, but also rivals. In this presentation we see a range of paintings and a variety of styles from both artists.

Art on the Road	Roshna Kapadia Chris Scharles	September 27 • 1:00 pm	National Gallery of Art
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If weather permits, we can see the National Gallery's sculpture garden, featuring works ranging from Marc Chagall, Roy Lichtenstein, and Robert Indiana (among others). This tour requires little walking, as the sculptures are all contained in a small (and beautiful!) outdoor garden.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Art w/pencils	Aref Rahman	September 12 • 10:30 am	Art Room
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This class showcases Aref's love of Artwork using color pencils. He is also a selftaught watercolorist. This time Aref will share his passion and creativity using color pencils to capture skies, trees, portrait, landscape and more. Painting the natural world around us can capture a place, a memory, or a feeling. You will be truly fascinated with his life story on how he started with his hobby.

Astronomy 101	Kathi Overton	October 8 • 2:15 pm	Sky Room
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Interested in astronomy? Come learn about the solar system in this introductory class. You can discover what we know about the Sun, planets, asteroids and comets that make up our solar system. Find out about recent discoveries in astronomy, and how our view of the universe is changing.

Balance Stabilization	Maricel Obanil	Mondays • 9:45 am	Fitness Center
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Balance Stabilization training focuses on the ability to maintain proper posture over the body's support base. Balance training is beneficial for improving dynamic joint stabilization (the ability to stabilize or keep the joints in proper alignment during movement.)

Balance Flexibility	Maricel Obanil	Mondays • 9:45 am	Fitness Center
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It is the ability to move any joint through a range of motion. Increased range of motion means increased circulation and stability. This also means less pain in the joints and less chance for injury. Increased flexibility also speeds recover and improves physical appearance through better, taller posture.

Basic Choral Music	Gena Photiadis	Thursdays • 1:45 pm	Sky Room
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Join the Washington House Chorus and learn the basics of singing and harmony. You'll soon find out that you have a lot of talented friends here. Nothing brings people together like singing. Several times a year they perform for Washington House friends, families and residents. Newcomers are welcome. So come join the fun and belt out a tune.

Bible Class	Carolyn Bliss	Tuesdays • 3:00 pm	TC - 5th
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You are all invited to come and hear what the LORD has to say from His Word, the Holy Bible. Come join with others as Carolyn reads from both the Old and New Testaments and gives interpretation and meaning to the passages.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Book Review	Kathy Shields Frank Reagan	Sept. 24, Oct. 29, Nov. 26, Dec. 31 • 2:00 pm	Lobby-Library
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We meet the last Monday of each month in the Library to pick up our new books for the next month and discuss the book we have just finished. Each month we select (with the help of a volunteer in the Fairfax County Library) a book for the group to read. The library furnishes enough books for everyone in the club including, when available, big-print editions. Feel free to attend our next meeting which is listed on the daily Activity Sheet.

The Brain on Medication	Roger Koment, PhD	November 7 • 2:30 pm	Sky Room
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It's a certainty of life that as we age, we require more medical interventions, and that often means an increase in prescription and other over-the-counter medications. These drugs, when properly used, can have truly amazing effects in maintaining our health. In this presentation we delve into how some of the more common ones interact with our brain to produce the beneficial results we desire.

Cell Phones 101	Sonja Creech	October 17 • 4:00 pm	Art Room
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Are you behind on mobile technology? Mobile communications devices have come a long way from just cell phones. Come and join Sonja for an individualized learning experience to learn the basics of your cell phone including taking a selfie.

China and America: the new geopolitical equation	A.J. Ossman	September 26 • 3:15 pm	Sky Room
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This is a continuation of our Great Decisions series of classes focusing on different issues facing our country and world today. In the last 15 years, China has implemented a wide-ranging strategy of economic outreach and expansion of all its national capacities, including military and diplomatic capacities. Where the United States has taken a step back from multilateral trade agreements and discarded the Trans-Pacific Partnership (TPP). China has made inroads through efforts like the Belt and Road Initiative and the Asian Infrastructure Investment Bank (AIIB). What are Beijing's geopolitical objectives? What leadership and political conditions in each society underlie growing Sino-American tensions? What policies might Washington adopt to address this circumstance?

COURSES	FACULTY	DAY AND TIME	LOCATION
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Classic Horror Movies	Roger Koment, PhD	October 3 • 2:30 pm	Sky Room
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From the nameless fears that lurked just beyond our prehistoric fires, down through the ages to spirits and demons of medieval legend, humans have always been terrified by the unexplained and the macabre. In this presentation, we explore our fascination with fear through the medium of classic Hollywood movies produced during the 1920's to the 1950's.

Classical Music Appreciation 1	Adrienne Fortini, soprano	September 20 • 4:00 pm	Main Lobby
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Ever wish you could drop into a class on Beethoven's works for the solo piano, or on how music affects your state of mind? This highlights great classical composers. Discover why this music has remained popular for centuries.

Classical Music Appreciation 2	David Pedrazza, viola Anna Nizhegorotseva, piano	November 24 • 3:30 pm	Sky Room
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A continuation of Classical Music Appreciation 1, enhance your joy of classical music through knowledge. Have you ever heard that familiar tune whose name escaped you? You recognize it as classical music, but aren't sure who wrote it or the story behind it. Join our class and learn about the composers and the circumstances surrounding the music's creation, as well as what to listen for.

Computer 101	Ken Polk	Every first Thursday • 3:00 pm	Lobby-Library
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While modern technology is helpful in accomplishing many of our tasks, allowing us to organize and learn important information and maintain relationships with family and friends, it can often be confusing and challenging to keep up with the many types of programs and applications. In this session, you'll learn basic computer skills including emailing, web surfing, and many other fun and useful daily skills.

