

WU
WATERMARK UNIVERSITY

2019

Fall Semester
SEPTEMBER THROUGH DECEMBER

 **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

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
A Day in the Life of a Nurse	Daniela Lora	Monday, November 18th • 4:00 pm	Activity Studio
		Monday, November 18th • 4:30 pm	Gardens Living Room

There is no typical day for a nurse. Every single shift has the potential to be exhilarating, exhausting, life changing, or all of the above. On any given day, nurses can see people at their weakest and most vulnerable, or at their strongest. Daniela, has been a registered nurse for over eight years, along with being a single mother. She has worked extremely hard to get to where she is today. This will be her very first Watermark University class, and she can't wait to get started on her lesson. She is going to give us a rundown on what it is like to attend nursing school in New York state. She will also bring supplies and tools that nurses use just about everyday for us to examine. Now, National Nurses Week isn't until May, but that doesn't mean we can't express our gratitude on any given day. Make sure to thank our nurses, and applaud them for all of their hard work and dedication.

Art History Lecture	Beth Gersh-Nesic	First Monday of the Month • 11:00 am	11:00 am
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September 2, 2019 - For Labor Day "Rosy the Rivetter, etc. in Norman Rockwell 1894-1978"

Norman Rockwell's rise to fame as one of the best known illustrators in American art history is the subject of this slide lecture. We follow his career from New York to Stockbridge, Massachusetts, where the Norman Rockwell Museum was established in 1993.

October 7, 2019 - Georgia O'Keeffe (1887-1986):

This lecture provides an introduction to Georgia O'Keeffe's life and work, including her relationship with the photographer/art dealer Alfred Stieglitz, who launched her career. We will follow her trajectory as an artist in her own right and compare her work to her close friends in the "Stieglitz Circle."

November 4, 2019 - Picasso's Women: From Fernande to Jacqueline

Pablo Picasso was quite the ladies' man, who was able to juggle a few relationships at one time. This slide lecture briefly follows his history of relationships from the Montmartre Days to retirement in the South of France. We will see the major portraits and work by the women who were artists in their own right: Dora Maar and Françoise Gilot.

December 2, 2019 - Picturing the Holidays in Art

From Norman Rockwell to Andy Warhol, we have a splendid history of capturing the holidays in art. Along with much beloved examples by well-known artists, we will also look at beautiful works by lesser-known artists to celebrate this Season of Light: Hanukah, Christmas, Kwanza.

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
Autumn Harvest Febreze	Reghan Giannelli	Wednesday, November 27th • 4:00 pm	Activity Studio
	Chi Ogba	Wednesday, November 27th • 1:30 pm	Gardens Living Room

Autumn is all about crunchy leaves, hot apple cider, freshly baked pies and cozy nights by the fire. Oh, and who could forget about autumn's sweet smelling aromas- apple cinnamon, pumpkin spice, caramel, vanilla etc . For this class, we are going to pass around autumn infused essential oils for everyone to smell. Next, each resident will create their own febreze air freshener, embedded with aroma beads that give off the sweet smell of the autumn season.

Backpacking Through Europe	Mariany Colombo	Tuesday, September 17th • 11:00 am	Activity Studio
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Italy has a tendency to charm its visitors with it's irresistible cuisine, exquisite architecture, historic cities and breathtaking artwork. It is a once in a lifetime experience that is hard to forget. Mariany Colombo, our Human Resources and Business Office Director, has been bitten by the travel bug, and her most recent excursion was to Italy. Mariany spent two weeks exploring one of the most beautiful countries in the world. She saw it all- the Colosseum, Leaning Tower of Pisa, Grand Canal, the Vatican- you name it, she probably saw it. Her fall Watermark University class will be about her trip of a lifetime. Mariany has memorizing pictures and memorable stories that she would love to share with you all.

Baseball, America's Favorite Pastime	Tony Giannelli	Sunday, November 10th • 11:00 am	Activity Studio
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Baseball is much more than just nine stars taking the field night after night. It's the excitement, wonder, and nostalgia that keeps fans coming back, year after year. Speaking of excitement and nostalgia, let's talk about the only original major league ballparks that are still standing. Anyone know which ones they are? Fenway Park in Boston, Massachusetts and Wrigley Field in Chicago, Illinois. Fenway Park first opened its doors in the year 1912, and Wrigley Field in 1914. Come to returning volunteer, Tony Giannelli's class to talk about the history of both Fenway and Wrigley, along with pictures and memorabilia from both ballparks.

