

WATERMARK UNIVERSITY

2018

**Spring Semester**  
JANUARY THROUGH APRIL

 **THE FOUNTAINS**  
AT RIVERVUE



**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,**

*Reghan Giannelli*

Reghan Giannelli  
Community Life Director

## WATERMARK UNIVERSITY ~ INN

COURSES	FACULTY	DAY AND TIME	LOCATION
Art History Seminar	Beth Gersh-Nesic, Ph. D and Director of The New York Arts Exchange	First Thursday of the Month • 11:00 am	ACS

### January - 19th Century American Art

This slide lecture is a survey of great American paintings and sculptures from the huge Romantic landscapes painted by Frederick Church to the elegant portraits of high society painted by John Singer Sargent. We will also learn about American Realism, best exemplified by Thomas Eakins.

### February - Queen Esther in Art

In honor of Purim on February 28th, this slide lecture tells the story in the biblical Book of Esther through artworks. We will learn that Jewish, Catholic and Protestant artists interpreted Queen Esther differently to emphasize her specific significance in each tradition.

### March - Henri Matisse and the Fauves

Henri Matisse (1869-1954) was called “King of the Fauves” when this movement was very young. This slide lecture will trace Matisse’s career through his art and introduce the artists who followed him: The Fauves (which means “Wild Beasts” in French) - André Derain, Raoul Dufy, Maurice Vlaminck.

### April - Young Pablo Picasso (1895-1901)

Pablo Picasso (1881-1973) was an astonishing artist from the very beginning of his life. This slide lecture covers only his early years, from precocious student to budding Modernist.



COURSES	FACULTY	DAY AND TIME	LOCATION
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Artist's at Large	Jessica Pfau	Third Tuesday of the Month • 3:00 pm	ACS
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**January - Claude Monet**

French painter, Claude Monet was an impressionist and a naturalist. He used bright and vibrant colors to depict nature at its finest! He was well known for painted lily pads and other key elements of the countryside where he grew up. He adopted a method of painting the same scene multiple times in an effort to capture the changing of light and seasons.

**February - Helen Frankenthaler**

Helen Frankenthaler created the “Soak-Stain” technique. This technique requires the use of turpentine-thinned paint that merges with the canvas once dripped onto the surface. It was eventually called the “Color Field Painting”.

**March - Arturo Di Modica**

Have you ever wondered who sculpted the bronze bull, also known as “The Charging Bull” on Wall Street in NYC? You can thank an Italian sculptor named Arturo Di Modica for his magnificent work that thousands of people pass every day. Come to Jessica’s class to learn more about his work and his controversial opinions on the newest addition to Wall Streets fine masterpiece, the “Fearless Girl”.

**April - Lucian Freud**

Lucian Freud was the grandson of Sigmund Freud. Lucian had a troubled childhood. At a very young age Lucian and his family left Germany to escape the Nazis. He moved to England to pursue a career as an artist, specializing in figurative art, surrealism and realism. His work had psychological and discomfoting connotations depicted as models and landscapes. This is a class you do not want to miss! A history lesson and art history all in one.



COURSES	FACULTY	DAY AND TIME	LOCATION
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All Mighty Zeus	Gene Siagris, Plant Operatios/Maintenance Director	Wednesday, February 21st • 4:15 pm	AS
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If you are familiar with Greek Mythology, you know that Zeus was the ruler of the sky and all Gods of Olympia. What historians do not know is that Zeus also rules on land, in Yorktown Heights to be exact. Zeus is the King of the Siagris household. He is Gene Siagris's dog. Gene is our Planet Operations/Maintenance Director. Come to Gene’s class to meet Zeus and learn about the typical behaviors of boxers.



COURSES	FACULTY	DAY AND TIME	LOCATION
Barbara the Botanist	Barbara Mullins, Health & Wellness Director	Thursday, April 19th • 1:30 pm	ACS

Barbara Mullins, our Health & Wellness Director has quite the green thumb, and her favorite time of the year is coming up, spring time! It is time to prep the garden for the long and steamy summer ahead. For Barbara's Watermark University class she will explain the best way to ensure a healthy and flourishing summer garden. Before you know it, we will be prepping our own garden in the courtyard.



COURSES	FACULTY	DAY AND TIME	LOCATION
Big Apple Lectures	Marty Schneit, New York City Historian	Last Thursday of the Month • 3:00 pm	AS

### January - The Bronx, My Hometown

Marty was born and raised in the Bronx, and that is exactly what his lecture is going to be on. He will present a nostalgic story of the Bronx. This lecture will bring you back to a simpler time. Some of the topics that Marty will discuss are the following: Marty (film), Egg Cream, Stickball, Dion and The Belmonds, Grand Concourse, Paradise Theater, Jahn's, Orchard Beach, Charlotte Russe, The Seltzer Man and Krums.

### February - Irving Berlin- The American Institute

Jerome Kern concluded that Irving Berlin has no place in American music. He is American music. During Irving Berlin's career he published an estimated 1,500 songs. Marty will discuss how the immigrant from Russia became the classic ragtime to riches story. Irving Berlin's first published song earned him 37 cents. Sit down and listen to the story of one of the greatest songwriters of popular songs, songs like Alexander's Ragtime Band, God Bless America, White Christmas, A Pretty Girl is Like a Melody, You'd Be Surprised, Puttin on The Ritz, and There is No Business Like Show Business.

### March - The Women of New York

Marty Schneit details the history of fifteen women who made significant contributions to New York and the world at large at a time in United States history when full equality for women was not yet recognized. Marty will talk about the many talented and dedicated women of New York City who made a difference then that still affect us all today and have left a lasting imprint on the modern era. Some of the women that Marty will discuss are Rose Schneiderman, Emma Lazarus, Jane Jacobs, Gertrude Vanderbilt Whitney, Abby Aldrich Rockefeller, Rosalie Ida Blun, Bess Myerson, Alva Smith Vanderbilt and Mae West.

