

WATERMARK UNIVERSITY

2020

**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



COURSES	FACULTY	DAY AND TIME	LOCATION
Alexa Who?	Donna Brigandi	Tuesday, January 21st • 4:00 pm	Activity Studio
	Chi Ogba	Tuesday, January 21st • 11:00 am	Gardens Living Room

Excuse me, but who is this Alexa that all millennial's speak of? Where does she live? What does she do? Well, hate to break it to you, but Alexa is not actually a “she”, but rather an “it”. It is a virtual personal assistant developed by the multi-trillion-dollar corporation, Amazon. Alexa answers questions and performs tasks that its owner verbally asks or demands. Depending on the device that you have, Alexa can tell you the weather, change the television channel, adjust the heat, turn the lights on and off, start the dishwasher and even start your car. Come to Donna and Chi's class this January to talk to the Fountains very first Alexa. You will be amazed by how far technology has come.

Art History Lecture	Beth Gersh-Nesic	First Monday of the Month • 11:00 am	Activity Studio
---------------------	------------------	---	-----------------

**January – Going Baroque: The Bold and the Beautiful from Caravaggio to Rembrandt**

The international art movement, Baroque Art, produced the most theatrical scenes in the history of art. Huge bodies fill the picture plane, looming out like close-ups in a movie. Sculptures seem almost alive with energetic movement. The Baroque means big, powerful and dramatic, such as Rembrandt’s *Artistotle Contemplating the Bust of Homer* in the Metropolitan Museum of Art.

**February – Rococo: Fantasy in Art**

In contrast to the Baroque period, the Rococo embraced the dainty and fanciful, inspired by the romances of the Greek and Roman gods and goddesses. Narrative and portrait paintings describe fairytale, carefree activities, fit for the aristocracy and landed gentry. We think of *Toilette de Vénus/Venus Preening Herself* by François Boucher in the Metropolitan Museum of Art.

**March – Neoclassicism: Art during the Age of Reason**

Neoclassicism seems to be the children of the Enlightenment, the Age of Reason, which criticized the sensual Rococo idyll and promoted sobriety, heroism and clarity. Jacques-Louis David’s *Death of Socrates* in the Metropolitan Museum of Art is a great example.



COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

Art History Lecture	Beth Gersh-Nesic	First Monday of the Month • 11:00 am	Activity Studio
---------------------	------------------	--------------------------------------	-----------------

**April – Romanticism: Art, Individualism and Nature**

After the major revolutions in American and France, the pendulum swung from selflessness for political causes to self-concern and preservation. Nature (Mother Nature) and nature (individualism) seemed more powerful than rational intentions, inviting thoughts about the occult, exoticism and eroticism. Eugène Delacroix's *Abduction of Rebecca* in the Metropolitan Museum of Art shows us Romanticism's exotic eroticism, inspired by Sir Walter Scott's novel *Ivanhoe*.

Bizarre Edible Arrangements	Reghan Giannelli	Fourth Monday of the Month • 11:00 am	Activity Studio
	Chandra Sanchara	Fourth 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 utterly appalled by. This semester, we are going to join Andrew's quest in trying exotic, yet edible treats from around the world as we learn a brief history of each snack.

**January-** Escargot

**February-** Exotic Fruits from Asia

**March-** Irish black pudding

**April-** Peanut Butter, Nutella and Banana Sandwich

Card Game: "13"	Lucy Mastrodomenico, Resident	Every Saturday • 6:30 pm	Arts & Crafts Studio
-----------------	-------------------------------	--------------------------	----------------------

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
---------------	----------------------	--------------	-----------------

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.



COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

<b>Chermeine's Walk-in Closet</b>	<b>Chermeine Conteh</b>	<b>Tuesday, February 4th • 11:00 am</b>	<b>Activity Studio</b>
-----------------------------------	-------------------------	---	------------------------

Chermeine Conteh, our former activities assistants, will be back this February for a visit. For those of you that remember Chermeine, it was no secret that she was the ultimate fashionista. In 2018, Chermeine, her sister, and best friend put on a fashion show for the residents, and it was absolutely spectacular. The residents talked about it for weeks. They brought clothing and accessories all the way from Africa to use for the show. This winter, Chermeine would like to put on a sequel fashion show for our old and new residents. We can not wait to see what she showcases this time around.

<b>Department of Health</b>	<b>Chandra Sanchara</b>	<b>First Wednesday of the Month • 4:15 pm</b>	<b>Activity Studio</b>
-----------------------------	-------------------------	---	------------------------

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.

- January-** Blood Donor Month- Where and why should you donate blood? What are the benefits?
- February-** American Heart Month- What foods improve your heart health?
- March-** Save Your Vision Month- Different ways to improve your vision.
- April-** Alcohol Awareness Month – How can we help those struggling with alcoholism?

<b>European Excursions</b>	<b>Prudence Milite</b>	<b>Every Thursday of the Month • 4:00 pm</b>	<b>Activity Studio</b>
----------------------------	------------------------	--	------------------------

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 spring for a discussion and documentary on a different European country.



COURSES	FACULTY	DAY AND TIME	LOCATION
Fat Tuesday at IHOP	Reghan Giannelli	Tuesday, February 25th • 3:30 pm	Activity Studio
	Chi Ogba	Tuesday, February 25th • 3:30 pm	Gardens Library

Ash Wednesday marks the beginning of Lent for Christians all around the world. During Lent, many Christians do not eat meat on Fridays. In the early years, many actually gave up animal products altogether, which included eggs and dairy. So, the day before Ash Wednesday, instead of throwing away the leftover animal products, families would make pancakes with them. They would have huge pancake feasts that ended at exactly 11:59 pm that night. That is why the day before Ash Wednesday is called Fat Tuesday. On February 25th, this years Fat Tuesday, we are trying IHOP's best selling pancakes. The five show-stoppers are- traditional buttermilk, blueberry, chocolate chip, strawberry banana, and harvest grain.

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 Chi'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.

- January- 21st Century Fashion in India
- February- 21st Century Fashion in China
- March- 21st Century Fashion in the Middle East
- April-21st Century Fashion in Hawaii



COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

Fondue Family Style	Claudette Rutty	Tuesday, February 11th • 3:00 pm	Cafe
---------------------	-----------------	-------------------------------------	------

According to the dictionary, the precise definition of fondue is “to melt”. That is it- to melt. But, if you ask anyone who has been to the “The Melting Pot” recently, they may have a different opinion. Today, fondue is served as an entire meal, not just an appetizer or dessert. Claudette, our Food Service Director is a huge fan of fondue, both cheese and chocolate. So, in the spirit of Valentine’s Day, she is going to teach us how to make ewwy gooey chocolate fondue. After she teaches us the basics, Claudette and her staff will distribute the five most popular fixins to dunk into the fondue- fresh strawberries, pineapple, bananas, pound cake and brownies. So, ladies and gentlemen, we highly suggest going with a light lunch that afternoon.

Fugetaboutit Y'all	Chandra Sanchara	Monday, February 17th • 11:00 am	Activity Studio
	Chi Ogba	Monday, February 17th • 11:00 am	Gardens Living Room

Sociolinguistics..... what the heck is that? According to the *Linguistic Society of America*, sociolinguistics is the study of language. *Linguistic Society of America*, suggests that language sends virtual messages about who we are and where we come from. (<https://www.linguisticsociety.org>). In other words, one single word and how it is said can tell you a lot about a person, especially their accents. Have you ever picked up on your own accent, or someone else’s while traveling? For instance, as New Yorkers, we say caw-fee, not coffee. Southerners say y’all, not you all. Bostonian's don’t say car, they say cah. Not only do accents determine a person’s geographical location, expressions do as well. Just a few to name.... fugetaboutit, howdy, and wicked. Come to Chandra and Chi's class this February, to map out different accents and popular expressions from around the country.

