WATERMARK UNIVERSITY

2014
Fall Semester
SEPTEMBER THROUGH DECEMBER
ART / MUSIC / CREATIVE

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<th>COURSES</th>
<th>FACULTY</th>
<th>DAY AND TIME</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>All About Artists</td>
<td>Christine Nazzaro</td>
<td>Third Tuesday of every month 11:00 am</td>
<td>AS</td>
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</tbody>
</table>
| September 16th - "Henri Matisse" - Henri Matisse was born December 31, 1869, in Le Cateau in northern France. Over a six-decade career he worked in all media, from painting to sculpture to printmaking. Although his subjects were traditional—nudes, figures in landscapes, portraits, interior views—his revolutionary use of brilliant color and exaggerated form to express emotion made him one of the most influential artists of the 20th century.

October 21st - "Pablo Picasso" - Born in Málaga, Spain, in 1881, Pablo Picasso, became one of the greatest and most influential artists of the 20th century and the creator (with Georges Braque) of Cubism. A Spanish expatriate painter, sculptor, printmaker, ceramicist and stage designer, Picasso was considered radical in his work.

November 18th - "Edgar Degas" - Born on July 19, 1834, in Paris, France, Hilaire-Germain-Edgar Degas was a French artist famous for his work in painting, sculpture, printmaking and drawing. He studied at the École des Beaux-Arts (formerly the Académie des Beaux-Arts) in Paris and became renowned as a stellar portraitist, fusing Impressionistic sensibilities with traditional approaches. Degas enjoyed capturing female dancers and played with unusual angles and ideas around centering. His work influenced several major modern artists, including Pablo Picasso.

December 16th - "Oscar-Claude Monet" - Claude Monet was born on November 14, 1840, in Paris, France. He enrolled in the Academie Suisse. After an art exhibition in 1874, a critic insincerely dubbed Monet's painting style "Impression," since it was more concerned with form and light than realism, and the term stuck. Monet struggled with depression, poverty and illness throughout his life. He died in 1926.

Art Therapy & Crafts   Denise Horton Every Friday 2:00 pm ACS
Let's get crafty! A weekly class offering lessons on how to paint, draw and create different types of crafts. Come explore your creative side!! If you have ideas for crafts you would like to do, please let Christine or Denise know. Make an item for yourself or a friend. Projects will vary and we would love suggestions of what you would like to create!

Bead for Buddies       Chandra Sanchara Every Sunday 4:00 pm ACS
Learn how to create beautiful bracelets that we will be making for a local children's hospital. A class that is not only fun and social...but extremely rewarding! Last semesters bracelets were given to a local church who distributed the bracelets to young patients of a local hospital and we would like to do that again for them.
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<tr>
<td>Classical Piano Concert with a discussion on &quot;The History of Classical Music&quot;</td>
<td>Marjorie Landsmark-DeLewis</td>
<td>Monday, October 27 2:00 pm</td>
<td>WP</td>
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<tr>
<td>Marjorie will briefly discuss the history of classical music. Classical music is art music produced or rooted in the traditions of Western music (both liturgical and secular). It encompasses a broad period from roughly the 11th century to the present day. The term &quot;classical music&quot; did not appear until the early 19th century, in an attempt to distinctly &quot;canonize&quot; the period from Johann Sebastian Bach to Beethoven as a golden age. One of the most important developments of the Classical period is the growth of the public concert. Although the aristocracy would continue to play a significant role in musical life, it was now possible for composers to survive without being the employee of one person or family. After the discussion, Marjorie will give her own concert for all to enjoy. Marjorie studied at Julliard for three and a half years before she graduated in 1942. One of her most notable musical experiences was when she played at Carnegie Hall, this at the young age of 23 years old! We are honored to have Marjorie as a resident and are excited to hear her play for us again!</td>
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<tr>
<td>Crocheting</td>
<td>Chandra Sanchara</td>
<td>Every Monday (times may vary, please check monthly calendar)</td>
<td>WP</td>
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<td>This class is for all levels. Learn the basics of crochet if you are new to the craft. If you are more advanced, learn some different crochet techniques. Also learn about the different style and weight of the yarn to use for various things. Also, please see calendar for trip to the Yarn Store if you are in need of more supplies.</td>
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<td>Drum Talk: The Past, Present &amp; Future of Acrylic Drums</td>
<td>Michael Flores</td>
<td>Wednesday, December 3 1:30 pm</td>
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<td>Join us while Michael discusses acrylic drums: the origin and sound differences between acrylic and wood. In recent years, interest in vintage drums has exploded. The popularity of vintage acrylics has inspired the original manufacturers to return to the business. The unique look is part of the appeal, along with the distinctive sound. Since new acrylic drums reflect all of the improvements in manufacturing over the last 30 years—from better lugs and rims to higher-quality plastic shells—the classic, booming sound is stronger than ever which we will here for ourselves with a demo by Michael! He asks for no autographs until after the show!</td>
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<tr>
<td>Famous Sculptors of the Past</td>
<td>Connie Rinaldi</td>
<td>Tuesday, November 25 4:00 pm</td>
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<td>The art form of sculpting has existed since the prehistoric age, with the earliest artists making use of materials such as ivory and clay. Sculpture has often been used in religious practices or to honor those who were highly regarded in religious or political roles. As sculpturing evolved other materials such as metal, bronze, Mable, and even wood would be used and sculptures were made to express creatively more so at this time. In this class, Connie will focus on four very famous and renowned sculptors: Brancusi, Rodin, Moore, and Michelangelo will be those discussed this semester.</td>
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<tr>
<td>Fine Arts 101</td>
<td>Marilyn Militscher</td>
<td>See monthly calendar</td>
<td>ACS</td>
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<td>Flower Arranging</td>
<td>Janettina Delaney</td>
<td>Saturday, Sept. 6 ~ 1:30-3:30</td>
<td>ACS</td>
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<td>Friday, Oct. 10 ~ 1:30-3:30</td>
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<td>Friday, Nov. 28 ~ 1:30-3:30</td>
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<tr>
<td>Fountains Singers</td>
<td>Chandra Sanchara</td>
<td>Every Saturday 4:00 pm</td>
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<td>Gingerbread Houses: How to create the best of the best!</td>
<td>Maria Chinin and Letitia Caines</td>
<td>Monday, December 22 3:00 pm</td>
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<tr>
<td>Halloween Crafts and Decorating Ideas</td>
<td>Tashawna Daley</td>
<td>Wednesday, October 29 3:00 pm</td>
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Marilyn will teach all different techniques using all different media. Learn how to use watercolors, acrylics, pastels and more. She knows how to teach beginners to well trained artists and will cater to your needs and abilities. If you always wanted to paint and never knew where to start...this is the class to attend!