### April - The Borscht Belt

Marty wants to bring back to life a remarkable time, place and people. It will never be duplicated unless you lived through it. What survives of the Borscht Belt is the memory. Marty details the history of The Borscht Belt. Some of the sites that Marty will discuss are the following: Old Route 17, Red Apple Rest, Bungalow Colonies. Marty will talk about the following hotels: Grossingers, Concord and Kutcher's. Marty will conduct a Simon Sez routine with the group. Just about all comedians back then got their start in the Catskills. Marty will talk about the following comedians: Red Buttons, George Burns, Rodney Dangerfield, Sid Caesar, Henny Youngman, and Milton Berle. The history of The Borscht Belt and what caused its decline is showcased.



COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Card Game : "13"</b>	<b>Sybil Pierot, Resident</b>	<b>Every Saturday • 6:30 pm</b>	<b>ACS</b>
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This exciting card game is suitable for anyone to learn to play. It's a perfect way to have fun with family & friends. Note that this game is also called "Tiến lên" (Struggling Upstream) and it is a four player game. Join Sybil as she teaches the card game "13".



COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Card Shark Nazzaro</b>	<b>Christine Nazzaro, Sales Associate</b>	<b>Thursday, March 8th • 11:00 am</b>	<b>ACS</b>
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Nazzaro is back, and this time in full force. She has learned a new game of poker that she would like to share with her fellow card sharks. The game is called "Chinese Poker". It takes some getting used to but all in all, its a fun and challenging game to play. Swing on by and give it a shot!



COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Drum Circle: Mixed Tape</b>	<b>Michael Flores, Marketing Director</b>	<b>Wednesday, March 27th • 4:15 pm</b>	<b>AS</b>
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One for the money, two for the show, three to get ready and here we go! Michael is ready to put on the show of his life. This time, he will be mixing it up, combining tunes from the early years and current hits. This is a first for Michael! He has never experimented with music from such different genres. It will be a great time.



COURSES	FACULTY	DAY AND TIME	LOCATION
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Easter Egg Tie Dye	Stephanie Walters, Executive Director & Chandra	Tuesday, March 13th • 4:15 pm	ACS
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As children, we were told a long eared, short-tailed, fluffy bunny delivered colored eggs to our doors every Easter Sunday. This bunny is one of the most prominent symbols in Christianity. But why a bunny, and why do the bunnies have colored eggs? The answers to these questions go all the way back to the 1700's in Pennsylvania. Join Stephanie, our Executive Director on Tuesday, March 13th and learn more about the Easter seasons most prominent symbol. Following Chandra's discussion, Stephanie and Reghan will assist anyone who wishes to tie dye their own Easter eggs. Light pink, yellow, blue, purple and green dye will be available, all symbolic colors of Easter and the spring season.



COURSES	FACULTY	DAY AND TIME	LOCATION
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Facetime Friendliness	Jessica Pfau	Thursday, February 8th • 4:00 pm	Cafe
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Thanks to Jessica, last semester's Skype 101 was a big hit at The Fountains. One of our residents was able to meet her newest granddaughter thanks to Skype. Now it is time to use FaceTime, an application that is even easier than Skype. For all of the non-tech savvy residents, give it a shot!



COURSES	FACULTY	DAY AND TIME	LOCATION
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Ghana West African Fashion Show	Chermeine Conteh	Thursday, April 12th • 4:00 pm	AS
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Often known as "The Mother Land" Africa has influenced fashion for years, a cotton silk blend material called Kente for example. The cloth originated from Ghana West Africa, can often be seen on runways around the world. I want to share some of our culture with you, today we will have a discussion and fashion show about the attire of the People of Ghana. Ghana is a country located in West Africa, the people of Ghana are known as Ghanaians. Ghanaians are mostly known for wearing The Kente cloth, which is made by interweaving fabric strips until the desired design is achieved. Once the design is achieved, a style is then picked and sewn by a Taylor. Some of the most popular styles include maxi dresses, peplum/ruffled tops and pant suits. Because the Kente cloth can be easily manipulated it is often times expensive, it can range from 75 to 300 dollars a yard.





COURSES	FACULTY	DAY AND TIME	LOCATION
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Health Discussion Board	Chandra Sanchara	Second Wednesday of every month • 4:00 pm	AS
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Sometimes in life we concentrate on others so often that we forget to take care of ourselves. It is important to remember that there is nothing wrong with putting ourselves first once in awhile. Please come to Chandra's health chat and learn four very important ways to help yourself live a happier, longer, and healthier lifestyle.

- January - "Why is a routine check-up important?"
- February - "How to keep your immune system in check?"
- March - "How to keep your blood sugar stable."
- April - "Key components to maintaining a healthy weight."



COURSES	FACULTY	DAY AND TIME	LOCATION
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History 101	Prudence Milite, Volunteer	Every Monday • 4:00 pm	AS
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Our communities long time friend, Prudence is reporting for duty again this spring semester. She is a huge history buff and cannot wait to go down memory lane with us and discuss four of America's previous presidents.

- January - "Harry Truman"
- February - "Ronald Reagan"
- March - "Richard Nixon"
- April - "Andrew Jackson"



COURSES	FACULTY	DAY AND TIME	LOCATION
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Hindu Culture	Chandra Sanchara	Last Monday of the Month • 3:15 pm	AS
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Indian culture is admired and respected all over the world. These four classes will address the different customs and traditions in Hindu culture, featuring scientific, logical, historical, social and spiritual facts. (Why do we? - Swamini Vimalananda)

- January - "Why do we have a prayer room?"
- February - "Why do we do Pradakshina?"
- March - "Why do we have marks on our heads?"
- April - "Why do we offer others a coconut?"

