

WU
WATERMARK UNIVERSITY

2020

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



| COURSES | FACULTY | DAY AND TIME | LOCATION |
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| American Dream | Claudette Ruty | Tuesday, November 24th • 3:30 pm | Activity Studio |
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This may be hard to believe, but Claudette had zero experience in the food service industry before coming to the Fountains. Zero, zip, zilch. She started her career in show biz- working on a television set. Due to the overwhelming pressure, chaotic atmosphere and her lack of interest, she left that world behind in search of something that she could truly relate too. Growing up in Jamaica, she always found herself in the kitchen, cooking and baking with her family. So, she decided to look for a job in dining. Seventeen years later, she is a rock star at the Fountains. Claudette is one of our most dedicated and hardworking associates. Come to her class this fall, to hear all about her move to America and her life before she found her true calling. As always, she will have snacks for us to munch on throughout the class.

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| Antique Roadshow | Kenny Schiff | Friday, December 11th • 2:30 pm | Activity Studio |
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For all of you treasure hunters out there, Kenny, our driver, is about to put on quite a show. Kenny is a long time antique appraiser who spends most Sunday's at good old fashioned flea markets. Some of his favorites- *Stormville* in New York, *Elephant's Trunk* in Connecticut and *Antiques Extravaganza* in Pennsylvania. He knows all the ins and outs, and how to get the best bang for your buck. Come to his class this winter, with some of your favorite antiques and he will tell you how much they are actually worth.

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| Art History Lecture | Beth Gersh-Nesic | First Monday of the Month • 11:00 am | Activity Studio |
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October - 19th Century American Art-This lecture is a survey of great American paintings and sculptures from the 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.

November - Henri Matisse and the Fauves-Henri Matisse (1869-1954) was called “King of the Fauves” when this movement was very young. This 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.

December- Young Pablo Picasso (1895-1901)- Pablo Picasso (1881-1973) was an astonishing artist from the very beginning of his life. This lecture covers only his early years, from precocious student to budding Modernist.



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| Best of Nigeria | Chi Ogba | Thursday, October 1st • 11:00 am | Activity Studio |
| | | Thursday, October 1st • 4:00 pm | Gardens Living Room |

Last year, Chi and her family decided to leave the hustle and bustle of New York behind and visit her family in Nigeria. Chi was so excited to be going back to her roots, and visiting family that she has not seen in almost a decade. Come to her class this October, to check out her pictures, African inspired clothing, accessories and memorabilia.

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| Baby Cakes | Dominique Scarinci | Sunday, December 6th • 4:00 pm | Arts & Crafts Studio |
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Dominique prided herself on becoming a hardworking member of society at the young age of 13. She's had a full-time job for as long as she can remember- at one point, she even had two full-time jobs. With her crazy schedule, plus school, she never had the chance to pick up a hobby. After college and countless dead-end jobs, she finally landed the job of her dreams at Indeed. Indeed offered her a great salary with a normal schedule- Monday through Friday, 9:00-5:00. She was finally given the opportunity to sit back, relax and find a hobby. Before Dominique knew it, she found her hobby- baking. She loved baking so much that she decided to take it to the next level and start her own side business. She named it "Baby Cakes". This winter, Dominique is going to show us how she started her business from the ground up. She will also bring some homemade cookies and cupcakes for us to decorate and of course, to eat. (Sugar free options will be available.)

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| 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.

October- Pumpkin Smoothie

November- Coffee Lays Potato Chips-

December- Acai Fruit Bowl



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| Composting at Home | Reghan Giannelli | Monday, October 12th • 11:00 am | Activity Studio |
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Did you know that the United States Environmental Protection Agency (EPA) estimates a total of 133 billion pounds of wasted food is thrown into landfills every year? 133 billion pounds!!!! The EPA has three very simple solutions that could potentially put an end to this nationwide dilemma. All it takes is a little time and effort. The simplest solution is by eating leftovers. What could be easier than that? Option two-donating your leftovers to local community centers and homeless shelters. Now, the last option may seem a bit daunting, but just bear with us. EPA says creating your own compost system not only reduces the amount of food that we waste, but can also reduce the methane emissions that pollutes our air. Come to Reghan's class to learn more about compost, its benefits, and how to make your own system. She will also bring in a sample of her own homemade compost for you all to see. Who knows, you may be inspired to create your own.