Learn how to create a beautiful Fall displays. Janettina will teach the technique of flower arranging. You will work with dried flowers and silks. Though so similar in use, artificial flowers are an entirely different art form. The line, focal, filler technique is an excellent way to design artificial and dried flower arrangements. Create unique designs in this class!

Do you enjoy singing? Come be part of a group and learn how to harmonize as a group. Sing old time classics and have fun doing it. It's fun, social and who doesn't like music!

For many families, the tradition of decorating a gingerbread house is an annual holiday event. Little do they know that they are participating in a tradition that is centuries old. Though the English are credited with being the first to bake and sell gingerbread when they introduced the Gingerbread Man, they weren’t the first people in Europe to bake this unique treat. In fact, it was an Armenian Monk who is actually credited for bringing gingerbread to Europe back in the 10th century. He taught the skill of baking the treat to both Christians and French priests. Learn about the origins of the Gingerbread House and build your own!

Seek out your creative side and learn how to create eerie ghosts, wicked witches, and spooky spiders to transform The Fountains into a haunted house! Fun, festive, and not-too-frightening, these "bootiful" ghost projects will get you in the Halloween spirit.
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<tr>
<td>Jewelry Making</td>
<td>Janettina Delaney</td>
<td>Saturday, Sept. 6 ~ 1:30-3:30</td>
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<td>Friday, Oct. 10 ~ 1:30-3:30</td>
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<td>Friday, Nov. 28 ~ 1:30-3:30</td>
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<td>Saturday, Dec. 20 ~ 1:30-3:30</td>
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<tr>
<td>Knitting</td>
<td>Chandra Sanchara</td>
<td>Every Wednesday 2:00 pm</td>
<td>ACS</td>
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<td>Mask Making</td>
<td>Girl Scouts</td>
<td>Date in October TBA</td>
<td>ACS</td>
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<td>Pen Pal Club</td>
<td>Kathy Jerussi</td>
<td>1st Tuesday of every month 3:00 pm</td>
<td>ACS</td>
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<tr>
<td>Theater at The Fountains:</td>
<td>Kathy Jerussi</td>
<td>Third Thursday of the month 11:00 am</td>
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<td>Acting Out!</td>
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<tr>
<td>Vocal Techniques and Concert</td>
<td>Shirley Gershman</td>
<td>Date in December</td>
<td>WP</td>
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Beads, beads and more beads. Janettina will walk us through how to create beautiful jewelry to wear. She will help you with bead choices to come up with designs that will make people turn their heads in envy!

Come be part of this fun and social knitting group. Learn how to knit if you are a beginner or learn different techniques if you already are a knitter. Chandra makes this class fun! At the end of the year, Chandra and all that participate, donate their creations to our local church.

Need a Halloween outfit? Come make a mask to wear for our Halloween Party! Choose from scary to funny. Use beads, glitter or feathers. Learn how to make the best and most creative mask!

We have adopted a Platoon! And we want to continue conversation with them and send them cards to show them our support and encouragement and to let them know we are thinking about them! Please join us as we make cards and create a smile on someone's face who needs it.

Ever thought you'd like to try acting? Put your "self" aside for a fun hour of acting, improv, skits and general acting out. Learn how to create characters from your imagination. Get creative in making the character become real, as you read the scripted lines of these fun plays.

Resident, Shirley Gershman, wows us with another concert and her great singing voice. Shirley and her accompanist, Jay Elliot, will sing old favorites to reminisce to. Join us to hear this very talented woman sing her heart out and join in as we remember a time back when. Shirley will also speak about how to practice scales, and identify your range (tenor, baritone, alto, soprano, etc).
All About Grains and Herbs
Claudette Rutty, Director of Food Services
Tuesday, October 28, 2:00 pm

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies. Herbs are also very important as they are used to strengthen, balance and support the body, or remove toxins that produce the symptoms of a cold, fever, acute pain or chronic condition. Join us to find out how adding grains and herbs are good for your overall health!

Antique Talk
Kenny Schiff
Thursday, November 13, 3:30 pm

Buying and selling antiques for fun and profit has become very popular in recent years. People all over the world are enjoying the thrill of treasure hunting in their own neighborhoods. If you want to learn about antiques and the art of buying and selling, join Kenny for this fun class. If you have an antique that you would like Kenny to take a look at, please bring it to the class!

