

WATERMARK UNIVERSITY
WU

2019

Spring Semester
JANUARY THROUGH APRIL

 **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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The American Mind: American Romanticism	Mickey Moore	March 6 • 11:00 am	Theater
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The Enlightenment's glorification of reason eventually fostered a backlash in the form of Romanticism. The influence of religious revivalism and the distaste for democratic politics combined to breed an American Romanticism, with New England Transcendentalism as its most talented manifestation.

Art Lecture 1 "French Artist Spotlight: Edgar Degas"	Roshna Kapadia	February 27 • 2:00 pm	Sky Room
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Let's look at Degas' work—his personal life, his fascination with singers, ballet dancers, and equestrian activity. This lecture examines the extent of Japanese influence in his work, and the role he played within the group that came to be known as "The Impressionists".

Art Lecture 2 "The Four Seasons in Art"	Roshna Kapadia	April 24 • 2:00 pm	Sky Room
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In this lecture we look at the seasons depicted in art in various media from cultures across the globe. Thus, you can expect to see farmers planting and harvesting in medieval prayer books from Europe, bird-and-flower scenes corresponding to the seasons on Edo-era Japanese fans and screens, and Indian miniatures.

Art on the Road	Roshna Kapadia Chris Scharles	March 28 • 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.

Art w/pencils	Aref Rahman	March 13 • 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.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Balance Stabilization	Diovanne Barlow	Wednesdays • 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	Diovanne Barlow	Wednesdays • 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.

Beer Pairings	John Niebauer Chris Scharles	March 14 • 4:00 pm	Lobby
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Learn how to pair food and beer – Everything you need to know about matching meals with lager, ale, stout, and other beers. John and Chris will introduce a variety of beers, and you will have the opportunity to learn about and sample each one. You are welcome to invite your friends and family.

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.

Black History Month	Roger Koment, PhD	February 6 • 2:00 pm	Sky Room
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The story of African Americans has its origins in the British slave trade of the 16th to early 19th Century. Of the thousands of Africans brought against their will to the West Indies, many were also sold to work the cotton and tobacco fields that fueled the early economy of North America. In this presentation, we examine the journey of Blacks in America from slavery to emancipation to segregation to the present day.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Book Review	Kathy Shields Frank Reagan	Jan. 25, Feb. 25, Mar. 26, Apr. 30 • 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.

Cell Phones 101	Sonja Creech	February 13 • 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.

Chair Fitness + Meditation	Kathy Zwicker	Mondays • 1:30 pm	Fitness Center
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Improve muscle tone and strength. Cultivate mindfulness and how to feel Qi (energy, the life force.) Enjoy 25 minutes of cardio and strength exercises to energetic music. We then practice 10 minutes of slow, meditative movements based on Qigong (the ancient mind/body practice from China) and a brief seated meditation.

The Cherry Blossom Festival	Roger Koment, PhD	April 3 • 2:00 pm	Sky Room
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The National Cherry Blossom Festival is a spring celebration that commemorates the 1912 gift of Japanese cherry trees from Tokyo City to the city of Washington, D.C. This gift was to celebrate the growing friendship between the United States and Japan. In this presentation, we review the circumstances of this gift and the festivities that have grown up around this annual spring celebration.

Chinese Culture	Duke Tang	January 17 • 4:00 pm	Lobby
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This is an introduction to Chinese culture which includes a brief history of their traditional music and instruments presented by Duke Tang of the Chinese Music Society of Greater Washington (CMSGW). Duke will also cover the Chinese New Year celebration “Year of the Pig.”

COURSES	FACULTY	DAY AND TIME	LOCATION
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Classical Music Appreciation 1	David Pedrazza, viola Anna Nizhegorotseva, piano	January 26 • 3:30 pm	Sky Room
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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	Thomas Pandolfi, piano	February 18 • 1:30 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.

The American Mind: The Colonial Colleges	Larry Armentrout	February 2 • 11:00 am	Theater
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The Great Awakening was a major force in establishing new colleges in colonial America, as angry Awakeners turned their backs on institutions such as Yale and Harvard and founded alternative colleges. But these colleges were quickly absorbed into the intellectual life of the Enlightenment.

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.

Contemporary Fabric Deconstruction	Ferne Beyer	February 20 • 3:30 pm	Art Room
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Come down and learn more about the idea of deconstructing fabric into a new design. This is another innovative way of using some recycled fabric and turning it into a beautiful wall hanging decoration.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Dancercise	Diovanne Barlow	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!