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| Department of Health | Chandra Sanchara | First Wednesday of the Month • 4:15 pm | Activity Studio Gardens Living Room |
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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 a while. Please come to Chandra's health chat once a month to educate yourself on different ways to live a happier, healthier and longer life.

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| Empowering America's Troubled Youth | Noreen Degnan | Saturday, October 10th • 11:00 am | Activity Studio |
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Noreen has spent most of her life serving her community and helping those who are facing dark times. Right after college, she accepted a job at Saint Christopher's Group Home in Dobbs Ferry, New York. At Saint Christopher's she was a recreational therapist for adolescents who were already in or on their way towards a life in a juvenile delinquent center. Come to her class this fall to hear all about Saint Christopher's and the amazing work that they do.



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| Fashion Week | 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 50 years ago. Do you remember what you wore? How did you do your hair? What shoes did you wear? I think for most of us, especially the women in the room, we can all agree that fashion changes over time. For instance, in the 20's, women flaunted 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 women had the beehive. The 80's went through a HUGE fashion alteration - big hair, hairspray, tight spandex, bright patterns and miniskirts. Come to Chi's class every month to learn about old & new fashion trends, and then reminisce about your own outfits.

October- COVID-19 Designer Masks - How much did you say that masks costs?!?!?!?!?

November- Colonial Attire- What did the colonist wear during the winter months?

December- Big Band Era - What did you wear during the big band days?

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| Holiday Brittle Bark | Chi Ogba | Tuesday, December 15th • 3:00 pm | Gardens Library |
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Does anyone know who Diane Krulac is? Don't feel bad if you don't. She only recently became a food network sensation. Back in 1992, Diane was a single mom living paycheck to paycheck. One afternoon, she got a call from her children's preschool teacher, asking Diane to bake six cakes for their upcoming bake sale. Diane felt that cookies, cakes and cupcakes were so last year, so she decided to switch things up a bit. After much trial and error, she created what she called "brittle bark". Brittle bark could not be any easier to make. You literally pour melted chocolate into a cake pan, and top it with your favorite fixins, like nuts, pretzels, chocolate chips, whatever you want. You then let it harden in the refrigerator overnight and wa-la... brittle bark. Swing by the Gardens Library on Tuesday, December 15th if you want to make your own holiday themed brittle bark- peppermint, dark chocolate, white chocolate, granola and chocolate covered pretzel.



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| I'm Going to Disney World | Gina DiBattista | Wednesday, November 18th • 4:00 pm | Activity Studio |
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Calling all sports fans- What is the famous slogan that every pro-athlete says after they've won the championship?..... "I'M GOING TO DISNEY WORLD". People from all over the world come to Orlando, Florida to visit Disney World. According to Gina, who is a crazed Disney fan, "If it wasn't for the humidity and my curly hair, I would have moved to Orlando a long time ago". She always had a soft spot for Disney princesses, magical creatures and cartoon characters. In fact, Gina loves Walt Disney so much that she interned there for an entire summer after college. Come to her class this semester, to learn about Walt Disney himself and his incredible theme parks that attracts millions year after year.

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| Man's Best Friend | Monica Lafferty | Thursday, December 17th • 4:00 pm | Gardens Living Room |
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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 firm believer in the power of dog therapy, and that is why she is a certified pet therapy team leader. She is going to educate us on the certification process that all dogs must pass before working with clients. While presenting, her certified pup, Flanagan, will be hanging out with us. Come on by this semester, to meet Flanagan and learn why he is such a special pup.

