

WATERMARK UNIVERSITY
WU

2019

Spring Semester
JANUARY THROUGH APRIL

 THE WATERMARK
AT LOGAN SQUARE



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,

The Community Life Directors

Jill Cogan, Nicole Turner and Ronetta Johnson

Courses at Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
AROUND THE WORLD TRAVELOGUE: MILES AND SMILES AWAY	JILL COGAN	TWO TIMES PER MONTH; PLEASE REFER TO CALENDAR FOR DATES AND TIMES	AUDITORIUM

Do you like to travel? What about learning to appreciate a new culture? If so, this class is perfect for you! Travel with us each month as we escape to a foreign country to explore the traditions, customs, sites, landscape and the food. Yum! As armchair travelers, we will expand our horizons by talking, sharing and learning about a country, all while broadening our world views. Make sure to bring pictures from past trip to share and we will be sure to invite special guests from time to time! During our second monthly meeting, we will dive into a cultural activity, such as cooking, listening to music, learning a new game or practicing a new language. Stay inspired while meeting like-minded people who are also interested in exploring the world! Regardless of whether or not you have a trip planned, each of us can become a world traveler.

ART FILM SERIES	JUNIA OLIANSKY	TWO EVENINGS PER MONTH; PLEASE REFER TO CALENDAR FOR DATES AND TIMES	AUDITORIUM
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The Art Film series consists of video material and brief lectures about major forms of artistic expression. During the course, participants will increase their understanding and aesthetic pleasure while developing an understanding of the techniques and terminology in the visual arts including history of notable artists, masterpieces and world famous museums. This guide will allow for critical thinking and participants will begin to develop a knowledge of diverse historical and cultural contexts of architecture, sculpture, painting and other media.

ART WORKSHOP	ALICE MEYER-WALLACE	EVERY WEDNESDAY AT 1:30 PM	ART STUDIO
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Art is a useful visual language to help us think, express and communicate our emotions and ideas. The primary focus of this class is to improve your ability in your chosen artistic medium by extracting ideas from life and working to develop an individual sense of creativity. This class encourages you to learn basic techniques such as shading and perspective, color mixing, presentation and experiment with various mediums such as ink, watercolor, acrylic or oil. In this workshop, you will be provided with lots of how-to-help and given as much guidance as you wish. So start furthering your exploration of painting, drawing and design in this weekly art workshop!

Courses at Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
BEADING CLASS	Anne Schwartz	ONE DAY PER MONTH - DAYS & TIMES MAY VARY	Art Studio

Learning to make your own beautiful beaded necklaces and bracelets is fun and easy with Betty's Beading Class. Beading and jewelry making is a great craft for anyone of any age because it's an easy and inexpensive hobby to get into. All you need are a few basic tools, beading wire and a handful of pretty beads, and you're all set to create your own handmade jewelry. And who doesn't love a handcrafted piece of jewelry to wear or share? In this beading class, instructor Betty Prussel will explain the most common beading supplies and tools, taking the mystery out of the packed beading aisle at large craft stores. Betty will demonstrate and explain basic and essential beading techniques to design and create your own "clasp-free" beaded jewelry. Soon you'll be making necklaces, earrings, bracelets and rings for yourself and as attractive gifts for family and friends!

BIBLE STUDY	PASTOR DAVID FREER	1ST & 3RD WEDNESDAY AT 11:00 AM	MARK DINING ROOM
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Let's dig into God's Word! Bible Study includes a discussion of the authority and inspiration of scripture and is designed to challenge participants to ask questions, grow in your understanding of scripture and live your faith with confidence. Join Pastor Freer every other Wednesday morning as he discusses how the bible has nourished and directed believers' lives throughout history and encourages you to follow in the footsteps of Jesus and let him lead the way.

CERAMICS CLASS	ELIZABETH ALECKNAVAGE	3RD SATURDAY OF MONTH AT 2:00 PM	ART STUDIO
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Come learn how to pinch, coil and roll clay into useful or decorative pieces in this fun class. After hand building your piece, we will paint directly on the wet clay with your choice of colored underglazes. Liz will take the pieces home and fire them in her kiln after they've dried. She'll return them to you at the following month's class. All the materials are non-toxic and safe to use for food and drink after they've been fired.

Courses at Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
COFFEE CLUB PRESENTATIONS "EVENTS IN THE MARKET"	JOE DOUGHTERTY	ONE THURSDAY PER MONTH AT 11:00 AM; PLEASE REFER TO CALENDAR FOR DATES AND TIMES	LIBRARY/LOUNGE

As an Edward Jones Financial Adviser, Joe believes it's important to invest his time in understanding what one is working toward before investing money. Whether you're retired, saving for college for grandchildren or just trying to protect the financial future of the ones you care for the most, Joe is here to answer any questions you may have about your financial portfolios. Each month Joe will be speaking on a particular topic, presenting the latest financial news, discussing events in the marketplace and assist with translating corporate jargon into easy to understand terms.

CONCERNED CITIZENS MEETING	RESIDENT LEADERS	2ND & 4TH TUESDAYS AT 11:00 AM	AUDITORIUM OR MARK DINING ROOM
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The ballots have been cast and President Trump has been in office for just about a year. This Spring, the Concerned Citizens are interested in discussing the State of the Union and current political climate. From local school taxes to statewide ballot issues, Watermark's concerned citizens are getting involved in hot topics and speaking out about pressing matters our country is currently facing. You won't want to miss this heated debate as the Concerned Citizens take a stand, listen to opposing viewpoints and see what is in store for the Spring of 2018.

DAILY DEVOTIONALS WITH SHARLIE	SHARLIE LEWIS	2ND WEDNESDAY AT 2:00 PM	LIBRARY/LOUNGE
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Enhance your day with verses from the Bible, reflections from Christian authors and group prayer. Take a moment for spiritual refreshment and biblical guidance as Sharlie Lewis presents a daily devotion to consider, weigh in on and apply to your spiritual journey. Here, you will find the strength, peace and comfort you need to strengthen your walk with Christ through the life-changing wisdom of the Bible.

FIT BRAINS: COGNITIVE TRAINING	JILL COGAN	EVERY FRIDAY AT 10:30 AM	LIBRARY/LOUNGE
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Brain-training research is still young, but studies suggest that some forms of mental exercise have positive effects and lasting benefits on one's memory and attention. "Brain Training" is one of the hottest new trends in self-improvement and courses are designed to improve cognitive abilities and keep your brain fit! Join Saori each Friday as she presents puzzles, riddles, word games and math problems that are fun, challenging and are wonderful workouts for you noggin!

Courses at Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
GLOBAL CUISINE: Vietnamese Food	JILL COGAN	TWICE A MONTH: PLEASE REFER TO CALENDAR FOR DATES AND TIME	THE MARK

Join Jill for a new culinary adventure as we explore the flavors of Iran. In *The New Persian Kitchen*, acclaimed chef Louisa Shafia explores her Iranian heritage by reimagining classic Persian recipes from a fresh, vegetable-focused perspective. These vibrant recipes demystify Persian ingredients like rose petals, dried limes, tamarind, and sumac, while offering surprising preparations for familiar foods such as beets, carrots, mint, and yogurt for the busy, health-conscious cook. The nearly eighty recipes—such as Turmeric Chicken with Sumac and Lime, Pomegranate Soup, and ice cream sandwiches made with Saffron Frozen Yogurt and Cardamom Pizzelles—range from starters to stews to sweets, and employ streamlined kitchen techniques and smart preparation tips. A luscious, contemporary take on a time-honored cuisine, *The New Persian Kitchen* makes the exotic and beautiful tradition of seasonal Persian cooking both accessible and inspiring.

GUIDE TO BEER	GARETT O'NEILL AND TIM WARNER	2ND THURSDAY AT 3:30 PM	MARK DINING ROOM
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Whether you're craving the most popular national beer or the newest, craziest, must-have microbrew, Garrett and Tim are to the rescue. Guide to Beer is geared towards beginners who enjoy drinking beer but may not know how to talk about it and is also appropriate for those who are interested in furthering their appreciation for craft brews. Structured around a series of easy-to-follow classes, this guide will provide you with a brief history of the origins of beer and the evolution of the brewing process. Garrett and Tim will also break down the elements that cause beer's flavors to range in distinctively different and delicious directions, hopping from lagers and pilsners to hazy wheat beers, Belgian-style abbey and Trappist ales, aromatic pale ales and bitter IPAs, roasty stouts, barrel-aged brews, belly-warming barley wines, and mouth-puckering sour ales. Of course, monthly tastings will be encouraged!

