

WATERMARK UNIVERSITY

2020

**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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<b>Afternoon Tea</b>	<b>Georgia Edmundson</b>	<b>Once Every Other Month 3rd Thursday • 12:00 pm</b>	<b>Town Center, 2nd Floor Fireside Room</b>
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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 a cup of hot Tea and a sweet treat before your bridge game or after your bridge game. We will be discovering teas from around the world. While the custom of afternoon tea originated in Europe, the beverage itself has ties around the world. 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.

<b>Afternoon High Tea</b>	<b>Marilyn McNamara</b>	<b>Once Every Other Month 3rd Thursday • 12:00 pm</b>	<b>Town Center, 2nd Floor Fireside Room</b>
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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. During this HIGH Tea, you will sample expert tea pairings, I guarantee it to be a perfect pot of tea to accompany any of the delicacies that are presented. It might be a collection of scones, savories, or sweets, any of these are perfect for treating teatime guests to an international culinary tour without the need for a passport.

*May all your teatimes be special this autumn!*

<b>Art For All Ages</b>	<b>Instructor Varies</b>	<b>Once Every Month 2nd Thursday • 10:30 am</b>	<b>Town Center, 2nd Floor Multi-Purpose Room</b>
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Art for All Ages specializes in art instruction for communities. They work closely with directors of to structure a series of Art classes that meets the needs of everyone. Art for All Ages establishes a creative environment where producing art work can be therapeutic and fun. Steve Faver is an artist with over 40 years of art experience. Steve has worked with all sorts of mediums including Oils, Acrylics, Watercolors, Pencils, Pastels, Airbrush and more... Yet when it came to teaching art Steve discovered many do not have the dexterity to control a paintbrush. That's why he's created this unique painting program where 3 simple moves with a SPONGE and the painting is done! All of the paintings can be done with little or no brush work at all the sponge does 90-100% of the work. This has made Art For All Ages the fastest growing Art program for seniors because it's so easy EVERYONE can paint!

<b>Artist Palette Painting</b>	<b>Peg Demery</b>	<b>Once Every Month Wednesday • 10:00 am</b>	<b>Town Center, 1st Floor Ceramics Studio</b>
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This monthly workshop will be using different types of paint each month. Some of the projects we will be painting with: acrylics, watercolors, or sketching on all kinds of things: plastic pumpkins, rocks, boxes, greeting cards, wooden initials, glass, ceramic, canvas this list goes on...

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>ATX Fitness</b>	<b>Elizabeth Logue</b>	<b>Sunday's • 11:00 am</b>	<b>The Inn 2nd Floor, Dynasty Room</b>

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.

<b>Bible Study</b>	<b>Barry Vaniel</b>	<b>Saturday's • 9:15 am</b>	<b>The Inn 2nd Floor, Dynasty Room</b>
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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.

<b>Billiards Co-Ed Teams</b>	<b>Town Center Community</b>	<b>Friday's • 10:30 am</b>	<b>Town Center, 2nd Floor Billiards Room</b>
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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!

<b>Binky Patrol</b>	<b>Marilyn Novak</b>	<b>3rd Wednesday • 9:00 am - 11:00 am</b>	<b>St Edwards Church Dana Point</b>
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Marilyn Novaks Binky Patrol meet once a month at St. Edwards Church to work on projects or turn in projects and get supplies for blankets from knitting, crocheting, and fleece. You do not have to go to church to meet here. Anyone can make a difference in the life of a child. How would you feel if you lost your home or in transition or trying to get to a safe place because you're in a bad situation? How scary to have to leave in the middle of the night, with nothing because of a fire. How nice to have something like a blanket welcoming you. With just a few friends, neighbors, family members you can bring bundles of comfort to children near you who are in need of a reminder someone cares. Not crafty, can't sew! It's easy! - You do not need to sew! All you need is some fleece fabric, a pair of scissors and a little bit of time. One of these can comfort a child and let him/her know that somebody cares. It just has to be from your heart. They are always looking for volunteers, sewers and non-sewers. This is a great volunteer project.