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| Magic in a Snow Globe | Reghan Giannelli | Monday, December 21st | Arts & Crafts Studio |
| | Chi Ogba | • 3:30 pm | Gardens Library |

Who can tell us what "schneekugel" means in German? For those of us who do not speak fluent German, schneekugel means "snowstorm globe" otherwise known as a snow globe. The magic of the snow globe dates back 120 years to a small town in Austria. A man by the name of Erwin Perzy accidentally created this emblem of winter, when he was actually trying to invent a surgical lightbulb. Come to Reghan's class to learn more about Perzy's notorious mistake and later create your own schneekgul using mason jars, glycerin and other nick-knacks.



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| Mask Mist Hitting the Shelves | Chandra Sanchara | Wednesday, November 11th • 4:00 pm | Activity Studio |
| | Chi Ogba | Wednesday, November 11th • 4:00 pm | Gardens Living Room |

I think everyone can agree that mask breath is no joke. During quarantine, we have never been more aware of our breath, and how it could use a little freshening up once in a while. Come to our class this semester, for a little tutorial on the proper way to wear a mask and its many benefits. Following the tutorial, Chandra and Chi will introduce you to organically made mask mist that is all the rage right now. You simply spray the mist on the outside of your mask, and bam..... bad breath is gone. Spearmint, peppermint, vanilla, strawberry, cotton candy the list goes on. Chandra and Chi will bring samplers for you to smell and spray on your own mask.

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| MeMaw's Autumn Aromas | Reghan Giannelli | Wednesday, October 21st • 3:00 pm | Arts & Crafts Studio |
| | Chi Ogba | | Gardens Library |

OK, we all know that candles aren't allowed in communities like ours, but that doesn't mean we can't make them. Autumn is the perfect time of year to make scented candles. Autumn aromas are all around us from September to November. Think back to your childhood. It is the middle of October, and you are walking into Me-Maw's kitchen. What do you smell? The sweet smell of apple, cinnamon, vanilla, pumpkin and pecans are wafting in the air. Me-Maw is making tasty pies for dessert. Delicious aromas like those are hard to forget. How about we bring those precious memories back and make autumn scented candles this October? Once we've wrapped up the candle class, you can choose from dozens of autumn scented reef diffusers to place all around your apartment.

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| Memoir of a COVID Nurse | Caroline Glusko | Sunday, December 20th • 4:00 pm | Activity Studio |
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Caroline, a local to our area, is a recent graduate from Salve Regina University, where she received her nursing degree in 2016. Right after college, Caroline got her dream job at White Plains Hospital as an overnight nurse. She has been there for four years now, and is loving every minute of it. Unfortunately, during the winter of 2020, her worst fear came true- a pandemic struck. She put her life on the line for months, all to save ours. Come to Caroline's class this winter to hear all about her experiences during the COVID-19 outbreak.



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| Millennial Lingo | Reghan Giannelli | Tuesday, November 4th • 4:00 pm | Activity Studio |
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Have you ever read a twenty-five year old’s text message? Complete gibberish, right? Abbreviations like “LOL”, “OMW”, “YOLO” and “ILY” What the heck does it all mean???? Come to Reghan’s class this winter, as we break down dozens of texting abbreviations together. After the class, she will help you text or email your loved one using millennial lingo. Your grandkids would be so impressed and confused at the same time.

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| 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.

October- Bill Bradley- Professional basketball player with a secret passion for politics. After his professional career in the NBA he became a U.S. Senator.

November- Josh Hamilton- Professional baseball player who struggled with alcoholism, drugs and gambling before and during his professional career.

December- Ted Williams- Ted was a fighter pilot in both World War II and the Vietnam War before becoming a professional baseball player.



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| 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 people in. Law & Order, Dateline, NCIS, Criminal Minds, once you start, you cannot stop. This semester, we are offering a class on three iconic disappearances- the disappearance of Natalee Ann Holloway, the Malaysia Airline Flight 370 and the Lost Colony.