HEALTH & WELLNESS LECTURES	SHARLIE LEWIS	4TH WEDNESDAY AT 2:00 PM	LIBRARY/LOUNGE
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Listen in as Sharlie Lewis, RN and Health and Wellness Director at The Watermark at Logan Square, provides cutting-edge health information to empower residents to make better health choices. These discussions will offer an in-depth look at individual health concerns such as diabetes, chronic pain and cancer. Each lecture is followed by a question-and-answer period. Feel free to make a request concerning the next seminar's health topic!

Courses at Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
INDULGENCE: AN ARTISINAL CHOCOLATE MAKING WORKSHOP	JILL MIGLIORE	Date and Time TBA	MARK DINING ROOM

Have you ever wanted to make beautiful chocolates with the guidance from an experienced chocolatier? Here's your golden ticket. This new course, led by our own Jill Migliore, is designed to teach participants how to use fun and innovative molds to create your own chocolate bars and confections. Using premium chocolates, you'll create much-loved American classics as Jill guides you through the intricacies of dipping and decorating each sweet with her decades of experience and passion for the art of chocolate. This semester we will be celebrating the Summer season by creating confections featuring symbols of the season including butterflies and flowers. Everyone will have the opportunity to build their own chocolate goodie bag to take home and enjoy or give as a gift.

INSPIRE: A GENERAL HEALTH SUPPORT GROUP PRESENTED BY BAYADA	Brittany O'Brien	3RD TUESDAY AT 10:30 AM	AUDITORIUM
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This monthly meeting aims to connect residents, families, friends and caregivers for support and inspiration. Come learn about common medical and social issues relevant to senior health and growing older. This support group focuses on providing the most current medical information to those at the Watermark while allowing participants the opportunity to ask questions on a wide range of health and fitness topics. Joseph Donnaly, Physical Therapist from Bayada will lead in an open discussion allowing us to freely share our experiences, questions and information we find with each other. Each month Joe will also be prepared with a pertinent medical topic to discuss but is open to questions and comments of all kinds. All are invited to attend and you will be warmly welcomed. Bring any health questions you may have this round table discussion with Joe.

INTRODUCTION TO PRINTMAKING	NANCY ALTER	EVERY MONDAY AT 11:00 AM	ART STUDIO
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We are thrilled to announce a new weekly art class called Introduction to Printmaking. Under the tutelage of Nancy Alter, award-winning artist, residents will discover simple techniques & build upon what we learn to develop an extensive repertoire of skills such as stamping, etching and transfer printing. Many people seem to think printmaking is making copies of work made in other mediums. It is not. Printmaking is creating original works of art and interesting images that can be framed & taken home in just one class by transferring ink from one surface to another! Join Nancy each Monday at 11:00 AM for this fun course where the results are unique and beautiful works of art.

Courses at Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
LECTURE & SONG STREAMING PROGRAM	NANCY CAPIZZI	ONCE PER MONTH; PLEASE REFER TO CALENDAR FOR DATES AND TIMES	AUDITORIUM

Listening to music is not simply a passive activity one can use to relax, but rather, an active and rewarding process. During each evening program, Nancy Capizzi shares her passion for music as it relates to special events and holidays throughout the year. Many musical works are written to communicate sentiments related to the changing seasons, points in our lives or to commemorate special occasions. Nancy will lead us on a musical journey that spans centuries and explain how composers from every era chose to create works focused on a singular subject. You won't want to miss this informative and rewarding musical review. This semester join Nancy as she explores topics including the Art of Love, Presidential Campaign & Inauguration Songs, Songs of Inspiration and Works to Celebrate Jazz Appreciation Month. Each program features music and dance videos from top notch performers including the Mormon Tabernacle Choir, The Philadelphia Orchestra and the New York City Ballet to name a few.

LET'S GET LOOSE!	FITNESS INSTRUCTOR	TUESDAYS & THURSDAYS AT 10:00 AM; MONDAYS, WEDNESDAYS AND FRIDAYS AT 2:30 PM	AUDITORIUM OR EXERCISE ROOM
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The focus of this class is to learn proper stretching techniques to help get the body loose, as well as help with aches and pain. You will learn different ways to turn, bend, stretch as well as use your core to help alleviate pain in different parts of the body that may be problematic due to stiffness, arthritis, etc. Join us in learning how to breathe, stretch and get loose!

LINE DANCING CLASS	JUDY SMOLEN	EVERY TUESDAY AT 12:20 PM	AUDITORIUM
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For anyone who feels at home on the range or enjoys country music, line dancing is the exercise for you. Line dancing is a wonderful aerobic exercise carved from signature shuffles, kicks and stomps that improves circulation and socialization. Moves can be adapted for all levels including those with balance or body support problems, so there is no need to be intimidated. This aerobic workout is great for those who are bored with traditional exercise or intimidated by heavy gym equipment. Though deeply rooted in Irish & German folk traditions, line dancing was unfamiliar until 1992 when Billy Ray Cyrus broke out with his hit song "Achy Breaky Heart." Today, line dancing is a worldwide phenomenon. Join Judith & friends every Tuesday at 12: 20 p.m. for a social & musical workout that is great for the Achy Breaky Heart!

Courses at Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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LIT WITS BOOK CLUB	ANNE JOHNSON	4TH SATURDAY AT 2:00 PM	MARK DINING ROOM
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The Lit Wits Book Club is a group that meets to discuss the plot of a common book in an informal setting under the direction of resident, Anne Johnson. During monthly meetings, we will offer a summary of the book, discuss favorite parts as well as examine anything that may have been confusing. Come and celebrate the joy of reading with lively discussions that will give you the opportunity to voice your opinions and ask questions while building critical literacy skills.

MASTER GARDENING WITH JILL	JILL COGAN	ONCE A MONTH; PLEASE REFER TO CALENDAR FOR DATES AND TIMES	AUDITORIUM OR MARK DINING ROOM
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Beginning to garden? This class is for you. This is a most elementary class for the person who asks where do I start? What do I plant? What is an annual? What is a perennial? Join Jill each month as she uncovers a new gardening tip, demonstrates the basics of planning and sustaining different types of gardens and teaches the importance of good soil and proper planting. This summer, we will compose herb gardens, terrarium gardens as well as throw a gardening party to harvest our ripe red tomatoes and peppers. Come and see if you have a green thumb and enjoy the delightful summer breeze as we dig in the dirt!

MEET ME AT THE CELLAR DOOR: WINE TASTING WITH JEN	JENNIFER TAPNER	ONE AFTERNOON PER MONTH AT 2:00 PM; PLEASE REFER TO CALENDAR FOR DATES	MARK DINING ROOM
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Dive into great wines as Jennifer Tapner takes you on a tour of wine regions around the world. Learn to swirl, sniff and sip like a pro while acquiring a true understanding of the tasting process. Whether you know a little or a lot about wine, take your knowledge of wine to the next level as Jen teaches the basics of tastings and helps you to begin to unravel the hidden flavors of wine. In this monthly exploration into the world of wine, Jen will be sure to show you how to taste and talk like a natural-born sommelier!

Courses at Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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MINDFULNESS AND MEDITATION	JILL COGAN	1ST & 3RD TUESDAY AT 11:00 AM	AUDITORIUM
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Do you want to be healthier and happier? Mindfulness meditation is a powerful and ancient meditation technique that is proven to help reduce stress, alleviate anxiety and depression, and even help with pain and illness. By re-training your mind to stay present and calm in the moment, mindfulness meditation changes the physical structure of your brain, creating long-lasting changes and positive, healthy habits. You might think something so powerful must be difficult or require a lot of training, but think again! Mindfulness meditation is free, easy to do, and the only effort it requires is sitting still for 10-30 minutes every day. Anyone, regardless of age or ability, can practice mindfulness, and in this class, we're going to show you everything you need to know about mindfulness meditation.