Dance Aerobics	Maricel Obanil	Fridays • 9:45 am	Fitness Center
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Get your heart rate up and your feet moving in this fun cardio class with Katie. Dance Aerobics will have you moving forward, back, left, and right with fun upbeat songs. Movements include the use of simple and easy to learn choreography as well as some line dancing steps. This is a low to moderate impact cardio class and everyone is encouraged to give it a try!

COURSES	FACULTY	DAY AND TIME	LOCATION
English Country Dance	Michelle Sebastian	October 28 • 2:30 pm	Sky Room
<p>Dancing from a Jane Austen novel! Come watch skilled dancers attired in 18th and 19th century period dress for a demonstration of beautiful, graceful English Country Dancing, which is documented to date back to the late 17th century and continued to be popular well into the 19th century. We will also discuss deportment and proper manners for dancing, as well as other dance-related topics. If time permits, you may join the dancers and learn a figure or two!</p>			
Fall Prevention	Debbie Adams	September 14 • 2:30 pm	Art Room
<p>You can gain and restore strength and stability at every age when you know how. Learn the causes of and ways to decrease fall risk.</p>			
Fall Fashion	Maryann Priddy	September 24 • 1:30 pm	Sky Room
<p>Learn about the latest trends for fall and holiday fashion presented by TaylorMarie's Apparel. During the runway show, Maryann will share quality tips to inspire ideas on accessorizing, versatility in matching different outfits, styling and fitting.</p>			
Famous Event "Pearl Harbor Remembrance Day"	Roger Koment, PhD	Wednesday • 2:30 pm	Sky Room
<p>On the morning of December 7, 1941, the Japanese launched an attack on American forces based at Pearl Harbor, Hawaii resulting in more than 3,500 killed or wounded. This action prompted President Franklin Roosevelt to make his now famous "Day of Infamy" speech to the American Congress urging a declaration of war on Japan. In this presentation, we review the circumstances of that attack and both the strategy and outcome of FDR's speech.</p>			
Famous People	Maricel Obanil	Fridays • 11:00 am	Inn - 3rd
<p>Examine the lives of famous people throughout history and their contribution to the world as we know it. We will take a look at kings, queens, philosophers, writers, artists, inventors, and others including: Sept. 7 Queen Elizabeth I, Sept. 14 James Cash "JC" Penny, Sept. 21 Winnie Mandela, Sept, 28 Ed Sullivan Oct. 5 Bud Abbott, Oct. 12 Eleanor Roosevelt, Oct. 19 Margaret Thatcher, Oct. 26 Pablo Picasso, Nov. 2 Marie Curie, Nov. 9 Prince Charles, Nov. 16 Grace Kelly, Nov. 23 Alan Shepard, Nov. 30 George Elliot, Dec. 7 Little Richard, Dec. 14 Frank Sinatra, Dec. 21 Pope Francis, Dec. 28 Humphrey Bogart</p>			

COURSES	FACULTY	DAY AND TIME	LOCATION
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Famous Places	Maricel Obanil	Wednesdays • 11:00 am	Inn - 3rd
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Explore famous structures, cities, countries, and wonders of the world in this class with Maricel. We will be discussing: **Sept. 5** Sao Paulo, Brazil **Sept. 12** Japan, **Sept. 19** Sicily, Italy, **Sept. 26**. Budapest, **Oct. 3** Los Cabos, Mexico **Oct. 10** Hawaii, **Oct. 17** Germany, **Oct. 24** Dubai, **Oct. 31** California, **Nov. 7** Myanmar (Burma) **Nov. 14** Phoenix, Arizona, **Nov. 21** Seoul, Korea, **Nov. 28** Martinique, **Dec. 5** Uruguay, **Dec. 12** Prague, **Dec. 19** Philippines, **Dec. 26** Savannah, Georgia

Fashion through the ages "1960s"	Winoka Clements	November 14 • 2:00 pm	Sky Room
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From behind closed salon doors in 19th century Paris to the present day catwalks around the world, fashion has shaped and been shaped by, the world we live in. In this class, you will learn the current styles starting 1960s, reminisce on past fashion icons as well as learn a thing or two from the fashion industry.

Filipino Cuisine	Maricel Obanil	October 15 • 10:30 am	Main Dining Room
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Learn some simple and easy recipes from the Philippines as well as a brief history of cooking in the Philippines. Sample the food after the class and Maricel will surely make you come back for the next time. You can also request a copy of the recipes to share with your friends and families.

Flow-Motion	Kathy Zwicker	Mondays • 1:30 pm	Fitness Center
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This class will help you improve your muscle tone and balance, exercise your brain, and practice mindfulness. After a warm-up, we'll exercise for 15 minutes to moderately paced fun music. The rest of class, we'll practice slow, meditative movements based on Qigong, the ancient mind/body practice from China.

Flow Yoga	Maricel Obanil	Wednesdays • 3:30 pm	Fitness Center
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For the more active Yogi, this class combines flowing yoga postures, movements, and breathing techniques with music. There will be a combination of standing and seated exercises to bring the body and mind together in order to create balance. Flow yoga is an excellent way to increase mental and physical balance and flexibility.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Fundamentals of Human Nutrition	Roger Koment, PhD	September 5 • 2:00 pm	Sky Room
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Human nutrition refers to the provision of essential nutrients necessary to support human life and health. To survive, we must ingest, on a consistent basis, certain organic compounds and inorganic minerals that together function to promote not only growth, but fuel for carrying out our daily activities. In this presentation, we introduce the basic units of nutrition and examine their roles in mental agility, metabolic illnesses, and obesity.

Gardening 101	Priscilla Lotsberg Chuck Hucka	Last Tuesday of each month • 1:00 pm	Off-Campus
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Learn the basics of flower and vegetable gardening from our very own Garden Club members and visit beautiful and interesting gardens within the greater Washington area. Guided tours are provided. Learn interesting facts from professional master gardener.