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
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Billiards vs Pool	Food Service Associate	Wednesday, October 9th • 4:00 pm	Pool Hall on the 1st Floor
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Although the terms 'billiards' and 'pool' are often used interchangeably, the two do not mean the same thing. According to the Billiard Congress of America, billiards was developed out of a lawn game similar to croquet in the 15th century. The game was typically played by men, as the women watched and drank their tea. When they moved the game indoors, green tables were used to represent the grass. To this day, you will find both games being played in local bars and pool halls all around America. Join Dylan around the pool table on the 1st floor to learn the real difference between billiards and pool. Then, let's see what you've got. Dylan is up for any challenge.

Bizarre Edible Arrangements	Reghan Giannelli	Third Monday of the Month • 11:00 am	Activity Studio
	Chandra Sanchara	Third Monday of the Month • 11:00 am	Gardens Library

Have you ever seen the show *Bizarre Foods with Andrew Zimmern*? Andrew is a chef and culinary expert who travels the world in search of exotic dishes that most people would be appalled by. This fall, we are going to join Andrew and try exotic and yet edible treats from around the world; along with a brief history of each snack. Don't be shy- give it a try.

September- Chocolate Covered Crickets

October- Fried Pickles

November- Maple Bacon Ice Cream

December- Beef Jerky

Creamy Christmas Concoction	Chandra Sanchara	Monday, December 16th • 3:30 pm	Gardens Library
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In the summer, we drink strawberry daiquiris. In the fall, we drink pumpkin spice lattes. And what fancy beverage do we drink in the winter, particularly around Christmas? Eggnog, of course. The popular holiday drink has a history that goes all the way back to Medieval Britain. Eggnog calls for a few simple ingredients- raw eggs, sugar, cream, milk, spices, and.....alcohol. But why is it considered a holiday drink? What's the story? Come to Chandra's class this December to find out of the origins of this deliciously creamy Christmas treat. Then, after Chandra wraps up her class... bottoms up!

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
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Card Game: "13"	Sybil Pierot, Resident	Every Saturday • 6:30 pm	Arts & Crafts Studio
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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".

CNN Headlines	Professor Mark Bruce	Once a Month	Activity Studio
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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 senior seminar attendees. He believes that an inquisitive, informed electorate is the foundation for democracy. If you are an avid news observer as well, make sure you make it to Professor Bruce's class every month.

Defying the Odds	Reghan Giannelli	Monday, December 9th • 4:00 pm	Activity Studio
	Chi Ogba	Monday, December 9th • 4:00 pm	Gardens Living Room

According to the *National Association of the Deaf*, 3 out of 1,000 children are born every year with signs of hearing loss, and must be taught sign language at an early age? Sign language is a visual language in which the shape, placement, and movement of the hands and facial expressions play an important role in conveying information for a deaf individual. Come to Chi's class this November to learn the basics of sign language.

Dynamics of Talk Therapy	Elissa Smith	Tuesday, September 17th • 4:00 pm	Activity Studio
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Talk therapy is based on the core idea that talking about things that are bothering you can help clarify those feelings and put them into perspective. Elissa Smith, is our communities new talk therapist, and she would like to meet you all this September, and discuss the benefits of talk therapy. Join her this September to learn more about her practice. Elissa is happy to meet with anyone who would like more information.

European Excursions	Prudence Milite	Every Thursday of the Month • 4:00 pm	Activity Studio
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Our communities long time friend, Prudence is reporting for duty again this fall semester. Every few months she alternates between her two favorite topics, nature and history. Join her every Thursday this fall for a discussion and documentary on a different European country.

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
Family Facetime	Olive Trinka	Friday, November 15th • 11:00 am	Activity Studio
	Chi Ogba	Friday, November 15th • 11:00 am	Gardens Living Room

Who remembers our class on Skype, a.k.a. video calls? Well, facetime is no different. This time around, no need to download an app on your cellphone. Olive, one of our new residents generously offered to demonstrate on her phone how to facetime her granddaughter, Katie. This class will teach you all about the basic functions of an iPhone, which includes facetimeing. If you have an iPhone, please bring it to Olive's class. We can help you facetime a family member or friend afterwards.

