

WU  
WATERMARK UNIVERSITY

2017

**Fall Semester**  
SEPTEMBER THROUGH DECEMBER

 **THE FOUNTAINS**  
AT WASHINGTON HOUSE

COURSE	FACULTY	DAY AND TIME	LOCATION
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**AARP Smart Driver course**

Wally Wood

Tues. Sept 19  
9-1pm

Meeting  
Room

Take the AARP Smart driver Course and save money on your car insurance! Refresh your driving skills and know the new rules of the road. Learn reach-based strategies to help you stay safe behind the wheel. Plus there are no tests to pass! Fees: AARP members 15 and 20 for non-members, payable 1 week prior to class, September 12<sup>th</sup>

**Aerobics**

Alysha Winiarski

2nd Mondays  
11:00 AM

Springs

This class is designed to keep participants functionally fit by carefully increasing the participants' heart rate to improve cardiovascular fitness. Exercises range from posture control and stretching to high stepping. Join us and work up a sweat in the name of your health.

**All About The Earth**

Alysha Winiarski

Tuesday, October 17  
1:30pm

Enhanced  
Living

Earth, our home planet, is the only planet in our solar system known to support life. This class explores why our planet is so special and will touch on mother nature's creations, as well as, the environment and the science behind natural phenomena.

**Amazing Nature**

Community Life

Sundays  
2:30pm

Cinema

This cinematic series is an example of what is now being called virtual tourism. Head to the cinema where will be watching the extraordinary high definition video footage of National Geographic to explore the natural wonders as we travel the globe. We will begin our travels in Madagascar where the high energy lemurs will kick off our rainforest tour and lead us into the fascinating habitat that has developed around them.

**American Democracy or Republic?**

Professor Mark Albertson

Thursday, Sept 21  
1:30 pm

Auditorium

Is the U.S.A. a Democracy or Republic? Many Americans seem very confused about this understanding of our government. However, you will not find the word "Democracy" in the Declaration of Independence, Constitution or Bill of Rights! Many of the Founders were not proponents of Democracy. In this thought-provoking lecture, he will detail historical evidence and research for contemplation. Professor Albertson draws the inspiration for this informative Lecture: from his own History class at Norwalk Community College American Empire: "Grand Republic to Corporate State"

<b>COURSE</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>American Cancer Society</b>	Amer. Cancer Representative	Thursday, Nov. 9 1:30pm	Auditorium
<p>The American Cancer Society is dedicated to promoting education and outreach. Their presentation will include updates about the programs and services, legislative efforts and most importantly, Cancer Research. During the program they provide an overview and details regarding these topics, and how donors contribute and support their efforts. At the conclusion of the lecture, a drawing will be held with awarding of prizes, as well as light refreshments served.</p>			
<b>Art and Beyond</b>	Denise Taylor	Dates Vary, See Below	
<p>During weekly sessions, Therapeutic Arts Specialist Denise Taylor will offer opportunities to learn new techniques and approaches to art with a variety of materials and media. Art is beneficial in so many ways. It can relax, motivate, validate, promote empowerment, encourage fine and gross motor skills, and make us feel good about ourselves.</p>			
<b>SPRINGS</b>	Wednesdays, Every Other Sunday/Thursday ~ 10:00am ~ Springs		
<b>VILLA</b>	Wednesdays, Every Other Sunday/Thursday ~ 11:15am ~ Villa		
<b>INN</b>	Mondays ~ 10-11am Every Other Thursday ~ 11:00am		
<b>Arthri-Fit</b>	Fitness fury Experience	Tuesdays 11:00am	Springs
<p>The pain associated with arthritis can stop some people from exercising and maintaining their mobility, which does, in fact deepen the symptoms of arthritis, causing further stiffening and tightening of joints and severely limiting flexibility. The training team from Fitness Fury Experience has developed a routine targeted at staving off some of these changes, potentially reversing some of the damage which has been done. If you have any of these symptoms, this course may be just what you were looking for.</p>			
<b>Balloon Art</b>	Eileen Armstrong	Wednesday (date TBD) 11:00 am	Springs
<p>Balloons can be used for decorative touches in a variety of ways beyond the balloons as we usually see. Please join Eileen as she will instruct how to create a fun, seasonal display as well as discuss the common types of balloon decor such as arches, columns, and balloon bouquets. As some history of these inflatables, people had the opportunity to obtain a rubber balloon was in 1825. But they had to make the actual balloon themselves! The balloons came in the form of a kit. The kit was made up of ". . . a bottle of rubber solution and a condensing syringe." It was marketed by England's pioneer rubber manufacturer, Thomas Hancock.</p>			

