

WATERMARK UNIVERSITY

2021

**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
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<b>American Dream</b>	<b>Claudette Ritty</b>	<b>Tuesday, April 6th • 3:30 pm</b>	<b>Activity Studio</b>
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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 in the matter, 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 pursue a career in the food industry. Come to her class this semester, 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.

<b>Antique Roadshow</b>	<b>Kenny Schiff</b>	<b>Friday, March 5th • 2:30 pm</b>	<b>Activity Studio</b>
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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 Sundays 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.



COURSES	FACULTY	DAY AND TIME	LOCATION
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Art History Lecture	Beth Gersh-Nesic	First Monday of the Month • 11:00 am	Activity Studio
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**January- 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.

**February - 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.

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

**April- Early Modernism in American- From Ashcan to Georgia O’Keeffe**- While European artists were eager to invent new forms of art, American artists focused on American urban and rural scenes. They looked past the elegance of the late 19th-century Genteel Style that described opulence and splendor, choosing instead the mundane habits of the less well-to-do. This semester we will look at artwork by the Ashcan School, the Regionalists and the Stieglitz Circle, including Georgia O’Keeffe.

Best of Nigeria	Chi Ogba	Thursday, April 15th • 11:00 am	Activity Studio
		Thursday, April 15th • 4:00 pm	Gardens Living Room

Chi and her family love leaving the hustle and bustle of New York behind and visiting their loved ones in Nigeria. They usually go every few years, but because of the pandemic, their plans have changed a bit. Come to her class this semester, to check out pictures, African inspired clothing, accessories and memorabilia that reminds her of home. Fingers crossed that she gets to go back sometime soon.



<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
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<b>Baby Cakes</b>	<b>Dominique Scarinci</b>	<b>Sunday, January 17th • 4:00 pm</b>	<b>Arts &amp; Crafts Studio</b>
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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 it- she quickly discovered her love for 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 January, 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.

<b>Crafting Tips from a Crafting Editor</b>	<b>T.C.</b>	<b>The Last Wednesday of the Month • 2:00 pm</b>	<b>Arts &amp; Crafts Studio</b>
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One of our newest residents, who wishes to remain anonymous, had quite the career in the crafting business. Throughout her prosperous career, she worked as a crafting editor for two major magazines in New York City. She has been retired for quite some time, but T.C. still carries that passion for crafting with her everywhere she goes. In fact, she has graciously offered to run an arts & crafts class once a month, beginning this January. Swing on by the Arts & Crafts Studio every last Wednesday of the month to meet this mystery woman and see what crafting tips she has hidden up her sleeve.

<b>Department of Health</b>	<b>Community Life Associate</b>	<b>First Wednesday of the Month • 4:15 pm</b>	<b>Activity Studio Gardens Living Room</b>
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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 Chi's health chat once a month to educate yourself on different ways to live a happier, healthier and longer life.

<b>Empowering America's Troubled Youth</b>	<b>Noreen Degnan</b>	<b>Saturday, February 13th • 11:00 am</b>	<b>Activity Studio</b>
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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 as a recreational therapist at Saint Christopher's Group Home in Dobbs Ferry, New York. At Saint Christopher's, she worked with adolescents who were already in or on their way towards a life in a juvenile delinquent center. Come to her class this February to hear all about the Group Home and the amazing work that they do.



COURSES	FACULTY	DAY AND TIME	LOCATION
Fashion Week	Chi Ogba	Third Wednesday of the Month • 11:00 am	Activity Studio
		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 20s, women flaunted their legs in short flapper dresses. In the 40s, men wore big, plaid, and loose suits. In the 60s, men grew their hair out and women had the beehive. The 80s 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.

Google Earth Your Home	Reghan Giannelli	Wednesday, April 21st • 11:00 am	Activity Studio
	Chi Ogba		Gardens Library

Do you ever think about your childhood home - Is it the same color? Is the pool still there? Is my neighbor's noisy 1928 Cadillac still in their driveway? What if we told you that you could see a picture of your childhood home right here, right now. Would you be interested? By using Google Earth on our Smart TV, we can show each of you aerial footage of your childhood home and neighborhood. You supply the address, we supply the nostalgia.

Henna on the Heart	Reghan Giannelli	Tuesday, March 9th • 4:00 pm	Activity Studio
	Chi Ogba		Gardens Library

Mehndi, also known as henna dye, has been used for thousands of years in Hindu culture. In that culture, on the day of a woman's wedding, she paints mehndi designs on her hands and up her arms. These tattoos symbolize beauty and spiritual awakening. Come to our class this spring, to check out centuries old henna designs that are still being used today. Then, you can choose your own press-on henna tattoo to wear on your hand, or if you are feeling adventurous, up your entire arm. Don't worry, it washes off with soap and water.