Great Decisions	Frank Regan	Monthly • 2:30 pm	Sky Room
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Learn about and discuss some of the most significant issues facing our country and the world today. We use a text developed by the Foreign Policy Association, along with a DVD, which explores topics of concern regarding international affairs, such as Egypt, Iran, and NATO. The group reads the material provided then meets to view the DVD and discuss what we've learned. Join us for good conversation.

Health and Wellness Lecture Series	Joann Garcia, Maricel Obanil, Wanda Jacobson & Diovanna Barlow	Monthly • 2:30 pm	Inn-2nd, 3rd & 4th Martha Hall
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Throughout the year we generate awareness around specific conditions and physical problems that people struggle with daily. Topics include Healthy Aging Month/National Cholesterol Awareness/National Food Safety/National Yoga Awareness/Prostate Cancer Awareness (**September**), National Breast Cancer Awareness/Osteoporosis Awareness/Healthy Lung Month/Mental Illness Awareness Week/National Physical Therapy Month (**October**), National Alzheimer's Disease Awareness/American Diabetes Month (**November**), and Safe Toys and Gifts month (**December**)

COURSES	FACULTY	DAY AND TIME	LOCATION
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History 101	Maricel Obanil	Tuesdays • 2:30 pm	The Inn - 3rd
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Come and join Maricel as she discusses timelines and major figures who affected significant moments in history. During the class, you will be able to share your ideas with other residents, discover unknown facts and hear personal accounts of historical events. Topics include: **Sept. 4** Pres. McKinley's Assassination, **Sept. 11** Remembering 9-11, **Sept. 18** First Woman Senator, **Sept. 25** Babe Ruth 60th home run, **Oct. 2** The World Series First Radio Broadcast, **Oct. 9** Martin Luther King's Nobel Peace Prize, **Oct. 16** WWII in The Pacific, **Oct. 23** Women's Right to Vote in America, **Oct. 30** Gandhi's Assassination, **Nov. 6** Berlin Wall opened for first time, **Nov. 13** Veteran's Day, **Nov. 20** Gettysburg Address, **Nov. 27** U.S. Military ends role in The Philippines, **Dec. 4** Benazir Bhutto (first woman to govern a Muslim nation), **Dec. 11** North & South Korea Peace Treaty, **Dec. 18** The Bill of Rights, **Dec. 25** Christmas Around the World

Intergenerational Fitness	Sue Thompson, PhD	Fridays • 10:00 am	Sky Room
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This class is designed to work with the Physical Therapy assistant and Fitness students from NOVA College. They will focus on Balance/Fall Prevention and other fun activities led by Professor Susan Thompson. Come and experience the energy, fun, and learning opportunity for all.

Jazz Music Appreciation	Christiana Drapkin	October 26 • 3:00 pm	Sky Room
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A continuation of our Music Appreciation class using a simple and enjoyable teaching style. Christiana introduces the novice listener to the wonders of jazz music, from Duke Ellington to Ella Fitzgerald to Dave Brubeck and many more.

Jewish Education Series	Gideon Frishman	Fridays • 2:00 pm	Conference Room
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Come down and join Gideon to discuss the Jewish holidays and other related topics during our Shabbat services. During the Shabbat, Gideon will incorporate different Jewish holidays to learn the basics - why and how they are celebrated. All residents are invited to attend.

Jewish Talk 1 "Rosh Hashanah"	Gideon Frishman	September 8 • 12:00 pm	Main Dining Room
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Learn all about Rosh Hashanah: its personalities, prayers, significance, laws and the sounding of the Shofar each morning.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Jewish Talk 2 "Yom Kippur"	Gideon Frishman	September 14 • 2:00 pm	Conference Room
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Learn insights, essays and readings about Yom Kippur, its history, prayers and significance.

Jewish Talk 3 "Sukkot"	Gideon Frishman	September 21 • 2:00 pm	Conference Room
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Celebrate Sukkot with Shalom Sesame: learning about the Sukkah and enjoying the beauty of nature.

Jewish Talk 4 "Chanukah"	Gideon Frishman	December 8 • 12:00 pm	Main Dining Room
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Learn Hanukkah traditions such as lighting the menorah each night, playing dreidel games, eating foods cooked in oil, and giving gifts.

Julia Child: Queen of Cuisine	Mary Ann Jung	October 15 • 2:15 pm	Sky Room
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Anyone who enjoys ethnic cooking or fine dining can thank the ebullient Julia Child for opening up America's kitchens and minds. Her popularization of French cooking through books and television began a food revolution whose effects are felt to this day. The program highlights Julia's early search to find her life's calling. It provides fascinating insight into her struggles at Le Cordon Bleu, to develop and and publish "*Mastering the Art of French Cooking*", and finally to create the groundbreaking "*French Chef*" television show. Using audience members to portray Julia's beloved husband Paul and her co-authors Simca and Louise, it's a lively recipe for fun.

Line Dancing	Dennis Del Rosario	Mondays • 3:30 pm	Fitness Center
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Come join us in learning the basics of line dancing-how to grapevine, do a Jazz box, and a cha-cha step. After we master the basics, we'll put it all together and dance to a country line dance. It's a great exercise and promotes memory training.

Meet the Chef	Fulton Walker	October 1 • 2:15 pm	Main Dining Room
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Do you love to cook? Come down and join our Fulton Walker, our new Dining Services Director as he whip up tasty and inspiring meals that you may want to make at home yourself. Learn quick and easy recipes, have a taste of their delicious cooking and receive a copy of the recipe to share with your friends and family.