<b>COURSE</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Behind The Holiday Carol</b>	Alysha Winiarski	Tues. Dec. 19 <sup>th</sup> 2pm	Enhanced Living
<p>Ever wonder what those holiday songs are really about? In this class we will explore the unknown and sometimes hidden meaning of the lyrics of the most popular and widely known examples of these songs. Which song was written with another holiday in mind? Which one has two sets of lyrics? You may be surprised at what you find out!</p>			
<b>Bible Study</b>	Reverend Holden	2 <sup>nd</sup> , 3 <sup>rd</sup> , and 4 <sup>th</sup> Mondays 11:15am	Meeting Room
<p>Join Reverend Holden as she reviews Biblical verse and with the participants discusses meaning and implications as well as the impact they should have on daily life.</p>			
<b>Bird Tales</b>	Alysha Winiarski	2nd Mondays 10:00 AM	Springs
<p>Learn fascinating facts about our neighbors, the birds who share our space with us. In a partnership with the Bent of the River Audubon, we have been working to make our courtyard garden a more bird-friendly environment, impacting not only the birds, but the eco-system as a whole. Learn about these birds, and how they can enhance our day-to-day lives in this unique program.</p>			
<b>Blast off Your Creativity</b>	Karen Anderson	Tuesdays 1:30pm 3 <sup>rd</sup> Wednesdays 2:45pm	Villa Inn
<p>Most of Karen's workshops help exhausted women who spend years of tending to everyone else's needs, to learn how to nurture her inner spirit. By offering expressive, creative and spiritual workshops, women can rediscover and reclaim their self confidence in life and love. She believes that everyone deserves to enjoy life, be open to universal gifts, and to give and receive love. Creating art allows one to construct a concrete object to work with. No talent is necessary, no right or wrong. Just the desire to open oneself to creative expression and begin a journey. When we embrace what we fear the most, it can become our greatest strength and ally.</p>			
<b>Bubbe's Baking</b>	Wanda Pacitto-Horenian	Monthly 2nd Wed. 10:30am	Inn
<p>Bubbe, Gram, Nana, Oma, Memaw, Meme... Call them what you will, but the wisdom of a grandmother, and the life lessons learned sitting around her table as she cooked is irreplaceable. Join Wanda, to look at those pearls of wisdom that we all received in younger years and examine how they have shaped our lives. As a bonus, each session we will also be learning some of Wanda's favorite homemade cookie recipes (and sampling them!). After all, nothing tastes better with self-reflection and proverbs than fresh homemade cookies.</p>			
<b>CapTel Presentation</b>	Dr. Stephanie Bakewell Kimberly Schmidt	Thurs. Oct. 26 1:30 pm	Meeting Room
<p>CapTel, aka Cationed Telephones, are just like any other phone with a feature that is of great help for those with decreased hearing. The phones have a visual display that shows closed captions of everything your caller says, much like the captions used for watching television. With these phones one can read the display, listen to the caller and amplify the sound. Captel is a free service! The phone and the captioning are free, with no monthly fees or contracts required. Come to this informative session and check out this useful, helpful innovation!</p>			