<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
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<b>I'm Going to Disney World</b>	<b>Gina DiBattista</b>	<b>Wednesday, January 13th • 4:00 pm</b>	<b>Activity Studio</b>
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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 fanatic, "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 of people year after year.

<b>Jackson Pollack Creations</b>	<b>Reghan Giannelli</b>	<b>Friday, April 30th • 11:00 am</b>	<b>Activity Studio</b>
	<b>Chi Ogba</b>		<b>Gardens Library</b>

Jackson Pollack was and always will be a famous American painter from the abstract expressionist movement, which flourished between the 1940s and 1950s. His iconic technique was known as “the drip style”. Pollack would dunk all kinds of brushes, towels and sticks into buckets of paint and then literally drip paint all over the canvas. Come to Reghan’s class in the courtyard (weather pending), to learn all about Pollack’s iconic "strokes". Be sure to wear ragged clothes, because after class, we will be making our very own Jackson Pollack painting on a life-size tarp; and yes, we will be using his drip technique.

<b>Metamorphosis- An Overnight Beauty</b>	<b>Reghan Giannelli</b>	<b>Tuesday, April 27th • 4:00 pm</b>	<b>Arts &amp; Crafts Studio</b>
	<b>Chi Ogba</b>		<b>Gardens Library</b>

Have you ever read the fictional book “The Metamorphosis” by Franz Kafka? The once traveling salesman, Gregor Samsa, went to bed a human, and woke up an insect. Well, a caterpillar’s metamorphosis is quite similar. It goes to bed a creepy crawly creature, and wakes up a beautiful butterfly. Come to Reghan’s class to learn about a caterpillar's complete metamorphosis. Then, you can help set up our butterfly kit, which includes three LIVE caterpillars that will soon turn into three beautiful butterflies.



<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
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<b>Man's Best Friend</b>	<b>Monica Lafferty</b>	<b>Friday, March 26th • 4:00 pm</b>	<b>Gardens Living Room</b>
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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.

<b>Mask Mist Hitting the Shelves</b>	<b>Reghan Giannelli</b> <b>Chi Ogba</b>	<b>Friday, January 15th • 11:00 am</b>	<b>Activity Studio</b> <b>Gardens Living Room</b>
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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, Reghan and Chi will introduce you to organically made mask mist that is all the rage right now. You simply spray the mist into your mask, and bam..... bad breath is gone. Spearmint, peppermint, vanilla, strawberry, cotton candy the list goes on. We will bring samplers for you to try out yourself.

<b>Prehistoric Pottery</b>	<b>Reghan Giannelli</b> <b>Chi Ogba</b>	<b>Tuesday, March 23rd • 3:30 pm</b>	<b>Arts &amp; Crafts Studio</b> <b>Gardens Library</b>
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Did you know that pottery was the first synthetic material that humans ever created? (<https://www.ancient.eu/pottery/>) In fact, records of pottery usage dates all the way back to the late Paleolithic period, where clay pots and vessels were used for storage and food consumption. Join us this semester, as we learn more about prehistoric civilization and try out our new pottery wheel.

<b>Memoir of a COVID Nurse</b>	<b>Caroline Glusko</b>	<b>Sunday, February 21st • 4:00 pm</b>	<b>Activity Studio</b>
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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 semester, to hear all about her experiences during the COVID-19 outbreak.





COURSES	FACULTY	DAY AND TIME	LOCATION
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Millennial Lingo	Reghan Giannelli	Tuesday, February 23rd • 4:00 pm	Activity Studio
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Have you ever read a 25 year old's text message or email? 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 so confused all at the same time.

Most Valuable Player	Reghan Giannelli Chi Ogba	Last Thursday of the Month • 11:00 am	Activity Studio Gardens Living Room
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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 our class every month to learn about a different athlete's long journey towards success.

**January-** Bill Bradley- Professional basketball player with a secret passion for politics. He grew up in a household with very strong political views. In fact, many of his family members held local and county political offices. After his professional career in the NBA, he became a U.S. Senator.

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

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

**April-** Bethany Hamilton- Professional surfer whose left arm was bitten off by a shark in 2003. She is now a professional surfer who travels the world with her husband and two children.