The American Mind: Deism, Science, and Revolution	Ethel Corrigan	February 23 • 11:00 am	Theater
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If America was the darling of the Enlightenment, then the Enlightenment's favorite location in American was Philadelphia, thanks to its extraordinary collection of thinkers and institutions, and to its commitment to reconciling science and religion in the spirit of Scottish "common sense" philosophy.

The American Mind: The Edwardseans--From Hopkins to Finney	Jane Lekus	March 16 • 11:00 am	Theater
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The Revolution was a disappointment to religious leaders who hoped to ride its victories to new levels of moral and cultural authority. But the disciples of Jonathan Edwards soon learned how to restart the energies of revival and reverse the fall of the republic into Enlightenment secularism.

The American Mind: The Enlightenment in America	Mickey Moore	January 19 • 11:00 am	Theater
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The Enlightenment made its first beachheads in America in the colonial colleges, beginning at Harvard and including the College of William and Mary, the Academy of Philadelphia, and Yale. The attraction of Enlightenment thinking was both intellectual and cultural.

The American Mind: Faith and Reason at Princeton	Ethel Corrigan	April 13 • 11:00 am	Theater
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The challenge offered to religion by Enlightenment reason was never as stark as it seemed. Many Enlightenment figures continued to experiment in religion, and many religious thinkers assimilated the principles of reason into more persuasive forms of belief, notably at the Princeton Theological Seminary.

COURSES	FACULTY	DAY AND TIME	LOCATION
Fall Prevention	Leah Poggi	January 23 • 2:00 pm	Sky 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>			
Famous Virginian	Diovanne Barlow	Fridays • 11:00 am	Inn - 3rd
<p>Examine the lives of famous Virginians throughout history and their contribution to the state. Jan. 4 Arthur Ashe, Jan. 11 Warren Beatty, Jan. 18 Richard Byrd, Jan. 25 Ella Fitzgerald, Feb. 1 William H, Harrison, Feb. 8 Patrick Henry, Feb. 15 James Madison, Feb. 22 Joseph Cotten, Mar. 1 Thomas Jefferson, Mar. 8 Meriwether Lewis, Mar. 15 Shirley MacLaine, Mar. 22 Cyrus Hall McCormick, Mar. 29 Walter Reed, Apr. 5 George Washington, Apr. 12 John Payne, Apr. 19 John Marshall, Apr. 26 Woodrow Wilson</p>			
Famous Places	Diovanne Barlow	Wednesdays • 11:00 am	Inn - 3rd
<p>Explore famous structures, cities, countries, and wonders of the world in this class with Diovanne. We will be discussing: Jan. 2 Barbados, Jan. 9 Montreal, Jan. 16 Alaska, Jan. 23 Panama, Jan. 30 Cape Verde, Feb. 6 China Feb. 13 Australia, Feb. 20 Brazil, Feb. 27 Portugal, Mar. 6 Mexico, Mar. 13 Bermuda, Mar. 20 Ireland, Mar. 27 Chile, Apr. 3 Japan, Apr. 10 Texas, Apr. 17 Florida, Apr. 24 Paris,</p>			
Fashion through the ages "1960s"	Winoka Clements	February 11 • 2:00 pm	Sky Room
<p>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.</p>			
History of the Irish Peoples	Roger Koment, PhD	March 6 • 2:00 pm	Sky Room
<p>Our story begins with the Keltol (Celts) migration from Central Europe to Ireland around 500 BC, the 5th Century AD role of St Patrick in Christianizing the pagans of that land, and the eventual diaspora of a culture caught up in life-threatening famine. In this presentation, we examine the origins of myth, legend, and the influence of Viking raiders that gave rise to the Irish people we know today.</p>			

COURSES	FACULTY	DAY AND TIME	LOCATION
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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.

Gluten-free diet	Saba Barkneh	April 30 • 4:30 pm	Art Room
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This is an introductory class on learning what gluten-free diet is all about and how it affects our body. Saba will share quick and easy menus that outline what to eat on a gluten free diet.

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.