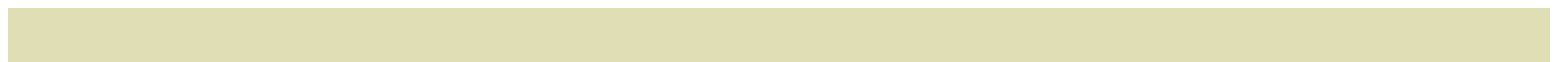


COURSES	FACULTY	DAY AND TIME	LOCATION
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Hollywood Gossip Hour	Michael Gaskin	First Saturday of the Month • 10:30 am	AS
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When it comes to Hollywood gossip, Michael knows it all. His knowledge of Hollywood goes back decades, ranging from Joan Crawford to Leonardo Di Caprio. Every month he researches and presents the life story of a different celebrity!

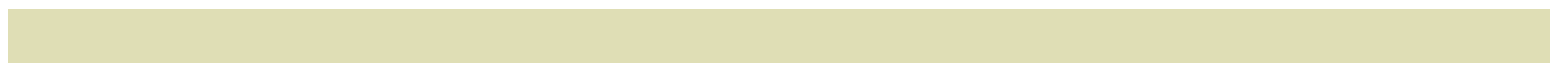
- January - Bobby Darin: "His Life, Career, and Music"
- February - Days of Thrills and Laughter: "The Greats of the Silent Era"
- March - Ingrid Bergman: "Her Life & Career"
- April - Frank Sinatra: "A Man and His Music"



COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Ja-Makin-Me-Hungry</b>	<b>Denese Brooks, Business/Human Resources Director</b>	<b>Tuesday, April 17th • 3:00 pm</b>	<b>AS</b>
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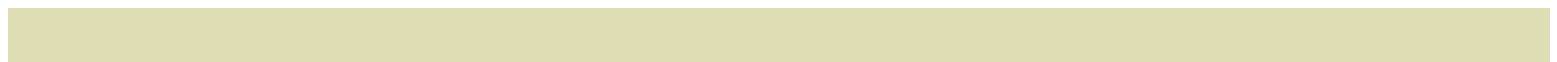
Denese Brooks, our Business/Human Resources Director moved to America from the beautiful island of Jamaica years ago, bringing the island's unique and scrumptious cuisine with her. Living in America for quite some time, she tends to crave her favorite childhood comfort foods. On Tuesday, January 30th, Denese is going to tell us about the foods that remind her of her own tropical paradise. Bring your appetite everyone!



COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>La Fermentazione del Vino</b>	<b>Reghan Giannelli</b>	<b>Tuesday, April 24th • 11:15 am</b>	<b>ACS</b>
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We will be making our very own wine for the first time at the Fountains. For those of you that are not familiar with the process, it is quite time consuming, but easy to follow. There are 5 steps: Harvesting, Crushing, Fermentation, Clarification and Aging. Join Reghan "Giannelli", a fellow wine crafter, this February and learn how to make the most basic wine. She will show you how her grandfather, an Italian native, made his own wine in the families secret "not so legal" cellar.



COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Loco for Cocoa</b>	<b>Claudette Ruty, Food Service Director</b>	<b>Thursday, January 25th • 2:00 pm</b>	<b>Café</b>
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Let's face it, the holiday season is not complete without a hot cup of cocoa and cookies. It is perfect for a cold wintry day. Claudette Ruty, our Food Service Director would love nothing more than to share her families secret recipe with us all. It is not very complicated. The recipe is very simple actually.... chocolate, chocolate, and more chocolate!



<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
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<b>March Madness</b>	<b>Tony Giannelli, Volunteer</b>	<b>Sunday, March 5th • 11:15 am</b>	<b>AS</b>
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For all of our college basketball fans, you know March is a very special time of the year. The NCAA college basketball tournament, also known as March Madness, is a nationwide battle between 68 collegiate basketball teams all fighting for the number one spot in the country. Dedicated fans typically make what's called brackets, a form that predicts the outcome of the tournament. Join Reghan and her dad, Tony Giannelli in March and learn about the history of the tournament, then we can make our own brackets. Who knows, this class may persuade you to become big college basketball fan.



<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
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<b>Mastery of Mozzarella</b>	<b>Reghan Giannelli &amp; Chandra Sanchara</b>	<b>Saturday, April 21st • 4:15 pm</b>	<b>ACS</b>
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If you come from a large Italian family, chances are you have made mozzarella cheese once or twice. If not, you are in for a treat. Jessica and Reghan will be making a big batch of mozzarella cheese from scratch. They will talk about the history of the fine art and then get down to business. It is not exactly the easiest of projects and may even get smelly, but it is well worth the hard work and stench.



<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
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<b>Mexican Train Dominoes</b>	<b>Kim Rogers, Resident</b>	<b>Every Thursday • 1:30 pm</b>	<b>WP</b>
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Mexican Train Dominoes, also known simply as Trains, is a variation of the game dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station". The game's most popular name comes from a special optional train that belongs to all players.



COURSES	FACULTY	DAY AND TIME	LOCATION
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Most Valuable Player "MVP"	Jessica Pfau	Third Saturday of the Month • 11:30 am	AS
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If you ask your grandchildren who their role model is, many would probably say a professional athlete. But do your young-uns know their athletes long journey towards stardom? All athletes, professional or not, have a story! Come to Jessica's class to learn Babe Ruth, Kerri Strug, Michael Phelps, and Margret Court's iconic story!