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

November-Malaysia Airlines Flight 370- No one is certain what happened to Flight 370, which 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.

December-The Lost Colony- In 1587, 115 English colonists landed on Roanoke Island, located off the coast of North Carolina. After three years on their settlement, the entire colony just vanished. The only evidence left behind was a piece of drift wood with the word “Croatoan” carved onto it. Croatoan was the local Native American tribe that the colonists became friendly with over the years.

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| No Laws When Drinking Claws | Reghan Giannelli | Monday, December 28th • 4:00 pm | Activity Studio |
| | | Monday, December 28th • 4:00 pm | Gardens Library |

Spiked seltzers have become the drink of the decade. With dozens of flavors and brands to choose from, you can purchase them almost anywhere. Beer and mixed drinks are so last season. Come to Reghan & Chi’s class this winter to learn about this booming company and taste the “it” drink of the decade. (Non-alcoholic seltzers will be served in the Gardens.)



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| New Tricks to Old School Oats | Reghan Giannelli | Thursday, October 29th • 11:00 am | Activity Studio |
| | Chi Ogba | Thursday, October 29th • 11:00 am | Gardens Library |

How many times have you said “I’ll have the usual” when ordering breakfast? Well guys, it's time to switch things up. This semester, you are going to make your own “over-night oats”. It is a quick and easy spin on the classic hot oatmeal. Over-night oats does not require an ounce of cooking. Before going to bed, combine your oats, milk of choice, fruit and nuts. For a bit of sweetness, just add a drop of honey, syrup or sugar. Once combined, you leave it 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 semester to make your own overnight oats. It is healthy, filling and perfect for all ages.

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| "Never Too Late" Dating App | Reghan Giannelli | Thursday, December 31st • 11:00 am | Activity Studio |
| | Chi Ogba | Thursday, December 31st • 11:00 am | Gardens Living Room |

How did you meet your significant other? Was it in an ice cream parlor? Were they your neighbor? Were they stationed in your hometown during the war? Now days, majority of the couples in America meet online. You may have seen online dating sites/apps advertised on television. Just a few to name, “eHarmony”, “Match.com” and “Plenty of Fish”. This winter, join Reghan and Chi as we create a fake account on “Silver Singles”- a dating app for seniors. You may be just one click away from finding your soulmate.

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| Political Science: Study of Power | Chandra Sanchara | Every Fourth Saturday of the Month • 4:00 pm | 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 cannot 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 Chandra'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.



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| Queen of the American Lakes | Christine Nazarro | Wednesday, December 2nd • 11:00 am | Activity Studio Gardens Living Room |
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Lake George, also known as the “Queen of the American Lakes”, has been Christine’s summer sanctuary for as long as she can remember. Lake George consists of over 300 islands and 109 miles of beautiful shoreline. Its incredible views, sparkling waters and fun summertime activities have been bringing families back year after year for generations. Christine would like to show you pictures and videos of her recent trip up to the lake. Boy, does she have some stories for you.

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| Rosetta Stone's National German Language Day | Linda Zaffo | Saturday, September 12th • 11:00 am | Activity Studio |
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One of our longtime residents, Linda Zaffo is a German native. She moved to the states in the 1950's before marrying her American husband. Linda will often admit that the textbook “English” she was taught in Germany was nothing like the slang and accents of a native New Yorker. It took some time, but Linda picked up the language- and she even credits the musical, Lili for helping her catch on so quickly. Saturday, September 12th, is National German Language Day and Linda has agreed to teach us a few textbook German words and slang expressions.

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| Sink That Ship! | Edward Lynch | Monday, October 19th • 11:00 pm | Activity Studio |
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South Bronx native, Ed Lynch, was drafted into the U.S. Navy at the young age of 18. He was stationed on the USS Cabildo. Ed traveled all over the world during his four years of service- California, Maine, Florida, Russia, Italy, Asia and the Bahamas. Most of his training was done underwater in submarines. While serving, he had one mission, and that was to stop the Russians! Sink their ships, if necessary! Luckily, at the age of 21, he made it home safe and sound. It was a long time coming, but worth every second. Come to his class this semester, and hear more about Ed's adventures while serving in the U.S. Navy.