Great Decisions: The Middle East: Regional Disorder	Frank Regan	April 24 • 3:15 pm	Sky Room
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As the presidency of Donald J. Trump passes the halfway point, the Middle East remains a region in turmoil. The Trump administration has aligned itself with strongmen in Saudi Arabia, the United Arab Emirates and Egypt, which along with Israel have a common goal of frustrating Iranian expansion. What will be the fallout from policy reversals such as withdrawing from the Iranian nuclear accord and moving the U.S. embassy in Israel to Jerusalem? Does the United States see a path forward in troubled states such as Syria, Yemen, Libya and Iraq? Is the United States headed toward war with Iran?

Great Decisions: Refugees and Global Migration	Prabhakar Ghara, PhD	March 27 • 2:30 pm	Sky Room
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Today, no countries have open borders. Every state in today's global system has its own laws and policies about who is permitted to cross its borders, and how they will do so. Who determines whether someone is a refugee or a migrant? How have different countries, including the United States, reacted to migration? How effective are the international laws, policies and organizations that have evolved to assist and protect refugees and migrants?

COURSES	FACULTY	DAY AND TIME	LOCATION
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Great Decisions: The Rise of Populism in Europe	Larry Armentrout	January 30 • 2:30 pm	Sky Room
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Mass migration, and the problems associated with it, have directly abetted the rise of populist parties in Europe. Opposition to immigration was the prime driver of support for Brexit, it brought a far-right party to the German Bundestag for the first time since the 1950s, and propelled Marine Le Pen to win a third of the vote in the French presidential election. In addition to calling for stronger borders, however, these parties are invariably illiberal, anti-American, anti-NATO and pro-Kremlin, making their rise a matter of serious concern for the national security interests of the United States.

Great Decisions: The United States and Mexico: Partnership Tested	Ann Corson & Jon Jaeger	February 27 • 3:15 pm	Sky Room
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The United States and Mexico have a long, intertwined history, with both countries prominently featured in each other's politics and agendas. The war on drugs, immigration and trade issues have taxed the relationship over the years. What impact will new leadership in both countries have on this crucial partnership?

The American Mind: Hamilton and His Money	Jane Lekus	March 2 • 11:00 am	Theater
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Only when America's Whigs had a republic on their hands did they realize that there was no agreement on what shape a republic should take--whether it should follow the example of Jefferson and classical republicanism or the commercial liberal republicanism of Alexander Hamilton.

Health and Wellness Lecture Series	Joann Garcia, Diovanna Barlow & Iris Garcia	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 Glaucoma Awareness/Thyroid Health/Healthy Weight/Importance of Vitamin Supplements/Healthy Bones (**January**), Healthy Eyes/The Healing Power of Pets/How to Take Care of Our Hearts (**February**), The Importance of Sleep/Nutrition Awareness/Safety Awareness (**March**), and Importance of Exercise/Importance of Occupational Therapy/Learn about Diabetes/Active Aging (**April**)

COURSES	FACULTY	DAY AND TIME	LOCATION
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History 101	Diovanne Barlow	Tuesdays • 11:30 pm	The Inn - 3rd
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Come and join Diovanne 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: **Jan. 8** China and the U.S. established diplomatic relations, **Jan. 15** Alaska as 49th U.S. state, **Jan. 22** Fire erupted inside Apollo 1, **Jan. 29** The U.S. Coast Guard was created, **Feb. 5** 15th Amendment Ratified, **Feb. 19** Massachusetts became the sixth state, **Feb. 26** 16th Amendment Ratified, **Mar. 5** FDR Takes Office, **Mar. 12** The Founding of Salvation Army, **Mar. 19** St. Patrick's Day, **Mar. 26** Equal Rights Amendment to the U.S. Constitution, **Apr. 2** First female Supreme Court Justice Sandra Day O'Connor, **Apr. 9** U.S. Inclusion of "In God We Trust" in all U.S. coins, **Apr. 16** The San Francisco Earthquake, **Apr. 23** Library of Congress was established, **Apr. 30** Launching of Apollo 13

The American Mind: The Intellectual Geography of America	Jane Lekus	January 5 • 11:00 am	Theater
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Is there an American mind? The view of Americans as doers rather than thinkers has been reinforced by the way American intellectual history is traditionally taught. However, this approach is suspect because it ignores large parts of the national debate over ideas.

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	February 15 • 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.

The American Mind: Jefferson and His Debts	Barbara Gallagher	March 9 • 11:00 am	Theater
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Jefferson is revered as the author of the Declaration of Independence and a paragon of reason. However, his experience of debt drove him to romanticize the glories of independent farming and promote policies that broke the old revolutionary coalition into Federalist and Democratic-Republican parties.