- January - "Babe Ruth"
- February - "Kerri Strug"
- March - "Michael Phelps"
- April - "Margret Court"



COURSES	FACULTY	DAY AND TIME	LOCATION
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New Year's Eve "Resolutions"	Jessica Pfau	Monday, January 1st • 3:00 pm	WP
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New Year's resolutions... Do they ever last? How many years have you sworn to stick to your resolutions, and how many years have you broken them? Countless! On Monday, January 1st in Winslow Parlor, Jessica will lead a discussion on the most popular New Year's resolutions throughout the decade, followed by some of your own. We will conclude this class by writing our 2018 New Year's resolutions on individual pieces of paper, and then placing them in the burning fire!!



COURSES	FACULTY	DAY AND TIME	LOCATION
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"Opera in the AM"	Ross Crolis	Second & Fourth Wednesday of Every Month	AS
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Calling all Opera Fans!!! Please join us for "Opera in the AM", it's a diverse collection of operas from the standard repertoire. The series is hosted by retired, MET Opera Singer, Ross Crolis.

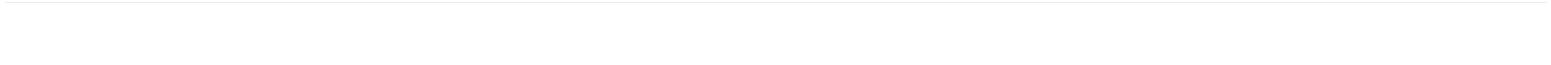
- January 10th - Donizetti's *Don Pasquale*
- January 24th - Verdi's *La Traviata*
- February 7th - Mussorgsky's *Boris Godunov*
- February 21st - Leoncavallo's *I Pagliacci*
- March 7th - Gilbert & Sullivan's *H.M.S. Pinafore*
- March 21st - Puccini's *Tosca*
- April 11th - Bizet's *Carmen*
- April 25th - *Il Trovatore*



COURSES	FACULTY	DAY AND TIME	LOCATION
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Poetry from the Heart	Giselle Taveras	Monday, February 12th • 2:00 pm	AS
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What big holiday falls in February, *GENTLEMEN*? Valentine's Day of course. Ladies, I think we can all agree that a nice diamond necklace and a box full of chocolates is a fabulous gift, but what ever happened to personal, thoughtful, homemade presents? There are so many ways to show your love and affection for someone without spending money. Giselle is going to show us one way to express your love without spending a dime. Come to her poetry class on **February 12th** and maybe she will inspire you to ditch the checkbook and write a truly heartfelt poem for your loved ones.





COURSES	FACULTY	DAY AND TIME	LOCATION
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Real to Real	Jessica Pfau	Last Saturday of the Month • 11:30	
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From the screen to real life we bring you "Reel to Real". 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.

### January - Rock Hudson

Rock Hudson, born to two average Americans, grew up to star in multiple blockbusters in the 50s and 60s. He had important roles in "Pillow Talk", "Lower Come Back", "Send Me No Flowers" and popular television show, "Macmillin and Wife". Not only was he known for his thriving acting career and his good looks, but his unfortunate death at the young age of 59. He was the first of many celebrities to lose the battle to AIDS. Learn more about Hudson's early success and his troubled personal life. (Biography.com)

### February - Ginger Rogers

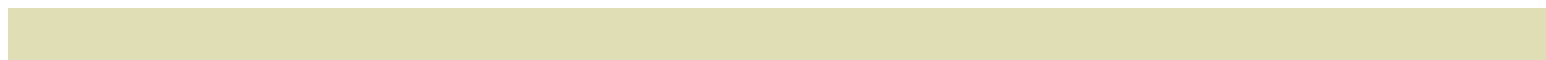
Ginger Rogers, born as Virginia Katherine McMath, had a very wide range of talents and career paths during the Golden Age of Hollywood. She was an actress, singer, dancer, movie star, Broadway actress, radio star, and television star. At one point, she was one of America's highest paid actresses. Ginger starred in movies like "42nd Street" and "Swing Time". She was often paired with movie star Fred Astair. On Broadway, she was highly credited for her role in "Hello Dolly" and "The Barkleys of Broadway". Come to Jessica's class and learn more about her diverse talents and personal life in during the Golden Age of Hollywood. (Biography.com)

### March - Loretta Young

"Lovely" Loretta Young, born Gretchen Young, was a doll. A&E's Biography stated, "Loretta was and still is a symbol of beauty, serenity, and grace. But behind the glamour and stardom is a woman of substance whose true beauty lies in her dedication to her family, her faith, and her quest to live a life of purpose" (A&E.com) Pure and innocent Loretta made a name for herself at a young age, starring in "The Only Way" at four years old. After decades in the lime light, Loretta retired and lived a simple life, traveling the world and taking long naps in a quaint retirement home in Palm Springs, California. (Biography.com)

### April - Gregory Peck

Gregory Peck, a pre-med student quickly became a rising star early on in life. Leaving the University of California to pursue an acting career in New York was quite the risk, but it sure did lead to a life of fame and fortune. Two of his many big blockbusters were "To Kill a Mockingbird" and "The Keys of the Kingdom". He also made a name for himself on Broadway, making his debut in "The Morning Star". Peck was an activist as well, known for his humanitarian work and political efforts. Gregory would pride himself on his diverse career paths and many interests.