SENIOR STAGE WORKSHOP	STEPHEN HATZAI	3 WEDNESDAYS PER MONTH AT 10:30 AM; PLEASE REFER TO CALENDAR FOR DATES	AUDITORIUM
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Senior Stage Workshop is a dynamic courses to introduce participants to the joy and thrill of live theatre. In this safe and spirited environment, actors are able to express their individual talents while learning basic tools for acting including technique, scene study, monologues, improvisation, storytelling, musical appreciation and theatre production. We will also work together to create, practice and perform an original script that is sure to entertain. At the completion of each semester, residents will take center stage and perform their work in front of a supportive audience at the Watermark!

SENIORS FOR PEACE WORKSHOP	RESIDENT LEADERS	EVERY MONDAY AT 3:00 PM	MARK DINING ROOM
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Seniors for Peace is a group of senior citizens who are committed to the search for world peace, social justice and genuine democracy. Each week, this group holds meetings to discuss current political issues and to arrive at lines of action to highlight and remedy acts of violence and other injustices. Together, they join in a combined effort to carry the Peace message forward. With like-minded residents and efforts from the greater community, it is their hope that peace, love and justice will prevail on Earth.

Courses at Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
SHAKESPEARE READERS: THE MERCHANT OF VENICE	MARY JONTRY	EVERY TUESDAY AT 3:00 PM	MARK DINING ROOM

This class is for residents particularly interested in nurturing a love of theater arts and for those that appreciate drama's aesthetic and literary merit. Drama combines the literary arts of storytelling and poetry with the world of live performance. As a form of ritual as well as entertainment, drama has served to unite communities and challenge social norms, to vitalize and disturb its audiences.

SHORT STORY DISCUSSION	ANN JOHNSON & MARY JONTRY	2ND & 4TH FRIDAY AT 11:00 AM	AUDITORIUM
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We believe that the short story is one of the most exciting and important literary forms. Not everyone has time or patience to finish a long book. With the short story club, you can get a chance to fulfill the need to read and the ability to discuss your opinions with your peers who have also read it. Whether you're a fast reader or someone who likes to take their time and read the story a few times, we welcome you.

SIT AND GET FIT	FITNESS INSTRUCTOR	EVERY MONDAY AND THURSDAY AT 2:00 PM	EXERCISE ROOM
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Who says you can't get a full workout in a chair? Join us for a workout designed for those who may have limited mobility (wheelchair/walker) or have difficulty going from the sitting/standing position. You will get a full body workout all from the comfort of a chair. We will work on a variety of upper/lower body exercises designed to help keep your body in shape and keep your reflexes just as sharp.

SPORTS REVIEW	BOB CRAIG	TWO WEDNESDAYS PER MONTH AT 3:00 PM; PLEASE REFER TO CALENDAR FOR DATES	AUDITORIUM
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The Sport Review delivers a unique mix of breaking news, shareable content and reporting on the world's most popular sports. During this class there will be a discussion of current information about local and national sports teams, headline news, scores, analysis, schedules and conversation on games of interest. This is great opportunity to meet other sports enthusiasts.

Courses at Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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TAI CHI	BETH PERRY	EVERY WEDNESDAY AT 1:00 PM	EXERCISE ROOM
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Tai Chi, the ancient Chinese exercise, features relaxed movement, which helps to maintain good health and harmony between mind and body. Join us in these weekly stretching exercises which help manage stress, promote good health and improve quality of life. Explore the inner environment of your body's energy system, while stimulating the central nervous system. "Researchers have found that intensive tai chi practice shows favorable effects on the promotion of balance control, flexibility, cardiovascular fitness and reduced the risk of falls in both healthy elderly patients and those recovering from chronic stroke, heart failure, high blood pressure, heart attacks, multiple sclerosis, Parkinson's, Alzheimer's and fibromyalgia. Tai chi's gentle, low impact movement's burn more calories than surfing and nearly as many as downhill skiing."

TED TALKS	JILL COGAN	ONE WEDNESDAY PER MONTH at 10:30 AM	AUDITORIUM
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TED is a global community, welcoming people from every discipline and culture who seek a deeper understanding of the world. We believe passionately in the power of ideas to change attitudes, lives and, ultimately, the world. Each session will be comprised of several TED talks revolving around a similar theme. Come learn something new and hear from world-renowned experts in different fields.

TAP INTO TECHNOLOGY	JILL COGAN	ONCE PER MONTH: PLEASE REFER TO CALENDAR FOR DATES AND TIMES	AUDITORIUM
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Curious about the newest technology that is available to you? Tap into technology with Jill! Learn about all of the amazing tools you can access through the internet, the newest applications for your smartphones, and learn about the upcoming technological trends. Please keep in mind that this is not a class to fix your technology, but to learn more about what is available to you.

THE K9 WITHIN: DOG TRAINING	ISAAC MASS	ONCE PER MONTH: PLEASE REFER TO CALENDAR FOR DATES AND TIMES	AUDITORIUM
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Do you love dogs? Miss having a pet? Join Isaac for a very fun, interactive and educational class. He will bring dogs into the community and teach you how to train the therapy dogs. Take advantage of this unique program, and spend some time with man's best friend!

Courses at Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
THROWBACK THURSDAYS	ANNA KURTZ	1ST AND 3RD THURSDAYS OF THE MONTH	

Join Anna for an exciting discussion and exploration of different trends, fashions and favorites of the past. Reminisce about your favorite things from the past, see what has made a comeback, and learn about different trends from around the world!

WAKE UP & WORK OUT	FITNESS INSTRUCTOR	EVERY MONDAY, WEDNESDAY AND FRIDAY AT 9:00 AM	AUDITORIUM
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This morning fitness class is designed to wake you up and get you ready for the day! This low impact workout will focus on stretching, breathing and light weight training while using a chair to assist with balance. We will work on different areas of the body while learning proper breathing techniques to give you a complete workout that is not too strenuous on the body but will help with strength and coordination.

WATERMARK YIDDISH CLUB	SALI NEFF	1ST AND 3RD THURSDAY AT 2:30 PM	AUDITORIUM
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Looking to learn a bit of Yiddish? Here is your chance! Many Yiddish words have worked their way into everyday speech. Even those who are not Jewish know the words chutzpah, kvetch, klutz, mentsh, nosh, shlep, schmooze, shtick and oy! Hosted by Sali Neff, this club is for seasoned Yiddish speakers or beginners to come together as a community, whether you are Jewish or not. Each month, the group will come together to speak, listen, laugh, learn and enjoy the many sides of the Yiddish language. Sali will teach new expressions and show us that many common phrases actually are derived from Yiddish!

YOGA CLASS (SITTING AND STANDING)	BARBARA LEVITT	EVERY SATURDAY AT 11:00 AM	AUDITORIUM
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Yoga is the practice of bringing mind, body and spirit together. Through a series of postures and breathing techniques you will become supple and balanced. The class incorporates relaxation and meditation which will put you in touch with your inner peace. With regular practice, strength and flexibility of mind and body Yoga will become a part of your lifestyle.

COURSES AT THE INN AND GARDENS

COURSES	FACULTY	DAY AND TIME	LOCATION
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ALL THAT JAZZ WITH A'LEXIS	A'LEXIS SATTERFIELD	THIRD WEDNESDAY OF THE MONTH 1:30 PM.	3RD FLOOR GARDENS AND 5TH FLOOR INN
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In this musical journey, A'Lexis will introduce different popular Jazz artist throughout the 19th & 20th centuries. Come and broaden your sense of musical knowledge as we explore Jazz Legendries such as John Coltrane, Miles Davis, Etta James, & Ella Fitzgerald. Albums and famous titled hits will be discussed and we will listen to performances by each artist. Learn to appreciate these great artists, the eras from which they hail and their musical methods that make jazz a wonderfully unique art form.

"ARK" CLUB "ACTS OF RANDOM KINDNESS"	NICOLE TURNER	SECOND SATURDAY OF THE MONTH AT 1:45 PM.	5TH FLOOR INN
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The ARK club strive to better the community through smile inducing projects for individuals in need. Our goal is to outreach to programs such as homeless and food shelters, children hospitals, and even residents that live within the community. Projects will include care kits, get well cards, handmade no sew blankets, and a multitude of more projects that will make a difference.....*It's the little things that count!*

ARTIFACTS FROM THE PAST	NICOLE TURNER	4TH THURSDAY OF EACH MONTH AT 10:45 AM.	5TH FLOOR INN
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There are undoubtedly millions of amazing artifacts from the ancient world that have served to shed light on the lives of our ancestors from many millennia ago. But some stand out for their uniqueness, their intrigue, or their ability to expand our knowledge about previously unknown aspects of our history. In this class we will research artifacts and take a closer look at some of the well-known and incredible artifacts of the ancient world.

