

WATERMARK UNIVERSITY

2018

Spring Semester
JANUARY THROUGH APRIL

 **THE FOUNTAINS**
AT SEA BLUFFS



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,

Georgia J. Edmundson

Georgia J. Edmundson
Director of Community Life

COURSES	FACULTY	DAY AND TIME	LOCATION
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Afternoon Tea	Georgia Edmundson	Once Every Other Month Thursday • 12:00 pm	TC, Fireside Room
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When your day seems topsy, turvy and as stormy as can be, there's nothing quite as tranquil as a nice hot cup of tea. Come join me for Tea and a sweet treat before your bridge game or after your bridge game. Remember, HIGH Tea is served once every other month alternating with the Afternoon Tea with savory and sweet treats. Check the calendar for exact date and time.

Afternoon High Tea	Marilyn McNamara	Once Every Other Month Thursday • 12:00 pm	TC, Fireside Room
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What is High Tea?

The drinking of tea not only became a social event for the upper classes, it altered the time and manner in which they took tea. Afternoon Tea became the bridge between meals because many wouldn't eat their evening meal until maybe 8pm. As such, Afternoon Tea became a 'mini meal' in itself.

ATX Fitness	Elizabeth Logue	Sunday's • 11:00 am	Dynasty Room, Inn
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The aim of ATX is to create a space where the entire body and soul can be guided into a peaceful and replenishing time of breathing and relaxation. ATX is more than a fitness program, it's a way of life that Elizabeth can adjust to cater to the needs of any community. Some of the benefits that ATX enthusiasts report feeling are reduced stress, decreased pain in problem areas, increased range of motion, improved posture, and an increased feeling of overall well-being.

Bible Study	Barry Vaniel	Saturday's • 9:15 am	Inn, Dynasty Room
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Are you interested in learning more about the bible? Barry Vaniel loves teaching about the Christian Bible. He is teaching bible study each week, which is now very popular each year here at The Fountains at Sea Bluffs. The class centers on an appropriate portion of God's Word. Questions and discussions are encouraged. Feel free to ask any questions you have. Start your weekend off by joining Barry right after breakfast.

Ceramics	Sahar Tehrani	Tuesday's • 10:30 am Tuesday's • 1:30 pm	TC, 1st Flr Ceramics Rm Inn, Activity Room
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Sarah is an Instructor from Saddleback College and comes to Sea Bluffs every Tuesday. She can show you how to build beautiful works of art made from clay. Sarah has been working with clay for a very long time and this is what she loves to do the most. Her passion, is to work with clay and to show others how to as well. You will be making projects that you choose and Sarah will help you along the way to finish your project to completion. Meet new people, have fun, ad share creative thoughts and projects.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Create and Craft	TC Community Life Committee	Once a Month Last Friday • 12:00 pm	TC, Multipurpose Room
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Come and make a project each month. Meet New People, have fun, and share creative thoughts and ideas. After all, creating cards, scrapbook pages, and gift items is about more than just stamps and ink-it's about sharing a part of yourself with the people you love. If you have a project or a craft to share let us know and share it with others.

Edible Art	Georgia Edmundson	Once Every Other Month 2nd Friday • 12:00 pm	TC, Multipurpose Room
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"Scratch" is a dirty word to most people, but it's just how I operate. Scratch baker's are hard to come by in a world where cutting corners to save time and money reigns supreme. My philosophy has always been that taste and the quality of ingredients I serve my family and friends should not be sacrificed for any reason. If it's not from scratch, it's not from Georgia's Edible Art. No baking, just tasting in this class. Do you have a recipe that you would like to share and really don't have the time or really just don't want to make it. Bring it with you to this class and I will make it and share it at the next class.

Flower Art with Rose	Roseann Gentry	3rd Wednesday • 2:00 pm	Terrace, Activity Room
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Learn how to make a flower arrangements like a Pro! It's fun and Exciting! Come and help Roseann our Director of Assisted Living create beautiful mini bouquets. Roseann and her team will deliver these beautiful mini bouquets and share moments of kindness to other individuals in and outside our community. She is so happy to share her Joy of giving back to others and with you.