COURSES	FACULTY	DAY AND TIME	LOCATION
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Rummy 500	Catherine Mehigan, Resident	Every Thursday at 3:15 am	AS
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Remember those gloomy and rainy summer afternoons? Mom and dad wouldn't let you play outside in the mud or chase the Mister Softy truck. So what was left to do??? PLAY CARDS! Rummy was generally one of the most popular games to play on those boring afternoons, but how about 500 Rummy? Join new resident, Catherine Mehigan on Thursday afternoons to learn about more about this oldie but goodie card game!



COURSES	FACULTY	DAY AND TIME	LOCATION
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Science Lab	Jessica Pfau	Second Tuesday of the Month • 3:00 pm	ACS
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BLAST from the past...hands on experiments were always the best part of science class. Whether you were dissecting a smelly frog or burning a hole in your desk, it was always an exciting lesson. Those were the days, weren't they? But who says we can't be the next Madam Curie or Sir Isaac Newton now? We will "attempt" four very exciting, but challenging hands on experiments. I guess the question is, are you future chemists ready for the challenge?

**January - Elephant's Toothpaste**

**February - Crazy Putty**

**March - Melting Crayon Creation**

**April - Lava Lamp Distribution**





COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Snowflake Paper Pom-Poms</b>	<b>Lori Grossman</b>	<b>Wednesday, January 17th • 4:00 pm</b>	<b>ACS</b>
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There's always extra tissue paper laying around the house after the holidays. Lori Grossman, our Gardens Program Director will be putting use to that leftover mess. She will make Snowflake Pom-Poms this season for her Watermark University class. All you need is tissue paper and a thin wire! It is a quick and easy process with only five steps to follow! We will have beautiful and fluffy pom-pom snowflakes swaying in the breeze in no time.



COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Soapy Solutions with Kay</b>	<b>Kay</b>	<b>Wednesday, January 10th • 4:00 pm</b>	<b>ACS</b>
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Kay is teaching her first Watermark University class this January. Not only is she a fabulous chef, but she is a talented cosmetic chemist too. Just like cooking, creating cosmetic supplies takes time and patience. Through much trial and error Kay has perfected the holistic process of concocting the perfect bar of soap. Sweet and natural smelling aromas will fill the cool and crisp air that afternoon!



COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>TED Talk: Video &amp; Discussion</b>	<b>Chandra Sanchara</b>	<b>Last Wednesday of Every Month • 4:15 pm</b>	<b>AS</b>
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New to Watermark University is TED Talks. TED is a nonpartisan nonprofit devoted to spreading ideas, usually in the form of short, powerful talks. TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 110 languages. (Source: TED.com) Each month will be a different topic:

- January - "International News"**
- February - "Love Stories"**
- March - "Professional Athletes"**
- April - "Family Complications"**



COURSES	FACULTY	DAY AND TIME	LOCATION
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Top Trending Events	Professor Mark Bruce	First Wednesday of Every Month • 1:30 pm	AS
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Professor Bruce is an avid news observer who never tires of analyzing current events and their effects on public opinion with his graduate students and senior seminar attendees. Yes, he has become a regular, but his reports remain as exciting as ever!! The news is always changing, it could be good, it could be bad, but it is still worth discussing.



COURSES	FACULTY	DAY AND TIME	LOCATION
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Touring Big Ben	Rebecca Lippel, Resident Relations Director	Monday, April 9th • 11:15 am	AS
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The Colosseum is in Italy, the Eiffel Tower is in France, the Great Wall is in China, and Big Ben is in England, right? Wrong! The Fountains “Big Ben” lives in New York and his real name is Benjamin Lippel. Resident Relations Director, Rebecca Lippel is the proud mommy of her two-year-old son, Ben. Since “Big Ben” was little he has gone to work with mommy. In April we are making our own “take your son to work day”. Ben is coming to work with mommy and they are going to tell us all about the Lippel’s 2017 Hanukkah celebrations, along with other Jewish holiday traditions.

## WATERMARK UNIVERSITY ~ GARDENS

COURSES	FACULTY	DAY AND TIME	LOCATION
Artist's at Large	Jessica Pfau	Fourth Tuesday of the Month • 12:00 pm	LR

### January - Claude Monet

French painter, Claude Monet was an impressionist and a naturalist. He used bright and vibrant colors to depict nature at its finest! He was well known for painted lily pads and other key elements of the countryside where he grew up. He adopted a method of painting the same scene multiple times in an effort to capture the changing of light and seasons.

### February - Helen Frankenthaler

Helen Frankenthaler created the “Soak-Stain” technique. This technique requires the use of turpentine-thinned paint that merges with the canvas once dripped onto the surface. It was eventually called the “Color Field Painting”.

### March - Arturo Di Modica

Have you ever wondered who sculpted the bronze bull, also known as “The Charging Bull” on Wall Street in NYC? You can thank an Italian sculptor named Arturo Di Modica for his magnificent work that thousands of people pass every day. Come to Jessica’s class to learn more about his work and his controversial opinions on the newest addition to Wall Streets fine masterpiece, the “Fearless Girl”.

### April - Lucian Freud

Lucian Freud was the grandson of Sigmund Freud. Lucian had a troubled childhood. At a very young age Lucian and his family left Germany to escape the Nazis. He moved to England to pursue a career as an artist, specializing in figurative art, surrealism and realism. His work had psychological and discomfoting connotations depicted as models and landscapes. This is a class you do not want to miss! A history lesson and art history all in one.



COURSES	FACULTY	DAY AND TIME	LOCATION
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All Mighty Zeus	Gene Siagris, Plant Operatios/Maintenance Director	Wednesday, February 21st • 4:15 pm	AS
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If you are familiar with Greek Mythology, you know that Zeus was the ruler of the sky and all Gods of Olympia. What historians do not know is that Zeus also ruled on the land, Yorktown Heights to be exact. Zeus is the King of the Siagris household. He is a dog, Zeus the Boxer. Come to Gene’s class and learn about Sir Zeus and the typical behaviors of boxers. Who knows, Zeus may even grace us with his presence that afternoon.