Got Milk?	Reghan Giannelli	Tuesday, April 7th • 4:00 pm	Activity Studio
	Chi Ogba	Tuesday, April 7th • 11:00 am	Gardens Living Room

Are you getting tired of regular milk? Maybe doc. recommended cutting back on lactose. Either way, you should come to Reghan and Chi's class this semester and learn about alternatives to regular milk that are just as thirst quenching and nutritious. Soy milk, almond milk, coconut milk, hemp milk, cashew milk, rice milk .... the options are endless. Whether you are a fan of milk or not, come on by and give these substitutes a try.



COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

<b>Hollywood Gossip Hour</b>	<b>Michael Gaskin</b>	<b>First Saturday of the Month • 10:30 am</b>	<b>Activity Studio</b>
------------------------------	-----------------------	---	------------------------

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-** Palm Springs with Frank Sinatra
- February-** Get the Dirt on Debbie Reynolds and Carrie Fisher
- March-** Pioneers in Television
- April-** Kirk and Michael Douglas

<b>Homemade is a Home run</b>	<b>Arielle Miras</b>	<b>Monday, January 13th • 11:00 am</b>	<b>Gardens Dining Room</b>
-------------------------------	----------------------	--	----------------------------

Scrumptious hummus is all the rage right now. It is an incredibly popular and healthy snack that originated in the Middle East. It is creamy, nutritious and a perfect app for any party. Hummas is made of five simple ingredients- chickpeas, tahini (sesame seeds), olive oil, lemon juice, and garlic, all ground up in a food processor. This Middle Eastern delicacy is jam packed with protein, fiber, vitamins, and minerals. Arielle first fell in love with hummus in Greece. She took the family recipe back to the states, and now makes it on a weekly basis. Come to her class this January, and watch Arielle make homemade hummus in the Gardens Dining Room. Trust us, Arielle's homemade Grecian hummus is hard to resist.

<b>Man's Best Friend</b>	<b>Monica Lafferty</b>	<b>Friday, March 27th • 11:00 am</b>	<b>Gardens Living Room</b>
--------------------------	------------------------	--------------------------------------	----------------------------

Pet therapy has so many benefits for the aging population: physically, socially, mentally and emotionally. It reduces loneliness, increases socialization, decreases anxiety, encourages physical activity, and can even reduce blood pressure. Monica is a jack of many trades, and one of them is a dog therapy team leader. As her first Watermark University class at RiverVue, she is going to enlighten us on the certification process that all dogs must pass before they can work with clients. While presenting, her newly certified pup, Flanagan will be hanging out with us. Come on by this March and check out Flanagan's new tricks.





COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

Meet Me On McLean Brewery	Reghan Giannelli & Olive Trinko	Tuesday, March 17th • 3:00 pm	Activity Studio
---------------------------	---------------------------------	-------------------------------	-----------------

If you are an Irish American living in Westchester, chances are you have visited Mclean Avenue a time or two. Mclean Avenue, also known as the Emerald Mile of Westchester, lies on the boarder of Yonkers and the Bronx. For decades, Mclean Avenue and its surrounding neighborhood has been a new beginning for so many Irish immigrants. The Emerald Mile is known for its countless Irish American pubs, authentic Irish cuisine, St. Barnabas's beautiful church, and it's thriving Irish culture. On Saint Patricks day this year, we would love to hear about your Mclean Avenue memories; especially if they are St. Patrick's Day memories. After our discussion, we are going to sample a flight of beer from Mclean Avenue's one and only, Rory Dolans.

Most Valuable Player	Chandra Sanchara	Last Wednesday of the Month • 11:00 am	Activity Studio
	Chi Ogba	Last Wednesday 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 Chi & Chandra's class every month to learn about a different athlete's long journey toward success.