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| Say Cheese | Carlo Messina | Monday, November 9th • 3:30 pm | Activity Studio |
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Carlo Messina, runs his own photography business called "FX Video & Photography". He specializes in wedding photography and has worked all over the Tri-State area. His motto is "You only have one chance to do it right". Carlo has agreed to come to the Fountains to show us snap shots of his recent work, which includes weddings that took place during the pandemic. He will also explain how he kept his business afloat during this unprecedented time. Come to Carlo’s class to see some of the precious moments that he has captured over the last twenty-five years. Afterwards, get ready for a close-up, because he’s taking some snap shots of us.



| COURSES | FACULTY | DAY AND TIME | LOCATION |
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| Say Yes To The Dress | Laura Calisi | Sunday, November 15th • 4:00 pm | Activity Studio |
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Over the past few decades, the wedding industry in America has been booming!!! Between crazy proposals, extravagant bachelorette/bachelor parties and luxurious honeymoons, it seems that money is only a number for most. Hartsdale native, Laura Calisi is recently engaged to her college sweetheart. They met as freshman at Fordham University and have been together ever since. Join Laura and her maid-of-honor this winter as they show us the financial breakdown of what an average wedding costs these days.

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| Sisterhood of the Traveling Pants: Santorini, Greece | Arielle Miras | Wednesday, October 14th • 11:00 am | Activity Studio Gardens Living Room |
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Arielle and her college roommates have always been avid travelers. From one vacation to the next, they were never stationed in one spot for too long. Their last excursion was to the beautiful Greek island of Santorini. Greece is home to one of the greatest civilizations known to man. It's architecture, rich culture, history, tasty cuisine and the crystal-clear water of the Mediterranean Sea makes Santorini a true European paradise. Come to her class to hear all about her trip of a lifetime and see some extraordinary photos and videos.

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| Spotlight on Comedians | Michelle Lang | Every Friday • 11:00 am | Activity Studio |
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There is a lot of research that proves that laughter really is the best medicine. Let new volunteer, Michelle Lang, prove to you that this theory really is true. This fall, she will begin a thirteen-week series on some of your favorite comedians. Comedians that she will touch upon - Jack Benny, Lucille Ball, Jackie Gleason, Betty White, Sammy Davis Jr., Jerry Lewis, Carol Burnett and Mary Tyler Moore.

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| Survival of the Fittest | Reghan Giannelli | Wednesday, October 7th • 11:00 am | Activity Studio |
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Who once spoke these iconic words "It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change."? The one, the only, Charles Darwin. He was a strong believer in natural selection. According to the Museum of Natural History, natural selection is a mechanism of evolution- organisms who are more likely to adapt to environmental changes are more likely to survive. Do you think there is truth to Darwin's theory? Are human beings a direct result of natural selection? Are we a creation of God or did we evolve from animals? There is much to question, and we want to know what you think. Come to Reghan's class to discuss this matter further. She will also bring in a life-size human skeleton and compare it to a life-size skeleton of an ape. Let the debate begin.



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| Tea-Topia | Reghan Giannelli | Thursday, November 5th • 11:00 am | Activity Studio |
| | Chi Ogba | Thursday, November 5th • 11:00 pm | Gardens Library |

Since 2012, famous tea brewing company, Pure Leaf, partnered with Rainforest Alliance Certified tea estates from all over the world. Rainforest Alliance Certified works tirelessly to reduce their factories negative impact on the environment, while creating as they say, "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. Come to Reghan’s class this semester for a little taste test, but also to learn how the Rainforest Alliance is protecting our environment. We will also discuss different ways that we as a society can support the cause.