<b>COURSE</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Cardio Fitness</b>	Fitness Fury Experience	Tuesday, Thursday, & Saturday ~ 9:00am	Club
<p>This cardio exercise course is fit for any person interested in improving their overall wellness. Trainers will be going through a series of stretches and exercises which will start slow, gently escalate and by the end have everyone from beginner to fitness guru feeling the burn! This class has an enthusiastic following, so be ready to join your peers in this exciting course as a regular way to start your day.</p>			
<b>Caregiver's Support Group</b>	Denise Julian	Last Wednesday 6:00pm	Art Studio
<p>Denise Julian, East Hill's own Director of Health Services, will provide caregivers with updated information, emotional support, and problem-solving as relates to the challenges of giving care to those living with Alzheimer's</p>			
<b>Chair Yoga</b>	Karin Terebessy	Fridays 10:00am	Club
<p>Chair Yoga is a gentle and restorative form of yoga, designed to increase flexibility, strength, balance, and circulation. Chair Yoga encourages proper breathing and better posture while also releasing stress and tension and balancing the body's systems, for an overall sense of well-being. Each class includes breath work, stretching and strengthening, a brief stress reducing meditation, and gentle neck and shoulder massage at the end.</p>			
<b>Colors in Nature</b>	Tasha Jones	1 <sup>st</sup> Saturdays 11:15am	Villa
<p>Color is all around us, beautifies our world, keeps us safe, coaxes us to buy things, and even affects our mood. During these sessions, each color will be explored for these qualities, and will be viewed via art, objects, and ornamentation.</p>			
<b>Creative Watercolors</b>	Ival Stratford Kovner	Mondays, Oct. 9, 23 1:30 pm Mondays, Nov. 13,27 1:30pm	Art Studio  Art Studio
<p>Each class will meet for two hours and all materials will be provided for students. Beginner and those with past knowledge in watercolors welcome and encouraged to attend. The class will be fun and instructive! Students new and experienced will have an opportunity to become more familiar with this wonderful medium, watercolor. Please wear art-friendly clothing. Classes will meet during two classes within monthly in October and November.</p>			
<b>Dance Fit</b>	Fitness Fury Experience	Mondays 2:00pm Mondays 3:00pm	Inn  Villa
<p>Using dance music such as polka, swing, ballroom, and more, lends itself to not only happy memories, but the desire to move, to dance. During this class, the exercises will benefit your circulation, range of motion and general strength safely.</p>			

COURSE	FACULTY	DAY AND TIME	LOCATION
<b>Dean Martin: Everybody Loves Somebody...</b>	Bill Tasco	Wednesday, October 25 <sup>th</sup> 1:30pm Wed. Nov. 29th 1:30pm	Cinema
<p>“The sweet, sweet memories you gave-a me, You can't beat the memories you gave-a me...” so the song goes. Dino Paul Crocetti, known to us as Dean Martin gave us popular songs, comedy, and celebrity roasts as well as bringing his charismatic talents to all. He holds a place in history as a member of The Rat Pack. He was one of the most popular and enduring American entertainers of the mid-20th Century. Come join us as we review his timeless charm and iconic presence through music that brings us back to times we love to remember....”That’s Amore!”</p>			
<b>Ecumenical Bible Study</b>	Reverend Pittman	First Mondays 11:00 am	Meeting Room
<p>Interested in studying the bible, the meaning of gospel, and the history and background of biblical sayings? Some Join reverend Pittman to explore and ask for clarification on all thins bible-related.</p>			
<b>Engineering Victory How Technology Won The Civil War</b>	Thomas F. Army, Jr.	Tues. Sept. 26 1:30pm	Auditorium
<p>Author and historian Thomas F. Army Jr. will discuss his book outlining a fresh approach to the question of why the North prevailed in the Civil War. He will relate his findings on how their strength in engineering was a critical factor is determining the Civil War's outcome.</p>			
<b>Flash mobs - Musicals From Around The World</b>	Parker Mooreland	Sunday, Sept. 17 2:30pm	Meeting Room
<p>Come join Parker Moreland and view a collection of 3-8 flash-mob videos from all over the world, easily available on YOUTUBE. Great Fun!</p>			
<b>Flash mobs - More Musicals From Around The World</b>	Parker Mooreland	Sunday, Oct. 22 2:30pm	Meeting Room
<p>The flash mob phenomenon continues! In past sessions Mr. Moreland has brought us a huge variety of flash mob scenes, locations, and musical types. This session's international selections are sure to keep that momentum going! Come join him to view a collection of 3-8 minute flash mob videos from all over the world, easily available on YouTube.</p>			
<b>Flash mobs - Even more musicals From Around The World</b>	Parker Mooreland	Sunday, Nov. 12 2:30pm	Meeting Room
<p>The flash mob phenomenon continues! In past sessions Mr. Moreland has brought us a huge variety of flash mob scenes, locations, and musical types. This session's international selections are sure to keep that momentum going! Come join him to view a collection of 3-8 minute flash mob videos from all over the world, easily available on YouTube.</p>			

COURSE	FACULTY	DAY AND TIME	LOCATION
<b>Flash mobs - Christmas musicals From Around The World</b>	Parker Mooreland	Sunday, Dec. 3rd 2:30pm	Meeting Room
Come join Parker Moreland and view a collection of 3-8 flash-mob videos from all over the world, this session has a holiday theme. All are easily available on YOUTUBE. Great Fun!			

<b>Food Timeline</b>	Nayas	Last Sat., Monthly 2:00pm	Villa
	Sue Galgano	3:00pm	Inn

Stories behind popular food! Fig Newtons were originally made for a health fad at the time! Food history presents us with a fascinating buffet of popular lore which includes some contradictory facts. Please join us as we delve into the many varied, fascinating tales of food products that make our mouths water! By the way, samples are part of the program, because, after all, "The proof is in the pudding!"