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

**January-** 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.

**February--**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.

**March-**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.

**April-** Joseph Force Carter- Joseph, also known as "the missingest man in New York", vanished from the streets of New York City in 1930. He was a Supreme Court judge. Supposedly, Carter took \$5,000 out of his bank account on August 3rd, 1930. Then, later in the day, his friend William Klein and a showgirl named Sally Lou Ritz last saw Carter walking out of a restaurant towards Broadway. He was never seen or heard from since.



COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>No Laws When Drinking Claws</b>	<b>Reghan Giannelli</b> <b>Chi Ogba</b>	<b>Wednesday, March 17th</b> <b>• 4:00 pm</b>	<b>Activity Studio</b> <b>Gardens Library</b>
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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 Saint Patrick's Day to learn about, White Claw, the most popular spiked seltzer brand in America. Oh, and don't forget- it's also Saint Patrick's Day, so of course we're going to pass around a few samples.

<b>ESPN's on Lockdown</b>	<b>Tony Giannelli</b>	<b>Saturday, February 27th</b> <b>• 11:00 am</b>	<b>Activity Studio</b>
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If you are an avid sports fan, you must have noticed the lack of entertainment on ESPN this past year. Both collegiate and professional sports took a huge hit during the 2020 pandemic. The NBA ended their season early, March Madness was cancelled, MLB started in July and the summer Olympics have been postponed. For a sports fanatic, it has been a year from... well, you know. For Tony, a collegiate athlete himself, he was so desperate that he actually became a regular on the Korean Baseball Network. Come to his class this semester, to further discuss the complete shutdown of collegiate and professional sports and their plans for reopening.

<b>"Never Too Late" Dating App</b>	<b>Reghan Giannelli</b> <b>Chi Ogba</b>	<b>Thursday, January 1st •</b> <b>11:00 am</b>	<b>Activity Studio</b> <b>Gardens Living Room</b>
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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 a days, majority of the couples in America meet online- *real exciting*, right? You may have seen online dating sites/apps advertised on television. Just a few to name, "eHarmony", "Match.com" and "Plenty of Fish". This January, 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.

<b>Political Science: Study of Power</b>	<b>Chi Ogba</b>	<b>Every Fourth Saturday of the Month • 4:00 pm</b>	<b>Activity Studio</b>
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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 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 ugly.



COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Queen of the American Lakes</b>	<b>Christine Nazarro</b>	<b>Wednesday, February 10th • 11:00 am</b>	<b>Activity Studio Gardens Living Room</b>
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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. This semester, Christine would like to show you pictures and videos of her recent trip up to the lake. Her home away from home.

<b>Springtime Scented Satchels</b>	<b>Chi Ogba</b>	<b>Friday, April 9th • 4:00 pm</b>	<b>Activity Studio</b>
	<b>Chi Ogba</b>	<b>Friday, April 9th • 11:00 am</b>	<b>Gardens Living Room</b>

Potpourri, a mixture of dried and fragrant materials, are typically used to let off gentle aromas in a room. It is also the perfect way to salvage dying flowers and rotting fruits. Come to Chi's class to see how she makes her mom's homemade springtime potpourri. All you need is a sheet pan, essential oils, fruits, flowers, herbs and spices. After she demonstrates the process, feel free to make your own springtime satchel from the materials that she already baked at home.

<b>Sink That Ship!</b>	<b>Edward Lynch</b>	<b>Monday, January 11th • 4:00 pm</b>	<b>Activity Studio</b>
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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- "STOP THE RUSSIANS!!!! Sink their ships if you have too!" Come to his class this semester, and hear more about Ed's adventures while serving in the U.S. Navy, especially underwater.



COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Say Cheese</b>	<b>Carlo Messina</b>	<b>Monday, January 4th • 3:30 pm</b>	<b>Activity Studio</b>
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Professional photographer, Carlo Messina, runs his own photography business in Yonkers 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.

<b>Say Yes To The Dress</b>	<b>Laura Calisi</b>	<b>Sunday, February 14th • 4:00 pm</b>	<b>Activity Studio</b>
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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. 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 this Valentine's Day, as they show us the financial breakdown of what an average American wedding costs these days.

<b>Sisterhood of the Traveling Pants: Santorini, Greece</b>	<b>Arielle Miras</b>	<b>Wednesday, January 20th • 11:00 am</b>	<b>Activity Studio</b>
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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.