COURSES	FACULTY	DAY AND TIME	LOCATION
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Barbra the Botanist	Barbara Mullins, Health & Wellness Director	Thursday, April 19th • 1:30 pm	ACS
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Barbara Mullins, our Health & Wellness Director has quite the green thumb, and her favorite time of the year is coming up, spring time! It is time to prep the garden for the long and steamy summer ahead. For Barbara’s Watermark University class she will explain the best way to ensure a healthy and flourishing summer garden. Before you know it, we will be prepping our own garden in the courtyard.



COURSES	FACULTY	DAY AND TIME	LOCATION
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Card Shark Nazzaro	Christine Nazzaro, Sales Associate	Thursday, March 8th • 4:00 pm	L
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Nazzaro is back, and this time in full force. She has learned a new game of poker that she would like to share with her fellow card sharks. The game is called "Chinese Poker". It takes some getting used to but all in all, its a fun and challenging game to play. Swing on by and give it a shot!



COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Drum Circle: Mixed Tape</b>	<b>Michael Flores, Marketing Director</b>	<b>Wednesday, March 27th • 4:15</b>	<b>AS</b>
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One for the money, two for the show, three to get ready and here we go! Michael is ready to put on the show of his life. This time, he will be mixing it up, combining tunes from the early years and current hits. This is a first for Michael! He has never experimented with music from such different genres. It will be a great time.



COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Easter Egg Tie Dye</b>	<b>Stephanie Walters, Executive Director &amp; Chandra</b>	<b>Tuesday, March 13th • 4:15 pm</b>	<b>ACS</b>
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As children, we were told a long eared, short-tailed, fluffy bunny delivered colored eggs to our doors every Easter Sunday. This bunny is one of the most prominent symbols in Christianity. But why a bunny, and why do the bunnies have colored eggs? The answers to these questions go all the way back to the 1700's in Pennsylvania. Join Stephanie, our Executive Director on Tuesday, March 13th and learn more about the Easter seasons most prominent symbol. Following Chandra's discussion, Stephanie and Reghan will assist anyone who wishes to tie dye their own Easter eggs. Light pink, yellow, blue, purple and green dye will be available, all symbolic colors of Easter and the spring season.



COURSES	FACULTY	DAY AND TIME	LOCATION
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Ghana West Africa's Fashion Show	Chermeine Conteh	Thursday, April 12th • 4:00 pm	AS
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Often known as “The Mother Land” Africa has influenced fashion for years, a cotton silk blend material called Kente for example. The cloth originated from Ghana West Africa, can often be seen on runways around the world. I want to share some of our culture with you, today we will have a discussion and fashion show about the attire of the People of Ghana. Ghana is a country located in West Africa, the people of Ghana are known as Ghanaians. Ghanaians are mostly known for wearing The Kente cloth, which is made by interweaving fabric strips until the desired design is achieved. Once the design is achieved, a style is then picked and sewn by a Taylor. Some of the most popular styles include maxi dresses, peplum/ruffled tops and pant suits. Because the Kente cloth can be easily manipulated it is often times expensive, it can range from 75 to 300 dollars a yard.



COURSES	FACULTY	DAY AND TIME	LOCATION
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Health Discussion Board	Chandra Sanchara	First Wednesday of the Month • 11:00 am	LR
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Sometimes in life we concentrate on others so often that we forget to take care of ourselves. It is important to remember that there is nothing wrong with putting ourselves first once in awhile. Please come to Chandra's health chat and learn four very important ways to help yourself live a happier, longer, and healthier lifestyle.

- January - "Why is a routine check-up important?"
- February - "How to keep your immune system in check?"
- March - "How to keep your blood sugar stable."
- April - "Key components to maintaining a healthy weight."

COURSES	FACULTY	DAY AND TIME	LOCATION
Hindu Culture	Chandra Sanchara	Last Tuesday of the Month • 4:30 pm	LR

Indian culture is admired and respected all over the world. These four classes will address the different customs and traditions in Hindu culture, featuring scientific, logical, historical, social and spiritual facts. (Why do we? - Swamini Vimalananda)

January - "Why do we have a prayer room?"

February - "Why do we do Pradakshina?"

March - "Why do we have marks on our heads?"

April - "Why do we offer others a coconut?"

COURSES	FACULTY	DAY AND TIME	LOCATION
Ja-Makin-Me-Hungry	Denese Brooks, Business/Human Resources Director	Tuesday, April 17th • 3:00 pm	AS

Denese Brooks, our Business/Human Resources Director moved to America from the beautiful island of Jamaica years ago bringing the island's unique and scrumptious cuisine with her. Living in America for quite some time, she tends to crave her favorite childhood comfort foods. On Tuesday, January 30th, Denese is going to tell us about the foods that remind her of her own tropical paradise. Bring your appetite everyone!

COURSES	FACULTY	DAY AND TIME	LOCATION
La Fermentazione del Vino	Reghan Giannelli	Tuesday, April 24th • 11:15 am	ACS

We will be making our very own wine for the first time at the Fountains. For those of you that are not familiar with the process, it is quite time consuming, but easy to follow. There are 5 steps: Harvesting, Crushing, Fermentation, Clarification and Aging. Join Reghan "Giannelli", a fellow wine crafter, this February and learn how to make the most basic wine. She will show you how her grandfather, an Italian native, made his own wine in the families secret "not so legal" cellar.