Christopher Columbus
Chandra Sanchara
Monday, October 13, 2:30 pm

In 1492, Columbus sailed the ocean blue. Explorer and navigator Christopher Columbus was born in 1451 in the Republic of Genoa, Italy. His first voyage into the Atlantic Ocean in 1476 nearly cost him his life. Columbus participated in several other expeditions to Africa. 1492, Columbus left Spain in the Santa Maria, with the Pinta and the Niña along side. He has been credited for opening up the Americas to European colonization. Learn more about the man himself and the voyage that was said to change the world. Bio.com

Constitution Day
Chandra Sanchara
Wednesday, September 17, 1:30 pm

Learn about the history and background of the Constitution that defines America. September 17th is the anniversary of the official signing of the U.S. Constitution in 1787. Constitution Day commemorates the formation and signing of the U.S. Constitution by thirty-nine brave men. Also learn some interesting facts about The Constitutional Convention.

Cooking Demonstrations: Themed for the Holidays
Third Wednesday of every month (times vary)

Oktoberfest ~ German Themed
Anthony Wright
Wednesday, September 17, 12:00 pm

Join Anthony as he explains…and cooks the traditional foods served during the fun holiday of Oktoberfest! ***This class is a luncheon and requires a sign up - only 12 max. allowed in the class***
Thanksgiving Feast  
Duwayne Fagan  
Wednesday, November 19  
3:00 pm  
C

Duwayne will showcase his Thanksgiving dining skills as he teaches us how to prepare a delicious dish.

Christmas: Traditional Dishes  
Claudette Williams  
Wednesday, December 17  
3:00 pm  
C

Claudette will teach us all about a fabulous, traditional dish cooked at Christmas time.

Discussions with Stephanie: "Past, Present, Future"  
Stephanie Walters, Resident Relations Director  
3rd Thursday of September, October and November  
AS

Learn and share with others in a discussion group, where you will explore past memories, speak about the present, and talk about how to be positive and healthy in the future. This discussion group will be held in 3 separate sessions: all at 3:00 pm.
"Past" - Thursday, September 18th  
"Present" - Thursday, October 16th  
"Future" - Thursday, November 20th

Environmental Learning: What's a Hybrid Car?  
Kathy Jerussi & Christine Nazzaro  
Friday, October 3  
11:00 am  
AS

Did you know…Hybrids are cars that run on a rechargeable battery and gasoline, rather than just gasoline? Did you know… Hybrid cars are economical? Learn why hybrid cars a good idea for the environment!

Environmental Learning: It's For The Birds  
Kathy Jerussi & Christine Nazzaro  
Friday, December 5  
11:00 am  
AS

In this program, we will investigate how birds adapt to their environments for survival. Migratory birds depend on certain triggers — often changes in daylight or weather, depending on the species — to know when to migrate, and count on food sources being available to them when they arrive in their destination. This class is for the bird...lover!

Extraordinary Flowers at The Botanical Gardens  
Teresa Sheocharan, Business Office Director  
Thursday, September 18  
departing at 9:30 am  
Off site

Weird, Wild, and Wonderful Exhibit:
In homage to the beauty of the botanical world’s most bizarre flora, the Garden invited members of the American Society of Botanical Artists to participate in a study of the eccentric, creating works of art based on visually unusual plants chosen by the artists themselves. View the results of their efforts—46 captivating paintings and illustrations of exotic specimens—on display in the Ross Gallery. Each resident will be given a camera to capture their favorite, extraordinary flowers that we will come across as we travel through the Gardens for different exhibits. In a second class, the following week, we will be printing out all the photos and making a collage for all to enjoy! Please note: There is an fee for this class/trip.
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<tr>
<td>Grill Masters 101</td>
<td>Brian Murphy</td>
<td>Friday, September 5 2:00 pm</td>
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<td>After our hard work of learning how to garden, we now get to eat! Learn about grilling different types of vegetables as well as learn about the benefits of incorporating vegetables into your diet. A yummy and informative class!</td>
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<td>Ground Zero: The Rebuild</td>
<td>Christine Nazzaro</td>
<td>Thursday, September 11 11:30 am</td>
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<td>Immediately after 9/11, a number of prominent leaders--including New York City Mayor Rudolph W. Giuliani and U.S. President George W. Bush--pledged to quickly rebuild the World Trade Center site as an inspiring symbol of American resilience and triumph over terrorism. Learn about the challenges that were faced in building the Freedom Tower and Other WTC Site Buildings. A video will be shown of the rebuild.</td>
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<td>Guess the Mystery Person: Famous People in History</td>
<td>Kathy Jerussi</td>
<td>Last Tuesday of every month 11:00 am</td>
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<td>Is there a person in history you want to learn more about? This class includes trivia about the person, we talk about their life and also incorporate video clips. If there is someone that you would like to be spoken about in this class, please see Christine so she can create a lesson plan. Don't want to give away any secrets of who we will be discussing... but it includes everyone from famous singers, actors, historians, innovators and more...</td>
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<td>Guilty or Not Guilty</td>
<td>Kathy Jerussi</td>
<td>3rd Tuesday of every month 2:30 pm</td>
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<td>As good as our judicial system may be, sometimes it fails to work. The criminal slips out between the bars of a jail because of a technicality or because the prosecution fails to come up with flawless evidence securing a guilty verdict. This class is designed to initiate fun and meaningful discussions. All of the stories are true and decided in a court of law. They are also some of the funniest and outrageous cases you will ever hear. Join in on the fun…You Be The Judge!</td>
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<td>Hindu Culture: About the Religious Holidays</td>
<td>Chandra Sanchara</td>
<td>First Wed. of every month 11:00 am</td>
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<td>Wednesday, September 3rd - &quot;Onam&quot; - Onam is the biggest festival in the Indian state of Kerala. Onam Festival falls during the Malayali month of Chingam (Aug - Sep) and marks the homecoming of legendary King Mahabali. Carnival of Onam lasts for ten days and brings out the best of Kerala culture and tradition.</td>
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<td>Wednesday, October 1st - &quot;Diwali/Lakshami Puja&quot; - Lakshmi puja is one of the important rituals performed during the festival of Diwali. This ritual is performed to invite Goddess Lakshmi at home. Prayers are offered to the Goddess, so that the New Year (Hindu New Year) is filled with peace, wealth and prosperity. How to do Diwali Puja describes step by step instructions to perform a simple Diwali puja process at home, come learn how with Chandra!</td>
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### Hollywood Greats Lectures with Michael