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
Fashion Through the Decades	Chi Ogba	Third Wednesday of the Month • 11:00 am	Activity Studio
	Chandra Sanchara	Third Wednesday of the Month • 11:00 am	Gardens Living Room

Think back to a special event that you attended years ago. Whether it be your senior prom, wedding, picnic or graduation, do you remember what you wore? How did you do your hair ? What shoes were you wearing? I think for most of us, especially the women, we can all agree that fashion certainly does change over time. For instance, in the 20's, women began flaunting their legs in short flapper dresses. In the 40's, men wore big, plaid, and loose suits. In the 60's, men grew their hair out and the women flaunted what was called the beehive hairstyle. The 80's went through a HUGE fashion alteration - big hair, lots of hairspray, tight spandex, bright patterns and mini skirts. Come to Chermeine's class every month to learn more about each decades fashion trends, and then reminisce about your favorite outfits throughout the years. If you are brave enough, feel free to bring pictures to show off your oh so fabulous wardrobe.

September- Jumpsuits of the 80's

October- Poodle Skirts in the 50's

November- Women showing off their legs in the 20's

December- Ugly Sweater Parties

Formaggi Italiani	Reghan Giannelli	Wednesday, September 18th • 4:00 pm	Activity Studio
	Chi Ogba	Wednesday, September 18th • 3:30 pm	Gardens Library

As the birthplace of pizza, it's no surprise that Italy knows its cheese. Whether hard or soft, aged or fresh, Italian cheeses have dominated the food scene for centuries--and with good reason. Famous for world-renowned cheeses like parmigiano reggiano, ricotta, mozzarella, gorgonzola, and so many more, Italy can trace its cheese making origins back to the Roman Empire. Visit Reghan this September on national Italian cheese day and learn more about the origins of cheese making, try samples of five different Italian cheeses made from scratch.

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
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Ghana's Knitters Class	Chandra Sanchara	Saturday, November 23rd • 4:00 pm	Activity Studio
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While living in Ghana, Chandra's mother taught her and her sister how to knit and crochet many years ago. It was expected that women in her country knew how to do so. When she came to America almost thirty years ago, she brought that very skill with her, and now she leads her own knitting group here at the Fountains. Last semesters, in Chandra's Watermark University class, she taught the residents the basics. Every since then, her knitters club has practically doubled. This semester, she will go beyond the basics, and show you how to make patterns. Whether it is your first time, or you just need a refresher, all are welcome.

Department of Health	Chandra Sanchara	First Wednesday of the Month • 4:15 pm	Activity Studio
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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 life.

September-Back to School Vaccinations

October- Healthy Lung Awareness- Negative Effects of Smoking

November- CPR Awareness- Let's Learn CPR

December- Dangers of Hypothermia

Hoedown Showdown Line Dancing	Mary Beth Giannelli & Reghan Giannelli	Friday, September 13th • 11:00 am	Activity Studio
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One of the most iconic parts of any proper country hoedown is the line dance. It has been a staple in country festivals for decades. Even if you're a fan of line dancing already, you may not be familiar with its history. Join Reghan and her mom, Marybeth, during National Line Dancing week to learn about the origins of this iconic dance routine and dance along to come good old fashioned country music.

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
Hollywood Gossip Hour	Michael Gaskin	First Saturday of the Month • 10:30 am	Activity Studio

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!

September- Judy Garland

October- John Wayne

November-Carol Burnett

December- Hollywood Holiday Performances

Holiest of Days	Rebecca Lippel	Thursday, September 26th • 3:00 pm	Activity Studio
	Lori Grossman	Thursday, September 26th • 3:30 pm	Gardens Library

Rosh Hashanah is right around the corner, and Rebecca and Lori are prepping their kitchens for a long and delicious weekend with their family and friends. There are many savory dishes and other pickings on a Rosh Hashanah menu, but one of the most popular is challah. Challah is an egg washed loaf of bread made in various sizes and shapes, all of which have a meaning. Come to Lori and Rebecca's class to learn how to make braided challah bread, its significance, and most importantly, to understand the true meaning behind this sacred holiday.