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Book Club</b>	<b>Carole Regan</b>	<b>3rd Sunday • 2:00 pm</b>	<b>Town Center, 2nd Floor Multi-purpose Room</b>

Thinking about joining a book club?

Along with reading a brand new book each month there are so many excellent perks to joining.

- \* You meet interesting people.
- \* You read things that you wouldn't otherwise read.
- \* Sometimes it's fun just to chat
- \* Book clubs are a great place to make and keep friends.

Everyone is invited to attend our book group, whether you have been able to read the book or not.

<b>Chaos to Calm</b>	<b>Elizabeth Logue</b>	<b>1st &amp; 3rd Tuesday • 6:30 pm</b>	<b>Town Center, 2nd Floor Multi-purpose Room</b>
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Just not ready to get to sleep yet! Try meditation..... Not only can meditation improve your **sleep** quality, but it may also **help** reduce blood pressure and ease pain, anxiety, and depression. It's easy. Our evening Meditation is accessible, friendly practice that everyone can try—insomnia sufferers of different ages respond well to meditation. Meditation is a way to calm the mind and body. Give it a try...

<b>Ceramics</b>	<b>Sahar Tehrani</b>	<b>Tuesday's • 10:30 am Tuesday's • 1:30 pm</b>	<b>Ceramics Studio Inn, Activity Room</b>
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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.

<b>Create and Craft</b>	<b>TC Community Life Committee</b>	<b>Once a Month Last Thursday • 12:30 pm</b>	<b>Town Center, 2nd Floor Multipurpose Room</b>
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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 lets share it with others.

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Edible Art</b>	<b>Georgia Edmundson</b>	<b>Every Other Month February 12th • 1:00 pm</b>	<b>Town Center, 2nd Floor Multipurpose Room</b>
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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.

<b>Flower Art with Rose</b>	<b>Roseann Gentry</b>	<b>Once a Semester February 12th • 2:00 pm</b>	<b>The Gardens Terrace 2nd Floor, Activity Room</b>
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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.

<b>Floral Arrangement Basics</b>	<b>Catherine Brown</b>	<b>Wednesday's • 1:30 pm</b>	<b>The Inn 2nd Floor, Activity Room</b>
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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!

<b>Fresh Flower Arranging</b>	<b>Lynn Phillips</b>	<b>Wednesday's • 2:00 pm</b>	<b>The Garden's 1st Floor, Activity Room</b>
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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.

<b>Hand &amp; Foot Card Game</b>	<b>Valerie Riches</b>	<b>Tuesday's • 1:00 pm</b>	<b>Town Center, 2nd Floor Multi-purpose Room</b>
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*Hand and Foot is a North American game related to canasta.*

Each player is dealt two sets of cards using one as the "hand" and one as the "foot. The aim is to get rid of cards from your hand, and then from your foot.

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Jewelry Making: Wire Wrapping for Beginners</b>	<b>Wendy Jenkins</b>	<b>Friday's • 2:30 pm</b>	<b>Town Center, 2nd Floor Fireside Room</b>
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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!*"

<b>Knitting Club</b>	<b>Varies Staff Members</b>	<b>Monday's 1st &amp; 3rd • 1:30pm</b>	<b>The Inn 2nd Floor, Activity Room</b>
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We will be making neck scarfs and donating them to those in need. Our instructor is an avid knitter and will show you step by step how to knit a basic scarf.

<b>Loose Ends</b>	<b>June Kreutzer</b>	<b>Friday's 1st &amp; last • 1:30 pm</b>	<b>Town Center, 2nd Floor Multi-purpose Room</b>
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We have a group of women who have formed a mini-guild of crocheters affectionately called "Loose Ends" We talk about crochet and work with yarn, share ideas, and tackle problems. We range in skill levels and preferences, but the diversity makes it that much more fun. Come learn with us!

<b>Mah Jong</b>	<b>Sharon Campbell</b>	<b>Every Thursday • 1:00 pm</b>	<b>Town Center, 2nd Floor Fireside Room</b>
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**Mahjong**, is a tile-based game that was developed in China during the Qing dynasty and has spread throughout the world since the early 20th century. Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. The game is played with a set of 144 tiles based on Chinese characters and symbols.