Floral Arrangement Basics	Sue Ross	Wednesday's • 1:30 pm	Inn, Activity Room
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Flowers with Friends: Learn creative ways to embellish a basic floral arrangement. Add interest and visual appeal with simple items that you may have on hand. Coordinate floral arrangements, big and small, short and tall to enhance your next party or just for your own personal enjoyment. Flowers are nature's way to bring beauty into our lives!

Fresh Flower Arranging	Lynn Phillips	Wednesday's • 2:00 pm	Garden's, Activity Room
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Do you love flowers? Every Wednesday fresh flowers are delivered to our community. Lynn is our Community Life Assistant in Memory Care and loves to teach and help others make floral arrangements. This is every Wednesday over at the Garden's entry and over in the dining room.

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Guided Meditation	Joelle Beer	Once a Month 2nd Sunday • 3:00 pm	TC, Multipurpose Room
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In Buddhist philosophy, freedom is often recognized as desirable and inherently available to us if we can just realize it. Come and hear what is meant by this freedom and how you might experience it. There will be a guided meditation that will open us to the process of forgiveness.

Jewelry Making: Wire Wrapping for Beginners	Wendy Jenkins	Friday's • 2:30 pm	TC, Fireside Room
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Make your own stunning wire jewelry including necklaces, earrings & bracelets with Wendy Jenkins. Imagine planning your outfit for a big night out and thinking, "I'd love a new necklace to spice up my favorite dress," or "I wish I had some fancy new earrings to add a little sparkle!" Or perhaps you long to give truly unique handmade gifts that will be treasured and cherished by their wearer.

Well, wish no more and save a trip to the store! After finishing this course, you'll have all the tools and techniques at your fingertips to be able to whip up a special new style and be the belle of the ball and everyone's favorite gift-giver! The compliments will roll in and you'll be so proud to smile and say, "Thanks! *I made it myself!*"

Meditation & YOGA Fusion	Elizabeth Logue	Once a Month 2nd Tuesday • 6:30 pm	Inn, Activity Room
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Let it go..... Wind down before bedtime and have a peaceful sleep. Meditation is great for releasing negative thoughts before sleep and YOGA is great to help relieve tension. This Fusion class will help you go to bed with a clear mind as you are guided through a process of detachment of negativity. This mindful exercise will help ease you into a restful and relaxing sleep whilst instilling passivity at the same time. Indulge your body & soul in this relaxing yoga and meditation session. This all-sensory experience is done while seated.

Memory Loss Support Group	Andrea Furch	Once a Month 3rd Thursday • 11:00 am	TC, Multipurpose Room
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Join Memory Care Director Andrea Furch as she hosts a support group for individuals with loved ones who are experiencing memory loss. She often brings in other industry professionals to speak with the group and offer other resources in the community.

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Mexican Cooking	Maria El Sharkawy	3rd Monday • 2:30 pm	TC, Multipurpose Room
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Don't miss out by not attending this tasting. If you love Mexican Food, this is for you. Everything is from scratch and WOW! Traditional Mexican dishes from Maria's favorite family recipes. Salsa, Guacamole, Homemade Tortillas, Taquitos, Chile Rellanos. A culinary treat! Maria and the rest of the housekeeping team make wonderful food and you get to taste the results!

Music and Motion	Andi Britt	Monday's • 10:30 am	Inn, Dynasty Room
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Andi is an activity assistant that loves to get involved and to teach as well. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. So, get moving with Andi in the morning and start your day off with exercise and laughter!

Pedros's Adventures	Pedro Ucros	Spring Semester Thursday • Time/Date TBD	TC, Multipurpose Room
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Join Pedro Ucros, The Director of Maintenance as he shares about his recent travels. Pedro loves to travel and is always off to interesting places and meeting people where ever he travels. Come and hear his tales, see his breathtaking and fun photographs on the big screen. I wonder where he will be off to next time?