COURSES	FACULTY	DAY AND TIME	LOCATION
Music Appreciation	Jerry Roman	Oct. 12 & Dec. 14 • 3:00 pm	Sky Room
<p>Join Jerry Roman for an afternoon of musical learning experiences on different genres of music. He will make you remember all those good old tunes as he brings you back to memory lane.</p>			
Music Therapy	Melanie Edwards	Sept. 27, Oct. 25, Nov. 29 & Dec. 27 • 3:30 pm	The Springs - DR
<p>In her music therapy sessions, Melanie encourages participation. Residents are invited to move to the music, sing-along, share memories and learn about the music. Most of the sessions are based on themes (i.e., the seasons, holidays or topics of interest, or songs by a particular composer).</p>			
Nutrition 101 "Fruit & Veggie	Saba Barkneh	September 3 • 2:00 pm	Art Room
<p>Come learn how to incorporate more vegetables into your diet as well as learn about fruits and vegetables from around the world.</p>			
Nutrition Talk 101 "Bone & Joint Health	Saba Barkneh	October 1 • 11:00 am	Art Room
<p>Learn about calcium - how much you need and where else can you get calcium, beyond milk?</p>			
Nutrition 101 "Fall Harvest"	Saba Barkneh	November 12 • 2:00 pm	Art Room
<p>Come learn about different fall foods that come into bloom such as butternut squash, Brussels sprouts and everyone's favorite pumpkin spice. What are some health benefits and nutritional cons?</p>			
Painting 101	Relene Schuster	Every other Wednesday • 10:30 am	Art Room
<p>Even those who have not touched a paint brush are enjoying the painting class w/ Relene. Get together with other creative residents for two hours of acrylic or watercolor painting, friendship, good conversations and individualized help. Learn some new painting techniques, make new friends and decorate the walls of your home. All supplies are provided, just bring a picture of what you want to paint or choose one from our collection.</p>			

COURSES	FACULTY	DAY AND TIME	LOCATION
Raptor's Talk	Kent Knowles	November 21 • 2:00 pm	Sky Room
<p>The Raptor Conservancy of Virginia will bring four raptors as part of their education birds that reside permanently at RCV to educate the public about raptors, their habitat, and living with our native wildlife. RCV educational programs present information about the need to preserve habitat, the value of predators in the balance of nature, the characteristics of native Virginia raptor species. Don't miss this exciting class!</p>			
Stabilization Endurance Training	Shawn Hallums	Tuesdays • 1:30 pm	Fitness Center
<p>This class will incorporate exercises that progressively challenge the body's stability, as opposed to how much weight is being used. The objectives are accomplished through low-intensity, high repetition training, emphasizing core and joint stabilization.</p>			
Strength Resistance Training	Shawn Hallums	Thursdays • 1:30 pm	Fitness Center
<p>Come down and join our Strength Resistance Training class. Resistance training can improve circulation, coordination, balance, bone and ligament strength. Maintain your independence as you get older, improve your quality of life, allowing you to do the things you enjoy with less effort.</p>			
Skin Care	Anna Sempeles	October 22 • 2:15 pm	Art Room
<p>Come experience the most innovative skin science EVER! You will have the opportunity to pamper your skin with a three-dimensional approach to skin aging in 3 easy steps with the new TimeWise Miracle Set 3D. It DELAYS, DELIVERS and DEFENDS! You will LOVE the way your skin looks and feels!</p>			
Tai-Chi	Connie McKenna, PhD	Tuesdays and Thursdays • 9:30 am	Fitness Center
<p>A mind and body practice that originated in China as a martial art. Tai Chi incorporates slow, gentle movements with deep breathing and meditation. Sometimes called "moving meditation," many practitioners believe that Tai Chi helps the vital flow of energy throughout the body, promoting spiritual, emotional, mental and physical well-being.</p>			
Travel to Exotic Places	John Niebauer	August 8 • 2:00 pm	Sky Room
<p>Come and join our Executive Director, John Niebauer for his amazing stories of his travels around the world. He will talk about his recent experiences visiting unusual places with unique food and sights.</p>			

COURSES	FACULTY	DAY AND TIME	LOCATION
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Walking Balance	Maricel Obanil	Wednesdays • 9:00 am	Community lot
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Learn how to keep walking safe, effective and interesting by learning proper body alignment and better posture, while enjoying the company of others.

Wine Pairing	Fulton Walker	November 5 • 2:15 pm	Main Dining Room
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Join Fulton Walker, our Dining Service Director for a tasting adventure in wine and food. What will it be: a robust red wine, fruity wine or a delightful sparkling wine? Let's pair your choice with the best type of food to enhance your wine experience. Always remember: drink what you like, eat what you like!

Winery Tour	Dan Brazinsky	September 13 • 2:00 pm	Paradise Springs Winery
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Join us for our travel to scenic Clifton, Virginia and visit the Paradise Springs Vineyards and winery for a day trip of fun and learning about the wine-making process. After the tour, we will have a tasting adventure of our local wines.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Debbie Adams

Fall Prevention

Debbie Adams is a Physical Therapist Assistant, a Certified Dementia Practitioner, and a program manager of Bayada Home Health Services. She specializes in care and services for senior living communities and has expertise in geriatric health and wellness, dementia care and fall reduction.

Dorothy Amarandos

Great Decisions

After graduating from the Eastman School of Music (of the University of Rochester) with Bachelor's, Master's and the Performer's Certificate for Cello, Dorothy Amarandos was married and performed with the Rochester Philharmonic for 15 more years. Besides assisting her husband run a national mail-order business as well as having three wonderful children, she directed her own touring group of Medieval, Renaissance and Baroque musicians, actors and dancers in 22 of her own staged productions. Then in a new direction, Dorothy was the Cello Professor for the Ohio State University, as well as the principal cellist for the Columbus Symphony for several years. Subsequently she was the Performing Arts Coordinator for the Michigan Council for the Arts, then in New York, she was the Executive Director of the National Guild of Community Schools of the Arts. Perhaps Dorothy's last and favorite contribution was as Founder/Developer of Cellospeak, an on-going series of Workshops for adults whereby 100 adult cellists and their faculty perform together at Bryn Mawr College.