<b>Free Flow Yoga and Dance</b>	Simmi Narula	Friday, Sept. 15 1:30pm	Inn
		Friday Sept. 22 1:30pm	Auditorium
		Monday, Oct. 13 1:30pm	Auditorium

We all know of the many health benefits of traditional yoga; decreasing stress and blood pressure, as well as, increasing flexibility and self-awareness. This class is a spin on the traditional class, adding upbeat music and movement through Asanas or poses. Music will provide the beats and Simmi Narula, R.N. will lead us through a guided expression of dance, which may include individual dancing and/or partner dancing using mirroring techniques. Join us in this Bollywood dance inspired class and find the movement inside you.

<b>Garden of Beats Drumming Class</b>	<u>Dates Vary, see below</u>		
	Monthly 4 <sup>th</sup> Mondays	10:30am	Springs
		1:00pm	Meeting Rm.
	Monthly 4 <sup>th</sup> Thursdays	1:30pm	Villa
		3:00pm	Inn

Don't know how to drum? That's OK! Let Jami show you the way! He says, "We all have a heart, so we all have a beat...just bring that into the circle and share your heart beat. Before you know it, you will be drumming. Drum therapy is an ancient approach that uses rhythm to promote healing and self-expression. From the shams of Mongolia to the Minianka healers of West Africa, therapeutic rhythm techniques have been used for thousands of years to create and maintain physical, mental, and spiritual health. Current research is now verifying the therapeutic effects of ancient drum rhythms.

COURSE	FACULTY	DAY AND TIME	LOCATION
<b>Great Courses Understanding Great Music</b>	Prof. Robert Greenberg	Tuesdays 2:30 pm	Cinema
<p>This comprehensive series is founded on the idea of music as a mirror, reflecting the social and cultural forces at work at the time it was created. It's fascinating to see how influences like language, politics and religion influenced musical development, either consciously or unconsciously. Much of what we now appreciate as some of the greatest works in musical history were considered unlistenable at the time. Composers we revere today were often ignored or reviled in their own day. Professor Greenberg points out that art music grew largely from music used in aristocratic and religious circles. However, he points out that a style of music developed among the common people, and surmised to be the popular music of its time, such as: ballads, community dance music and work songs.</p>			
<b>Guided By Tea</b>	Alysha Winiarski Tasha Jones	4 <sup>th</sup> Thursdays 10:00am	Springs Dining Rm.
<p>Tea has been around since 2737 B.C., but have you ever wondered how it was passed along around the world from its start in China? Or how many different teas there are? This class will start at the beginning, each month discussing a different location where tea was grown or traded and sampling the tea from that area.</p>			
<b>Hand Knitting</b>	Melinda Lovelett	2nd Tuesdays 1:00pm	Inn
<p>Each session will focus on using fine motor skills and dexterity. Hand Knitting requires no needles. Using your hands you will join Melinda in making knitted pieces and sewing them together for your own unique creation! Each participant will "Have a hand" in this relaxing and artistic session.</p>			
<b>Health Exchange</b>	Kathleen Pye	3 <sup>rd</sup> Wednesdays 10:30am 3 <sup>rd</sup> Tuesdays 10:30am 3 <sup>rd</sup> Mondays 11:00am	Inn  Villa  Enhanced Living
<p>Everyone wants to be as healthy as possible. During monthly classes, Kathleen Pye, Nursing Supervisor for Health Services at Watermark, presents relevant topics including: current research, discussing and reviewing good daily habits like eating well, exercising, drinking enough fluids, sleep, social pursuits and many other pertinent subjects for overall optimal well-being.</p>			
<b>Healthy You</b>	Wanda Pacitto-Horenian	Last Tuesday Month 10:30am	Springs
<p>Each month, Wanda presents pertinent topics such as: How can you best prepare yourself for the best health, including seasonal talks on avoiding health pitfalls, the importance of receiving vaccines, and regarding rehabilitation after surgeries or other health events. Wanda offers clinical information as well as tips for keeping in good health.</p>			