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<tr>
<th>Part</th>
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<th>Faculty</th>
<th>Day and Time</th>
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<tr>
<td>1st Saturday of every month</td>
<td>1st Saturday of every month</td>
<td>Michael Gaskin</td>
<td>Saturday, September 6</td>
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**Wednesday, November 5th - "Nehru Jayanti"** - Jawaharlal Nehru was the first Prime Minister of India and a central figure in Indian politics for much of the 20th century. He emerged as the paramount leader of the Indian independence movement under the tutelage of Mahatma Gandhi and ruled India from its establishment as an independent nation in 1947 until his death in office in 1964. Nehru is considered to be the architect of the modern Indian nation-state: a sovereign, socialist, secular, and democratic republic. Learn more about this spiritual man and his life and career.

**Wednesday, December 3rd - "Gita Jayanti"** - The Bhagavad Gita is considered the most important and influential Hindu scripture for its philosophical, practical, political, psychological and spiritual value. Bhagavad Gita Jayanti, or simply Gita Jayanti, marks the birth of this holy book. (about.com)

**Part 1: "Doris Day on Television"**

The Doris Day Show is an American sitcom that was originally broadcast on the CBS Television network from September 1968 until March 1973, remaining on the air for five seasons and 128 episodes. The show is remembered for its several abrupt format and cast changes over the course of its five-year run. Listen as you hear about things beyond the scenes that even Doris didn't know about until her husband passing.

**Part 2: "George Burns Comedy"**

George Burns was born Nathan Birnbaum in New York City on January 20, 1896. He got his start as a vaudeville comedian, developing an act with Gracie Allen. Burns and Allen launched a long partnership in radio, film and television. Burns outlived Allen by decades, during which time he won an Academy Award. He died at the age of 100 in Beverly Hills, California, on March 9, 1996. Hear about George Burns accomplishments throughout his long career in comedy.

**Part 3: "Hollywood: The Great Stars"**

In its history of near about 100 years, Hollywood has seen hundreds of thousands of actors to try their luck on screen. However, only handfuls of them were successful enough to leave an ever-lasting impression on the mind of audience. Learn about the stars who made it big and how they climbed their way up to stardom.

**Part 4: "Holiday Program with World Renowned Stars"**

Go back in time with Michael Gaskin and remember when... Holiday time festivities often brought groups of world renowned stars together for holiday programming. Can you remember any "all star" programs around holiday time? Hear about behind the scenes drama, romances and more!
King Tut: Behind the Mystery  
Kathy Jerussi  
Tuesday, November 4  
2:30 pm  
AS  

King Tut is chiefly known for his intact tomb, discovered in Egypt's Valley of the Kings in 1922. Since then, his remains have held millions in awe over the mystery of his life and death. Probably one of the best known pharaohs of ancient Egypt, Tutankhamun was only 9 years old when he became King! Learn about his life and the mystery surrounding his death at age 18.

Mercy College Discussion Group  
Mercy College  
Every other Tuesday  
1:30 pm  
(new time & date this semester)  
AS  

The community discussion group is facilitated by Mercy College students and a faculty supervisor. The objectives of this group are to enable participants to maintain communicative function in a variety of domains and to adapt to the losses encountered in the normal aging or atypical aging process and to promote transgenerational engagement. All participants in the community discussion group are encouraged to: recognize the value, wisdom, experience, and knowledge of each other’s life experiences; share opinions with respect; listen to the other generation’s sharing; and learn from each other without bias.

News & Views Discussion  
Kathy Jerussi  
Every Thursday  
1:30 pm  
AS  

Hear the latest headlines and share your views. If you like to keep up to date on the what's going on in today's world, and listen to and help solve a Dear Abbey, join us every week. Bring topics you would like to discuss as well!

O Jogo Bonito (The Beautiful Game)  
Mark Ludwig,  
Director of Health & Wellness  
Tuesday, October 7  
4:00 pm  
AS  

This is a course about soccer. It will cover the rules, strategy, current events, and discussion regarding why soccer is considered the world's premier athletic sport. There will be opportunities for interactive experience throughout the discussion.