COURSES	FACULTY	DAY AND TIME	LOCATION
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Loco for Cocoa	Claudette Ruty, Food Service Director	Thursday, January 11th • 2:00 pm	Cafe
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Let's face it, the holiday season is not complete without a hot cup of cocoa and cookies. It is perfect for a cold wintry day. Claudette Ruty, our Food Service Director would love nothing more than to share her families secret recipe with us all. It is not very complicated. The recipe is very simple actually.... chocolate, chocolate, and more chocolate!



COURSES	FACULTY	DAY AND TIME	LOCATION
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Mastery of Mozzarella	Reghan Giannelli & Chandra Sanchara	Saturday, April 21st • 4:15 pm	ACS
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If you come from a large Italian family, chances are you have made mozzarella cheese once or twice before. If not, you are in for a treat. Jessica and Reghan will be making a big batch of mozzarella cheese from scratch. They will talk about the history of the fine art and then get down to business. It is not exactly the easiest of projects and may even get smelly, but it is well worth the hard work and stench.



COURSES	FACULTY	DAY AND TIME	LOCATION
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Most Valuable Player "MVP"	Jessica Pfau	Third Monday of the Month • 4:15 pm	LR
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If you ask your grandchildren who their role model is, many would probably say a professional athlete. But do your young-uns know their role models long journey towards stardom? All athletes, professional or not, have a story! Come to Jessica's class to learn Babe Ruth, Kerri Strug, Michael Phelps, and Margret Court's iconic story!

- January - "Babe Ruth"
- February - "Kerri Strug"
- March - "Michael Phelps"
- April - "Margret Court"





COURSES	FACULTY	DAY AND TIME	LOCATION
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New Year's Eve "Resolutions"	Jessica Pfau	Monday, January 1st • 3:00 pm	WP
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New Year's resolutions... Do they ever last? How many years have you sworn to stick to your resolutions, and how many years have you broken them? Countless! On Monday, January 1st in Winslow Parlor, Jessica will lead a discussion on the most popular New Year's Resolutions throughout the decade, followed by some of your own. We will conclude this class by writing our 2018 New Year's resolutions on individual pieces of paper, and then placing them in the burning fire!!



COURSES	FACULTY	DAY AND TIME	LOCATION
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Poetry from the Heart	Giselle Taveras	Monday, February 12th • 2:00 pm	AS
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What big holiday falls in February, *GENTLEMEN*? Valentine's Day of course. Ladies, I think we can all agree that a nice diamond necklace and a box full of chocolates is a fabulous gift, but what ever happened to personal, thoughtful, homemade presents? There are so many ways to show your love and admiration for someone without spending money. Giselle is going to show us one way to express your love without spending a dime. Giselle is a waitress by day and a poet by night. Come to her poetry class on February 12th, and maybe she will inspire you to ditch the checkbook and write a truly heartfelt poem for your loved one.



COURSES	FACULTY	DAY AND TIME	LOCATION
Real to Real	Jessica Pfau	First Tuesday of the Month • 2:30 pm	LR

From the screen to real life we bring you "Reel to Real". 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.

### January - Rock Hudson

Rock Hudson, born to two average Americans, grew up to star in multiple blockbusters in the 50s and 60s. He had important roles in "Pillow Talk", "Lower Come Back", "Send Me No Flowers" and popular television show, "Macmillin and Wife". Not only was he known for his thriving acting career and his good looks, but his unfortunate death at the young age of 59. He was the first of many celebrities to lose the battle to AIDS. Learn more about Hudson's early success and his troubled personal life. (Biography.com)

### February - Ginger Rogers

Ginger Rogers, born as Virginia Katherine McMath, had a very wide range of talents and career paths during the Golden Age of Hollywood. She was an actress, singer, dancer, movie star, Broadway actress, radio star, and television star. At one point, she was one of America's highest paid actresses. Ginger starred in movies like "42nd Street" and "Swing Time". She was very often paired with movie star Fred Astair. On Broadway, she was highly credited for her role in "Hello Dolly" and "The Barkleys of Broadway". Come to Jessica's class and learn more about her diverse talents and personal life in during the Golden Age of Hollywood. (Biography.com)

### March - Loretta Young

"Lovely" Loretta Young, born Gretchen Young, was a doll. A&E's Biography stated, "Loretta was and still is a symbol of beauty, serenity, and grace. But behind the glamour and stardom is a woman of substance whose true beauty lies in her dedication to her family, her faith, and her quest to live a life of purpose" (A&E.com) Pure and innocent Loretta made a name for herself at a young age, starring in "The Only Way" at four years old. After decades in the lime light, Loretta retired and lived a simple life, traveling the world and taking long naps in a quaint retirement home in Palm Springs, California. (Biography.com)

### April - Gregory Peck

Gregory Peck, a pre-med student quickly became a rising star early on in life. Leaving the University of California to pursue an acting career in New York was quite the risk, but it sure did lead to a life of fame and fortune. Two of his many big blockbusters were "To Kill a Mockingbird" and "The Keys of the Kingdom". He also made a name for himself on Broadway, making his debut in "The Morning Star". Peck was an activist as well, known for his humanitarian work and political efforts. Gregory would pride himself on his diverse career paths and many interests.

COURSES	FACULTY	DAY AND TIME	LOCATION
Science Lab	Jessica Pfau	Third Wednesday of the Month • 11:00 am	L

BLAST from the past...hands on experiments were always the best part of science class. Whether you were dissecting a smelly frog or burning a hole in your desk, it was always an exciting lesson. Those were the days, weren't they? But who says we can't be the next Madam Curie or Sir Isaac Newton now? We will "attempt" four very exciting, but challenging hands on experiments. I guess the question is, are you future chemists ready for the challenge?