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
Metropolitan Museum of Art	Chi Ogba	Second Tuesday of the Month • 4:00 pm	Activity Studio
		Second Tuesday of the Month • 11:00 am	Gardens Living Room

Art is a form of expression from one person to the many. It is a way to communicate ideas and transcend the boundaries of language and time. We might not be the *Metropolitan Museum of Art*, but we do talk a lot about artists who have left lasting impressions on the world. Every third Tuesday of the month we have a discussion and show mini clips of a famous artist and one of their famous pieces of art. Art has no boundaries- pottery, painting, sculpting, architecture, the list goes on.

September- "The Kiss"

The Kiss is an oil painting created by Austrian Symbolist, Gustav Klimt. It is a shimmering and beloved depiction of the Golden Period (modern period). The painting depicts a couple embracing in a field of flowers as the woman awaits her significant other's kiss.

October- "Cafe Terrace at Night"

Vincent van Gogh's, *The Cafe Terrace at Night* stands as one of the painter's most remarkable works. This work is the first in a trilogy of paintings, the other two being "Starry Night over Rhone". It is a depiction of the cafe where he created this painting. Fun fact- This café still exists today and is a "mecca" for van Gogh fans visiting the south of France.

November- "The Great Wave of Kanagawa"

This painting, also known as *The Great Wave*, is one of the most iconic works of Japanese art. The piece was done by a man named, Katsushika Hokusai. *The Great Wave* is part of a series of prints titled *Thirty-six views of Mount Fuji*, which Hokusai made between 1830 and 1833. All paintings in the series are meant to represent Mount Fuji.

December- "American Gothic"

This familiar image was exhibited publicly for the first time at the Art Institute of Chicago, winning a three-hundred-dollar prize and instant fame for Grant Wood. The painting was inspired by his hometown Eldon, Iowa.

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
Most Valuable Player	Chi Ogba	Last Wednesday of the Month • 11:00 am	Activity Studio
	Chandra Sanchara	Third Monday of the Month • 11:00 am	Gardens Living Room

If you ask your grandchildren who their role models are, many would probably say a professional athlete. But do your young-uns know who those athletes were before they reached fame and fortune? Come to Chermeine's class every month to learn about a different athlete's long journey toward success

September-Phil Rizutto

October- John McEnroe

November- Ronda Rousey

December- Danica Patrick

Mystery of Mistletoe	Reghan Giannelli	Wednesday, December 11th • 3:45 pm	Arts & Crafts Studio
	Chi Ogba	Wednesday, December 11th • 1:30 pm	Gardens Library

Kissing under the mistletoe is a holiday tradition that dates back thousands of years. Legend has it, mistletoe became a symbol of romance by the Celtic Druids in the 1st century. Because mistletoe could blossom even in the winter, the Druids viewed it as a symbol of cheerfulness, luck and fertility. Tradition says, men could steal a kiss from any woman caught standing under the mistletoe, and refusing was seen as bad luck. Come to Chi's class this December to learn about other legends and additional Christmas traditions that have been around for centuries. Following her class, we will make our own mistletoe in the Arts & Crafts Studio. Pucker-up everyone. You're in for a treat.

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
Oh Christmas Tree, Oh Christmas Tree	Reghan Giannelli	Friday, December 13th • 11:00 am	Arts & Crafts Studio
	Chi Ogba	Friday, December 13th • 11:00 am	Gardens Living Room

Who remembers putting up their Christmas tree as a kid? Did your family cut it down, did you use an artificial tree or you bought one at a lot? No matter what your families tradition was, I think we can all agree that it is a magical moment. Just like us, each tree has its own unique shape, size, texture and smell. The four most popular trees bought around the holidays are: douglas, fraser , blue/black/white spruce and white/black pine. At this class, we will discuss fun facts about the four trees, and pass around real live branches from each one. Give it a feel and smell, tell us what you think. We would also love to hear about your childhood memories of decorating the family tree or lighting the menorah. What did you and your family do to make that evening so special?

Political Science: Study of Power	Chi Ogba	Every Fourth Saturday of the Month • 11:00 am	Activity Studio
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I think we can all agree that political science is not exactly everyone’s cup of tea. Some people can’t get enough of the Food Network, while others cannot live without an afternoon of CNN. If you are someone who enjoys the occasional debate, come to Chi’s political science class once a month to talk about the latest news on CNN. Democrats, Republicans, Independents.... You’re all invited. Bring your “A” game everyone- this could get interesting.