Oktoberfest: History, Traditions, Music and why it's celebrated in September  
Kathy Jerussi  
Friday, September 19  
11:00 am  
(new time & date this semester)  
AS  

Oktoberfest, the world's largest beer festival, is held annually in Munich, Germany. It is known as much for its traditional folk music as it is for its beer drinking. The folk festival has given its name to similar festivals worldwide that are at least in part modeled after the original Bavarian Oktoberfest. The Oktoberfest tradition started in 1810 to celebrate the October 12th marriage of Bavarian Crown Prince Ludwig to the Saxon-Hildburghausen Princess Therese. The festival was eventually prolonged and moved ahead to September to allow for better weather conditions. Today, the last day of the festival is the first Sunday in October. Oktoberfest concert with Lee's Musicians will be held at 3:30 pm in the AS and will follow with an Oktoberfest themed diner served in the main dining room. A whole day of Oktoberfest fun!
### Opera Lecture Series
**"Opera in the AM: Happy Endings"**
Calling all Opera Fans!!! Please join us for "Opera in the AM: Happy Endings", it will be an entertaining and informative survey of some of the great composer's best known works. The series is hosted by retired, MET Opera Singer, Ross Crolius.
- **September 3rd** ~ Mozart's The Magic Flute
- **September 17th** ~ Rossini's Il Barbiere di Siviglia
- **October 1st** ~ Donizetti's La Fille du Regiment
- **October 15th** ~ Offenbach's La Grande Duchesse de Gerolstein
- **November 5th** ~ Smetana's The Bartered Bride
- **November 19th** ~ Gilbert & Sullivan's H.M.S. Pinafore
- **December 3rd** ~ Strauss's Der Rosenkavalier
- **December 17th** ~ Humperdinck's The Bartered Bride

### Reel to Real
**Kathy Jerussi**
1st Thursday of every month 3:00 pm
ACS
We will choose a Hollywood star of the month to profile whether from film or TV. Learn about their childhoods, how they began their acting careers and the great characters they have portrayed.
- **September 25th** ~ Colin Firth
- **October 16th** ~ Julie Andrews
- **November 20th** ~ Olympia Dukakis
- **December** ~ Jimmy Stewart
We would love to take suggestions for other months!

### Remembering the Decades
**Kathy Jerussi**
2nd Thursday of the month 3:00 pm
WP
Take a nostalgic trip through the various decades. Learn and discuss events from times gone by. Share your memories with others as you travel back into the 1920's to the 1990's reliving history. Also test your skills with trivia questions from these time periods.

### Rosh Hashanah, the Jewish New Year
**Ruth Zucker & Shirley Gershman**
Wednesday, September 24 4:00 pm
WP
In Hebrew, Rosh Hashanah means, literally, "head of the year" or "first of the year". When most people hear the term New Year they think of partying and celebrating however, the Jewish New Year is a time to begin introspection, looking back at the mistakes of the past year and planning the changes to make in the new year. Learn more about this holy holiday and learn from some of your peers, the traditions they had on this day.
<table>
<thead>
<tr>
<th>COURSES</th>
<th>FACULTY</th>
<th>DAY AND TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saint Francis of Assisi</td>
<td>Kathy Bartley</td>
<td>Saturday, October 4 2:00 pm</td>
<td>AS</td>
</tr>
<tr>
<td>Science! Making Ice Cream!!!</td>
<td>Kathy Jerussi &amp; Christine Nazzaro</td>
<td>Friday, September 5 11:00 am</td>
<td>AS</td>
</tr>
<tr>
<td>Science! Recycling: New Uses for Old Things</td>
<td>Kathy Jerussi &amp; Christine Nazzaro</td>
<td>Friday, November 7 11:00 am</td>
<td>AS</td>
</tr>
<tr>
<td>Short Story Discussion</td>
<td>David Goldsmith, Executive Director</td>
<td>Thursday, November 6 2:00 pm</td>
<td>AS</td>
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<tr>
<td>Taste of the Middle East</td>
<td>Mary Arefieg</td>
<td>Thursday, October 30 3:00 pm</td>
<td>AS</td>
</tr>
<tr>
<td>Vive La France!</td>
<td>Maria Harb</td>
<td>Wednesday, October 15 12:00 pm</td>
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Saint Francis of Assisi (born Giovanni di Pietro di Bernardone, but nicknamed Francesco ("the Frenchman") by his father, was an Italian Catholic friar and preacher. He founded the men's Order of Friars Minor, the women’s Order of St. Clare, and the Third Order of Saint Francis. Though he was never ordained to the Catholic priesthood, Francis is one of the most venerated religious figures in history. Learn more about his life, character, and legacy. St. Francis Day is observed on October 4th.

Making ice cream is a fun and delicious way to build science skills. You will experience a change in state from a liquid to a solid. They will discover the difference of temperature between ice without salt and ice mixed with salt. Then comes the best part...the taste test! Join us for this fun and yummy course!

In this age of reduce/reuse/recycle, new uses for old things is the original green idea. We will make some items using recyclable things during this class as well.

Calling all residents and critics! We will be reading a unique short story, followed by an engaging discussion. A fun and interactive learning experience for all. Bring your creativity and opinions!

The Middle East cuisine is perhaps the largest unifying factor in an otherwise disparate part of the world. Far more than just "the land of milk and honey", the region is rich in oils, spices, fruits, and flowers. Join Mary as she will discuss Middle Eastern cuisine and will prepare dishes from the Middle East countries such as Jordan & Lebanon.

Traditional French foods range from delectable cheeses and desserts to hearty soups, stews, and fresh fish. The traditional foods in any given restaurant or home depend on the region of France. Look for the regional favorites while "visiting France" in this class. Maria will discuss favorites from different regions and give a little background about the culture of France. ***This class is a luncheon and requires a sign up - only 12 max. allowed in the class***
Unexplained Mysteries of the World

Kathy Jerussi
1st Thursday of the month
11:00 am

AS

We will discuss some of the unexplained mysteries of the world. Is there a Big Foot roaming the earth? What is Area 51 all about? Is there compelling evidence to say that the Loch Ness Monster once, or still does exist? Let's try to offer some rational explanations for these so-called mysteries as we learn more about them, including the direct evidence that debunks some of them.