Poet of the Month	Catherine Brown	1st Friday • 2:00 pm	Inn, Activity Room
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Join Catherine Brown, Community Life Assistant and learn about a poet each month. Enjoy reading along with a few selected poems and quotes. Also open discussion about his or her work, their place in history and please bring a favorite poem or quote to share.

Billiards Co-Ed Teams	Town Center Community	Friday's • 10:30 am	TC, 2nd Floor, Billiards Room
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Revived, Reborn, now the new Chic is The American Pool Hall which was once an exclusive realm of men. While, not anymore..... The Ladies and Men of Sea Bluffs grab a pool cue and have a great time in this fun activity that keeps you sharp and balanced. The good news is anyone can master pool! Pool's basics are simply learned, and apply to any of a million pool possibilities. Only slight adjustments are needed for power shots, difficult to see shots, etc. You can do it!

COURSES	FACULTY	DAY AND TIME	LOCATION
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Tasty Treats	Paul Granados	February 14th Wednesday • 12:00 pm	TC, Multipurpose Room
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Come and learn from our Executive Chef Paul Granados as he shows you how to make a tasty treat for any party or family function. Store bought treats are often made from fillers and byproducts as opposed to natural and high quality ingredients. By creating treats in your own home, you will be able to provide your friends and family with a healthy snack that is not only nutritious but is also free of unhealthy additives. This will be a tasty treat!

TEA Making The Perfect Cup	TC Community Life Committee	Spring Semester Thursday • 12:00 pm	TC, Fireside Room
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Making the Perfect Cup! No matter how expensive the tea you buy, if you brew it wrong, it's awful. This is a lesson many beginners learn the hard way. Most people who claim they "don't like the taste" were repelled by an incorrectly brewed tea. This can create a terrible misconception that can last a lifetime. Fortunately, this nightmare can be easily avoided with better brewing techniques. The perfect cup is out there... just brew it.

Tea Social	Lynn Phillips	Thursday's • 3:00 pm	Gardens, Dining Room
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Join Lynn Phillips, Community Life Assistant for tea. Come together and reminisce with friends. Lynn and friends sip on delicious tea and talk about the good ole' days.

Topics with Terry	Terry Brown	Spring Semester • Time/Date TBD	TC, Multipurpose Room
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Our Executive Director Terry Brown has always given us fascinating and interesting history topics in the past Watermark University Classes. Not sure what this topic will be. I'm sure it is one you will not want to miss. Please check the monthly calendar for the specific date/time that Mr. Brown will be speaking or call the Community life Director, Georgia at 234-3008 for more information. Hope to see you there!

Traditional Mexican Train	Myrna Gray	Friday's • 1:30 pm	TC, Fireside Room
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Traditional Mexican Train is a fairly recently developed variation of Dominoes train type games that has become extremely popular. Because of its simplicity and interaction, it can be played by nearly anyone, anywhere. Depending on the type of game you play, it can last from a single, 20-minute game to a 12 round game lasting hours. Mexican Train is easy to learn and fun to play. Each player is dealt an equal amount of dominoes and the goal is to try to get rid of as many dominoes as possible and have the lowest score based on the dominoes remaining.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Treats with the Nurse	Tane Wise	Once a Month • Date/Time TBD	TC, Multipurpose Room
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Tane Wise, Director of Nursing will be giving you some exciting news and advice on various topics. You never know what topic she will pick, but it is sure to be very informative for everyone. The bonus is she will bring treats. Please check the monthly calendar for the date/time she will be speaking.

Wine Down Wednesday	Elizabeth Logue	1st & 3rd Wednesday • 6:45 pm	TC, Multipurpose Room
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Come down to Multipurpose Room the 1st and 3rd Wednesday of each month for a little YOGA and wine. This is a great way to end an evening and wine down with friends after class.