**January- Arthur Ashe-** Former professional tennis player who won three Grand Slam titles. Ashe died at a very young age from HIV, in 1993. He was the founder of *Arthur Ashe Foundation for the Defeat of AIDS*.

**February- Mickey Mantle-** Former professional baseball player. Mantle was a 7x World Series champion. He played his entire career for the New York Yankees.

**March- Joe Louis** - Former professional boxer. His nickname was Brown Bomber. He is considered one of the greatest heavyweight boxers of all time.

**April- Becky Hammon-** Former professional basketball player in the WNBA. In 2014, she became the first full-time female assistant coach in the NBA. She is currently the San Antonio Spurs Assistant Coach.

COURSES	FACULTY	DAY AND TIME	LOCATION
Mysterious Disappearances	Chi Ogba	Second Thursday of the Month • 11:00 am	Activity Studio
	Chi Ogba	Second Thursday of the Month • 4:00 pm	Gardens Living Room

There is just something about mysteries and cold cases that draws us in. Law & Order, Dateline, NCIS, Criminal Minds, once you start you cannot stop. This semester, we are offering a class on four iconic mysteries- the disappearance of Jimmy Hoffa, Dan Cooper, Natalee Ann Holloway, and the Malaysia Airline Flight 370. Leave the remote control at home, and join us in the Activity Studio for some thrilling cold cases.

**January- Jimmy Hoffa-** Jimmy was a labor union leader and president of the International Brotherhood of Teamsters, the largest labor union in the United States at that time. Over the years, he was involved in organized crime and was given a 13-year sentence for fraud and conspiracy. In 1975, he was last seen in a Detroit restaurant having dinner with a former mafia leader, Anthony Provenzano.

**February- Dan Cooper** Cooper hijacked a Boeing 727 aircraft in 1971. He demanded \$200,000 in ransom while the plane was in the air. Then, he supposedly parachuted out of the plane and was never seen again.

**March- Natalee Ann Holloway-** Natalee was a high school senior in 2005 when she went vacationing in Aruba. She was last seen by her classmate outside of a night club on the mainland with three local men. Natalee was never found.

**April- Malaysia Airlines Flight 370-** No one is certain what happened to Flight 370 that was scheduled to land in Beijing Capital Airport in March of 2014. The last anyone heard from the pilot was 38 minutes into the flight, over the South China Sea. It is presumed that all 227 passengers and 12 crew members are dead.

Music & Memory	Laura Van Tienhoven & Youth from Concordia Conservatory	Once a Month • 4:00 pm	Gardens Library & Gardens Living Room
----------------	---	------------------------	---------------------------------------

Concordia Conservatory offers top quality music programs for early childhood, youth, adults and seniors. The Conservatory's mission is to inspire, instruct, and enrich lives through music, offering excellence in education and performance. (<https://www.concordia-ny.edu/conservatory>) Laura is the leader of her chapter and will come once a month with different children each month, to talk about music and it's benefits with the aging population. After each lesson, the group will use their iPads/iPhones to play music for individual residents, especially those who are having a trying day.



COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

<b>New Tricks to Old School Oats</b>	<b>Reghan Giannelli</b>	<b>Friday, March 6th • 11:00 am</b>	<b>Activity Studio</b>
	<b>Chi Ogba</b>		

Breakfast can get pretty boring after a while. Think about it. How many times have you said “I’ll have the usual”? Well guys, it’s about time to switch things up. This March, you are going to make your very own “over-night oats”. It is a quick and easy spin on the classic Quakers hot oatmeal. Over-night oats does not require an ounce of cooking- no oven necessary. Before going to bed, mix the oats, milk of choice, fruit and nuts. For a bit of sweetness- honey, syrup or sugar. Once combined, it is left in the refrigerator overnight, and by morning, it is ready to go. There are many versions of over-night oats, it’s just a matter of figuring out which one works for you. Come to Chi and Reghan’s class this March to make your own over-night oats. It is healthy, filling and fun for all ages.