COFFEE & BIBLE BITS	PAT BOONE	EVERY MONDAY AT 10:15 AM.	3RD FLOOR GARDENS
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This course examines the Old Testament (Hebrew Bible) as an expression of the religious life, thought of ancient Israel and a role model for daily living. Short summaries of familiar stories from the Old Testament will be read and followed with discussion questions. The class also offers fun writing activities, such as trivia, crossword puzzles and word search that are based upon each story.

COURSES AT THE INN AND GARDENS

COURSES	FACULTY	DAY AND TIME	LOCATION
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CREATIVE STORYTELLING

PAT BOONE

1ST & 3RD THURSDAY AT
4:00 PM.

3RD FLOOR GARDENS

Have you ever heard a story and the story was so detailed and descriptive that it made you want to hear more. Storytelling is an extremely useful activity and given how much we use storytelling in our day to day lives, it is helpful to practice the art of telling an intriguing tale! If you enjoy hearing stories, this course is sure to take you on a journey where your imagination will guide the way. Come, join Jennifer as she conveys each tale with sounds, words and images that will make you laugh, weep, swell with pride, or rise with indignation as Jennifer encourages literary creativity!

NOSTALGIC MOMENTS

NICOLE TURNER

4TH TUESDAY OF THE
MONTH AT 10:00 AM.

5TH FLOOR INN

There have been some unexpected moments captured on film before, but what makes these moments so special is the fact that most of them changed the course of history. Join us in this class as we unveil some of the most spectacular wonders of the world captured on film.

GOOD DEEDS CLUB

PAT BOONE

SECOND TUESDAY AT
1:30 PM.

3RD FLOOR GARDENS

So what is the Good Deed Club, and what does it cost? The answer is it is free to join and just by being a member you will receive rewarding benefits. Unlike many other clubs this club is free of cost.. The only requirement is your time. Making a difference in someone's life even for a day can be extremely fulfilling.. In this club we will create small projects that will give back to the community. No experience required for this class just the willingness to perform a "good deed".

HEALTH & WELLNESS CHAT

NICOLE TURNER

2ND MONDAY OF THE
MONTH AT 10:15 AM.

5TH FLOOR INN

The key to staying well is learning. Whether learning what to eat or understanding the key components to maintaining physically fitness, it is vital for us to learn about these topics and to implement them into our daily lives. The Health and Wellness Chats are comprised of a multitude of topics each month for early detection and prevention. EDUCATION + LEARNING = PREVENTION! Upcoming monthly topics to be discussed are: Diabetes Awareness, Cataract Awareness, Stroke Awareness, Social Wellness, Skin Safety and so much more.

COURSES AT THE INN AND GARDENS

COURSES	FACULTY	DAY AND TIME	LOCATION
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HISTORY OF A NATION	NICOLE TURNER	3RD MONDAY AT 10:30 PM.	5TH FLOOR INN
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This class will provide a look at poignant milestones and periods in our country's past that served to make the United States what it is today. This unique monthly program will feature a themed topic that will honor and recognize this country's rich history. History of a Nation will inspire participants to relive the past through stories, memories, pictures, news clips and audio and recount what events have shaped who we are as citizens and as a country today.

JWELED CREATIONS	NICOLE TURNER	4TH TUESDAY AT 2:30 PM.	5TH FLOOR INN
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Let's begin to learn how to make beautiful, timeless jewelry! This is the perfect class for beginners to build a broad skill set and master many jewelry making techniques. No experience is required. All you need is a willingness to have fun and a desire to create durable, long-lasting, and exquisite jewelry to wear or for gift giving.

JOYFUL JOURNEYS	PAT BOONE	2ND AND 4TH TUESDAYS;	3RD FLOOR GARDENS
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You won't need a coat or an overnight bag for these surprise trips that will take place through virtual imagination and lead to a spiritual destination. Maybe we will travel to a Broadway show, an old fashioned farm, museum or tourist attraction, but no matter the last stop, there is always fun and excitement in every voyage. We will hear stories, sing songs and wrap up each trip with questions for positive reflection.

MAD SCIENCENTIST	ANEESAH SMITH	FOURTH WEDNESDAY OF THE MONTH AT 1:30PM.	5TH FLOOR INN
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Come join us as we transform laboratory science into fun, interactive learning experiences. You are bound to get excited about the wonderful world around you as you experiment, make a mess, and get your hands dirty with science. Several segments will include experiments that you can do right from the supplies in your kitchen....Other segments will include edible kitchen experiments along with a wide range of experiments for the both the adult and child at heart.

COURSES AT THE INN AND GARDENS

COURSES	FACULTY	DAY AND TIME	LOCATION
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MUSICAL RHYTHM BAND	PAT BOONE	2ND & 4TH TUESDAY AT 4:00 PM.	3RD FLOOR GARDENS
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In this non-traditional exercise class participants will be lead in in a routine to exercise both mind and body. Participants will engage in movement through the use of fun and exciting equipment such as pom-poms, ribbon wands and bell balls. Light and Lively is a 30 minute moderate activity program which encourages seniors to reap the benefit of exercise through musical movements and play.

MOVEMENT IS MEDICINE	ANEESAH FORD-SMITH	TUESDAYS & THURSDAYS AT 9:30 AM	5TH FLOOR INN
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Come and join us as we embark on a new wellness awareness program that improves health and wellness through the development of physical activity. Movement is Medicine is a 30 minute moderate fitness program which encourages seniors to reap the benefit of exercise. This course will provide education on age related changes and how they can be reversed or slowed through movement and is designed to include all aspects of exercise including, aerobic, flexibility, strengthening and balance. Regular physical activity is the closest thing to the fountain of youth!

MUSICAL MASTERPIECE	ANEESAH FORD-SMITH	2ND FRIDAY OF THE MONTH AT 2:30 PM.	5TH FLOOR INN
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If music could take on color and shape, what would it look like? It has been said that music and art are closely related. In this class we will explore the simple and exciting process of painting while listening to music that will take our minds on a journey. Like meditation in action, this art class will help you to center the mind and liberate the heart through music and creativity. For each class, we will listen to a different genre of music while gentle and patient painting instruction will help you discover in physical form the images and emotions that we carry and visualize through music. No prior painting experience required for this class.

MUSIC THERAPY	PAULINE HOUSTON	1ST & 3RD TUESDAYS AT 6:30 PM.	3RD FLOOR GARDENS
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Music therapy comes in two different forms: active and receptive. Music has been found to be an effective tool and beneficial for any individual, both physically and mentally. Music can improve heart rates, reduce anxiety, stimulate the brain, and improve learning. Come Join us Tuesday evenings as Music Therapist Pauline Houston shares with us types of expressive arts therapy that uses music to improve and maintain the physical, psychological, and social well-being. No previous music experience required.

COURSES AT THE INN AND GARDENS

COURSES	FACULTY	DAY AND TIME	LOCATION
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NO BAKE RECIPES	PAT BOONE ANEESAH FORD-SMITH	3RD TUESDAY OF THE MONTH AT 2:30 PM.	3RD FLOOR/GARDENS
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Have you ever wanted something sweet and decadent but could hardly wait for cooking time and preparation. If that is the case then this is definitely the class for you... In this class we will learn how to whip up desserts that doesn't require baking. Cutting back on the baking time leaves more time for eating! The neat part about this class is that you will also learn how to modify some recipes into a more healthier recipe by omitting and swapping a few ingredients. Recipes will be sampled during class..

NIFTY RECIPES WITH NAFESSA	NAFESSA	3RD WEDNESDAY AT 2:30 PM.	3RD FLOOR/GARDENS
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Have you ever met someone who made cooking seem easy? Please join Nafessa as she teaches you how to whip up delicious creations that are divine flavors to your taste buds. Nafessa is also excited to recreate family recipes that have been in your family for years. No cooking experience required. Please bring your appetite as we will sample each recipe and discuss which family recipe to prepare for the next class.