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| Travel Agency Express | Chi Ogba | Second Monday of the Month • 11:00 am | Activity Studio |
| | | Second Monday of the Month • 11:00 am | Gardens Library |

Never got the chance to travel the world? Well, here is your chance. By using our new virtual reality headset, we are going to explore the world around us without even leaving the community.

October- Keukenhof Gardens, Netherlands- Keukenhof Gardens is home to 7 million flowers that bloom simultaneously every spring.

November- The Great Barrier Reef, Australia - The Great Barrier Reef is the world’s largest coral reef in the world; home to more than 2,900 reefs and 900 islands.

December- The Great Pyramids of Giza- Located on the bank of the Nile River, The Great Pyramids of Giza lie right outside of Cairo, Egypt. The largest of the three, “The Great Pyramid” is almost 500 feet in height, making it the largest pyramid in the world. It is the only remaining wonder of the ancient world.



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| Tips & Tricks to Decoupage | Reghan Giannelli | Wednesday, December 9th • 4:00 pm | Activity Studio |
| | Chi Ogba | Wednesday, December 9th • 4:00 pm | Gardens Library |

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 Chi's decoupage class this semester to create your own design on wooden jewelry boxes.

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| Tour of the World | Chandra Sanchara | Third Tuesday of the Month • 4:00 pm | Activity Studio |
| | Chi Ogba | Third Tuesday of the Month • 4:00 pm | Gardens Living Room |

The year 2020 definitely has its fair share of positives and negatives. Unfortunately, we could probably name more negatives than positives. One positive that has taken the world by storm is the availability of free online movies, musicals and tours. This semester, we are going to take advantage of this rare opportunity, and explore iconic museums from around the world without even leaving our seats.

October- The Vatican Museum – Check out a 360-degree view of the Sistine Chapel.

November- The Guggenheim Museum – Impressionism, Modern and contemporary artwork.

December- Van Gogh Museum – 200 paintings, 500 drawings and 750 letters all personally created by Van Gogh, himself.



| COURSES | FACULTY | DAY AND TIME | LOCATION |
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| Wallpaper on the Go | Reghan Giannelli | Wednesday, November 25th • 3:45 pm | Arts & Crafts Studio |
| | Chi Ogba | Wednesday, November 25th • 3:45 pm | Gardens Library |

There are many exciting things that come to mind when you move into your first place- signing the paperwork, holding that key in your hand, walking in for the first time and housewarming parties. From a girl's perspective, what is she getting ready to do the moment the paperwork is finalized? DECORATE!!! When you own a home, the sky is the limit. You can tear walls down, rip out the rug, paint the house any color and so many more fun DIY projects. But, what if you are a renter? There are usually limitations, right? One being painting or putting up wallpaper. Believe it or not, wallpaper is making a big comeback. It is one of the most popular ways to spruce up a room on a tight budget. Reghan has some great advice for renters who want to use wallpaper, without any of the repercussions. All you need is a paint brush, liquid corn starch and fabric.

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| Wonders of Wyoming | Tony Giannelli | Sunday, October 25th • 11:00 am | Activity Studio |
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Tony and his wife, Mary Beth usually go down the Jersey Shore each summer, but decided to switch thing up a bit in the summer of 2019. They chose to explored 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 October to get a glimpse of Wyoming's countryside and popular tourist attractions like Yellowstone National Park.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Calisi, Laura

Say Yes to the Dress

Laura Calisi lives in Hartsdale, New York- right up the street from us. She recently graduated from Fordham University and is currently studying to be a physician assistant at Stony Brook University. She lives at home with her mom, younger brother and their dog. She doesn't exactly have a lot of free time, but when she does, Laura enjoys going on hikes, kayaking and spending time with family and friends.

Degnan, Noreen

Empowering America's Troubled Youth

Noreen Degnan is a certified recreational therapist. She received her degree from Lehman College in the Bronx. Her first job was at Saint Christopher's Group Home. Noreen is a loving mother of four, a wife and a caring neighbor. She is very involved in her community. Noreen lives in Irvington, New York and works very closely with the town's seniors. She currently works with special needs children in Ardsley High School and coaches the girls' varsity softball team.