<b>New Year's Time Capsule</b>	<b>Reghan Giannelli</b>	<b>Friday, January 31st • 11:00 am</b>	<b>Arts &amp; Crafts Studio</b>
	<b>Chi Ogba</b>	<b>Friday, January 31st • 11:00 am</b>	<b>Gardens Living Room</b>

Time capsules are sealed containers of any kind that preserves records and memorabilia of our current culture for future generations to discover. Here are just a few examples of materials that you may find in a capsule- newspaper articles, a wish for the future, jewelry, letters, photographs, school documents, concert tickets, CD’s, toys, family heirlooms etc. We are going to create our very own time capsule this January, and bury it in our courtyard. It’s going to be called, *New Years’ Time Capsule*. You have exactly one month to pick an object/material that you wish to preserve in our capsule. New Years’ Time Capsule will be buried on Wednesday, January 31st, 2020 and exhumed exactly a year later, on Friday, January 31st, 2021.



COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

<b>Pinterest Addict</b>	<b>Helen Kuznicki</b>	<b>Friday, February 21st • 11:00 am</b>	<b>Gardens Library</b>
-------------------------	-----------------------	---	------------------------

Helen may be a veteran nurse, but she is also a huge arts & crafts nerd. She uses an online social media website called Pinterest for inspiration. Pinterest always its users to search & share their pictures, videos, and interested online for others to see. For example, let's say you are stumped on a theme for your wedding. You would type "wedding themes" into Pinterest's search bar and hundreds of pictures and videos of other peoples weddings will pop up. Or, maybe you are renovating your home, and you need decor ideas for your living room. Once again, use that search bar and type "living room decor" and hundreds of inspiring living room decor will pop up. A side from that, a lot of these pictures and videos are D.I.Y. crafts. This March, Helen is going to put that search bar to good use, and create a March themed craft for us to do. She will also demonstrate how Pinterest works on our Smart TV, located in the Gardens Living Room.

<b>Political Science: Study of Power</b>	<b>Chi Ogba</b>	<b>Every Fourth Saturday of the Month • 11:00 am</b>	<b>Activity Studio</b>
--	-----------------	--	------------------------

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.

**January-** How does impeachment work?

**February-** Gender Identification

**March-** Drug policy

**April-** Gun policy



COURSES	FACULTY	DAY AND TIME	LOCATION
Rosie the Riveter "We Can Do It"	Shaheen O'Connell	Monday, February 24th • 4:00 pm	Activity Studio
		Monday, February 24th • 11:00 am	Gardens Living Room

Rosie the Riveter- do you recognize that name? She was the face of feminism in the 1940's. A local photographer took her picture while she was working in an auto shop at 20 years old. Her hair tied in a red and white polka dot scarf, flexed muscles, blue t-shirt, and the phrase "We Can Do It" underneath her portrait, now do you remember her? This iconic photo made serious waves in the 40's and helped encourage more women to join the wartime labor force. We actually have a Rosie working at the Fountains right now. She is a hard working women, and a symbol of strength, just like Rosie, and her name is Shaheen O'Connell. Shaheen is our new Memory Care Director. She works extremely well with her hands. She can fix just about anything, from broken cabinets to a busted car engine. This year, Shaheen is buying a rundown shack in the middle of the Catskills, and plans to put her skills to good use and flip the home. Come to her class this February, while she talks about Rosie, her new home, and her plans to rebuild it.

Sanatana Dharma University	Chandra Sanchara	Third Monday of the Month • 3:15 pm	Activity Studio
	Chandra Sanchara	Third 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. This spring we are going to learn about the key beliefs in Hindu culture.

