

WATERMARK UNIVERSITY

2018

**Spring Semester**  
JANUARY THROUGH APRIL

 THE WATERMARK  
AT BEVERLY HILLS



**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,**

*Laney Scher-Podell*

Laney Scher-Podell  
Community Life Director

## Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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**JFK: A Cover-up, A Conspiracy**

Laney P.

Every Other Monday •  
2:15pm

Multi-Purpose Room

JFK was in Dallas to try to smooth out political tensions between the liberals and the conservatives within the Democratic Party. As he was riding in a motorcade through the Dealey Plaza, John F. Kennedy, our 35th President, was shot and killed. The official government report of the assassination states that JFK was killed by a lone, demented assassin named Lee Harvey Oswald, but is that what really happened? Laney doesn't think so, and through a series of classes will explain why, and leave you to determine what REALLY happened.

**Encountering the Book of Psalms (Tehillim)**

Jessica K.

Tuesdays • 9:45am

Private Dining Room

While the Torah presents itself as the divine word imparted to the people Israel, the 150 poems in the Book of Psalms represent a range of human voices: the sounds of lament and of thanksgiving to God, individuals extolling God's beneficence or imploring God to bring rescue and redemption. The poets in this ancient anthology give voice to sentiments we all share and seek to express at one time or another in our lives. Its continual subjects may be God's workings and God's relationships with humankind, but its passions are our own, and Jessica will lead the analysis and discussion of possible life applications.

**The Greatest Composers of the Classical Period**

Laney P.

Every Other Sunday •  
1:15pm

Multi-Purpose Room

Spanning seventy years, from 1750 to 1820, the classical period is a time when composers began pulling in the reigns of the many baroque period musical styles by creating strict compositional "rules and regulations." Yet within their rigidity, great composers like Haydn and Mozart were able to create some of the greatest classical music the world has ever known. Laney will introduce and discuss these composers that were in pursuit of musical perfection, and whose contributions to classical music changed the course of music forever.

**Table Topics: A Toast Master's Tradition**

Jessica

Every Other Saturday •  
1:15pm

Multi-Purpose Room

Most of the talking we do every day – simple conversation – is impromptu speaking. Table Topics continues a long-standing Toastmasters tradition which we include in our weekly schedule. When we meet, every resident has the opportunity to speak. But it's about more than just carrying on an anxiety-ridden tradition. Table Topics is about developing your ability to organize your thoughts quickly and respond to an impromptu question or topic. In this class, Andy creates a comfortable environment for everyone to be able to share their thoughts and respond to other residents. Join in the discussion and you will learn things about other residents you would have never known before!

## Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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### Theatrical Improvisation and Fundamentals of Character Development

David Z.

Every Other Sunday •  
3:30pm

Multi-Purpose Room

Explore the Elements of improv in our introductory course. You will learn some of the core fundamentals and principles of improv, focusing on various games and exercises that encourage trust, communication, agreement (“yes and”); active listening, character, status, and making your scene partner look good. This class is great for actors and non-actors alike interested in exploring the concepts of improv in a fun and welcoming environment.

### Creative Floral Arrangement

Jessica K.

Last Wednesday of the  
Month • 2:30pm

Living Room

Learning the basics of floral arranging will help you put together a simple vase of flowers and sponges so that it looks elegant, professional and classy. In this course, you are going to learn the fundamentals of floral arranging. We provide the cut flowers, vases, floral cutters and step-by-step instructions on how to recognize the freshest flowers, how to care for them and how to create a beautiful flower arrangement. Each participant will then be hands on with their own set of flowers to create a beautiful arrangement.

### Topical TED Talks and Discussion

Eric

Every Other Sunday at  
2:00pm

Multi-Purpose Room

In our topical TED Talks series, we use engaging videos on TED-Ed to create customized lessons. TED is a nonprofit devoted to "Ideas Worth Spreading". TED's early emphasis was technology and design, consistent with its Silicon Valley origins, but it has since broadened its focus to include talks on many scientific, cultural and academic topics in which we learn from and debate their merits.

### Opera DVD Series

Gladys W.

One Sunday a Month •  
2:00pm

Multi-Purpose Room

Gladys has volunteered her premiere collection of Opera Performances on DVD for this Watermark University culture course. She will present a brief background on the Opera and it's famous history, and then we will listen and watch a beautiful full length opera from the comfort of the Watermark. Recent performances include Carmen, La Traviata, Rigoletto, La Boheme, and Madame Butterfly. We are looking forward to many more!

## Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Chef's Table: Travel Club Recipes</b>	<b>Kitchen Director Jim and Chefs</b>	<b>Third Thursday of the Month • 2:30pm</b>	<b>Dining Room</b>
<p>Join Chef Jim as he invites you to submit your favorite recipes for a particular dish, and then sample his creations based off of your recipes! Figure out which recipe is the winner, as it will be added to a Watermark resident cook book that will be created at the end of the year! Chef Jim and his staff will take you to various Travel Club destinations in the months to come, beginning with Sweden, then Portugal, Ireland, Canada, Japan and Lithuania.</p>			
<b>Writing Workshop: Poetry and Prose</b>	<b>Megan</b>	<b>Every Other Tuesday • 6:30pm</b>	<b>Private Dining Room</b>
<p>Through a series of fun, directed writing exercises, Megan will help you explore the terrain of poetry and prose: mining for material, constructing characters and settings, shaping vivid dialogue, understanding point of view, and finding your voice. The writing process is a major emphasis in this course. Participants will practice various strategies for generating and focusing ideas and for drafting, revising and editing papers. They will examine their individual writing practices, identify techniques that both help and hinder their writing, and reflect on the results of the choices they make. Megan's response is an integral part of this emphasis on process and is intended to provide students with information about the effects of their authorial decisions on readers.</p>			
<b>Silk Scarf Painting and Design</b>	<b>Rhea V.</b>	<b>Last Sunday of the Month • 3:00pm</b>	<b>Multi-Purpose Room</b>
<p>Come join us for a creative silk painting class! No previous art experience is required, the silk scarves are easy to paint. We will all make a beautiful hand painted silk scarf to wear or gift to friends. Our instructor Rhea Vittal is a world exhibited silk artist who will provide hands on assistance and direction.</p>			
<b>Important Philosophers and Their Works</b>	<b>Jessica K.</b>	<b>Every Other Thursday • 10:30am</b>	<b>Multi-Purpose Room</b>
<p>Philosophy, which literally means “the love of wisdom,” is one of the oldest disciplines in history. Any student of philosophy will want to be familiar with key figures like Plato, Kant, Descartes, Locke, Nietzsche, Marx, Confucius, Sartre; as well as great works such as The Republic, Beyond Good and Evil, Meditations, and more. Jessica will introduce these greatest thinkers of all time along with their most important theories about human nature and together we will ponder the various philosophies of the world.</p>			

## Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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**What Washington Isn't Telling Us**

**Myrna H.**

**Wednesdays • 10:00am**

**Multi-Purpose Room**

Myrna will go over the latest breaking news and information on the top stories in business, politics, and more, giving you comprehensive up-to-date news coverage aggregated from sources all over the world that you are then free to discuss in an open setting. Moreover, Myrna will help you gain an understanding of current issues in many areas of a political, social and economic nature. The course emphasizes topics that are very fluid in their nature, meaning that the topics and the amount of coverage on the topics will fluctuate on any given day, week or month depending on topics currently in the media.

**Zen Sensory Space**

**Denise R.**

**Every Day •  
9:00am-11:00am and  
2:00pm-4:00pm**

**4th Floor Theatre**

This area will transform into a therapeutic sensory space specifically designed to enable the user to experience inner peace, sensory engagement, and contentment for full mental and physical rest and rejuvenation. Sensory engagement includes mood lighting, color, soft seating, sound, meditation, music, massage tools, and aromatherapy to create a soothing environment. Good mental hygiene is a vital part of your daily routine, and a visit to the Zen Sensory Space will provide you the tools and environment to take a mental break from the world.

**History Through the Eyes of Women**

**Laney P.**

**Every Other Tuesday •  
1:15pm**

**Multi-Purpose Room**

Would you like to meet Cleopatra, Helen of Troy, Joan of Arc, Madame Marie, Clara Barton and many other famous historical women in person? Would you like to learn about the history of hats and Victorian Tea, The French Revolution, and why our flag is named "Old Glory"? Attend this course if you would like to see these famous women in action!

**Talmudic Law: Principles and Application**

**Rabbi Quinn**

**Every Other Thursday •  
2:30pm**

**Multi-Purpose Room**

The Talmud records not only laws, but the processes by which laws are uncovered. By describing those processes, the rabbis propose to resolve the tension between ordinary life and Talmudic law logic. Using the data deriving from revealed laws of ritual purity and liturgy, the Talmud engages in the give-and-take of argument about what one is obligated to do and not do in practice. Rabbi Quinn, through inquiry into fundamental, unifying principles, engages in discussion and analysis of their application of those principles to ordinary affairs.

## Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Daily News and Views**

**Laney P.**

**Mondays • 11:00am**

**Multi-Purpose Room**

Laney will provide an up to date news briefing, explaining and debating what has occurred over the week both nationally and internationally.

**Appreciating Poetry: A  
Practical Course and  
Anthology**

**Jessica K.**

**Fridays • 1:15pm**

**Multi-Purpose Room**

This new course is an introduction to famous poets from around the world and their best works of poetry. Unfortunately, fewer and fewer people these days read poetry, and thus will never experience the joy that reading such fine work can inspire. The goal of this class is to introduce a varied cross-section of poems in the hope that they will excite people into rediscovering this exceptional source of wisdom and entertainment. During readings, this class will provide you the opportunity to analyze poems and examine poetic techniques.

**Shabbat**

**Rabbi Janet and Brett**

**Fridays • 4:30pm**

**Multi-Purpose Room**

Just as the creation of the world was initiated by light, so too is the Sabbath, as befits the celebration of creation. The Sabbath (or Shabbat, as it is called in Hebrew) is one of the best known and least understood of all Jewish observances. We usher in the Sabbath before sunset, with a candle-lighting and bread eating ritual. We go over the rituals and traditions of a Shabbat service. By the end of the service, you will have learned about the Jewish Sabbath and its observances while having the opportunity to sing, study and celebrate with family and guests, and of course to partake of challah and wine.

**The Psychology of Aging  
Today**

**Sophie L. and Jessica K.**

**Every Other Saturday •  
2:00pm**

**Multi-Purpose Room**

Aging was once a taboo topic. People didn't like to discuss their age, and they didn't relish the idea of growing old. With massive advances in wellness and medicine, the current population enjoys a much healthier and longer lifespan. According to the U.S. Department of Health and Human Services, those who are 65 and older make up more than 14% of the population. In the next 20 years, that number is expected to swell to more than 20%. While the population over the age of 65 is growing considerably, their lifestyle has also evolved. Older citizens might live independently, work into advanced age, and take an active role in any number of groups in their communities. Geropsychology, a specific field of psychology that focuses on the elderly, is often invaluable in helping people understand seniors and their capabilities/deficits.

## Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Mixed Media Self  
Portrait Series**

**Stephanie G. and  
Jessica**

**Saturdays • 10:30am**

**Multi-Purpose Room**

This class is geared towards bringing out our inner artists whether we are experienced or not. Within a fun and supportive environment, Stephanie and Jessica will encourage you to develop your skills through exploration with photography, pastels, watercolors, acrylics, chalk, sketching and more. They will provide participants with opportunities to learn how to communicate through art, develop skills and a sense of craftsmanship through technique, and learn more about themselves through this series on self portraiture!

**International Relations  
and Geography:  
A Monthly Study of  
Sweden, Portugal,  
Ireland and Canada**

**Jessica K.**

**Fridays • 9:45am**

**Multi-Purpose Room**

Each month we will explore the politics, culture, history, and geography of a specific country. Issues concerning the environment, governments, languages, cuisine, humanitarian interventions, terrorism, and war - as related to those countries - will be covered. Here's to crossing informational and intellectual borders!

**Virtousity ART Technique**

**Annie V.**

**Once a Month**

**Multi-Purpose Room**

We understand that artistic inspiration can strike at any time, not just between four walls during an art class. That is why, unlike other art courses, Annie lets you complete your designs when and where it is most convenient for you, on days other than her designated class days.

Annie's robust curriculum is designed to help individuals of all skills levels get the most out of their art creations. With a focus on pastel, watercolor, acrylic, and glass painting, each section greatly details a broad spectrum of style and perspective for a well-rounded art experience.

**Reminisce with Jill**

**Jill F.**

**One Monday a Month •  
2:15pm**

**Multi-Purpose Room**

Building relationships through therapeutic reminiscence has been found to lead to higher life satisfaction, lowering depression, and lowering physical pain. Jill will take you on a journey as we recall, think about, and discuss wonderful memories, stories, and times of our pasts. Join us for an opportunity to learn more about each other and ourselves!



## Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Appreciation of World Artists and Their Technique</b>	<b>Jessica K.</b>	<b>Every Other Saturday • 2:00pm</b>	<b>Multi-Purpose Room</b>
<p>This course is an exploration of visual art forms and the role and effect of art in societies, history, and world cultures. It includes a brief study of art history, and in-depth studies of the elements, media, and methods used in the creative processes. Jessica will interpret the works of art and explain the processes involved in artistic production, as well as identify the political, social, cultural, and aesthetic issues that the artists experience and display.</p>			
<b>Modern Directors and The Auteur Theory</b>	<b>Sara C.</b>	<b>Tuesdays &amp; Fridays • 2:00pm</b>	<b>Multi-Purpose Room</b>
<p>In film criticism, auteur theory holds that a film reflects the director's personal creative vision, as if they were the primary "auteur" (the French word for author). The director uses the film to express their thoughts and feelings about the subject matter as well as their world view. An auteur can use lighting, camerawork, staging and edition to add their vision. In this class, Sara will screen two films a week by critically acclaimed modern directors and then discuss the elements they use to create their personal vision. Sara will also explore how Auteur theory has influenced film criticism since 1954, when it was advocated by film director and critic François Truffaut. By the end of the course, you will have a better understanding as to how the director is in a unique and irreplaceable position of personal artistic perspective, and that a film is most importantly, a product of that perspective.</p>			
<b>Poetic Voices</b>	<b>Jenny L.</b>	<b>Second Saturday of the Month • 1:00pm</b>	<b>Multi-Purpose Room</b>
<p>Poetic Voices brings the art of poetry to the public while encouraging creativity and self-expression through interactive experiences in reading, writing and performances. The ideal workshop divides up in three ways: (1) Jenny will analyze the poem's aspirations (what it's about); (2) Participants will have the opportunity to discuss where the poem lives up to those aspirations; and (3) Participants will discuss where the poem could be bolstered to develop or challenge that aspiration.</p>			
<b>Technology 101: A One-on-One Guide to an Evolving Industry</b>	<b>Jessica K. and Laney P.</b>	<b>Every Tuesday and Thursday • Via Appointment</b>	<b>Living Room Tables</b>

Technology is evolving daily, and we are here to help you navigate your way through your Iphone, computers, or tablets. One-on-one classes help you to have the knowledge you need to navigate your way to communicating with your loved ones, or staying up-to-date with the news.

## Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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**MEXploration: History and Culture of Mexico**

Sal J.

Last Tuesday Of The Month • 3:30pm

**Multi-Purpose Room**

This course is designed with the assumption that you bring little to no knowledge of Mexico to the classroom. No problem! That's where we're here for this semester -to remedy the gap in your historical knowledge. No prior study of Mexico or the Spanish language is needed to enjoy this class. This course will help you understand and remember key themes, events and people from the history of Mexico, as well as appreciate the historical context that informs today's world events, particularly those concerning Mexico and its people.

**DJ Miles: Music and Memory**

Miles

Every Other Sunday • 1:15PM

**Multi-Purpose Room**

This course is an introduction to music through the 20th and 21st centuries, from Pop Hits to Opera pieces to love songs, and more; Miles will play them and allow you to reminisce and enjoy an hour of his DJ-ing. On a different note, Miles is using this class music lesson as his mitzvah project.

**Climate Change, Meteorology, and the No Zone of Ozone**

Laney P.

Wednesdays • 1:15

**Multi-Purpose Room**

Ozone affects climate, and climate affects ozone. Temperature, humidity, winds, and the presence of other chemicals in the atmosphere influence ozone formation, and the presence of ozone, in turn, affects those atmospheric constituents. Interactions between ozone and climate have been subjects of discussion ever since the early 1970s when scientists first suggested that human-produced chemicals could destroy our ozone shield in the upper atmosphere. The discussion intensified in 1985 when atmospheric scientists discovered an ozone "hole" in the upper atmosphere (stratosphere) over Antarctica. Today, some scientists are predicting the stratospheric ozone layer will recover to 1980 ozone levels by the year 2050. Laney will inform you about what is going on with climate change, meteorology, and the "No Zone of Ozone".

**Intergenerational Connections: Tots to Seniors**

Elisa S.

Tuesdays • 9:30am

**Multi-Purpose Room**

If you don't get to spend enough time with your grandchildren and love babies and toddlers, be part of a new and exciting intergenerational Parent and Me class. Parents will bring their children ages 15-24 months to participate in puppets, music and movement, art and storytime. The class will promote connections between different generations, diversity, empathy and a sense of community!

## Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>The History of Los Angeles</b>	<b>Laney P.</b>	<b>Every Other Sunday • 9:30am</b>	<b>Multi-Purpose Room</b>

The history of Los Angeles begins some ten or twenty thousand years before the first Europeans arrived in Southern California. Let's find out what makes Los Angeles one of the most amazing and exciting cities in the world and how it began.

## Cards and Games

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Introduction to American Mah Jongg</b>	<b>Brandi B.</b>	<b>Sunday Evenings • 6:30pm</b>	<b>5th Floor Library</b>

Mah Jongg is a fascinating, rummy-like game played with tiles rather than cards. The game originated in China but its exact origins are shrouded in story and myth. There are several versions, but we will be learning to play American Mah Jongg. Differences from the Chinese version include using a card of Standard Hands, against which all games are played; using more tiles, notably the Joker; and that the game is started with "Charleston", or the passing of 3 unwanted tiles from one player to another. A very small amount of time and effort is required to become familiar with the elementary principles of the game. Your patience in mastering the fine points of Mah Jongg will be repaid many times by the keen enjoyment invariably derived from the game, so come learn to play with Brandi and establish skills to help yourself enjoy Mah Jongg far into the future!

<b>Bridge Club: Refresher Course</b>	<b>Phyllis S.</b>	<b>Thursdays • 6:30pm</b>	<b>5th Floor Library</b>
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Come and learn to play bridge, and play against your favorite friends and neighbors here at Watermark Beverly Hills

<b>Chess with Jess: Beginner and Advanced Play</b>	<b>Jessica K.</b>	<b>Fridays • 3:00pm</b>	<b>Living Room Tables</b>
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The game of chess is often perceived as complicated and involved. This perception can lead to potential players feeling that they don't have the necessary ability to learn the game. Yet, the reality is that chess can be taught to anybody. Learn new tricks and perfect your old skills in the timeless game of chess.

## Cards and Games

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Poker FUNdamentals**

**Till**

**Wednesdays • 6:30pm**

**Living Room**

Come learn the fundamentals of many types of Poker Styles, from Texas Hold-em, to 5 card-stud, 5 card-draw, and so many others.

**Casino Royale: Blackjack  
Basics**

**Laney**

**Thursdays • 1:15pm**

**Living Room**

Blackjack is the most popular table game in the casino, and offers excellent odds. The house edge is a tiny 0.5% if you learn the basic strategy (covered in this class). That's just about the best odds of any game that you're likely to find, making blackjack very attractive for those willing to put in just a little bit of work to learn the strategy. Would you love to enjoy a Casino night where you can learn the various games and not have to lose real money? Well now you can!

## Fitness Classes

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Mind and Body Ta'i-Chi  
Gong**

**Robin R.**

**Sundays • 11:00am**

**Multi-Purpose Room**

Ta'i-Chi Gong (Tai Chi Chuan) is based upon Qigong and Taoist principles. The system is particularly effective for health and healing, strength, power and disease prevention. Training is presented on several different levels, emphasizing structural integration as a foundation for energetic development and martial applications. Our Tai Chi classes include exercises that stretch and tone the body through interval training.

**Getting Physical:  
Personal  
Fitness Challenge**

**Melissa T.**

**Friday • 10:30am**

**Multi-Purpose Room**

There is a reason movie stars and financial moguls use personal trainers: the benefits of working with a personal trainer is one of the fastest, easiest, most successful ways to improve your health and fitness. All levels are welcome! Due to the one on-one nature of this course, it is a great class for residents who are new to fitness and are looking to strengthen a particular part of their body.

## Fitness Classes

COURSES	FACULTY	DAY AND TIME	LOCATION
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### Virtual Fitness: Wii Bowling

Jessica

Saturdays • 9:30am

Multi-Purpose Room

This is what video games should be: fun for everyone. Wii sports offers five distinct sports experiences, each using the Wii remote controller to provide a natural, intuitive and realistic feel. To play a Wii Sports game, all you need to do is pick up a controller and get ready for the pitch, serve or that right hook. If you've played any of these sports before, you're ready for fun.

### Balance Bootcamp

Nichole M.

Tuesdays • 10:30am

Multi-Purpose Room

In this course, Nichole will help you tackle tonight exercises that keep your mind focused and your muscles challenged. This class introduces the five health related components of fitness. Participants will learn to recognize, evaluate and develop those components. They include flexibility, cardiovascular endurance, muscle strength, muscle endurance and body composition. Students will also study principles of training, nutritional fitness, the muscular and skeletal systems, and will develop their own personal fitness plan and goals.