September- Building a wall along the Mexican/United States boarder

October- Where is Barack Obama and his family now?

November- North Korea

December- Candidates for the upcoming presidential election

Pumpkin Spice & Everything Nice	Reghan Giannelli	Wednesday, October 23rd • 4:00 pm	Activity Studio
	Chi Ogba	Wednesday, October 23rd • 4:00 pm	Gardens Library

Pumpkin, pumpkin, and more pumpkin. That’s all you hear about these days. Pumpkin flavored anything is now a way of life for people all over the United States during the fall season. We just can’t seem to escape it. So why not embrace it. This October, we are going to try Starbucks' notorious Pumpkin Spice Latte that has taken our country by storm. We will also have a good old cup of Joe for those who are not in the mood for pumpkin spice.

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
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Ring of Fire	Chandra Sanchara	Monday, December 23rd • 4:00 pm	Activity Studio
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Last year, on December 23rd, Indonesia experienced one of the worst tsunamis in its history. Indonesia is in the heart of what scientists call, “The Ring of Fire”, where 80% of tsunamis occur. The Sunda Strait Tsunami struck Java, Indonesia, late that Saturday, causing hundreds of deaths and widespread devastation. Tsunami waves are unlike typical ocean waves, which are generated by wind and storms. Tsunamis are triggered by earthquakes that occur near or under the ocean floor. These monstrous walls of water can reach up to 100 feet or more. Come to Reghan’s class on it’s one year anniversary to learn more about this natural disaster. You will witness a live action video of the Sunda Strait Tsunami forming over the Pacific Ocean. We will also talk about the islands efforts to rebuild, and how far along they have come.

Sanatana Dharma University	Chandra Sanchara	Last Monday of the Month • 3:15 pm	Activity Studio
	Chandra Sanchara	Last Monday of the Month • 11:00 am	Gardens Living Room

Hinduism, also referred to as Sanatana Dharma, has complex roots, and involves a vast array of practices and a host of deities. Its beliefs reflects the tremendous diversity of India, where most of its one billion followers reside. Hinduism is more than a religion. It is a culture, a way of life, and a code of behavior. Come to Chandra's Hindu class every month to learn something new about one of the oldest religions in the world.

September- Why do Hindus not eat meat?

October- Hindu Deities

November- Hindu Sects

December- Hindu Festivals

Sweet, Sweet American Treat	Claudette Ruty	Tuesday, September 12th • 3:00 pm	Cafe
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Did you know that in the late 1800’s, a milkshake was just an alcoholic beverage made of raw eggs and whiskey? Neither did we. It wasn’t until the mid 1900’s, before the blender was invented, that ice cream became the primary ingredient in a milkshake. Milkshakes truly are an American classic. National Milkshake Day is coming up, and they are Claudette’s favorite sweet snack. Join her this September as she whips out the blender to show us all how it is done.

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
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Taste of Greece	Gene Siagris	Wednesday, November 6th • 4:00 pm	Cafe
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New York City and Southern Westchester, where we are located, are both true melting pots- encouraging and embracing cultural diversity. After all, the United States is a country of immigrants. One of many incredible benefits of living in this area is the diverse cuisine. Within walking distance of our community, you will find an Indian restaurant, Chinese, Japanese, Italian, Mexican, Thai and a few Irish pubs. However, one cuisine that we do not have the pleasure of enjoying in our neighborhood is Greek food. Well, that is about to change. Gene Siagris, whose parents are natives of Greece, is going to show us how to make his all time favorite sauce - tzatziki sauce. Tzatziki is made of strained yogurt (usually from sheep or goat milk) mixed with cucumbers, garlic, salt, olive oil, and sometimes lemon juice, and dill or mint or parsley. We're so excited for Gene's tzatziki sauce this coming semester. His Watermark University class is always one of the most popular each and every semester.

TED Talk: Video & Discussion	Chandra Sanchara	Last Wednesday of the Month • 4:00 pm	Activity Studio
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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. Each month will be a different topic.