**January-** Henotheistic

**February-** Doctrines of Samsara

**March-** "Atman" and "Moksha"

**April-** "Om" and "Swastika"



COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

<b>Subzero Heroes</b>	<b>Lauren Voorhees</b>	<b>Monday, February 10th</b> • 4:00 pm	<b>Activity Studio</b>
-----------------------	------------------------	---	------------------------

Can you believe that there are over 5.4 million individuals and families affected by Alzheimer's disease? The Alzheimer's Association has been working relentlessly for 40 years to put an end to this awful disease. Although they have come a long way, the association still needs our help. The Alzheimer's Association of the Hudson Valley is putting on a fantastic fundraiser this February to support the cause, and its organizer, Lauren Voorhees, would like to personally tell you all about it. It takes place in Highland, New York at Lake Beraan. Hundreds of supports not only donate money to the association, but also JUMP INTO THE LAKE- hence, subzero!!!!!! Their goal this year is to raise \$100,000 or more. Come to Lauren's class this February and learn more about Alzheimer's and how her fundraiser turned out. Wait until you see pictures!!! YIKES.

<b>Tea-Topia</b>	<b>Reghan Giannelli</b>	<b>Wednesday, April 22nd</b> • 4:00 pm	<b>Activity Studio</b>
	<b>Chi Ogba</b>	<b>Wednesday, April 22nd</b> • 4:00 pm	<b>Gardens Library</b>

Famous tea brewing company, Pure Leaf, has partnered with *Rainforest Alliance Certified* tea estates from all over the world since 2012. *Rainforest Alliance Certified* works tirelessly to reduce their factories negative impact on the environment, while creating "the best stuff on earth". Their tea is brewed from real tea leaves, that are hand-picked, and blended by hydroelectric powered machines run by their highly skilled team of Tea Master Engineers. Pure Leaf produces eight exceptional flavors- black tea, green tea, honey green tea, sweet tea, lemon, peach, pomegranate & mint. On Earth Day, April 22nd, we would like you to try these eight great flavors, but also help you understand the Rainforest Alliance's outlook on protecting our environment and ways that we can support the cause.

<b>Tender, Love and Care</b>	<b>Mary Beth Giannelli</b>	<b>Sunday, April 26th</b> • 4:00 pm	<b>Activity Studio</b>
------------------------------	----------------------------	--	------------------------

Mary Beth Giannelli has been a special education teacher at Ardsley Middle School/High School in Ardsley, New York for the last 20 years. Out of those 20 years, for the last 10, she has been in a self-contained classroom with 21 year old students, who've been diagnosed with either autism or down syndrome. Many people ask her, "how do you do it?" "How have you worked with this population for so long?" Well, her answer is quite simple- "I love what I do. I treat them as if they were my own- with tender, love, and care!". This will be her last year teaching, and it certainly is bittersweet. Come to her class this April, Autism Awareness Month, and listen to her most memorable stories over the last 20 years. She has plenty of them- some sad, but most cheerful. She is going to miss her students so very much. It will be quite an adjustment, but she is looking forward to what the future holds. Hem Hem..... no more alarm clock.



COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

<b>Texas Hold'Em: Back to the Basics</b>	<b>Christine Nazarro</b>	<b>Tuesday, March 24th • 4:00 pm</b>	<b>Arts &amp; Crafts Studio</b>
--	--------------------------	--	---------------------------------

Christine is going back to the basics- good old fashioned Texas Hold'em. It has been quite a while since she taught a traditional game of Texas Hold'em. We have so many new residents who are extremely eager to get involved, and meet our current residents. We play Texas Hold'em multiple times a week, so this is a perfect opportunity to meet Rivervue's current card sharks.

<b>The Best of Nigeria</b>	<b>Chi Ogba</b>	<b>Thursday, March 5th • 11:00 am</b>	<b>Activity Studio</b>
		<b>Tuesday, March 5th • 4:00 pm</b>	<b>Gardens Living Room</b>

Last winter, Chi spent an entire month in Nigeria with her family. Her father is a native of Nigeria, and they haven't been back in almost a decade. So this past December, her family decided to leave the hustle and bustle of New York behind, and enjoyed a much simpler life in West Africa. Chi was so excited to be going back to her roots, and see her family. Come to her class this March, to check out her pictures, African inspired clothing and memorabilia that she brought home for her family in America.