Who is Emma M. Nutt?

Chandra Sanchara
Monday, September 1
4:30 pm

WP

Emma M. Nutt was the first professional female telephone operator, and worked in this role for 33 years. Emma M. Nutt Day commemorates her, and the historically important role of telephone operators. Learn about how she was instrumental in the role of women as telephone operators.

LOCATION GUIDE:

~ ACS – Arts & Crafts Studio - Lobby Level
~ AS – Activity Studio - Lobby Level
~ C- Café - Lobby Level
~ CY - Courtyard
~ MT - Movie Theatre - Lobby Level
~ OB- Observation Deck - 3rd Floor
~ PDR- Private Dining Room - Lobby Level
## GAMES

<table>
<thead>
<tr>
<th>Courses</th>
<th>FACULTY</th>
<th>DAY AND TIME</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Billiards</td>
<td>Vinny Capulli and Keisha Smith</td>
<td>Fridays at 2:00 pm</td>
<td>1st floor</td>
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</tbody>
</table>

Pool and billiards can be lifelong passions, combining physical exercise and substantial hand-eye coordination in a social game that’s just plain fun. Join Vinny and Keisha in learning the popular game of 8 ball. All are invited from beginner to pool masters!

<table>
<thead>
<tr>
<th>Bridge 101</th>
<th>Chandra Sanchara</th>
<th>Every Monday</th>
<th>ACS</th>
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<tr>
<td></td>
<td></td>
<td>3:15 pm</td>
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Learn to Play Bridge with Chandra. This class is for beginners or those who know the basics but want to develop their playing, bidding and defense skills. Social and fun at the same time! Come play bridge!

<table>
<thead>
<tr>
<th>Game Show Hour</th>
<th>Kathy Jerussi</th>
<th>Every other Friday</th>
<th>AS</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>1:30 pm</td>
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We will be testing your knowledge of revealing words as we play Wheel of Fortune. And we will be testing your thoughts and percentage skills on how many people have the same answer in Family Feud. Fun, while yet using your brain power!

<table>
<thead>
<tr>
<th>Golf</th>
<th>Chandra Sanchara</th>
<th>Last Monday of the month</th>
<th>AS</th>
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<tr>
<td></td>
<td></td>
<td>2:30pm</td>
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Are you the next Tiger Woods? Come test your skills and learn different techniques of golfing. When weather permits, we will take the class outside for longer distance driving.

<table>
<thead>
<tr>
<th>Poker: Texas Hold'Em</th>
<th>Christine Nazzaro</th>
<th>Tuesday at 3:00 pm</th>
<th>ACS</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Thursdays at 11:00 am</td>
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</table>

Since our classes have grown in size, we are now have classes two times a week! Know when to fold em, know when to hold em….Learn how to beat the table and win it all! Texas Holdem has taken over the poker world. This class is for beginners to pros. It's a fun and social way to spend time together.

<table>
<thead>
<tr>
<th>Scrabble Mania</th>
<th>Christine Nazzaro</th>
<th>Wednesdays</th>
<th>ACS</th>
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<tbody>
<tr>
<td></td>
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<td>11:00 am</td>
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Learn how to become the best of the best in Scrabble! Practice, practice, practice! Use your skills to come up with words that get you the high score every time! (Scheduled monthly with Christine but Resident run daily.)
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## HEALTH / EXERCISE

<table>
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<tbody>
<tr>
<td>Balance Fitness</td>
<td>Jeff Ciolino, OTR &amp; Balance Specialist</td>
<td>2nd and 4th Thursday of the month ~ 2:00 pm</td>
<td>AS</td>
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</table>

The most overlooked and arguably, the most important word in health is “balance”. Better body balance makes it easier to move and helps prevent injury. But it’s a “use it or lose it” kind of thing, which means it’s important to practice balance at all ages. Meet Jeff Ciolino, Occupational Therapist and Balance Specialist! Residents go through his obstacle course of walking backwards, stepping on certain blocks, walking over blocks, all while having fun and building up their strength for improved balance. Music is played, people clap along to encourage one another, and different stretches are taught throughout the class. Come join us for this fun and exciting new class!

"Bellydancing"/Core Training   | Sue Renzin                           | 1st and 3rd Monday of the month ~ 1:30 pm | AS       |

Core exercises are about more than just strengthening your abdominal muscles; they also strengthen your hips, back and all muscles in the midsection of the body. The core is your center of gravity and where all body movements begins. Having a strong core has also been shown to help alleviate lower back pain. Join us for this interesting spin on core training!

Chair Yoga                     | Stephanie Walters, Resident Relations Director | Wednesday, December 10 10:15 am | AS       |

Practiced widely for its health and relaxation benefits, the discipline of yoga utilizes breath control, simple meditation, and bodily postures. Yoga is beneficial in aiding heart and lung function, increasing flexibility and improving mental clarity. In this low impact chair yoga class, individuals of all levels will have the opportunity to not only learn some of the many yoga poses and how to execute them but also a brief history of the practice and its many benefits.

Come In From The Cold           | Kathy Jerussi                         | Tuesday, December 23 11:00 am | AS       |

Cold weather can pose serious health hazards to older adults. Falls and other accidents, hypothermia and depression are more common as the temperature drops. The key to safety is prevention. Follow Kathy as she reviews simple tips to ensure a safe season.