The Big Five	Reghan Giannelli	Monday, October 28th • 4:00	Activity Studio
	Chandra Sanchara	Monday, October 28th • 11:00 am	Gardens Living Room

There are three words most tourist will undoubtedly come across when planning their safari adventure through Africa: The Big Five. The term Big Five refers to the five most difficult and dangerous African animals to hunt on foot- African elephant, Cape buffalo, black rhinoceros, African lion, and the African leopard. Come to Reghan's class to learn more about "The Big Five" and to examine replicas of these animal's skulls and teeth.

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
Virtual Mall of America	Reghan Giannelli	Friday, December 27th • 11:00 am	Activity Studio
	Chi Ogba	Friday, December 27th • 11:00 am	Gardens Living Room

Did you know that malls all across America are expected to close within the next 10-15 years? But why? Well, you can thank online shopping for this shocking news. Visits to the mall has declined by 50% between 2010 to 2013, and as customers increasingly *shop online*, malls will continue to struggle all across America. Macy's, JCPenney and Sears- all major department stores that have been around for decades, have slowly been closing their doors throughout the country, due to the increase in online retail. Come to Reghan's class at the end of December to see how much money America spent shopping online over the 2019 holiday season. If it is anything like last year, you won't believe your eyes.

Wicked Witch of the East	Reghan Giannelli	Thursday, October 31st • 3:00 pm	Activity Studio
	Chi Ogba	Thursday, October 31st • 3:00 pm	Gardens Living Room

Every Halloween there's hundreds of costumes that are inspired by pop culture such as, superheroes, Disney stars, actors, musicians, popular commercials etc. But, what about those timeless costumes, like a ghost or a witch. No matter how many years go by, those two costumes will never go out of style. The witch in particular tops the charts almost every year, ESPECIALLY in Salem, Massachusetts. Salem, known for the infamous Salem witch trails, actually has a museum called *The Salem Witch Museum*. Come to Reghan's class to learn more about the "real witches of Salem" and the rich history embedded in the *Salem Witch Museum*. *A brochure of the museum will be on display as well.*

5-Card Draw	Christine Nazzaro	Tuesday, October 15th • 4:00 pm	Arts & Crafts Studio
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Christine can not go a week without playing a game of cards. If you couldn't tell, her favorite card game is poker. Each semester she teaches our residents a new game of poker. This semester she is giving them the lowdown on 5-Card Stud. Each player is dealt 5 cards, but on the initial go around, the player may choose to trade in up to 3 of them. Come to her next poker class this November to learn a thing or two about 5-Card Draw. It's never too late to learn something new.

THE INN

COURSES	FACULTY	DAY AND TIME	LOCATION
500 Rummy	Marilyn Tarricone	Every Thursday • 3:00 pm	Activity Studio

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 resident, Marilyn on Thursday afternoons to learn about more about this oldie but goodie card game!

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

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.

Colombo, Mariany

Backpacking Through Europe

Mariany is the newest member of Team RiverVue. She is our new Business Office/Human Resources Director. Mariany was born in Brazil where she studied finance, but has been living in the states for the last eight years. When Mariany is not at work or with family and friends, she is traveling. Her latest trip was to London, England for two whole weeks, all by herself. She often says, "Numbers & traveling... I love them both". We are happy to have her aboard.

Gaskin, Michael

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.

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*.

NAME OF INSTRUCTOR

CLASS NAME

Giannelli, Mary Beth**Hoedown Showdown Line Dancing**

Mary Beth Giannelli a local volunteer. She is a Special Education teacher at Ardsley Middle School in Ardsley, New York. She has been in the education system for 19 years. She lives Yonkers, New York with her husband and two daughters, Reghan, the Community Life Director is one.

Giannelli, Reghan

Reghan Giannelli is the Community Life Director at the Fountains. She graduated from Mercy College with a degree in Behavioral Science, Gerontology in 2015. She was hired three months out of college, and has been at the Fountains ever since. In 2017, she was promoted to Director of the Community Life Department. She is currently getting her masters in occupational therapy.

Giannelli, Tony**Baseball, America's Past Time**

Tony Giannelli is a returning volunteer that lives in Yonkers with his wife, two daughters and their cat. He has been a teacher and school counselor in the Mount Vernon School District for thirty years now. He went to school to Bucknell University to study education. Tony has always had a passion for teaching America's youth. Even though he is retired, he never lost that passion, and has agreed to teach our residents a little bit about another passion of his, baseball.