***If you are interested in learning Mahjong or know how to play then come join Sharon Campbell. For more information call Sharon at 760/799-0592***

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
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<b>Meditation &amp; YOGA Fusion</b>	<b>Elizabeth Logue</b>	<b>Once a Month 1st Tuesday • 6:00 pm 3rd Tuesday • 6:00 pm</b>	<b>The Terrace 2nd Floor, Activity Room</b>
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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.

<b>Memory Loss Support Group</b>	<b>Andrea Furch</b>	<b>Once a Month 3rd Thursday • 11:00 am</b>	<b>Town Center, 2nd Floor Multipurpose Room</b>
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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.

<b>Music and Motion</b>	<b>Andi Britt</b>	<b>Monday's • 10:30 am</b>	<b>The Inn 2nd Floor, Dynasty Room</b>
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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!

<b>Pedros's Adventures</b>	<b>Pedro Ucros</b>	<b>Once a Semester Date TBD • Time TBD</b>	<b>Town Center, 2nd Floor Multipurpose Room</b>
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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?

<b>Poet of the Month</b>	<b>Catherine Brown</b>	<b>1st Friday • 2:00 pm</b>	<b>The Inn 2nd Floor, Activity Room</b>
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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.



COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Resistance Stretch Band Workout</b>	<b>Sahar Tehrani</b>	<b>Monday • 11am Wednesday • 9:15 am Friday • 9:15 am</b>	<b>Town Center 1st Floor, Fitness Center</b>
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Anyone, at any fitness level, can benefit from using resistance bands. They add an extra challenge to bodyweight exercises but don't put the same sort of pressure on your joints that external weights, like dumbbells and kettlebells, do. They're also great for targeting smaller stabilizing muscles that you may not typically work. This is why trainers love using them to work the small muscles in the hips, particularly the gluteus medius, which plays the important role of stabilizing your quads when you walk.

<b>Speaker Series</b>	<b>Dr. Birjandi</b>	<b>Tuesday • 10am January 28th</b>	<b>Town Center 2nd Floor, Multi-purpose Room</b>
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There are many people that experience unwanted foot conditions as the aging process occurs. This may be a result of poor circulation or a loss of cushioning. It is important to wear shoes that fit properly and are comfortable, and it may be beneficial to measure your feet regularly, which may ensure a correct fit. Circulation may be improved by performing specific foot stretches, in addition to walking frequently during the day. Some of the typical foot ailments that many seniors face may include athlete's foot, corns and calluses, or dry skin. Diabetic patients may need to check their feet daily for any cuts or bruises that may be present. If these should go unnoticed, complications may arise as a result of the inability to heal properly. If you would like additional information about how to care for elderly feet, it is suggested to speak to a podiatrist who can properly guide you.

<b>Tasty Treats</b>	<b>Paul Granados</b>	<b>Wednesday March 18th • 12:00 pm</b>	<b>Town Center, 2nd Floor Multipurpose Room</b>
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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!

<b>TEA Making The Perfect Cup</b>	<b>TC Community Life Committee</b>	<b>Once a Semester February 14th • 12:00 pm</b>	<b>Town Center, 2nd Floor Fireside Room</b>
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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 be easily avoided with better brewing techniques. The perfect cup is out there... just brew it.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Tea Social	Lynn Phillips	Saturday's 2nd & Last • 2:45 pm	The Gardens 1st Floor, 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.

The Hows of Art	Instructor Monika	Once a Month • 10:00 am Last Friday	Town Center 2nd Floor Fireside Room
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Monika holds a Bachelor of Fine Art in Art (BFA Art) and a degree in graphic design from her studies at the Academy of Arts in Poland. She specializes in fine art and graphic design but teaches all aspects of art. She is a great Artist and wonderful teacher, with over 25 years of experience in teaching students of all ages throughout Poland, Las Vegas and now in Southern California. She is also the founder of "Agnes" - Essential Oils and Natural Beauty Products & "The Hows of Art" - Paint Events and Art Classes.