Fitnes 4 Life                  | Jerome Hampton, Certified Trainer     | 1st and 3rd Mondays of the month ~ 2:45 pm 2nd and 4th Saturdays of the month ~ 10:00 am | AS       |

One aspect of Jerome’s expertise is working with the senior population, focusing on memory retention through facilitating maintenance of a healthy and active body and mind. His approach targets strengthening the heart and improving cardio-vascular endurance, while increasing cognitive agility, through physical exercise enhanced by the universal appeal of music.
**COURSES**

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<thead>
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</thead>
<tbody>
<tr>
<td>Hearing Health and Wellness Seminar</td>
<td>presented by Zounds Hearing</td>
<td>Monday September 8 1:30 pm</td>
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Hearing loss is one of the most common conditions for adults as we age. Our hearing is integral to keeping us connected with the world around us, and to those we love. Untreated hearing loss can affect your ability to understand speech and can negatively impact your social, emotional and physical well-being. Recent studies have strongly linked it to other health problems, such as cognitive decline, increased risk of dementia, and poorer physical function. Reasons for hearing loss range from age related diseases to prolonged exposure to loud noise, head or ear trauma, infections, medications, and hereditary or congenital conditions, to name a few. Zounds Hearing will discuss hearing loss prevention, warning signs of hearing loss, available solutions, and will close with a Q & A session. Free hearing screenings will be given after the seminar.

**National Physical Therapy Month:**

| "The Benefits of PT" | Jeff Ciolino, OTR | Thursday, October 9 1:30 pm | AS |

For seniors recovering from injury or illness and for those experiencing chronic pain, physical therapy can help relieve pain and restore physical functions such as flexibility, strength, balance and coordination. Physical therapy combines a combination of approaches including stretching, walking, massage, hydrotherapy, and electrical stimulation among others. Learn all about the benefits of physical therapy with Jeff and then participate in his Balance Fitness class after!

**Olympics Training Classes**

| Chandra Sanchara & Patrick Sullivan | 1st and 3rd Saturdays of the month 3:00 pm | AS |

Our first Winter Olympics is coming upon us in February (and then we have our Annual Summer Olympics around the corner), so join us in training to guarantee your team a win! We will be practicing Toss Across, Horseshoes, Dart Toss and Basketball. Go Red!! Go Blue!!

**Pilates (Armchair)**

| Kathy Jerussi | 1st Friday of every month 10:15 am | AS |

You don’t have to leave your chair to enjoy the benefits of armchair Pilates. Ideal for individuals with mobility limitations, arthritis, or the exerciser who is just getting started. This seating routine of gentle stretching, strengthening, and breathing works the arms, legs, and torso.

**Silver Sneakers Exercise Classes**

| Roseann Tenore, Certified Trainer | Fridays at 10:15 am | AS |

It’s becoming increasingly clear to the medical community that it’s just as important for older adults to stay active as it is for their younger counterparts. Exercise helps maintain mobility and stamina, reduces the incidence of disease, and leads to an overall better quality of life. Join Roseann for her exercise class and start your way down a healthier path today!
Watermark University Faculty:

Bartley, Kathy
Kathy is a new volunteer this semester. (She is Christine’s aunt!) Kathy is very tied to her church and beliefs and has always been fascinated with the history of the saints. Kathy currently lives in Stamford; she is retired and volunteers at her local church.

Capulli, Vincent - Resident
“Vinny” was born in Italy and grew up in Italy and then moved to Eastchester. He met his wife Clara, who also lives at The Fountains at RiverVue and they have been happily married for 55 years this past May. Vinny greatly enjoys playing billiards with the guys and now wants to teach some of his techniques.

Cioloio, Jeff - OTR
Jeff has been an Occupational Therapist and fitness trainer for 21 years. He grew up on eastern Long Island and currently lives in East Quogue NY. Jeff graduated from Syracuse University in 1993 for Occupational Therapy. He has owned Lifelong Therapeutics for 13 years where he and his team of PTs, OTs and fitness trainers have focused specifically on building strength, confidence, safety and Independence in older adults. Jeff’s mission is to inspire people, show them that they are capable of greater ability, and help them achieve it. Jeff’s patients will know that their success is of the greatest importance to him and that they will accomplish great things together and have fun doing it.

Crolius, Ross - Bass
Ross recently retired from the Metropolitan Opera after spending twenty-five years with the company as a full-time chorister. During that time he performed an average of 180 performances each season in operas ranging from Handel to Philip Glass, singing in 6 different languages. He performed in nearly 50 “Live from the Met” telecasts as well as singing in a half dozen opera recordings under the direction of Maestro James Levine. During his career at the Met, Ross was chosen to perform a number of small solo roles in many operas including Rigoletto, IL Trovatore, I Pagliacci, La Boheme and Der Rosenkavalier. Despite the demands of his rigorous Met schedule, Mr. Crolius continued to remain active as a concert soloist and recitalist in the New York area. An avid enthusiast of small vocal ensemble singing, Ross founded and managed a male vocal quartet called Songfellows that was originally formed from the ranks of the Met chorus. The group has performed from Maine to Maryland singing a broad range of purposefully non operatic repertoire.
Mr. Crolius’ prior musical background includes two seasons performing with the Gregg Smith Singers, a three year enlistment in the Soldiers Chorus of the U.S. Army Field Band, and degrees from the Peabody Conservatory of Music and the Eastman School of Music. Since his retirement from the Met, Ross has shifted his focus to teaching voice and lecturing about opera. As a teacher, he has recently been added to the voice faculty at the Mozartina Conservatory in Tarrytown, NY. As an opera lecturer, Ross keeps very busy presenting opera talks primarily at senior residences throughout the local region. Mr. Crolius resides in Westchester County with his wife Nancy, also a former Met Opera chorister.