<b>COURSE</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Highlights of Natural History</b>	Mark Fleischman	Tues. Nov. 14th 1:30 pm	Meeting Room
Explore the various sciences such as geology, biology, paleontology, ethnography, anthropology, etc. Please Join us to enjoy the beauty, excitement, and value of the Natural Sciences with a well-renowned scholar, Mark Fleischman.			
<b>Hot Topics</b>	Marvin Wurth	Fridays 11:00am	Auditorium
Any resident or guest can volunteer to lead a discussion during the Hot Topics sessions! Come together each week to enjoy stirring, intelligent conversation, and the exchange of views with others. Join to discuss what's going on in the news around the world at large, and in our small town. Be advised: there is no topic off limits to this group.			
<b>Indian Traditions and Cuisine</b>	Simmi Narula	Nov. Date TBD	Springs
This class is designed to keep participants functionally fit by carefully increasing the participants' heart rate to improve cardiovascular fitness. Exercises range from posture control and stretching to high stepping. Join us and work up a sweat in the name of your health.			
<b>Inside Culinary Cuisine</b>	Alysha Winiarski Tasha Jones	Thursday, November 16 10:00am	Springs
In various ways, cultures differ in traditions, food, religions, etc. Explore Indian culture, and experience the difference between American cooking vs. Indian cooking. Please join us to experience Indian dishes and delve into the history behind the ingredients & spices that make it so popular in Indian cooking!			
<b>International Holiday Hymns and Carols</b>	James Baird	Saturday Dec. 9 1:30pm 3:00pm	Inn Villa
		Saturday Dec. 16 11:00am 1:30pm	Springs Auditorium
Music for Christmas and Hanukkah is sung and celebrated all over the globe. Many hymns and carols are familiar to almost everyone. However, some are known only in their native language and yet have been sung for generations. Interpreted on solo guitar, with variations, the international program of hymns in carols contains music from the United States, England, Spain, Italy, France, Germany and more. Enjoy nostalgic holiday favorites and new music with long, beloved heritage.			

<b>COURSE</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Kickboxing</b>	Fitness Fury Experience	Wednesdays 4:30pm	Club
<p>Cardio kickboxing is becoming a very popular form of exercise. This up-tempo class is designed for those who are eager to try something new, yet want to focus on their cardio-Vascular health.</p>			
<b>Maximizing Independence With Low Vision</b>	Health Pro	Wednesday Dec. 27 10:30am	Meeting Room
<p>Please join us for an interactive discussion on the latest information related to living with low vision, including dietary recommendations, adaptive equipment, and national/local supports that are available.</p>			
<b>Medicinal Benefits from Fruits &amp; Vegetables</b>	Sue Galgano	2 <sup>nd</sup> & 4 <sup>th</sup> Wed. 2:00pm	Inn
<p>For centuries, medical practitioners have acknowledged the therapeutic properties of foods. One of the greatest advantages is that these offer completely natural medicinal properties. Whole foods such as Pineapple if eaten fresh, contains bromelain which helps to prevent indigestion. It is also highly anti-inflammatory, and is good for arthritis, sore throat, and cold symptoms. We will explore the benefits from including these foods, history and origin of this knowledge, citing ancient and current research to support these findings</p>			
<b>Natural Art Workshop</b>	Alysha Winiarski	2 <sup>nd</sup> Tuesday 10:00am	Springs
<p>Art has many forms; in this workshop we will focus on using materials found in nature to create both 1 dimensional and 3 dimensional designs. Each month exploring supplies provided by the current season, such as: apples, acorns, twigs, pinecones, etc. Let your mind run wild in this unconventional art class, learning to use items previously seen as natures waste, repurposing it and creating wonderful works of art.</p>			
<b>Nature's Harvest</b>	Ken Elkins	Monday Nov. 6 3:00pm Tuesday Dec. 19 3:00pm	Meeting Rm  Meeting Rm
<p>A look at the nuts, seeds, and berries produced by our native plants. We'll discuss how each is important as a wildlife food source, and a few that humans can enjoy too!</p>			
<b>Open Forum</b>	Denise Julian	Last Wednesday 10:00am	Meeting Room
<p>Denise leads a monthly forum sharing new or different information for residents about Watermark. She will continue hosting this series with guest speakers such as Health Pro Therapy, and other guests based on recent resident concerns or needs. Each month the topics will be relevant to residents like you! Please join these lively, informative sessions.</p>			