Topics with Terry	Terry Brown	Once a Semester Date TBD • Time TBD	Town Center, 2nd Floor 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	Thursday Last • 1:30 pm	Town Center, 2nd Floor 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.

Treats with the Nurse	Director of Nursing	Once a Month 1st Monday • 2:00 pm	Town Center, 2nd Floor Multipurpose Room
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Our Director of Nursing will be giving you some exciting news and advice on various topics. You never know what topic will be picked, but it is sure to be very informative for everyone. The bonus is they will bring treats. Please check the monthly calendar for the current date/time.

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Twisted Stitches</b>	<b>Judy Flath</b>	<b>1st &amp; Last Sunday 2:00 pm</b>	<b>Town Center, 2nd Floor Fireside Room</b>

**Why Knitting is good for you?** Enforces Mindfulness Meditation: Knitting is calming, relaxing, and keeps us centered because of its repetitive rhythmic movements, which can help prevent and manage stress, pain and depression, which in turn strengthens the body's immune system. We give the blankets and caps to the hospital for patients.

<b>Wii Bowling for Men</b>	<b>Gene Delsol</b>	<b>Friday's • 12:00 pm</b>	<b>Town Center, 2nd Floor Multipurpose Room</b>
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Brunswick Pro Bowling gives players a detailed realistic bowling center experience, complete with authentic sight and sounds. Gene is always ready to help you get the hang of it and offer helpful advice. out. Wii improves mental health by providing cognitive stimulation as well as eye-hand coordination.

<b>Wii Bowling for Ladies</b>	<b>Town Center Community</b>	<b>Friday's • 1:30 pm</b>	<b>Town Center, 2nd Floor Multipurpose Room</b>
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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. 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!

<b>YOGA Sunday</b>	<b>Elizabeth Logue</b>	<b>Sunday's • 11:45 pm</b>	<b>Town Center, 2nd Floor Fitness Center</b>
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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

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### NAME OF INSTRUCTOR

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### CLASS NAME

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**Andrea Britt**

**Music and Motion**

Andrea Britt likes to be called Andi and is the Community Life Assistant for The Terrace and The Inn. 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 an 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. Caring for loved ones comes easy to Andi.

**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 brings in other industry professionals speak with the group and offer other resources in the community.

**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 here and he enjoys a continued relationship with our residents and the community.

**Carol Vandeventer**

**The Artists Palette**

Carol and her husband Roland moved to Sea Bluffs in 2012 and love it here. These two are very active with their church and busy lives. Carol loves to paint and takes every opportunity to go and take lessons and is always working on a new painting project or drawing.

**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.

**Donna Sanchez**

**Knitting Club**

Donna wanted to start a Knitting Club which allows us to come together and share our knowledge about knitting. Donna loves to fish, knit and eat. She is currently enrolled in school to complete a nursing degree.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**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!

**Georgia Edmundson****Tea  
Arts and Crafts**

Georgia Edmundson, Community Life Director at Sea Bluffs is a U.S. Navy Veteran and loves to bake and work on creative projects. Being a Native American Indian of the Original inhabitants of Orange County, California Natives the Acjachemen Nation she practices her 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 sharing her Acjachemen ancestor's stories. She prides herself on preserving and passing her culture along through 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, 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.

**June Kreutzer****Loose Ends**

June has lived at The Fountains at Sea Bluffs for a while now and she loves to come any and excursions and has the sweetest attitude! June loves to crochet and has made several hats and matching scarves to donate to charities. June has brought her humor and laughter 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.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**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.

**Marilyn McNamara**

**Tea  
Arts & Crafts**

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!

**Nancy Powers**

**Twisted Stitches**

Nancy is a resident here at Sea Bluffs. She volunteers at Mission Hospital and knits hat and scarves for the patients at the hospital. Nancy was a nurse and shares her talents with everyone.

**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.

**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.

**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!

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**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.

**Valerie Riches**

**Hand & Foot Card Game**

Valerie has been a very familiar face here at Sea Bluffs. Valerie visits her many close friends that reside here and started up the Hand & Foot card game so she could visit with all of them at once. Valerie loves playing card games and it is a fun and easy way to enjoy the company of your friends and family.

**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.



**INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE**

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