<b>There's No Place Like Home</b>	<b>Mariany Colombo</b>	<b>Tuesday, January 28th • 4:00 pm</b>	<b>Activity Studio</b>
-----------------------------------	------------------------	--	------------------------

Judy Garland was right, there really is no place like home. Mariany was born in Brazil and came to the states about nine years ago, and she misses Brazil dearly. Especially around the holidays. For her second Watermark University class at RiverVue, she is going to show us pictures of her hometown, and talk about the cultural differences between living in North America and South America.

<b>Tips &amp; Tricks to Decoupage</b>	<b>Reghan Giannelli</b>	<b>Wednesday, April 29th • 4:00 pm</b>	<b>Activity Studio</b>
	<b>Chi Ogba</b>	<b>Wednesday, April 29th • 4:00 pm</b>	<b>Gardens Library</b>

The art of decoupage is a traditional craft that dates back to the 17th century. It has many variations, but the main objective is to create intricate designs on solid objects with shreds of colored paper. There are so many materials that crafters use to find interesting designs. Here are just a few examples- magazines, newspapers, wrapping paper, scrapbook paper, pages from books etc. All it takes is a bit of creativity, scissors, and glue. Come to Reghan and Donna's decoupage class this January to create your own design on wooden jewelry boxes.



COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

<b>To Uber, or Not to Uber</b>	<b>Maintenance Associate</b>	<b>Wednesday, February 12th • 4:00 pm</b>	<b>Activity Studio</b>
--------------------------------	------------------------------	---	------------------------

Remember the days when you had to use a payphone to call a cab? Then you waited a half hour or more before being picked up? And sometimes the driver couldn't even find you. Well, those days are over. With the click of a button, a cab will be at your doorstep in five minutes or less. This miracle job is done by the up and coming taxi service, Uber Technologies- more commonly known as Uber. Join our full-time maintenance associate and part-time Uber driver for a lesson on what exactly Uber is and his experiences as a driver. Get ready for some *unconventional* stories about some *very* interesting people.

<b>TED Talk: Video &amp; Discussion</b>	<b>Chandra Sanchara</b>	<b>Last Wednesday of the Month • 4:00 pm</b>	<b>Activity Studio</b>
---	-------------------------	--	------------------------

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.

<b>Turn Over a New Leaf</b>	<b>Chandra Sanchara</b>	<b>Tuesday, April 28th • 4:00 pm</b>	<b>Gardens Courtyard</b>
-----------------------------	-------------------------	--------------------------------------	--------------------------

Spring is the season of new beginnings. It is also the season to start prepping your garden for a long summer ahead; and that begins with a good pruning and turning of the soil. Everyone at the Fountains knows that Chandra has a green thumb. If you've ever seen her apartment, you'd think you were in a tropical rainforest. So, as the pruning season begins, Chandra would like you to join her in the courtyard this April, while she gets down and dirty in the soil. Chandra will talk about the beautiful foliage in the courtyard, and guide you through the simple process of turning and pruning.

<b>Wonders of Wyoming</b>	<b>Tony Giannelli</b>	<b>Sunday, April 19th • 1:30 pm</b>	<b>Activity Studio</b>
---------------------------	-----------------------	-------------------------------------	------------------------

Tony and his wife, Mary Beth usually go down the Jersey Shore each summer, but decided to switch things up a bit in the summer of 2019. They chose to explore the Wild West last August, instead of going to the beach. These two love birds saw a lot of incredible things on their journey, but their favorite destination was by far, the Equality State, Wyoming- home of the iconic Old Faithful. Wyoming's natural beauty, animated wildlife, and stunning terrain left them absolutely speechless. Come to Tony's class this April to get a glimpse of Wyoming's countryside and popular tourist attractions like Yellowstone National Park.