Saba Barkneh

Basic Nutrition

Saba is a Registered Dietician here at The Fountains at Washington House. Saba enjoys teaching the residents and family members about healthy eating. She is looking forward to sharing her knowledge on various topics of nutrition.

Diovanne Barlow

Health and Wellness

Diovanne is one of our Community Life Associate who works in The Springs for more than a year now. She is originally from the Philippines and has lived in Bangladesh with her husband and her 8-year old son Mikhail. Prior to working at Washington House, Diovanne was a teacher at Grace International School which is a mission school in Bangladesh. Diovanne loves cookin and making arts and crafts.

NAME OF INSTRUCTOR

CLASS NAME

Carolyn Bliss**Bible Class**

Carolyn was born in Washington D.C. in 1944 but lived in Arlington, Virginia all her life until she moved here to Washington House in 2013. She graduated from college in 1964 with an associate in Science degree. Carolyn worked as a secretary with the Federal Government for almost 35 years and also worked in full-time Christian ministry for a few years. She loves to sing in harmony and has sung in choirs and special singing groups. Carolyn has been involved with horses for most of her life and started riding at age 6. She loves to paint and draw horses with oils or acrylics. She is grateful to the Lord for all His blessings in her life and for His unconditional love for her.

Dan Brazinsky**Winery Tour and Wine Tasting**

Dan is the manager of Paradise Springs Winery in Clifton, Virginia. As a graduate of the University of Miami, Kirk moved back to Virginia in 2004 and started connecting the dots in putting together what would be Fairfax County's first and only winery.

Winoka Clements**Fashion through the ages "1960s"**

As an "Army Brat" born in Fulda, Germany, Winoka traveled quite a bit as a young child and hopes to continue traveling now that her children are grown. She is a grandmother of two and the owner of a 4-year old Shi-ba Inu, a Japanese dog breed she fell in love with while living in Colorado. Winoka holds a Professional in Human Resources (PHR) certification, a Bachelor's degree in Human Resources and a graduate degree in Instructional Design. She is currently our Health Care Administrator. As an avid reader she enjoys a wide range of authors. Some of her favorites are: Alice Walker, Lee Child, Jodi Picoult, and May Angelou. Winoka started with The Washington House in July 2014 and hopes to share her openness to new ideas while embracing different cultures through workforce development topics as well as diversity and inclusion celebrations.

Sonja Creech**Cell Phones 101**

Sonja is our Director of Marketing. She worked as a Retail Store manager for 27 years before recently transitioning into the senior living community. She is married to her husband Carlton with one daughter and two very spoiled cats "Maggie Mae and Patches." Sonja is passionate about helping families make the transition to senior living smooth and easy. In her spare time she is an avid reader who enjoys all genres. In addition Sonja loves to work on cross-stitch projects for friends and family.

NAME OF INSTRUCTOR

CLASS NAME

Dennis Del Rosario**Line Dancing**

Dennis possesses a unique blend of education, creative planning abilities, and related work experience in recreational programming for seniors. He has Bachelor's degrees in Nursing and Zoology from the University of the East in Manila, Philippines. Dennis enjoys singing and is currently a member of The Washington Chorus. He also loves dancing, gardening, traveling, cooking and taking care of his red-bellied parrot "Rita."

Pat Dowd**Great Decisions**

Pat grew up in Worcester, Massachusetts and came to Washington D.C. in 1959. She worked with the government for few years until she decided to be self-employed and work as a court reporter for 30 years. Pat moved here to Washington House in September of 2015 with her long time friend Barbara Gallagher. She manages the Washington House library to make it easier for the residents to find their interesting books to read. Pat also serves in the Washington House Resident Council as At-Large Representative. She enjoys singing with our Skytones chorale, playing piano and participating in many activities.

Christiana Drapkin**Jazz Music Appreciation**

Jazz vocalist **Christiana Drapkin** has been performing in New York and on the East Coast for over twenty years. She now makes her home in the Washington, DC area, but keeps coming back for gigs in the Big Apple. She is noted for her lyrical and highly personal delivery of ballads and for her abandoned yet artful scat improvisations. Christiana's singing is deeply immersed in the rich traditions of Billie Holiday, Ella Fitzgerald and Carmen McRae, as well as in the vocalese fireworks of Anita O'Day, Annie Ross and Eddie Jefferson. With her focus on Jazz Standards, she highlights improvisation and harmonic development, carrying on and developing the tradition of Bebop and musicians like Charlie Parker, Lester Young, Thelonious Monk, Lennie Tristano and Dizzy Gillespie.

Melanie Edwards**Music Therapy**

Melanie describes herself as a "composer, singer, songwriter, pianist, violinist and music practitioner." She was awarded with MFA in music from The Savannah College of Art and Design." Melanie worked as a music practitioner for Children's National Medical Center, United Cerebral Palsy, Sing For Hope, Half the Sky Movement and The National Theater. Her services include specialized songwriting to children with autism and terminal illness, as well as senior citizens suffering from dementia and Alzheimer's. Melanie is also certified in Mental Health First Aid USA, by the National Council for Community Behavioral Healthcare.

NAME OF INSTRUCTOR

CLASS NAME

Gideon Frishman**Jewish Educational Series**

Gideon is semi-retired and a proud grandfather. He has been a dedicated volunteer for many years and you can find him leading our community sing-alongs in The Springs. Gideon also leads our Friday Shabbat Services and Jewish high holy days.

Barbara Gallagher**Great Decisions**

Barbara is originally from Chicago and attended Xavier University. She used to work for American Chemical Society managing the college chemistry program for 32 years. Currently, she is the Vice-President of The Washington House Resident Council and enjoys line dancing, book reviews, current events and presenting for our Great Decisions class. Barbara also loves to travel to exotic places whenever she can.