COURSE	FACULTY	DAY AND TIME	LOCATION
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<b>Power Of The Green Smoothies</b>	Alysha Winiarski Tasha Jones	Thursday October 5 10:30am	Springs
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Green Smoothies have many health benefits; some being, healthy weight loss, increased energy, strengthens the immune system and reduces inflammation. In this class we will discuss the health benefits of particular greens, fruits and veggies each month and learn to make a smoothie with those ingredients. Once blended one must then taste test them to see just how practical and pleasing to the pallet they really are. Can you handle the prep work and taste of becoming a Green Smoothie guru; let's find out! , 1st Thursday at 10:30am, Starting October 5th  
Tasha and Alysha

<b>Primitive &amp; Medieval Symbols ~ 2 sessions</b>	Sue Galgano	2 <sup>nd</sup> Friday 3:00 pm	Inn
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Please join us as we present the graphic history of written communication via symbols and signs. The stop sign, other road signs and nonsmoking signs with the big X on top are today's communication in short form. However, this practice goes back, far into time. Some have become so routine that the origin has been lost in the shuffle of time and some have lost their original meanings. Familiar ones, such as the astronomical signs and even the basic dot will be discussed and explained.

<b>Rabbi Polokoff Discussion</b>	Rabbi Polokoff	1 <sup>st</sup> Thursday 11:00am	Auditorium
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Jewish history and the central tenents of the Jewish faith will serve as a springboard to questions and discussion. Rabbi will also engage participants in a discussion about faith and how Jewish Heritage and culture plays in to our daily lives.

<b>Resin Jewelry Making</b>	Annarita DiFiore	Saturday, Sept. 30, 1:30pm Sunday, October 1 1:30pm	Inn Springs
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Using resin to preserve artifacts goes back thousands of years however the synthetic version is now being widely used within crafting communities to create unique combinations of nature and technology. Anna will be demonstrating how this versatile media can be dyed, manipulated, cast, and filled in a myriad of ways to create unique jewelry. Resin can protect and preserve these tiny treasures, and still allowed them to be viewed, and enjoyed for years to come.

<b>Rockin' to the early 50's: Moments to Remember</b>	Bill Tasco	Wed. Oct. 18 <sup>th</sup> 1:30pm Wed. Nov. 22 1:30pm Wed. Dec. 20 <sup>th</sup> 1:30pm	Springs Inn Cinema
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Take a stroll down memory lane while revisiting the music of the day, from smooth vocal groups to stylish singles artists and the breakthrough of rock and roll. Join Bill as he talks us through one of music's greatest eras in appreciation of the voices and bands that shook the world, and left us all dancing.

<b>COURSE</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Seated Body- Fitness Focus</b>	Fitness Fury Experience	Sundays & Thursdays 11:00am	Springs
<p>The benefits of seated exercise are many. Some are even surprising. While sitting in your chair, exercises will be presented to benefit your circulation, range of motion and general strength. Engaging in exercise also promotes greater lung capacity and increased mobility. The goal is to prevent injuries and maintain good health.</p>			
<b>Seated Yoga, Meditation and Drumming</b>	Simmi Narula	Mon. Dec. 4th 10:30am	Springs
<p>Yoga has been shown to encourage proper breathing and better posture while relieving tension and stress. In this workshop, Simmi Narula, R.N. will open the class with Prana or deep breathing techniques to quiet the mind, then move through Asanas or seated yoga poses and ending the class in both drumming and chanting, allowing you take your own personal journey of the mind. Join us for this cultured experience; your body and mind will both thank you!</p>			
<b>Sherlock Holmes Radio Drama tour</b>	Kandie Carle	Thurs. Oct. 19th 7:30pm	Auditorium
<p>Using Ct Native William Gillette's original actual script, The creator of the stage character of Sherlock Holmes in 1899, Watermark is pleased to present a 1 hour presentation.</p>			
<b>Spiritual Exploration</b>	Samuel Dexter	3 <sup>rd</sup> Wednesday 11:00am 11:30am	Springs  Inn
<p>The fear of losing your balance is a terrifying one for many of us as we start to age. To combat this we have designed stability training. This course offered by our fitness team uses exercises designed to strengthen your core muscles, improve balance, and offers versatility to your workout. This utilizes lower impact movements and focuses on holding positions to battle muscle fatigue.</p>			
<b>Stability Training</b>	Fitness Fury Experience	Mondays, Wednesdays 11:00am	Club
<p>The fear of losing your balance is a terrifying one for many of us as we start to age. To combat this we have designed stability training. This course offered by our fitness team uses exercises designed to strengthen your core muscles, improve balance, and offers versatility to your workout. This utilizes lower impact movements and focuses on holding positions to battle muscle fatigue.</p>			
<b>Strength and Motion</b>	Fitness Fury Experience	Tuesdays, Saturdays 10:00am	Club
<p>Looking for a good way to round off your morning and energize for the day? Join the Fitness X-Perience Team for an exercise course designed to focus on strengthening muscles, increasing endurance, and keeping range of motion as fluid as possible. This course does utilize light weights to offer additional resistance and to challenge your current muscle tone. This course is an upbeat and fun way to work your way to a healthier you.</p>			