NOTABLE LOCALS	NICOLE TURNER	2ND WEDNESDAY AT 10:45 AM.	6TH FLOOR LOUNGE
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You will be amazed to discover how many famous Philadelphians were born and raised in our city of "Brotherly Love". This class will reveal interesting stories and landmark locations on notable locals and celebrities that hail from Philadelphia. This class will also highlight some of our best and brightest: athletes, pioneers, trendsetters, newscasters, business innovators, community leaders, musicians, entertainers, actor & actresses.

PAINTING WITH A TWIST	NICOLE TURNER	4TH WEDNESDAY AT 2:30 PM.	5TH FLOOR LOUNGE
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Painting with a Twist! is a fun, and innovating painting class for participants who want to learn the basics of acrylic painting. In each class, participants will be shown step-by step instructions on how to create your own masterpieces. During each session, a chosen featured painting will be selected to re-create. The best part about the class is that no two paintings will turn out alike and you get to enjoy the afternoon in the company of great friends. You will be amazed at the inner artist you have unleashed. No prior experience needed to attend this class. The only requirement is to allow yourself to have fun, laugh, and relax.

COURSES AT THE INN AND GARDENS

COURSES	FACULTY	DAY AND TIME	LOCATION
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SENSORY SENSATIONS	PAT BOONE	1ST AND 3RD FRIDAY AT 1:30 PM	3RD FLOOR GARDENS
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During this interactive class, several themes and seasons will be the focus of our attention and will require the use of all of our senses to reminisce. We will spend time remembering holidays, milestones, celebrations and weather related topics through the use of memory kits. As we reminisce, pictures, smells and antique items will be passed around to trigger our thoughts on these special occasions and historical events.

PHILLY FITNESS PROGRAM	FITNESS INSTRUCTOR	MONDAYS AND FRIDAYS AT 11:00 AM	5TH FLOOR LOUNGE
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Start the day with a full body stretch to get you ready for daily tasks. Flexibility, although one of the most ignored aspect of exercise is great for relaxing, stretching and lengthening tight muscles. Flexibility is one of the key components of a complete exercise program and is important for people of all ages. Flexibility reduces stress, improves range of motion, enhances muscular coordination, increases blood circulation, raises energy levels and helps to ward off injuries. The Watermark University Stretching and Flexibility course will educate you on the proper way to stretch so that you are on your way to a healthier lifestyle. Join us each day as we soothe our souls and stretch out sore muscles.

THE FRONT PORCH TRAVEL CLUB	NICOLE TURNER	2ND TUESDAY OF THE MONTH	5TH FLOOR INN
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Sit back and get ready to take a visual journey as we travel the world stopping from state to state and various countries learning culture, ethnicity, and lifestyle. Get ready to stamp your passport as we take a visual journey traveling a multitude of destinations..... and never leave the front porch.

TREASURE TIME	JENNIFER SMITH	2ND THURSDAY AT 2:00 PM	3RD FLOOR GARDENS
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Each week, we encourage you to bring keepsakes, mementos and items that hold a special meaning such as a jewelry box or a picture of our family, favorite car, house or pet. We will briefly discuss each item and pass it around for others to appreciate and we will all have the opportunity to learn more about each other each time we meet.

COURSES AT THE INN AND GARDENS

COURSES	FACULTY	DAY AND TIME	LOCATION
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UNCORK & UNWIND	NICOLE TURNER	4TH WEDNESDAY AT 4:00 PM.	6TH FLOOR LOUNGE
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This group session fosters an amenable setting for sharing information, insight, advice and encouragement while providing participants an opportunity to learn from others who face similar challenges. We will talk about a wide range of mental, emotional and physical health related topics that one may experience throughout the aging process. This class offers a multitude of learning opportunities as well as the chance to relax, laugh, heal and maintain control over our lives. If you know a friend who might enjoy this class, please bring them along as we Uncork and Unwind.

WACKY DESSERTS	PAT BOONE	1ST TUESDAY AT 1:30 PM.	3RD FLOOR GARDENS
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This tasty course focuses on the invention of sweet treat as Pat attempts to pair foods that complement each other while chronicling the history behind these sacred and unique duos. Who would ever have thought that peanut butter and bananas would pair for a perfectly delicious snack? This pairing has been referred to as a favorite of Elvis Presley who was renowned for his food cravings. In this course we will try to recreate favorites, such as the Elvis Sandwich, by actively making no-bake desserts with step-by-step instruction and let your taste buds savor the duo that you've created. Get ready to feed your mind while filling your belly.

COURSES AT THE SPRINGS

COURSES	FACULTY	DAY AND TIME	LOCATION
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ARMCHAIR FITNESS	COMMUNITY LIFE STAFF	EVERY WEDNESDAY AT 9:30AM	3RD FLOOR LOUNGE
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Do you run the other way when you hear exercise class? If so, we have the class for you! Join us as we exercise with friends in an uplifting environment. It's been statistically proven that individuals that exercise together enjoy exercise more and stick with their programs. We will use our chairs and explore simple movements combined with breathing and meditation techniques. We will also enjoy conversation, stories and laughter with friends!

COURSES AT THE SPRINGS

COURSES	FACULTY	DAY AND TIME	LOCATION
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BATTER UP BAKING	COMMUNITY LIFE STAFF	EVERY OTHER THURSDAY AT 9:30AM	3RD FLOOR LOUNGE
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Do you enjoy baking? Here is the class for you! Come and join the fun while we plan, prepare, bake and yes... taste our hard work! Whisk, knead and frost your way through our comprehensive collection of pastry and baking classes. You'll learn techniques like tempering, folding and icing while baking up fresh breads, puff pastries and creative cakes. Batter Up Baking is a course designed for those who enjoy having the opportunity to make delicious dishes and decadent dessert in the kitchen. Whether we are baking cookies, cakes or scones, we can always use an extra helping hand. Once we've finished, this course is sure satisfying any sweet tooth!

BEAUTY TRENDS OF 2018	RONETTA JOHNSON	FIRST MONDAY OF THE MONTH AT 2:00PM	2ND FLOOR LOUNGE
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Have you mastered the art of using a highlighter stick? Have you experimented with the "upside-down liner"? These are two of the beauty trends we're seeing this year. If you would like to learn more about the newest products and techniques in cosmetics join Ronetta for this series.

CANTOR'S CORNER	CANTOR NAOMI HIRSCH	3RD THURSDAY AT 3:30 PM	3RD FLOOR LOUNGE
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Once a month, Cantor Naomi Hirsch joins residents to share words of wisdom, provide uplifting prayers and sing songs of the faith. This is a wonderful program for all residents who celebrate the Jewish faith or for anyone who is in need of inspiration or prayer. During the Cantor Corner, Cantor Hirsch will sing, pray, teach the word and speak Yiddish and Hebrew.

CLAY CREATIONS	VICTORIA SCRECHING	ONCE PER MONTH; PLEASE REFER TO CALENDAR FOR DATES AND TIMES	3RD FLOOR LOUNGE
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Do you like to sculpt and create art using clay? Then this is the Watermark University class for you! For those who enjoy expressing their art through clay, Victoria enjoys teaching others how to sculpt masterpieces from malleable materials. Victoria has a passion for art and will demonstrate different techniques and ways to manipulate the clay to create beautiful pieces of pottery. Come express yourself and let out your inner artist at Clay Creations!

COURSES AT THE SPRINGS

COURSES	FACULTY	DAY AND TIME	LOCATION
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COOK. EAT. MEDITATE.	COMMUNITY LIFE STAFF	LAST THURSDAY OF MONTH AT 9:30AM	3RD FLOOR LOUNGE
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Meditation has an incredible number of benefits including reducing stress and increasing happiness. For many, cooking has similar positive affects. Join us in this class as we come together to explore culinary possibilities and engage our senses in this relaxing environment.

CORE FUSION	COMMUNITY LIFE STAFF	EVERY OTHER MONDAY AT 9:30 AM	3RD FLOOR LOUNGE
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This seated fitness class is designed to help develop strengthen and flexibility. Through strategic techniques these gentle movements can contribute to building a stronger core. Improving your core is said to positively affect your overall physical health and increase your level of enjoyment of daily activities. We hope you will join us to start your morning with positive movements.