Joann Garcia**Health and Wellness lecture**

Joann is our Program Director for Town Center and The Inn. She has been a registered nurse since 1982, working in long term care and sub acute rehabilitation. Positions held range from Charge nurse to Director of Nursing. She has also worked as an RN consultant in the area of nursing leadership and quality improvement. She has a passion for caring seniors and very much enjoys working at Washington House. She lives in Maryland, enjoys traveling and spending time with her sisters and her sister's two chocolate Labradors.

Prabhakar Ghare, PhD**Great Decisions**

Prabhakar obtained his Bachelor of Engineering degree at Mumbai University and his M.S. and Ph. D. from Oklahoma State University. His early jobs in Manufacturing and Construction preceeded a long career in graduate teaching at Texas Tech and Virginia Tech. Prabhakar had been a Fulbright scholar and visiting professor in Brazil, India, Egypt and Lebanon. He is an avid traveler and has visited all 50 states and 75 countries.

Shawn Hallums**Stabilization Endurance Training**

Shawn has been a Personal Trainer for 11 years. He graduated from the University of North Carolina at Wilmington with a degree in Physical Education major in Exercise Science. Shawn is a certified zumba and yoga instructor.

NAME OF INSTRUCTOR

CLASS NAME

Chuck Hucka**Gardening 101**

Chuck is the former President of the Resident Council and he helps create flyers for our garden club and Skytones concert. He also loves to paint and was featured as honorable mention on Watermark Expressions Calendar. Chuck's vision is to see a community where all residents have the chance to enjoy themselves and learn along the way.

Wanda Jacobson**Famous Places and People**

Wanda Jacobson is the newest addition to our Community Life Team. Wanda's background is in Communications, having earned a Bachelor's back in 1998, before going on to gain over fifteen years of experience in administration. Wanda served both in international organizations as a Project Assistant in the Innovation for Citizens Service Division of a development bank, as well as having held the position of Office Manager for a private medical practice in Washington, D.C.

Mary Ann Jung**History Alive I**

Ms. Jung is an award-winning actress and Smithsonian scholar. You have probably already seen this performer, scholar, writer, and director, but not in modern clothing! Ms. Jung has appeared on CNN, the Today Show, Good Morning America, and in newspapers around the world as famous women from history. She will be our newest addition to our Watermark University faculty portraying and presenting historical women such as Julia Child, Sally Ride, Amelia Earhart and many others.

Roshna Kapadia**Art Lecture series**

Roshna is our wandering docent who brings the museum to Washington House by a series of art lectures. She has a BA from Tufts University, an MA in South Asian Studies from the University of Pennsylvania and an MA in Art History from George Mason University. She has lived in the Washington DC area for 25 years.

Kent Knowles**Raptors Talk**

Kent is the president of the Raptor Conservatory of Virginia and ascribes his start as a wildlife rehabilitator to "a fit of insanity." He began as a generalist but became convinced that more could be done for raptors. "I was always fascinated by birds of prey," he says. "They're the wildest of the wild." Kent conducts educational programs with his unreleasable birds. He has been with the Raptor Conservatory for 20 years.

NAME OF INSTRUCTOR

CLASS NAME

Roger Koment, PhD

**Fundamentals of Human Nutrition
Classic Horror Movies
The Brain on Medication
Pearl Harbor Remembrance Day**

Dr. Roger Koment is an author, mentor, and business owner of NSR development. After being awarded the doctoral degree in Medical Microbiology from the Pennsylvania State University College of Medicine, initially his direction was the establishment of a medical research path. Thus, following completion of a fellowship at the University of Miami, he joined the faculty at the University of South Dakota School of Medicine. It was there as a Medical Research Scientist and Professor, Dr. Koment invested two decades into building his research credentials in the field of human viral birth defects. During that time he trained more than 1,500 Medical Students, scores of Graduate Students, and uncounted numbers of Baccalaureate Students in the fundamentals of infectious disease.

Jane Lekus

Great Decisions

Jane was born Brooklyn, NY and has come to Washington House after thirty years in western Massachusetts. She has a Bachelor of Science in Elementary Education from Queens College, and studied towards a Masters in Elementary School Science Education at City College of New York. She spent many vacations camping with her family, and spent an entire summer traveling from New York out to California, up into western Canada and home through the Rockies and plains states. Her greatest passion is working for peace and social justice in any way she can. Ask her to tell you about the fun she had at Woodstock! Currently, she is President of the Resident Council and Chair of the Food Committee. She enjoys the lively discussion at the Current Events group and tries to find time to read this month's selection of the Book Club. She loves spending time with her two sons and three grandchildren, and her two cats.

Priscilla Lotsberg

Gardening 101/Great Decisions

Priscilla has been a resident at Washington House for 10 years. During her time here she has been active with the Garden Club, enjoys growing flowers and tomatoes on the HC Balcony also visiting wonderful gardens that are in the Washington area. She has taken an active role in the Resident Council and is currently the Treasurer. Some other activities include singing with the Skytones Chorale, piano playing, attending Great Decisions. Her former life consisted of a 35 year career in various forms of counseling with an undergraduate degree in Social Work and a Master's degree in Guidance Counseling fully retiring in 1999.

NAME OF INSTRUCTOR

CLASS NAME

Connie McKenna, PhD**Tai-Chi**

Connie McKenna, PhD, tai chi leader. Dr. McKenna came to us in 1998 when, because of her professional experience in education and adult family care, and service on the Alexandria Commission on Aging, she was invited to serve on the Board of Directors for the Washington House Community Outreach Program. In that capacity, she proposed opening our Fitness Center to community participation and was gratified when the Board agreed to provide that opportunity. She immediately joined the Fitness Club and has been an active member of ever since. Connie learned tai chi in California many years before she moved to this area. She is enthusiastic about sharing the benefits of simplified tai chi for seniors Tuesdays and Thursdays at 9:00 - 10:00 am.