COURSES	FACULTY	DAY AND TIME	LOCATION
Jewish Education Series	Gideon Frishman	Fridays • 2:00 pm	Conference Room
<p>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.</p>			
Jewish Talk 1 "15 Shevat"	Gideon Frishman	January 4 • 2:00 pm	Conference Room
<p>Learn about the 15th of Shevat on the Jewish calendar that marks the beginning of a "new year" for trees. This is the season in which the earliest-blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle. Learn from Gideon what is the Jewish view on ecology and environmentalism.</p>			
Jewish Talk 2 "Purim"	Gideon Frishman	March 22 • 2:00 pm	Conference Room
<p>Purim celebrates the deliverance of the Jewish people from the wicked Haman in the days of Queen Esther of Persia. Learn from Gideon what to expect at a Purim celebration.</p>			
Jewish Talk 3 "Passover"	Gideon Frishman	April 19 • 2:00 pm	Conference Room
<p>Passover (Pesach) celebrates the deliverance of the Jewish people from slavery in Egypt. Learn more about the history of Seder, the preparations, what is a Haggadah and Passover messages.</p>			
The American Mind: Jonathan Edwards and the Great Awakening	Barbara Gallagher	January 26 • 11:00 am	Theater
<p>Jonathan Edwards was influenced by the immaterialism of British philosopher Bishop George Berkeley, using that philosophical base to criticize compromisers among the ranks of New England Puritanism. Ultimately, immaterialism became linked to Edward's role in the spiritual revival known as the Great Awakening.</p>			
Line Dancing	Dennis Del Rosario	Mondays • 3:30 pm	Fitness Center
<p>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.</p>			

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The American Mind: Nature's God and the American Revolution	Jane Feinstein	February 16 • 11:00 am	Theater
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Long in gestation, the ideas that made the American Revolution trace back to the Enlightenment resistance to authority, the colonists' religious radicalism, and the example of the English Whigs. All that was needed to set off revolt was the British government's attempt to override the colonies' own assemblies.

Martin Luther King, Jr. Day	Roger Koment, PhD	January 2 • 2:00 pm	Sky Room
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Martin Luther King, Jr was a Baptist minister and activist who was a leader in the African-American Civil Rights Movement. He is best known for his role advocating nonviolent civil disobedience based on his Christian beliefs. In this presentation, we examine the life of Dr. King and revisit the 1960's to understand circumstances that led to defining moments of the American Civil Rights Movement.

Meet the Chef	Chef Isatuh	April 8 • 2:15 pm	Main Dining Room
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Do you love to cook? Come down and join chef Isatuh, our new as she 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.

The American Mind: The Moral Philosophers	Barbara Gallagher	March 23 • 11:00 am	Theater
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Scottish "common sense" philosophy became a vehicle by which religious thinkers reintroduced religious morality into public life by cloaking it in "natural law." These moral philosophers would have enjoyed even greater influence had they not failed to solve the knottiest of American problems in public ethics: slavery.

Music Appreciation	Jerry Roman	Feb. 8 & Apr. 12 • 3:00 pm	Sky Room
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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.

Music Therapy	Jake	Jan. 31, Feb. 28, Mar. 28 & April 25 • 3:30 pm	The Springs - DR
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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).

COURSES	FACULTY	DAY AND TIME	LOCATION
Nutrition 101	Saba Barkneh	March 4 • 2:00 pm	Art Room
Learn the importance of healthful and mindful eating. Saba will also focus on different nutritional meals available with each food groups.			
Painting 101	Relene Schuster	Every other Wednesday • 10:30 am	Art Room
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.			
The American Mind: Republican Fundamentals	Frank Regan	February 9 • 11:00 am	Theater
As the American colonies prospered, the British government took steps to regulate that prosperity. The colonies resented this intrusion and found in the classical liberalism of English Whig political theorists a ready explanation for the legitimacy of their own governments.			
The American Mind: Romanticism in Mercersburg	Jane Feinstein	April 20 • 11:00 am	Art Room
American Romanticism often manifested itself as a rebellion against past authority. However, some conservative forms of Romanticism embraced the past and glorified tradition and history as a different way of questioning the supremacy of reason.			
The American Mind: Slaveholders and Abolitionists	Mickey Moore	April 27 • 11:00 am	Theater
The use of slave labor was the one blot on the record of American liberty, made all the more disgraceful by the way it defined slaves as chattel property. Most embarrassing of all, slavery was attacked not on the basis of Enlightenment reason but by radical religious Romantics.			