COURSES	FACULTY	DAY AND TIME	LOCATION
Nature's Finest Face Mask	Reghan Giannelli Chi Ogba	Tuesday, February 9th • 4:00 pm	Activity Studio Gardens Library

Winters in New York definitely aren't easy. Shoveling, salting, less sunlight, heavy clothing, chapped lips, the list can go on. What about dry skin? Let's face it, our sensitive skin takes a real beating in the winter, especially our faces. Most dermatologists would suggest using a good quality moisturizing lotion everyday. But sometimes lotion alone just isn't enough. So what's the next best option? Well, a moisturizing face mask sounds like a good place to start, don't yah think? Come to Reghan's class this February, to try her favorite homemade face mask. It consists of avocado, aloe vera and oats- all natural and pure ingredients guaranteed to freshen up anyone's dull and dried out skin.

Survival of the Fittest	Reghan Giannelli	Tuesday, March 13th • 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.



COURSES	FACULTY	DAY AND TIME	LOCATION
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.

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

**February-** 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.

**March-** Cliffs of Moher- The Cliffs of Moher are located on the west coast of Ireland in County Clare. The cliffs run along the coast for almost 10 miles.

**April-** 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.

Tips & Tricks to Decoupage	Reghan Giannelli & T.C.	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 create 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 our decoupage class this semester to create your own design on wooden jewelry boxes.



COURSES	FACULTY	DAY AND TIME	LOCATION
Tour of the World	Reghan Giannelli	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 had its fair share of positives and negatives. Unfortunately, we could probably name more negatives than positives, right? However, one benefit of the pandemic is the increasing 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.

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

**February-** The Guggenheim Museum – Impressionism, modern and contemporary artwork.

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

**April-** The Smithsonian Institute- The world's largest museum & research complex. The Smithsonian is located in Washington D.C. and consists of 17 museums, research labs, galleries and a zoo.

Wallpaper on the Go	Reghan Giannelli	Tuesday, January 19th • 3:45 pm	Arts & Crafts Studio
	Chi Ogba		Gardens Library

There are many exciting things that come to mind when you buy your first place- signing the paperwork, holding that key, housewarming parties etc. From a girls perspective, what is she thinking the moment she walks through that front door? TIME TO DECORATE!!! When you own a home, you can tear walls down, rip out the rug, paint the house any color- the sky is the limit. But what if you are a renter? There are usually limitations, right? One being putting up wallpaper. Believe it or not, wallpaper is making a huge 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 in their apartment, without any of the repercussions. All you need is a paint brush, liquid corn starch and fabric. Let's get started, shall we?





COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Winter's Road to Recovery</b>	<b>Reghan Giannelli</b>	<b>Wednesday, April 14th • 4:00 pm</b>	<b>Activity Studio</b>
	<b>Chi Ogba</b>		<b>Gardens Library</b>

On National Dolphin Day, we are going to virtually meet the famous Floridian bottlenose dolphin, Winter. She currently lives at the Clearwater Marine Aquarium in Clearwater, Florida. At only two months old, the Clearwater rescue team was forced to amputate her tail after it got caught in a fisherman's net. The first few months after surgery were not easy for Winter or the crew. She was refusing to swim and eat, and went into a deep depression. However, thanks to Doctor Kevin Carroll, an Irish prosthetist, Winter received the first prosthetic tail ever used on marine life. Today, Winter is 15 years old and is still welcoming visitors at the aquarium. Many of her visitors are fellow amputees or individuals with mental and physical disabilities. Come to our class this spring, to learn about Winter's road to recovery and how she has inspired others to conquer the impossible. The best part of all, we can see live footage of Winter on the aquarium's website. She is usually with her best friend, Hope, another rescue.

<b>Wonders of Wyoming</b>	<b>Tony Giannelli</b>	<b>Sunday, April 18th • 4:00 pm</b>	<b>Activity Studio</b>
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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 semester to get a glimpse of Wyoming's countryside and popular tourist attractions like Yellowstone National Park. This class has been cancelled twice already due to the pandemic, so Tony is hoping all goes well this time around. After all, third time's a charm.

## Faculty Biographies

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### NAME OF INSTRUCTOR

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### CLASS NAME

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**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, walking her dog, 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. Noreen is a loving mother of four, faithful wife and caring neighbor. She is very involved in her community. She works very closely with the town's seniors. She currently works with special needs children in Ardsley High School and coaches their 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 her summer weekends 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*.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**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 years old. 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.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**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****Volunteer**

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.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Schiff, Kenny**

**Antique Roadshow**

Kenny has been with our company since 2002. Talk about dedicated. He is our full-time driver. Kenny 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.

**T.C.**

**Crafting Tips from a Crafting Editor**

T.C. is a resident living at the Fountains. This resident wishes to remain anonymous.



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