<b>COURSE</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Swing into Fitness</b>	Fitness Fury Experience	Fridays 11:00am	Inn
Swing Dance Moves with great music, enthusiastic teachers, What could be better? This is full body workout whether standing or seated...Swing to the Jitterbug , Lindy Hop and other iconic swing dance moves. Have fun and body fitness for your healthy lifestyle!			
<b>Tai Chi</b>	Ann Sullo	Mondays 9:00am	Club
Tai Chi has a lot in common with yoga, though the two practices diverge when it comes to stretching and relaxation. While you stretch to relax during a yoga class, you relax to stretch while practicing Tai Chi. Relocating from the floor to a chair won't minimize your activity. Even seated, you'll still work your core and move your arms and hands.			
<b>Technology Troubleshooting</b>	James Chapin	Wednesdays 2:00pm	Wall St. Room
James Chapin, technical educator and instructor, is available for one on one sessions. He can teach you how to clean up, set up, and revamp your equipment. Do you need to learn to use Wi-Fi? Maybe a new program is holding you up? Or the ever popular education on how to effectively use your latest smart phone... help is here!			
<b>The Christmas Bird Count</b>	Ken Elkins	Tues. Dec. 19	Meeting Room
The world's largest and oldest Citizen Science project is Audubon's Christmas Bird Count. Learn why it got started, how to participate, and what we've learned locally and nationally about bird population over the 117 years of the count...			
<b>The History of Beauty Products</b>	Tasha Jones	3 <sup>rd</sup> Saturday 11:00am	Inn
	Nayas	Wed. Sept. 27 <sup>th</sup> 3:30pm	Villa
Did you know that in 10,000 BCE men & women in Egypt used scented oils & ointments to clean and soften their skin? Civilizations have used forms of cosmetics for centuries in religious rituals, to enhance beauty, and to promote good health. Tasha will present historical data that will make the ladies blush, literally!			
<b>The History of Our Lives: The 1040's - 1960's</b>	Dr. Alfred Hunt	Tuesdays, Oct. 3, 10, 24 1:30 pm	Auditorium
We often think nostalgically about our lives, but we seldom seize the opportunity to carefully consider our experiences from a historical perspective. These three sessions will explore the events that influenced our times from the 1940's through the 1960's, assessing whether history's traditional accounts accurately reflect our personal remembrances of the events that shaped our lives. Likely, it was "the best of times and the worst of times..."			

COURSE	FACULTY	DAY AND TIME	LOCATION
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**The Language of Flowers**

Nayas

1st Saturdays  
1:30pm

Villa

Susan Galgano

1st and 3rd Saturdays  
3:00pm

Inn

Various cultures and traditions assign the symbolic meanings to plants in folklore and legend. Although these are no longer commonly followed nor recalled as populations are increasingly removed from their own cultural traditions. However some survive. In addition, these meanings are suggested in older pictures, songs and writings. New symbols have also arisen: one is the red poppy as a symbol of remembrance of the fallen in war, and the Forget me not represents memory loss, a key symptom of Alzheimer's disease. Along with the old and new symbolisms, the more than 100 flowers from A-Z will be discussed in the monthly sessions.

**The Science of Hugs**

Alysha Winiarski

Tues. Nov. 14th  
1:30pm

Enhanced  
Living

A hug a day keeps the doctor away; this class will expose the many health benefits behind this social interaction, as well as, some of the facts and body language that often accompanies a hug. Join us for this informational class; a hug can make all the difference.

**The Strategic Significance of The Attack on Pearl Harbor**

Prof. Mark Albertson

Tues. Nov. 28th  
1:30pm

Auditorium

This lecture will not focus on the attack itself; that has been covered ad nauseum. Rather, the why? And this will be addressed by explaining the rise of Japan as a power; the importance of naval power in The Pacific; the significance of oil; the tumultuous decade of the 1930's and the importance of Pearl Harbor not only as a determinant of America's entry into the war but its decisiveness in conjunction to The German defeat at Moscow, December 1941.