CREATIVE CRAFTING	JAZMINE PARR AND VICTORIA SCRETCHING	LAST SATURDAY AT 10:00 AM	3RD FLOOR LOUNGE
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Who doesn't like to do a fun and original craft? Community Life's finest assistants, Jazmine Parr and Victoria Scretching, invite you to come, have fun and create something interesting using your imaginations. There are no rules in this class. Simply come and create! We will be changing it up weekly. One week, we may might create jewelry and another we may embark on an art project using recycled materials. Please take a look at the daily happenings located in the lounge areas in The Springs to see what we will be creating during each class.

CUPCAKE DECORATING	VICTORIA SCRETCHING	ONCE A MONTH; PLEASE REFER TO CALENDAR FOR DATES AND TIMES	2ND FLOOR LOUNGE
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Do you enjoy baking and decorating a variety of cakes? If so, we've got a sweet deal for you! During this collaborative course, you will learn the fundamentals necessary to create cupcakes for any special occasion. Victoria brings her bakery experience to the table with a variety of decorative touches, colorful icings and new techniques. Learn the consistencies of butter cream icing, how to employ fondant and gum paste, writing techniques and figure piping characters, drop flowers, sweet peas, leaves, vines, bows, and beautiful roses. The class will cumulate with a sampling of our handiwork. So grab a pastry bag and let's get creative in satiating our sweet tooth!

COURSES AT THE SPRINGS

COURSES	FACULTY	DAY AND TIME	LOCATION
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FIT BRAINS: COGNITIVE TRAINING	COMMUNITY LIFE STAFF	EVERY FRIDAY AT 10:00 AM	3RD FLOOR LOUNGE
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Brain-training research is still young, but studies suggest that some forms of mental exercise have positive effects and lasting benefits on one's memory and attention. "Brain Training" is one of the hottest new trends in self-improvement and courses are designed to improve cognitive abilities and keep your brain fit! Join Community Life Staff each Friday as she presents puzzles, riddles, word games and math problems that are fun, challenging and are wonderful workouts for you noggin!

HELPING HANDS NO SEW BLANKET	JAZMINE PARR AND VICTORIA SCRECHING	EVERY OTHER FRIDAY AT 10:00 AM	3RD FLOOR LOUNGE
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Helping Hands is an opportunity where we dedicate our time to giving back to our community. This course, rooted in volunteerism, focuses on allowing us to lend a helping hand to those in need. As a group, the NO-Sew class works to create no-sew pillows and blankets which will be donated to local charities and underprivileged members of our community to make another's day a little brighter. Join us in the 3rd floor lounge every other Friday to lend a helping hand because many hands certainly make for light work!

JEWELRY MAKING	VICTORIA SCRECHING AND JAZMINE PARR	EVERY 3RD THURSDAY AT 6:15 PM	2ND FLOOR LOUNGE
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If you enjoy looking fabulous and sporting beautiful pieces of jewelry, then this is a class you will most certainly enjoy. Every other Wednesday at 2:00 p.m. in the second floor lounge, the Springs has a jewelry making party that can't be beat. You can make a necklace, bracelet, anklet, earrings and more! Whether you want to make something for yourself or someone special in your life, this is the class for you. We will have fun socializing and will be sure to get opinions from our friends on what could make our pieces even more spectacular. With an assortment of beads to go with any style you're looking for, you will walk away with a homemade charms that are the perfect fit. Whether you're a pro or just learning the craft, this class meets the needs of all skill levels.

MUSIC THERAPY	LILA CALLINS-TATE	2ND THURSDAY AT 3:30PM	3RD FLOOR LOUNGE
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"Music expresses that which cannot be put into words." Victor Hugo spoke these words and Lila Callins-Tate shares this belief. Join us for this shared experience as we revisit some of our favorite tunes and learn some new songs that can bring joy to our days.

COURSES AT THE SPRINGS

COURSES	FACULTY	DAY AND TIME	LOCATION
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NEW TEMPLE CHURCH SERVICE	BAPTIST CHURCH MEMBERS	3RD TUESDAY AT 2:30 PM	3RD FLOOR LOUNGE
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Volunteers from New Temple Church join residents in The Springs every month to provide a Baptist church service. Praising the Lord in song, word and prayer are key components of this spiritual hour at the Watermark. So come, no matter what religion you are, because all are welcome!

QUOTES AND COFFEE	JAZMINE PARR	EVERY OTHER THURSDAY AT 10:30 AM	2ND AND 3RD FLOORS
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Everyone could use a little inspiration, so this month let's get motivated by the beauty of words through quotes and poetry. In this course, Jazmine share the best inspirational quotes from collections by famous authors, brilliant leaders and those that have walked the road before. Enjoy a positive thought, great advice and new ideas over a cup of coffee to encourage those that need a lift and to remind us that *our greatest glory is not in never failing but in rising every time we fall.* - Confucius

SHORT STORY READING	VICTORIA SCRECHING AND JAZMINE PARR	ONCE A MONTH AT 3:00 PM; PLEASE REFER TO CALENDAR FOR DATES	2ND FLOOR LOUNGE
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Come join Jan as she shares her love of literature with the residents at the Watermark. Each month, Jan will share a short story and lead a discussion on a work's themes, symbolism and relevance to each of our lives. Enjoy writings by your favorite authors and get ready to delve into a lively literary discussion every other Tuesday in the second floor lounge.

SIT AND SCULPT	FITNESS INSTRUCTOR	EVERY TUESDAY AND THURSDAY AT 10:45 AM	3RD FLOOR LOUNGE
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We all know exercise is one of the ways to fight off the winter blues. Want to learn new moves to strengthen your body? This class is designed to help you do just that. Join Jason on this wonderful journey to a healthier you.

COURSES AT THE SPRINGS

COURSES	FACULTY	DAY AND TIME	LOCATION
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SPIRITED ART ACRYLIC PAINTING CLASS	COMMUNITY LIFE STAFF	ONCE A MONTH; PLEASE REFER TO CALENDAR FOR DATES AND TIMES	3RD FLOOR LOUNGE
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Who doesn't love a painting party? Spirited Art is a positive, imaginative painting class for folks who want to learn the basics of acrylic painting in the company of great friends. In each class, Jessica will show you step-by step how to create your own masterpieces and you will be amazed by the inner artist you've uncorked! During each session, Community Life Staff will choose a featured painting to recreate, however no two works will turn out exactly alike. There are no critics here, so relax, laugh and let your creative juices start to flow!

SPONTANEOUS SPONGE PAINTING	VICTORIA SCRECHING AND JAZMINE PARR	3RD SATURDAY AT 10:00 AM	3RD FLOOR LOUNGE
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Join us for an afternoon of whimsy and wonder as we explore the wonderful world of sponge painting in the second floor lounge. During each class, Victoria will share her artistic knowledge as she leads residents through the creation of a masterpiece tailored to be uniquely you!

THIS MONTH IN HISTORY	COMMUNITY LIFE STAFF	3RD FRIDAY AT 11:00 AM	3RD FLOOR LOUNGE
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There are a multitude of significant events in history that are worthy of reflection and discussion. For example, do you know which UK musical group debuted their first US album in January of 1964? Do you recall which US Supreme Court decision was declared in January of 1973 that greatly changed our society? Which leader who is recognized across the world was released from prison at the age of 71 in February of 1990? In this class we'll reflect on notable events in American and world history that range from political action to musical influence to inventions that changed our society. We hope you will join us and share your personal experience.

TRADITIONS OF CHINESE NEW YEAR	RONETTA JOHNSON	ONCE A MONTH	3RD FLOOR LOUNGE
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There are so many traditions and superstitions associated with Chinese New Year and this class will introduce us to some of these practices. For example, the color red is used in decorations and in fashion to symbolize joy & happiness. On the first day of the new year the Chinese consider using a knife, broom or fire bad luck. And for good luck, the Chinese encourage eating certain fruits such as tangerines. Learn more about this holiday which is celebrated for an entire week and join in the celebration of the year of the dog.