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**

**CNN Headlines**

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**

**There's No Place Like Home**

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 nine 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".

**Conteh, Chermeine**

**Chermeine's Walk-in Closet**

Chermeine is a former Community Life associate, who recently went back to school for optometry. She received her bachelors degree in "Health Service Administration" in 2017. She currently lives in Yonkers, New York with her family.

**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.

---

**NAME OF INSTRUCTOR**

---

**CLASS NAME**

---

**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*.

**Giannelli, Mary Beth****Tender, Love & Care**

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 20 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****Wonders of Wyoming**

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.

---

**NAME OF INSTRUCTOR**

---

**CLASS NAME**

---

**Kuznicki, Helen****Pinterest Addict**

Helen is our new Health and Wellness Director. She has been a registered nurse for the past 30 years, and received her degree at Pace University. Helen lives right here in the heart of Tuckahoe, only five minutes from our community. When asked what her two favorite things in the world are, she very proudly answered - her cat Max and PEANUT BUTTER. We are so happy to have her on board.

**Lafferty, Monica****Man's Best Friend**

Monica is the Fountains new Executive Director. She has only been here a month and is already making great strides in her new position. Before working at the Fountains, she worked in fiance and is also a registered nurse. Monica lives in Stanford, Connecticut with her husband and two dogs.

**Mastrodomenico, Lucy****13**

Lucy is one of our long time residents. She has lived at the Fountains for six years now. Lucy was born in Italy, but spent most her life living in the Bronx. Wait until you hear that accent. When she married, her and her husband move to Mahopac, New York to raise their only daughter, Margaret. Before moving into the Fountains, she was a member of three different senior clubs; her favorite begin a travel club. She was the leader of the group, and organized trips all over the United States and Europe. Lucy is extremely active, and does not miss one activity or trip.

**Miras, Arielle****Homemade is a Home Run**

Arielle Miras is our new Resident Relations Director here at The Fountains at RiverVue. She received her Bachelor's Degree in Social Work at Siena College and my Master's Degree in Social Work at the University at Albany. She has been married for 2 years and they have a dog named Ghost. The three of them now live in Stanford, Conneticut. She is an only child, but has a huge family, including 9 nieces and nephews. Arielle and her husband Carl love to hike and kayak in their spare time.

**Milite, Prudence****European Excursions**

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.

---

**NAME OF INSTRUCTOR**

---

**CLASS NAME**

---

**Nazzaro, Christine****Texas Hold'Em- Back to Basics**

Christine joined the team six 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.

**Rutty, Claudette****Fondue Family Style**

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.

**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.

**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.

---

**NAME OF INSTRUCTOR**

---

**CLASS NAME**

---

**Trinka, Olive**

**Meet me McLean Brewery Co.**

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.

**Van Tienhoven, Laura &  
Concordia Conservatory**

**Music & Memory**

Concordia Conservatory, a division of Concordia College-New York, is a not-for-profit, tax-exempt educational institution. Since 1977, Concordia Conservatory has offered music programs for early childhood, youth, and adults. The Conservatory's mission is to inspire, instruct, and enrich lives through music, offering excellence in education and performance.

**Voorhees , Lauren**

**Subzero Heroes**

Lauren Voorhees is the Events Manager for the Alzheimer's Association Hudson Valley Chapter. Before working for the Alzheimer's Association, Lauren was an early education teacher and a regional catering manager for Panera Bread. But most importantly, she is a mother of two beautiful children, and they all live together in Walden, New York.



**ASSISTED LIVING • MEMORY CARE**

One RiverVue Place • Tuckahoe, NY 10707 • **914-768-6000** • [watermarkcommunities.com](http://watermarkcommunities.com)

A WATERMARK RETIREMENT COMMUNITY