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Stabilization Endurance Training	Shawn Hallums	Tuesdays • 1:30 pm	Fitness Center
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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.

Strength Resistance Training	Shawn Hallums	Thursdays • 1:30 pm	Fitness Center
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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.

Skin Care	Anna Sempeles	March 18 • 11:15 am	Art Room
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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!

Tai-Chi	Connie McKenna, PhD	Tuesdays and Thursdays • 9:30 am	Fitness Center
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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.

The American Mind: The Technology of Puritan Thinking	Pat Dowd	January 12 • 11:00 am	Theater
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As colonizers, the Puritans brought with them a vibrant intellectual life, born partly of the Calvinist Reformation and partly of medieval scholasticism. But they also brought with them unresolved problems over the intellect and the will.

The American Mind: Whigs and Democrats	Larry Armentrout	March 30 • 11:00 am	Theater
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Although Republican political theory deplored political parties, both Jefferson and Hamilton emerged as the heads of parties in the 1790s. Jefferson's Democratic-Republicans dominated Hamilton's Federalists, but the Jeffersonians themselves split in the 1830s, spawning the Whigs, led by Henry Clay.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

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.

Larry Armentrout

Great Decisions

Larry was born in Covington, VA and attended Madison College (now James Madison University) where he received his Bachelor and Masters degrees in Education. He taught in Fairfax Public Schools at Poe Intermediate (now Middle) School teaching eight grade social studies for 33 years. He was active in the Fairfax, Virginia, and National Education Associations. He now serves on a Board of Directors for retired educators and the Board of Directors for Tysons Tower, a subsidized housing development. Larry loves to travel and has been to 40 countries, Antarctica and 45 states. He also likes to read and attend Lifetime Learning classes at NOVA.

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

Ferne Beyer**Contemporary Fabric Deconstruction**

Ferne moved here to the community in July of 2017 and this is her first class teaching in our Watermark University. As a child, she spent a lot of time in museums in New York. At the age of 13, Ferne started sewing her own clothes and became interested in more traditional quilting. Then later on, she experimented more on what to do with the fabric until she got fascinated with deconstruction as a hobby.

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.

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.

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.

NAME OF INSTRUCTOR

CLASS NAME

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.

Iris Colon-Garcia**Famous Virginians**

Iris is our new addition to Community Life and started here with us in September. Her hobbies include baking and arts and crafts. Iris is very passionate about helping our residents get involved in many of our community offerings. Come down and join her in one of her creative arts sessions in The Springs.

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.

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.

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.

NAME OF INSTRUCTOR

CLASS NAME

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.

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.

NAME OF INSTRUCTOR

CLASS NAME

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.

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.

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.

NAME OF INSTRUCTOR

CLASS NAME

Thomas Pandolfi**Classical Music Appreciation**

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.

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.

Marvin Pizer, MA, DDS, MS**Wellness Lecture**

Dr. Pizer has been sharing his expertise on many health and wellness topics. He has written many articles about oral cancer detection and saving many lives. Dr. Pizer is formerly a Professor of Research; Adjunct Professor of Medical Physiology; Director - Pre-professional Health Program; Chairman - Pre-Medical Advisory Committee at The American University, Washington, DC. He is also an Emeritus staff at the Alexandria Hospital, Alexandria, VA. Dr. Pizer is also a former clinical professor of Oral and Maxillofacial Surgery, Virginia Commonwealth University, Richmond.

NAME OF INSTRUCTOR

CLASS NAME

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.

Leah Poggi**Health and Wellness Talk**

Leah Poggi is the program manager for Bayada Home Health Care. She has presented many topics including "How to prevent dehydration," "Fall Prevention" and helped out in many of our health screenings.

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.

NAME OF INSTRUCTOR

CLASS NAME

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.

Anna Sempeles**Skin Care**

Anna Sempeles 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.

Kathy Zwicker**Flow-Motion**

Kathy Zwicker, MA, has been a teacher and healthcare practitioner for over 20 years. She is a certified Neuromuscular Therapist, Board Certified in Therapeutic Massage & Bodywork, and a certified instructor of Qigong. Her greatest satisfaction comes from helping others improve their wellbeing.



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