COURSES AT THE SPRINGS

COURSES	FACULTY	DAY AND TIME	LOCATION
WATERCOLOR PAINTING	COMMUNITY LIFE STAFF	ONCE A MONTH; PLEASE REFER TO CALENDAR FOR DATES AND TIMES	3RD FLOOR LOUNGE

This course is designed for those who have no or little experience in watercolor and will focus on getting comfortable with watercolor painting techniques and enjoying the process of painting. The basics of materials, tools, techniques, color, value and “seeing” your subject will be explored. The class is designed to be fun and inspirational and will focus on how to relax and enjoy the process of painting.

WOMEN'S CLUB	VICTORIA SCRECHING	ONE TUESDAY PER MONTH AT 6:15 PM	3rd FLOOR
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Once a week, Victoria leads a Woman’s Club and welcomes women of all cultures to encourage friendship, cooperation, and understanding and to meet other women of similar backgrounds and interests. In this club we will discuss issues relevant to the fairer sex while providing a dynamic space to allow the ladies to open up and support one another through engaging conversation and meaningful activities.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

ELIZABETH ALECKNAVAGE

CERAMICS CLASS

Elizabeth Alecknavage became interested in working with clay as a child digging clay from an Ohio pond while visiting her grandparents. She earned a B.A. in Studio Art from Knox College in 1992 and has taught pottery to children and adults at the University City Arts League in Philadelphia. She now lives in Delaware County with her husband, son, and mother and brings ceramics classes to senior resident homes, church groups, and children's groups. She is delighted to be able to share this activity with the residents of the Watermark at Logan Square.

NANCY ALTER

INTRODUCTION TO PRINTMAKING

Nancy Alter re-entered the art world in 2004. She received a BA in Art Education from Glassboro State College and continued to work at developing her painting skills and artistic techniques while pursuing a career in the corporate world. Recent showings include Abington Art Center Juried Exhibition, Bryn Mawr Hospital International "Art Ability" exhibition, Old City Jewish Art Center, Rosemont College, Villanova University, the Philadelphia Sketch and Plastics Clubs, and The Free Library of Philadelphia. She has been awarded several honors including second place for works on canvas "All About Art" in 2011, an award for excellence in 2012, the Michael Lusachin Award in 2008 and the Stella Drabkin First Award in 2012 from the American Color Print Society. Her work is included in the permanent collection at the main branch of The Free Library of Philadelphia and in several private collections.

MICHELE BELLOUMINI

WRITE FROM YOUR HEART

Michele Belloumini was born in Pittsburgh, PA, attended Temple University in Philadelphia, and after a brief sojourn in the Southwest, returned to live and write in Philadelphia—a city that insinuates itself into many of her poems. Michele Belloumini's work has appeared in numerous journals and in the recent anthology, NOW(then)!Poets from the Eternal Now Poetry Series. Her book Crazy Mary and Others won the PlanB Press poetry chapbook competition in 2004. Michele has deep roots in the Philadelphia poetry community, most recently as one of the coordinators of the Monday Poetry Series held at the Free Library of Philadelphia's Main Branch.

PAT BOONE

COMMUNITY LIFE ASSISTANT (THE INN/GARDENS)

Pat Boone, Community Life Associate, has worked at the Watermark for 7 years. Pat works in the Memory Care Community better known as the Gardens. Pat says working with the residents in the Gardens is truly a blessing. Currently, Pat is taking Theology courses to become a licensed Ordained Minister. In her spare time, Pat enjoys her duties as the director of her church choir, singing, cooking decadent cakes and pies for family and friends and spending time with her husband and three grandchildren.

NAME OF INSTRUCTOR

CLASS NAME

NANCY CAPIZZI**STREAMING MUSIC PROGRAMS**

Nancy Capizzi has always loved music, but when she first moved to The Watermark, she never thought that she would be creating music programs on a regular basis. She truly believe in the positive effects of music to your mind, body and spirit, and feels this is especially true for the music that you loved when you were young. When the opportunity to create programs was presented, Nancy was excited to get on board because she enjoys presenting and many residents really enjoy her programs.

BOB CRAIG**SPORTS REVIEW**

Bob Craig has been at Logan for about seven years. Bob teaches the Sports Review Class. During this course, residents catch up and discuss the latest sports facts, statistics and anything in between. Bob has been a basketball coach for over twenty five years. He also help run a basketball organization during the weekend. Bob is married with two children. Bob helps to plan the annual Super Bowl party and special sports related trips, which everyone looks forward to every year!

JOE DOUGHERTY**COFFEE CLUB "EVENTS IN THE MARKET"**

Joe Dougherty has worked in the financial services industry for over twelve years and currently works for a Fourtune 200 Company, Edward Jones Investments. Joe is a graduate of Penn State University and holds a Certified Financial Planning CFP®. He lives in Broomall, PA with his wife Nicole and his two wonderful boys, Joey who is three and Jake who is one. Joe is one of the nicest guys you will meet and he is excited to volunteer a few hours each month to share important financial information with the residents of the Watermark at Logan Square.

KATHLEEN FOSTER

Kathleen Foster has been an Associate of the Watermark at Logan Square for 28 years. She began working here in 1987 as an Administrative Assistant, transferred to the Community Life Department in 1999 and in 2003 she transferred to the Human Resources Department. She enjoys spending time with her family and her new grandson. In her spare time she likes to garden, read and take walks with her golden retriever, Molly.

NAME OF INSTRUCTOR

CLASS NAME

STEPHEN HATZAI**SENIOR STAGE WORKSHOP**

Stephen Haitzi has been involved in theatre as an actor, director, producer, technician, playwright and educator in the Lehigh Valley and Philadelphia for over fifty years. A member of Actor's Equity, Steve has appeared onstage in Philadelphia, Washington and New York. The world premiere of his play *Waiting for the Ship from Delos: the Last Days of Socrates* was a popular and critical success at the 2008 Philly Fringe Festival. He is a Barrymore Judge and an adjunct Professor of Theatre at Penn State University, Abington. He is delighted to be working with such a talented, creative and enjoyable group as the Watermark Players. Rehearsals are always a lot of fun with a lot of laughs.

ANNE JOHNSTON**LIT WITS BOOK CLUB**

As a lifelong lover of reading, **Anne Johnston** has always enjoyed meeting and talking with other "readers." Anne has been a volunteer with the Philadelphia Free history and facilitated Book Review group meetings in local libraries. Before moving to the Watermark, Anne taught classes for twelve years in "Senior Learning" at the Klein Branch of J.C.C. in Philadelphia. Her former classes focused on books, current and past, which were made into movies - many Oscar winners. Anne hopes that many residents will join her for the Lit Wits meetings at the Watermark.

MARY JONTRY**SHAKESPEARE READERS**

Mary Jontry was an English Major in college and as part of an honors program took an extra course dedicated to reading almost all of Shakespeare's plays. This was the beginning of a life-long pleasure. Having resided in New York City, Mary saw many of his plays performed by distinguished casts and also was offered the opportunity to see many great classic and contemporary plays during her time in New York. The enthusiastic Watermark group, "Shakespeare Readers" not only reads and discusses Shakespeare's plays, but intersperse his plays with the study of works of other great dramatists. It's a formula for lively conversations and a group you cannot afford to miss.

ANNA KURTZ**COMMUNITY LIFE ASSISTANT**

Anna Kurtz is the Community Life Assistant for Town Center. She is a graduate of Syracuse University, and has been working at the Watermark since April 2018. She lives in Philadelphia and has an adorable french bulldog named Wilbur. You can find her around the building leading programs, doing arts and crafts, and making things extra festive! Join her for our new class "Throwback Thursdays" and re-live the trends of the past!

NAME OF INSTRUCTOR

CLASS NAME

ROSHNA KAPADIA**WANDERING DOCENT**

Roshna Kapadia offers an educational and enriching program at the Watermark known as Wandering Docent. This class will give every all the amenities of a museum without leaving your home. Roshna has an advanced degree and five years of training and docent experience at the Smithsonian's Freer & Sackler galleries in Washington D.C. Her classes will be offered monthly with a series of lecture titles that will help the participants understand and enjoy

BARBARA LEVITT**YOGA CLASS**

Barbara Levitt has been studying and teaching Classical Yoga under the direction of Dr. Vijayendra Pratap since 1972. When she was asked to teach classes at the Logan Square residence in Philadelphia in 1992, she faced the challenge of adapting traditional Yogic postures and practices for a class whose average age exceeded 80 years. A few participants had even celebrated their 100th birthday! That program, developed over twelve years, accommodates those who have difficulty getting up and down from the floor, without sacrificing the basic stretching, breathing and relaxation techniques that help all Yoga students add life to their years.