January - Elephant's Toothpaste

February - Crazy Putty

March - Melting Crayon Creation

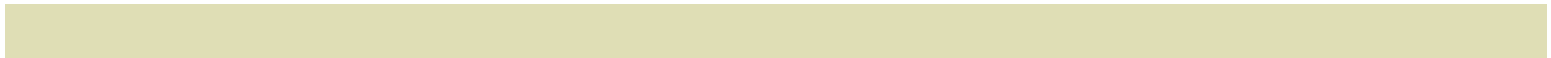
April - Lava Lamp Distribution

COURSES	FACULTY	DAY AND TIME	LOCATION
Snowflake Pom-Poms	Lori Grossman	Wednesday, January 17th • 3:00 pm	LR

There's always extra tissue paper laying around the house after the holidays. Lori Grossman, our Gardens Program Director will be putting use to that leftover mess. She will make Snowflake Pom-Poms this season for her Watermark University class. All you need is tissue paper and a thin wire! It is a quick and easy process with only five steps! We will have beautiful and fluffy pom-pom snowflakes swaying in the breeze in no time.

COURSES	FACULTY	DAY AND TIME	LOCATION
Soapy Solutions with Kay	Kay	Wednesday, January 7th • 4:00 pm	ACS

Kay is doing her first Watermark University class this January. Not only is she a fabulous chef, but she is a talented cosmetic chemist too. Just like cooking, creating cosmetic supplies takes time and patience. Through much trial and error Kay has perfected the holistic process of concocting the perfect bar of soap. Sweet and natural smelling aromas will fill the cold and crisp air that afternoon!



COURSES	FACULTY	DAY AND TIME	LOCATION
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Touring Big Ben	Rebecca Lippel, Resident Relations Director	Monday, April 9th • 11:15 am	AS
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The Colosseum is in Italy, the Eiffel Tower is in France, the Great Wall is in China, and Big Ben is in England, right? Wrong! The Fountains “Big Ben” lives in New York and his real name is Benjamin Lippel. Resident Relations Director, Rebecca Lippel is the proud mommy of her two-year-old son, Ben. Since “Big Ben” was little he has gone to work with mommy. In April we are making our own “take your son to work day”. Ben is coming to work with mommy and they are going to tell us all about the Lippel’s 2017 Hanukkah celebrations, along with other Jewish holiday traditions.

## Faculty Biographies

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### NAME OF INSTRUCTOR

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### CLASS NAME

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**Bruce, Mark**

**Current Events**

Professor Mark Bruce teaches mass communication topics including Media Relations and Current Events as well as Public Opinion Dynamics/Research at Pace University, Iona College and Northeastern University in Boston. Previously, Professor Bruce taught at New York University.

Professor Bruce is an avid news observer who never tires of analyzing current events and their effects on public opinion with his graduate students and senior seminar attendees. He believes that an inquisitive, informed electorate is the foundation for democracy.

**Crolius, Ross**

**Opera in the AM**

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.

**Michael Gaskin**

**Hollywood Gossip Hour**

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.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Gersh-Nesic, Beth****Art History Lecture**

Beth Susan Gersh-Nesic, Ph.D., is the director of the New York Arts Exchange, an arts education service which offers tours, lectures and workshops in various venues, including museums, galleries, artists' studios and arts organizations. Beth has taught art history at Purchase College since 1997 and Mercy College since 1995. She also teaches translation from French to English at Manhattanville College. In the past, Beth taught at New York University, Simmons College, Rhode Island College and Hartwick College. Beth has lectured and led art tours through the New York Arts Exchange since 2003. Beth earned her doctorate in art history from the City University of New York's Graduate Center and her MA and BA from Binghamton University. Her master's thesis explored rhetorical gesture in 17th century Dutch portraiture. Her specialty is modern and contemporary art, specifically Pablo Picasso, Cubism and works by women artists. She has published two books and several essays on the noted art critic and poet André Salmon (best known as an intimate friend of Pablo Picasso and his "gang"). Beth continues to write about and translate Salmon's art criticism in collaboration with Jacqueline Gojard, Professor Emeritus, University of Paris (Sorbonne III) and executor of André Salmon's literary estate. You may read their work at the André Salmon website. She also writes for the online travel magazine *Bonjour Paris*.

**Milite, Prudence****History 101**

Prudence used to volunteer at The Fountains from 2005 to 2012. She took a break to focus more on her career but missed it so much, she is back with us! Prudence volunteers every Monday and runs a discussion/lecture on different historical people of the past as well as different historical events. We are happy Prudence has decided to volunteer here at The Fountains again and look forward to her upcoming classes.

**Schneit, Marty****The Big Apple Lectures**

Marty Schneit, born and bred New Yorker and Historian. A licensed New York City Tour guide. Marty has lectured at the New York Public Library, National Council of Jewish Women, JCC, The 92nd Street Y. The Health Outreach Program of New York Presbyterian Hospital. The Jewish Braille Institute has recorded Marty's lectures for their audio magazine and lecture series. He typifies pride and passion for the City of New York.

**Suaras, Kay****Soapy Solutions**

Kay is one of the best chefs at our community. It is amazing the talent that she has at such a young age. Not only is she a fabulous chef, but she enjoys practicing cosmetology. Her most impressive skill is making soap. She is what people call a "Soaper".

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Taveraz, Giselle****Poetry from the Heart**

Giselle is a waitress by day and a poet by night! She is one of our many lovely associates here at The Fountains. Giselle is relatively new to the RiverVue team, but she has made quite a big impact. She is always smiling and ready to work. Giselle has a real knack for poetry and she can't wait to share her passion with all of you!



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