DiBattista, Gina

I'm Going to Disney World

Gina DiBattista is our Business Office/Human Resources Director. She lives five minutes from the community. Gina received her undergraduate and graduate degree in business from Iona College in New Rochelle, New York. Let's go Gales!!! Gina spends her winters here in New York and almost every weekend in the summer she is down the Jersey Shore.

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

Glusko, Caroline**Memoir of a COVID Nurse**

Caroline Glusko lives right up the street in Yonkers, New York. She attended Our Lady of Victory Academy in Dobbs Ferry, New York before receiving her nursing degree from Salve Regina University in Rhode Island. She currently works as an overnight nurse in White Plains Hospital. When she isn't working, Caroline is either exercising or hanging out with family and friends.

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 as a Community Life Assistant three months out of college, and has been at the Fountains ever since. In 2017, she was promoted to Director of Community Life. She lives in Yonkers with her mom, dad, sister and cat.

Giannelli, Tony**Wonders of Wyoming**

Tony Giannelli is a returning volunteer that lives with his wife, two daughters and their cat. He received an athletic scholarship to Bucknell University in Lewisburg, Pennsylvania. While at Bucknell, he played football and studied education. He has been a teacher and school counselor in the Mount Vernon School District for thirty years now. Tony just retired this past May.

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

Monica Lafferty is our new Executive Director. Before working at the Fountains, she worked in finance and is also a registered nurse. Monica lives in Stamford, Connecticut with her husband and two dogs. She would love to go back to school to become a physician assistant.

Lynch, Edward**Sink that Ship!**

Ed Lynch moved into the Fountains just about one year ago. He grew up in the South Bronx, before joining the Navy at 18. When he returned to the states, he got married and worked as an elevator repair man. Ed was just one out of hundreds of union workers who built Shea Stadium- home of the New York Mets. In his spare time, Ed loves to draw- especially pictures of animals.

Messina, Carlo**Say Cheese**

Carlo is a professional photographer, who specializes in wedding photography. He runs his own company called "FX Video and Photography". He does most of his work right here, in the Tri-State area. We can't wait to see all of the precious moments that he has captured over the last 25 years.

NAME OF INSTRUCTOR

CLASS NAME

Miras, Arielle

Sisterhood of the Traveling Pants- Santorini, Greece

Arielle Miras is our Resident Relations Director. She received her bachelor's degree in social work at Siena College and her master's degree in social work at the University at Albany. She has been married for two years and they have a dog named Ghost. The three of them now live in Stamford, Connecticut. 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.

Nazzaro, Christine

Queen of the American Lakes

Christine is our Sales Director. She 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 been working with this population for almost ten years now, and she is only 27 years old. She currently lives with her fiancé in Yonkers, New York and they are expecting their first child together. Chi mainly works with our memory care residents, in the Gardens. We are so lucky to have her on board.

Rutty, Claudette

American Dream

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's worked in just about every department- nursing, med-tech, kitchen and activities. Chandra moved to the states from Guyana just about 30 years ago, and has loved it ever since.

NAME OF INSTRUCTOR

CLASS NAME

Schiff, Kenny

Antique Roadshow

Kenny has been with our company since 2002. Talk about dedicated. He is our full-time driver. He lives in Yonkers with his wife and two children. Kenny attended and played baseball for Concordia College. He spends most of his weekends at flea markets throughout the tri-state area. He loves collectibles and old antiques. When he is not driving, he is always there to lend a helping hand.

Zaffo, Linda

Rosetta Stone's National German Language Day

Linda has been a resident since 2013. She grew up in Germany and moved to the states when she was in her 20's. Her first job in America was a production supervisor. Not long after, she married her husband, and they lived in Tuckahoe with their two children. Linda loves reading, gardening and staying active. In fact, Linda was on a bowling team just until about ten years ago. She is by far, one of our most active residents.



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