Delaney, Janettina
Janettina has a love for being creative. She has been part of the faculty of Watermark University since it first started. She teaches jewelry making and flower arranging and is loved by all that take her class.

Gaskin, Michael
Mr. Gaskin is a retired music teacher. He has been playing the piano and singing for over thirty years. He greatly enjoys lecturing about the Hollywood Greats and enjoys coming to The Fountains to do so, once a month, on the first Saturday of every month at 10:30 am.
**Gershman, Shirley - Resident**

Shirley Gershman, In High School, Shirley had a music teacher named Ms. Butler. Shirley always sat in the front row and the teacher noticed her interest in the class and so Ms. Butler paid for her voice lessons. At her graduation, Shirley sang a song from Carmine for the graduation ceremony. After graduation, Shirley became a member of a group called "Curtain Callers". She later was a member of the USO and sang in all the camps in the Baltimore Area. When Shirley married and had children, her children became her priority and she gave up show business but continued to perform for weddings and Bat Mitzvahs. She passed on her love of music to her children. They spent many of their family trips singing in the car. It is a fond memory of her to this day.

**Hampton, Jerome**

Jerome Hampton is a leading Professional Fitness expert, inclusive of all lifespan developmental stages. Jerome is the President and CEO of Fitness 4 Life, LLC which he founded in 2003. Jerome holds a bachelors degree in Business Science from IONA College, New Rochelle, NY and a certification from the National Exercise & Sports Trainers Association (NESTA). Jerome is an alumni of Iona College in New Rochelle, New York. He is certified in CPR/First Aid by the American Heart Association. He has appeared on the Montel Williams Show on a panel discussing how to get in shape.

**Heartsong**

**Denise Horton, Art Therapist**

**Rachel Crawford, Music Therapist**

Heartsong provides quality music and art therapy programming to individuals in schools and other community-based programs located throughout the Tri-State area. Heartsong and its Founders have received many awards and honors over the years in recognition of the creation and provision of a music and art therapy program to individuals in Westchester County and the greater New York metropolitan area. They remain dedicated to continuing the vision of its Founders to provide therapy based programs to individuals and to help these individuals reach their highest potential in an atmosphere that brings them great joy.

**Landsmark-DeLewis, Marjorie - Resident**

Marjorie Landsmark-DeLewis was born in Harlem, NYC. She recalls the house exactly at 136th Street and Lennox Ave. Music runs in her family. Her uncle began teaching her piano at five years old. Marjorie recalls the music clubs in Harlem where she would go watch her uncle play. She remembers the “basement clubs” and how vibrant the music was and how she couldn’t wait to start playing. At age thirteen, she began accompanying her Mom who was a vocalist and played solo concerts and ballets. Marjorie furthered her musical career when her teacher, the notable Edward Margeton from the West Indies, trained her and she was successfully accepted into Julliard where she studied for 3 and ½ years before graduating in 1942. One of Marjorie’s most notable musical experiences was when she played Carnegie Hall, this at the young age of 23 years old. She recalls her nervousness when she took the stage but said she wouldn’t trade it in for anything and was elated to be under the lights on stage playing for all the people she said at one of New York’s most historical musical venues. Marjorie continued to have an illustrious musical career and played her last formal concert at the University of Arizona in 2010 at age 90.

**Mercy College**

**Participating Students**

Students in the Master of Science Program in Communication Disorders participate in this clinical educational experience in their first year of graduate school, while they are completing their coursework.

**Clinical Educators**

The two clinical educators who supervise this experience are speech-language pathologists who hold New York State licensure and ASHA Certificate of Clinical Competence (CCC). They are faculty members who conduct this activity as part of their in-house clinical supervision duties. They accompany the students to the site and provide 100% supervision.
Militscher, Marilyn
As a practicing artist and retired high school and college art teacher, Marilyn has worked in all forms of art. She has taught beginners as well as more experienced artists. Marilyn has the ability to assess people interested in art, helping them achieve what they would like to accomplish in their artistic pursuits or their personal growth as artists.

Renzin, Sue
Sue loves to dance and especially loves Bellydancing. Her belly dancer name is Shayna, where she gets into character of an dancer from a foreign country.

Rinaldi, Connie - Resident
Connie comes from Bayside, Queens where she lived for over 60 years. She loves to read, knit, paint and sculpt. Connie always has a smile on her face and you can see her at almost every activity. This is Connie’s first time as part of our faculty, please welcome her.

Sullivan, Patrick
Patrick is a volunteer from Xavier High School in Manhattan, NY. He volunteers on Saturdays and enjoys running the Olympics Training Classes. His interests include scrabble, various other board games, and playing Uno. He lives in Crestwood, Yonkers, NY with his parents.

Tenore, Roseann
Roseann is a certified aerobics instructor who has been holding classes in many other senior living communities and she loves it. She also holds a Masters degree in Music Therapy which she received from NYU in 1981 and also provides music therapy in many communities as well as here in our Gardens community. Roseann lives in Yonkers with her two children.

Zounds Hearing
Zounds was founded by Sam Thomasson, an Engineer and entrepreneur who has spent his career developing new technologies in the medical device and consumer electronics industries. Sam is also the father of a hearing-impaired daughter and has witnessed the problems associated with today’s hearing aids. Sam promised his daughter that he would develop a hearing aid to address the key problems common with other high-end hearing aids. Zounds’ breakthrough technology is the fulfillment of a father’s promise to his daughter and the solution for dissatisfied hearing aid users around the world.