Lora, Daniela**A Day in the Life of a Nurse**

Daniela is our Health & Wellness Director. She attended Cochran School of Nursing in Yonkers, NY for her associate's in nursing and then Chamberlain School of nursing, online, for my BSN. Her very first job was at White Plains Hospital in an ICU stepdown unit and then Mount Sinai's St. Luke's Hospital in the operating room. She lives right up the street in Eastchester with her two children.

Lippel, Rebecca**Holiest of Days**

Rebecca Lippel is our Resident Relations Director. She is a social gerontologist and graduated from the University of Rhode Island with a bachelor's degree in Behavioral Science, Gerontology. She later went on to receive her masters in geriatrics. She has been in this field for over fifteen years. She not only works at the Fountains, but she is also a part time adjunct professor and a full time wife and mother. One of her greatest accomplishments, aside from her son, is opening "My Second Home" in White Plains, NY. My Second Home is an inter-generational adult day program for seniors that provides many benefits including a safe, nurturing and home-like environment where older adults can continue to find meaning and dignity in their daily lives. She has accomplished so much in such a short period of time and we are honored to have such an influential and successful women on our team.

NAME OF INSTRUCTOR

CLASS NAME

Milite, Prudence

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 history or nature topics. We are happy Prudence has decided to volunteer here at The Fountains again and look forward to her upcoming classes.

Nazzaro, Christine**5-Card Draw**

Christine joined the team five years ago, as the Community Life Director. In 2017, she was promoted to Sales Director. Christine graduated from Mercy College with a bachelor's degree in Behavioral Science, Gerontology. I guess you can say that degree runs in the family here at the Fountains. Christine, just like the rest of us, has a true passion for the senior population and does a fabulous job behind the scenes.

Obga, Chi

Chi has just joined the Community Life team this past March. So far, she is really making a name for herself. Chi is only twenty-five years old and already has seven years experience with the senior population. At her last job, she worked specifically in the Memory Care unit. Chi already has so much experience, that we can not wait to see what she brings to the table.

Pierot, Sybil**13**

Sybil is one of our long time residents. She grew up in Germany, but married and raised her family in Scarsdale, NY. She loves opera, word games, but most importantly- card playing. Sybil could play poker all day, all night. She goes to Empire City Casino once a month- the last Tuesday of the month for six hours!!!! Talk about loving cards.

Rutty, Claudette

Claudette Rutty has been with the Fountains for over fifteen years. She is our Food Service Director. Claudette was born in Jamaica, but made a life for herself and her family in the United States. She currently lives in Eastchester. Claudette has incredible work ethic and deeply cares for the well-being of our residents. When all other associates leave at 5:00 pm, Claudette is in the kitchen until the wee hours of the night. She is a true team player and the Fountains is lucky to have such a dedicated employee.

NAME OF INSTRUCTOR

CLASS NAME

Sanchara, Chandra

Chandra is another one of our veteran employees. She has been here seventeen years now. Time sure does fly when you enjoy what you do. She has worked in just about every department- nursing, med-tech, kitchen and activities. She is now an activities assistant. Chandra moved to the states from Ghana just about 30 years ago, and has loved it ever since.

Siagris, Gene**Taste of Greece**

Gene Siagris is our Maintenance/OP Director. For most of his career, Gene has worked for the aging population. He is a man of many talents. You may even hear people refer to him as “Gene, Gene the Fixin' Machine”. However, what many people do not know, is that Gene is an incredible chef and a true outdoorsman. He lives in Yorktown Heights with his wife, son and puppy Zeus.

Tarricone, Marilyn**500 Rummy**

Like most of our residents, Marilyn was born in the Bronx, got married and later moved to Westchester. She worked as a secretary while raising her family in New Rochelle, NY. Marilyn is probably our most active resident. She will try everything and anything. Her favorite activities are the ones that really challenge your brain, like word games, crosswords, jeopardy etc.

Trinka, Olive**Family Facetime**

Olive is one of our newer residents. She was born in Dublin, Ireland and moved to the states after she met her husband. She lived most of her life in the Bronx, then moved to Westchester to raise her family. She has three daughters and five grandchildren. Olive is extremely active, attends all trips, and is the social butterfly of the dining room.



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