Mickey Moore**The waning of Pax Americana?**

Mickey is one of our dedicated residents at Washington House who is actively involved with many of our programs. Before moving east, the Utah native worked with young people in summer recreation programs. In 1956, she left her home state for Alexandria to teach at the new Francis C. Hammond High School. Thus began a 32 year career in the Alexandria Public Schools - teacher, assistant principal, principal and assistant superintendent. Mickey earned her Bachelor's Degree from the University of Utah and her Master's Degree from The American University in Washington D.C.

Frederick Moyer**Classical Music Appreciation I**

During nearly 30 years as a full-time concert pianist, Frederick Moyer has carved out a career characterized by an exacting approach to music-making and a wide variety of musical interests. Mr. Moyer began piano studies with his mother at age of seven. He received a full-scholarship to attend the Curtis Institute of Music in Philadelphia while still in high school. He later attended Indiana University. Mr. Moyer has appeared as piano soloist with major orchestras of Cleveland, Philadelphia, Minnesota, St. Louis, Pittsburgh, Houston, Boston, Singapore, Dallas, Buffalo, Hong Kong, Japan and Australia.

John Niebauer**Travel to Exotic Places**

John is the Executive Director and comes from the Minneapolis/St. Paul area of Minnesota. He has worked in management at two other communities with Independent Living, Assisted Living and Sub-Acute healthcare services, as well as run a Home Health, Hospice, and IV Care agency over the past several years. He loves the outdoors and has a passion for a variety of activities including camping, hockey, tennis and travel.

NAME OF INSTRUCTOR

CLASS NAME

Anna Nizhegorodtseva**Classical Music Appreciation 2**

Anna started her piano studies at the age of 6 and in 2000 she graduated from the Music School of Art in Nizhny Novgorod. She obtained her Bachelor of Music from Nizhny Novgorod Balakirev College of Music and her Masters from Nizhny Novgorod State Conservatory. Currently Anna is enrolled in the program of Doctorate in Musical Arts at The Catholic University of America in Washington DC.

Maricel Obanil**Filipino Cuisine**

Maricel is our Community Life Coordinator in The Springs who has been with the Washington House team for more than 7 years. She is very passionate about her job and always makes sure that every resident has a meaningful experience with her program. She enjoys being very creative and traveling around the world. Maricel is a graduate of The Far Eastern University in the Philippines with a degree in Management.

A.J. Ossman**Great Decisions**

A.J is a WWII veteran who serves in the Army for 4 years and the National Guard for 5 years. After the military life, A.J. taught International Relations for 35 years at Syracuse University, University of Rochester and Chatham University. A.J also served in the state department during the first Bush Administration and the Federal government and Reagan White House. A.J. moved here to the community in 2009 and continue to participate with our intellectual and social offerings.

Kathi Overton**Astronomy 101**

Kathi is a longtime resident of Arlington county and works as a freelance production specialist in the video industry. She has a BFA in Film and Television Production from NYU. When she's not working, Kathi teaches video classes, helps with special programs at the Arlington planetarium, participates in running science fiction conventions, and creates a Halloween haunted house for her neighborhood.

Thomas Pandolfi**Classical Music Appreciation 3**

American pianist Thomas Pandolfi is an exciting virtuoso who, with each passing season, is becoming more and more sought after by audiences worldwide, and showered with superlatives by critics for his passionate artistry and amazing technique. Among his engagements during the 2015-16 season, will be as guest soloist with The National Philharmonic, The Ohio Valley Symphony, The Maryland Symphony, The Cheyenne Symphony, the North Charleston Pops, The Alexandria Symphony, The Wilson Symphony and The Amadeus Orchestra. A graduate of The Juilliard School, Mr. Pandolfi earned both his Bachelor's and Master's degrees as a scholarship student. He is the father of two beautiful children, and resides in Washington, DC.

NAME OF INSTRUCTOR

CLASS NAME

Ron Patterson**AARP Safe Driving**

Ron was born and raised in western Pennsylvania, although and lived most of his life in Virginia. He has been married to his wife, Peggy, for over 56 years and they have two sons, six grand children, and four great grand children. Ron was a teacher for almost 40 years in public and private schools in Delaware and Virginia. He retired from the Arlington County Public Schools. He also drove buses part time for almost 20 years for Greyhound and Delaware Transit and taught the AARP driving classes for over 18 years. His interests include sports, especially Nationals baseball. He has always been interested in politics and at one point was elected to a term as Vice Mayor of Rehoboth Beach, Delaware. Just over three years ago he and his wife moved to Greenspring Retirement Community in Springfield, VA.

David Pedrazza**Classical Music Appreciation 2**

Violist, born in Reynosa, Mexico, David started his musical studies at 14 in the OCJM under Jose Vazquez. Later on he received a full scholarship to study the Bachelor of Music at Shenandoah Conservatory. David holds a Professional Performance Certificate from Lynn University Conservatory of Music and recently he finished his Master of Music at the same institution with an award of full scholarship. He won the First Prize with Vitali String Quartet at the 2004 MTNA Virginia chamber music competition and also has received honorific mentions in 2005 and 2007 from the MTNA Viola competition in Florida. David has performed in many countries such as Mexico, Bahamas, Dominican Republic, Costa Rica, Panama, Ecuador, Colombia, Venezuela, Brazil, Uruguay, Argentina, Peru, Spain, France and the UK. Currently he is part of the Con Brio Quartet, Symphony of the Americas and he is on the faculty at the Prep Department of Palm Beach Atlantic University.