Wii Bowling for Men	Gene Delsol	Friday's • 12:00 pm	TC, Multipurpose Room
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Men are invited to bowling challenges every Friday. Brunswick Pro Bowling gives players a detailed realistic bowling center experience, complete with authentic sight and sounds. Gene is always ready to help new bowlers get the hang of it and offers tips and helpful advice if you are just starting out. Video games improve mental health by providing cognitive stimulation as well as eye-hand coordination.

Wii Bowling for Ladies	Town Center Community	Friday's • 1:30 pm	TC, Multipurpose Room
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The Ladies of Town Center follow the Men's bowling with their enthusiastic and energetic Wii Bowling. They also use the Brunswick Pro Bowling program that gives each player a detailed realistic bowling center experience, complete with authentic sight and sounds. The mental stimulation combined with the social interaction combats depression. The movement provides exercise and improves balance which in turn can prevent falls. Come join the fun!

YOGA Sunday	Elizabeth Logue	Sunday's • 11:45 pm	TC, Fitness Center
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Looking for reasons to try yoga? If you're a passionate yoga practitioner, you've probably noticed some yoga benefits—maybe you're sleeping better or getting fewer colds or just feeling more relaxed and at ease. Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls. When you build strength through yoga, you balance it with flexibility.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Andrea Britt

Music and Motion

Andrea Britt likes to be called Andi and is the Community Life Assistant for The Terrace and The Inn here at The Fountains at Sea Bluffs. Andi also steps in When the Community Life Director is out of the community. Andi really loves and has a passion to work with our aging and children. She has two sons and the youngest Dominic helps her teach and inter-generational art class called Painting with feelings in the evening here at Sea Bluffs. The residents absolutely love him and always have a big hug to give him. Caring for loved ones comes easy to her. She is enjoying the residents and getting to know each one on an individual basis.

Andrea Furch

Memory Loss Support Group

Join Memory Care Director Andrea Furch as she hosts a support group for individuals with loved ones who are experiencing memory loss. She often bring in other industry professionals speak with the group and offer other resources in the community.

Andrea Luther

Mobile Technology

Andrea Luther is the Business Office Director here at The Fountains. Andrea loves being part of the Sea Bluffs community and is enjoys the relationships she is building with our residents and being part of such an extraordinary place. She is great with technology and will be helping us with our mobile devices to the fullest.

Barry Vaniel

Bible Study

For over 40 years Barry worked in the business world and after retiring in 2007 has devoted more time to his passion, leading Bible studies at his church and here at The Fountains. Barry's mother Helen was a long time resident at The Fountains at Sea Bluffs and he enjoys a continued relationship with our residents an the community

Catherine Brown

Poet of The Month

Community Life Assistant for the Inn, Catherine has been working at Sea Bluffs for over 4 years. She is creative, has a passion for cooking, arts and crafts and is an accomplished seamstress.

Gene Delsol

WII Bowling

Gene is a longtime familiar face around here at Sea Bluffs. Gene is always looking for more bowlers and enjoys teaching his techniques and helping others to use the WII bowling game. What does Gene have to say about Wii Bowling "It is an easy game to play, regardless of your experience". Why not join in the fun!

NAME OF INSTRUCTOR

CLASS NAME

Georgia Edmundson

**Afternoon Tea
Afternoon High Tea
Create and Craft
Edible Art
Tea 101**

Georgia Edmundson, Community Life Director at Sea Bluffs is a U.S. Navy Veteran and loves to bake and work on creative projects. Native American Indian of the Original inhabitants of Orange County, California Natives the Acjachemen Nation and practices the tribal elder teachings that "*We will be known forever by the tracks we leave*". She is on her Tribal Council for Tribal Veterans. She loves working with people because it fulfills her and in the Acjachemen language they say Towish No Shun - You have touched my soul.

Jacque Tahuka

Journey to the Past

Jacque has made a successful career out of sharing her Acjachemen ancestor's story. She prides herself on preserving and passing her culture along through the oral Native American tradition of storytelling. While attending college at USC, she traveled across the country competing on the National Collegiate Speech Circuit and American Forensic League. She received the Most Outstanding Speaker Award from USC for three years and numerous medals for superior accomplishments, including 1st Place Gold Medal National Speech Competition. After graduating from USC and Pacific Christian College she began to teach in elementary schools, where she enjoyed teaching for over 17 years.