**The Tiger in the House - A Novel by Jacqueline Sheehan**

Jacqueline Sheehan

Thurs. Nov. 16th  
1:30pm

Auditorium

Jacqueline Sheehan, bestselling author of six novels, will discuss her most recent book, The Tiger in the House, and will address how a background in psychology can help anyone be a better writer. Jacqueline grew up in Southbury and bits of the town often end up in her novels.

**Toy Theaters – Miniature Works of Art**

Susan Galgano

4<sup>th</sup> Fridays  
3pm

Inn

Wends. Dec. 6<sup>th</sup>  
3:30pm

Villa

Toy Theaters Or "Model theaters" are called "Dukket eater", or doll theater, in Denmark, and "Kindertheater", or children's theater, in Germany despite the fact that it is mostly adults involved in creating and performing, rather than children. Famous greats such as Lewis Carroll, Charles Dickens, Pablo Picasso as well as many other well-known artists, writers and actors have dabbled in toy theater. Come explore this old-time, historical pastime. During the session we will have an opportunity to construct one of these fanciful, delightful art sets.

<b>COURSE</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Twenty-Two Skidoo- And All That</b>	Gordon Williams	Tues. Nov. 21st 1:30pm	Meeting Room
Did the twenties really roar? You bet they did! Teacher -Historian Gordon Williams offers a lively account of one of the country's most colorful decades. Prohibition didn't stop people from having a great time. Many other changes--political, financial, societal and technological advances occurred during this decade. Please come and explore the decade that gave us the "Charleston," the "Black Bottom," the "Foxtrot," and the "Lindy Hop" and so much more!			
<b>Understanding Animals</b>	Tasha Jones	2 <sup>nd</sup> Saturday 1:30pm	Springs
The animal kingdom has many known, but also, many yet to be discovered species. Every day researchers are learning more about both common and uncommon animal species. This class will explore new findings, bring up topics of discussion on animal rights and open up our eyes to how we see and understand these animals. Once we know what animals are thinking and why they act how they do; will it better our choices and allow us to live together in peace? Let's find out.			
<b>Victorian and Edwardian Fashion: Exposed!</b>	Susan Galgano	3 <sup>rd</sup> Friday 3pm	Inn
Using photography, fashion from the 1800's and early 1900's will be explored and discussed. The treasure trove of pictures from this charming era can be chronicled, thanks to the advancement of the camera. Joseph Nicephore Niepce developed the first photographic image on a summer day in 1827, but the image was not permanent. Fellow Frenchman, Daguerre further advanced the process In 1839, Daguerre & his partner Niepce's son sold the rights to the camera & published a how-to booklet. The camera, then called the daguerreotype was so popular that by 1850, there were over seventy studios in New York City. Because of the advances and acceptance of their invention, history has many images of this period.			
<b>What Makes A Root Beer Float?</b>	Alysha Winiarski & Tasha Jones	Thurs. Sept. 21st 10:30am Tues. Sept. 26 <sup>th</sup> 2pm	Springs Enhanced Living
Many do not know the history behind one of our countries past's favorite drinks, Root Beer. This carbonated soda did not start out that way; in fact it was created by a Pharmacist and was seen as a healthy tea that was filled with spices, not bubbles. This class will dig up the past on this sugary drink and build on to how this concoction of flavors is now being served with a scoop of vanilla ice cream.			
<b>Writer's Workshop</b>	Michael Ruscoe	Wednesdays 1:30pm	Meeting Room
Ruscoe has begun to draw out the creative minds of East Hill. This course goes way beyond writing fundamentals. In this workshop, we work together as a community to explore the writing process and how we can master it. Under the direction of author and university writing instructor Michael Ruscoe, workshop members will learn to hone their craft and express themselves in the written word. Members are free to write fiction, non-fiction, poetry, creative non-fiction, life journals, family history, memoirs, or in any genre that engages their minds and their creativity. Authors of all levels of experience, from novice to expert, are welcome!			

<b>COURSE</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Zumba</b>	Fitness Fury	Mondays	Club
		4:30pm	
		Wednesdays	Villa
		2pm	
		Wednesdays	Inn
		3pm	
		Fridays	Springs
		10am	

This internationally successful Latin based dance fusion aerobics class uses moves from; Salsa, Merengue, Reggaeton, and Flamenco. Don't let the smiles on the participant's faces fool you! This course is an intense workout – which is so fun that you will hardly notice how hard you have worked until it's over! Because of the wild success of this program classes will be held in every level of care for the semester.



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