Gena Photiadis**Basic Choral Music**

Gena is a local pianist/keyboardist in the DC Metro area. In 2011 she graduated from George Mason University with a Bachelors of Music degree with a Concentration in Piano Performance and a Jazz Studies minor. In 2009 she competed in the Schlern International Music Competition in Northern Italy, where she won first place. She currently performs several different styles of music, including jazz, classical, choral, funk, rock, and R&B. She accompanies soloists and choirs throughout the area and teaches regularly.

Kenneth Polk**Computer 101**

Ken has been working here at Washington House for more than year as a sales associate. Prior to his work here, Ken has 15 years of experience managing retail stores. Ken enjoys music, art, movies and reading.

NAME OF INSTRUCTOR

CLASS NAME

Aref Rahman**Art with pencils**

Aref is our Medical Records Associate at Washington House. His real name is Khondokar but everyone knows him by his middle name "Aref". He is originally from Bangladesh in South East Asia. He received his MBA in finance from National University of Bangladesh. He came to the United States in January 2010, and started working at The Washington House in May 2011. Aref's hobbies include painting, photography, sports (especially cricket), shooting at the gun range, and riding motorcycles.

Frank Regan**Great Decisions**

Frank is one of our residents who is actively involved with several of our activities such as the Book Club, The Skytones, Great Decisions, and Battle of the Sexes. Frank was born in Washington D.C. grew up in Alexandria, VA where he was once a student of Mickey Moore (also a resident at Washington House.) Frank has a BA degree in history and political science. He taught US History and Government at Loudoun Valley HS in Purcellville, VA from 1963 to 1966. He then joined the U.S. Peace Corps from 1966 to 1969 where he fulfilled a longtime dream of seeing the world. He retired as a social studies teacher for Fairfax County in 1969 to 1995. Since his retirement, Frank has been in several bowling leagues and he is a big Washington Nationals baseball fan. Frank's belief that a life of continued learning is the best way to go...it takes a lifetime (and more!) to rid us of a mere part of our ignorance. At the same time we should not be in a mad race to get there! His favorite African proverb is "sannu, sannu, baya hanna zuwa" (Slowness does not prevent you from getting there!)

Jerry Roman**Music Appreciation**

Jerry is one of our excellent entertainers here at The Fountains at Washington House. He is knowledgeable of all the genres of music and keep our residents engage every time he performs. Jerry performs in many events around the DC Metropolitan area.

Chris Scharles**Tour of the National Gallery of Art**

Chris is the Director of Engineering here at Washington House. He has been working here for 21 years. In between construction projects, he paints and builds motorcycle. He likes to go to art galleries and museums. Chris also has a passion for creating gardens.

Audrey Relene Schuster**Acrylic Painting**

Relene Schuster is an artist, and teacher creating multimedia works of art using watercolor, acrylic, pastel, charcoal and ink. Relene has taught at retirement communities in the area for several years and with Fairfax County Adult Education. She currently has a studio at The Workhouse Arts Center in Lorton, VA.

NAME OF INSTRUCTOR

CLASS NAME

Michelle Sebastian**English Country Dancing**

Michelle Sebastian has been an English country dance teacher for nearly a decade and is the founder and director of ECD in DC. Michelle enjoys teaching English country dance to both beginning and experienced dancers, knowing that dancing is a wonderful way to put a smile on anyone's face. Her (and ECD in DC's) motto: Come Dancing!

Anna Sempelas**Skin Care**

Anna Sempelas has been a Beauty Consultant with Mary Kay for 20 years. She has been a Sales Director for 18 years and has led her unit to the Circle of Achievement 16 times. Anna has been in the National Court of Sales (selling \$40,000+ in a year) 18 times. She has earned 11 Mary Kay cars and is currently driving the charcoal gray Chevy Equinox. She is happily married to John and they have one daughter, Sophia, who just graduated from college in May.

Kathy Shields**Book Review**

Kathy is a dedicated & active resident at Washington House. In her previous life she was a flight attendant with United Airlines for 18 years. After leaving the friendly skies, she became a legal secretary with Clifford Chance in Washington, DC. Currently, she is secretary of the Resident Council. As an avid reader of a wide range of authors, she will be taking the reins of the Book Club from Jeanne Graef with the monthly meeting.

Susan Thompson, PhD**Intergenerational Fitness**

Dr. Thompson is a professor and the Assistant Dean of Physical Education at Northern Virginia Community College Annandale Campus. She received her doctoral degree in Physical Education from George Mason University. Dr. Thompson has been bringing her physical therapy students here to The Fountains for many years. She started our class on Intergenerational fitness program and became popular to all our residents.

NAME OF INSTRUCTOR

CLASS NAME

Fulton Walker**Meet the Chef**

Fulton Walker is our new Dining Services Director. From 2014 to 2016, Fulton was the lead chef at the White House - Blair House in Washington D.C. He prepared and cooked for the President of the United States, and government officials, and foreign dignitaries. In 2014 to 2015, he was a personal chef at the Pentagon - personal Chef to the Army Human Resources Personnel General and the Surgeon General of the Army who planned menus, coordinated, and conducted social events at the General's residence. From 2011 to 2012, Fulton was the Dining Facility Manager at Camp Stanley in Korea who supervised approximately 30 cooks feeding more than 1,200 personnel daily and managed back house operations. He also trained Korean Nationals on American Cuisine and was a Korea Culinary Arts Team Manager and instructor, resulting in team members earning 23 American Culinary Medals.

Kathy Zwicker**Flow-Motion**

Kathy has been a teacher for decades and a healthcare practitioner for 16 years. She is a certified Neuromuscular Therapist, Board Certified in Therapeutic Massage & Bodywork, and a certified Qigong instructor. Her greatest satisfaction comes from helping others improve their wellbeing. She has special compassion for those with chronic pain, illness, or recovering from trauma.



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