Joelle Beer

Guided Meditation

Joel has lived at The Fountains at Sea Bluffs for a while now and she loves to come on the excursions and has the sweetest attitude! Joelle has brought the meditation time to our community and we are so lucky to have her.

Lynn Phillips

Tea Social

Lynn began working at Sea Bluffs as a caregiver over 5 years ago and is now a Community Life Assistant for The Gardens. Lynn finds great joy in giving back to the residents she works with and she has created a variety of activities and a warm environment.

Maria El Sharkawy

Mexican Cooking

Maria El Sharkawy, Director of Housekeeping has been at the Fountains at Sea Bluffs for over 21 years. Her passion for volunteering keeps her busy on her days off. She is famous for providing fabulous Mexican lunches to the associates and the residents each month.

NAME OF INSTRUCTOR

CLASS NAME

Marian Walkingstick**Gifts From The Heart**

Marian Walkingstick is a native Californian who grew up on Los Rios street and is active in the Acjachemen Nation of her tribe and teaches basket weaving. Marian lives locally in San Juan with her husband Ezekiel Walkingstick who is a tribal member of the Cherokee Nation. Marian has been busy gathering plant materials and making baskets for over 60 years.

Marilyn McNamara**Afternoon Tea
Afternoon High Tea
Create and Craft
Edible Art
Tea 101**

Marilyn lives here at Sea Bluffs with her husband John McNamara and is a part of Community Life Committee. She is the Chairwoman of Community Life and loves to attend activities and excursions when she is not leading them. Marilyn really enjoys having her cup of tea at Afternoon Tea and looks forward to seeing the ladies. Remember guys are welcome too!

Myrna Gray**Traditional Mexican Train**

Myrna Gray is a resident of Sea Bluffs and has lived in Dana Point for over 40 years and loves being here at The Fountains. Myrna wants to bring Traditional Mexican Train to Sea Bluffs because it's a lot of fun.

Paul Granados**Tasty Treats**

Paul Granados is our Executive Chef here at The Fountains at Sea Bluffs and he is an exceptional Chef! His love for cooking shows in all of the food that he prepares and creates. The Watermark Course that he will be teaching us will be all about making a quick and easy treat for company or just yourself. Come and taste the good food that Paul will prepare!

Pedro Ucros**Pedro's Travel**

Pedro loves to share his stories when he travels. Each year he travels to many wonderful countries and always has a great story to share. When he isn't keeping our community safe and sound, he tends to his two precious dogs. Pedro has been working at the community for over 17 years.

NAME OF INSTRUCTOR

CLASS NAME

Ron Lackey**Men's Breakfast Club**

Ron Lackey has lived at The Fountains at Sea Bluffs for over 6 years. He has a lovely wife named Barbara and two grown children. His career was in Education from teaching to Administration Director for Special Education for 30 plus years. He did a lot of traveling during his younger years and speaks French and German. He also lived in West Germany for a year during his teaching career. Ron has a passion for socializing and looks forward to hosting a Men's Breakfast Club and keeping the topic of current events to life history going strong.

Rosann Gentry**Flowers with Rose**

Roseann has been the Assisted Living Program Director for over three years. She loves to cheer people up with creating flower bouquets to brighten their day. You can always see Roseann with a fleur-de-lis on her jewelry!

Terry Brown**Executive Director**

Terry has been the Executive Director for over 7 years. He has a big heart for serving our residents. Terry enjoys traveling and learning new things about the places around him. He will be talking with us about History.

Wendy Jenkins**Jewelry Making**

Wendy is a resident here at Sea Bluffs and enjoys our ceramics and Tai Chi classes that are offered here. She loves jewelry and accessorizing, and over the years her style has evolved to fit her active way of life. She has combined her passion for accessorizing, her love of nature-inspired beauty, and her own personal style into her wire wrapped Jewelry.



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