ANTHONY LOSINNO**TRAVEL CLUB**

Anthony Losinno, Social worker in The Springs, is a new comer to The Watermark. Anthony has past experience in community life, so it was no surprise he reached out to do a Watermark University class for us. When Anthony is not listening to residents and trying to resolve residents' concerns he likes to travel, dine out with friends, read a good book and loves fashion.

APRIL MACDONALD**THE HISTORY OF CHOCOLATE**

April MacDonald, Director of Dining Services, has worked for the Watermark for almost three years. April has been in the restaurant business for over thirty years and has worked every position in a restaurant including having owned a restaurant! April has a passion for learning about all different types of foods and food cultures. She loves to travel, cook, hike with her dogs, spend time with her family and friends and most importantly, relax!

NAME OF INSTRUCTOR

CLASS NAME

ALICE MEYER-WALLACE**ART WORKSHOP**

Alice Meyer-Wallace has painted all her life, beginning with neighborhood children on the sidewalk and the caricatures on New Jersey's Wildwood Boardwalk. At eighteen, she entered Rhode Island School of Design. Her favorite class was life drawing, which she later taught for years at the Aegean Center of Fine Arts in Paros, Greece. She has spent most of her life in Paros and in Majorca. She eventually began wintering near her hometown of Philadelphia. She began painting locally with the Plastic Club and currently teaches at the he hibernates each winter in Pennsylvania, where she paints and teaches at the Main Line Art Center, the Chester Springs School and the Plastic Club in Philadelphia as well as the Watermark at Logan Square once a week!

JILL MIGLIORE**INDULGENCE: AN ARTISIONAL CHOCOLATE MAKING WORKSHOP**

Jill Migliore, Director of Sales, has recently joined The Watermark team. She was born in Colorado but moved all over when she was younger since her parents were in the military. She finally settled in Pennsylvania and is a graduate of Temple University's Fox School of Business. She has a background in Sales as well as Hospitality and has a passion for people. She likes to read, travel and spend time with her two little dogs Maggie and Max. She enjoys entertaining guests and loves to cook, bake, and make interesting cocktails for her guests.

JUNIA OLIANSKY**ART FILM SERIES**

Junia Oliansky is a native of Brooklyn, New York. Junia moved to the Watermark a few years ago and is very happy here. Some of her hobbies include reading, walking, playing bridge and dancing. She is a lover of art and culture and the curator of the prestigious Watermark Art Gallery. She is the proud great-grandmother of 6!

GARETT O'NEILL**GUIDE TO BEER**

Garett O'Neill, Director of Plant Operations, has enjoyed co-teaching the Guide to Beer Course because he has witnessed the beer revolution that has occurred over the last 10-15 years. Garett enjoys learning about and tasting all the different styles of beer that are now readily available to everyone. Brewing beer also involves a very scientific process that, as an engineer by training, he finds very fascinating. Garett has been to many brewery tours and beer tastings over the years which has allowed him to taste beers that he would never normally try. Garett want to bring that experience to our residents.

NAME OF INSTRUCTOR

CLASS NAME

JAZMINE PARR**COMMUNITY LIFE ASSISTANT (THE SPRINGS)**

Jazmine Parr, Community Life Assistant in The Springs, joined us August 14, 2017. Jazmine is no stranger to working in a therapeutic recreation department and comes to us with over four years' experience working in another assisted living community. Jazmine enjoys playing bingo, trivia and sharing stories. In her own time, she likes playing with her daughter Milan and being spontaneous. Jazmin's favorite quote is "Live each day to its fullest with no regrets, life is to short."

FANNY PARTOW**FRENCH CONVERSATION**

Fanny Partow was born and raised in Paris, France. Later in life, her family moved to Teheran, Iran. Her two children frequented the French Lyceum in Teheran. Fanny became the Assistant to the commercial Director of Air France for Iran and Afghanistan. She was principally responsible of the PR department, working with travel agencies in Iran and the VIP's invited to Iran by the Air France or the government. Fanny appreciates the rich culture of ancient Persia and some of the ancient traditions still exist today including the Persian New Year that occurs on the first day of spring! Fanny moved to the United States with her family in the 1980's and they took up residence in Manhattan, but moved to the suburbs a few years later. Fanny worked in HR for Electronic Toll Machines, where she was responsible for the relations between the United States and the main office in France. She moved to the Watermark three years ago and some of her favorite hobbies include politics, reading, poker, singing, dancing and theater. She enjoys conversing in French with all of her friends at the Watermark. Fanny is also the proud grandmother of four granddaughters.

BETH PERRY**TAI CHI**

Beth Perry started studying with Maggie Newman in the 1980s. After taking time off, took it up again in the 90s with different teachers. Every single teacher's first lesson is to "relax". Beth enjoy it because it makes sense; she is able to listen to the body and use the strength of her body in ways that make moving easy and efficient.

BETTY PRUSSEL**BEADING CLASS**

Betty Prussel enjoys sharing her natural "talent" in crafts and has caused this to be a focus in her "new life" here at Watermark. Crafting brings us together with others who are interested in their creativity as well – and Betty loves having a good time with other residents.

NAME OF INSTRUCTOR

CLASS NAME

JENNIFER SMITH

Jennifer Smith, Administrative Assistant of the Memory Care, has worked for the Watermark Logan Square Community for many years. Although she has worn many hats and worked in various neighborhoods of the community she is absolutely loved by her residents of the Gardens. Jen spends her days at the Watermark providing nurturing care for the needs of her residents on a daily basis. Although her job can be a quite eventful, it is extremely rewarding. Jen spends her spare time attending church affiliated events with her husband, shopping, traveling, and spending quality time with her grandchildren.

JUDY SMOLEN**LINE DANCING CLASS**

Judy Smolen, GOING Fit Instructor, has been a fitness instructor for approximately seven years, and with GOING Fit for almost five years. Her certifications include: Arthritis Foundation Land and Water Exercise, AF Walk with Ease Program, SilverSneakers: Classic, CardioFit,Circuit, Stability, Boom and Yoga. She is also certified in and teaches: Les Mills Bodypump, Barre and TRX. Currently, her Senior classes include Line Dancing, Zumba Gold Latin Dance, Strength/Cardio, Balance, Seated Exercise, Tai Chi and Yoga. Previously, she has worked in the Marketing Industry and has an MBA in Marketing. Her two loves - teaching and family - (husband, two children and two dogs) keep her busy. Whenever possible, she also enjoys working out, reading, and spending time with friends.

JENNIFER TAPNER**MEET ME AT THE CELLAR DOOR: WINE TASTING**

Jennifer Tapner has been an associate for Watermark Retirement Communities for 22 years which includes leading Logan Square for the past ten years. Jen has 3 adult children, Justin, Glenn and Jenna and "Gammy" to 4 year old Riley. Many of you know Jon who frequents the community and actually thinks he works here too! Jen enjoys spending time with family and friends, the beach and any outdoor activity. Health and Fitness is a passion and in particular enjoying long course running and triathlon. Jen is actually is a competitive athlete, 5 time Ironman Finisher and Classified as an All World Athlete. Please join Jen and enjoy a glass of wine or chair Zumba. Promise a fun time to be had by all!

NAME OF INSTRUCTOR

CLASS NAME

NICOLE TURNER

COMMUNITY LIFE DIRECTOR (THE INN/GARDENS)

Nicole Turner, Director of Community Life (The Inn & The Gardens), joined Watermark Logan Square in 2013. She continues to be inspired by resident's willingness regardless of age to try new ventures and learn new things. Despite what the popular census states "age is just a number" and that is why her job is so rewarding. Her goal is to continue to provide residents the opportunity to live enriching and active lifestyles. She absolutely adores creating things with her hands, and learning something new each day. In her spare time she enjoys decorating her home, decorating for events such as baby showers, birthday parties, and weddings. She also enjoys shopping for fashions, cooking and spending quality time with her daughter and family. With a Bachelor's degree in Science majoring in Therapeutic Recreation, she has plans in the future of advancing her degree obtaining a Masters in Occupational Therapy.



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