### Relax and Restore: Yoga Studio

Andrea W.

Mondays & Thursdays •  
1:00pm

Multi-Purpose Room

Gone is the myth that yoga is boring or that it's simply stretching in a quiet room. Andrea's Yoga Studio is a class that combines heat, music, breath and movement for an intense and energizing experience. The spirit of yoga is woven into every one of Andrea's classes: a strong sense of community, a deep knowledge and an appreciation of what the practice can do for our bodies and minds. If you're looking to increase strength and flexibility, manage stress or just find out what the buzz is about, you'll see why so many people are hooked on Andrea's extraordinary workouts!

### Step It Up Walking Club

Jessica or Laney

Every Day • 9:15am

Outside

According to The American Heart Association, walking is one of the best exercises out there. Just 30 minutes a day delivers multiple benefits, including reducing the risk of coronary heart disease, improving blood pressure and sugar levels, and maintaining body weight. But more than just being really great for your physical well-being, walking is one of the best things you can do to feel more energized, positive, and leave you with improved moods and increased resilience against physical illnesses. We will "Step Up" our walking program by logging longer distances and including various pedometer challenges and rewards to keep us motivated in 2018!

## Faculty Biographies

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### NAME OF INSTRUCTOR

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### CLASS NAME

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**Jessica Klascius**

**Important Philosophers and Their Works;  
Intellectual Reflections on  
History, Art, and Literature**

Jessica loves teaching classes that focus on international and national politics, culture, history, art, music, and religion! Her scholastic background was achieved at USC in International Relations and Romance Languages, and she has travelled and lived in various countries around the world. She loves sharing her knowledge and learning from seniors because they bring a perspective of lived history to all of her classes and enjoy engaging with all the ideas and information!

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**Laney Scher-Podell**

**JFK: A Cover-up, A Conspiracy;  
The History of Los Angeles**

Laney has enjoyed a career in the senior living industry for 15 years. She is a lifelong learner and looks forward to leading classes as well as learning from the Watermark Beverly Hills residents! Fun facts about Laney: She aspired to be an actress in her teens and early twenties-and was even a stunt double in many movies as a roller skater. Her education was earned from CSUN in Economics with an emphasis in Finance and Accounting. She looks forward to sharing this knowledge with everyone who is wanting to learn. Laney has a 21 year old son who is her pride and joy.

**Jill Ford**

**Reminisce with Jill**

Jill is the Executive Director, and she has chosen to lead a class in Reminiscence, referring to recollections of memories from the past. This can be highly beneficial to the inner self, allowing one to have a sense of belonging and importance in passing on information, wisdom and skills to others. Jill has an academic background in Behavior Science, and enjoys the experience of working with interactive groups. She particularly loves working with the senior population, as their rich stories bring them and their listeners to recall the 'good' times. As each class ends, the residents have noted how happy and energized they feel.

**Sal Jimenez**

**MEXploration: History and  
Culture of Mexico**

Sal is the Business and HR Director, and he teaches a class about Mexican culture and history. He enjoys sharing his Mexican heritage with residents.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Jim Howland****Chef's Table**

Jim is the Watermark Food and Beverage Director and Executive Chef with over twenty years of experience. He has an exciting portfolio of cross-industry expertise ranging from hotels, restaurants, independent living, assisted/memory care, hospitals, and was the owner and operator of his own catering company. Jim has a real passion for food and the skill to deliver outstanding culinary standards. He will be sharing that experience with residents as they learn each month about a specific food, and how to prepare it, cook it, and best of all, eat it!

**Annie Vardi****Virtoucity ART Technique**

Annie is the Sales and Marketing Director, and Art is her LOVE and PASSION! She has a Bachelors in Fine Arts and Art History. She studied and engaged in a wide range of coursework and studio courses, exploring mediums like photography, painting, sculpture and graphic design. The program focused on developing skills as artists, creative thinkers, designers and problem solvers. She soaked up the understanding of art both within the history of culture and as individual human achievement, emphasized on the fundamentals of drawing, color, and form. "From painting to music, there is no form of the arts that I favor." Creating is the most important part of her everyday life. If she has not touched some form of art each day, her day is simply not complete.

**Denise Romero****Mindfulness Meditation**

Denise is the Wellness Program Director, and being a nurse and a mother are her two greatest passions. She is always reading books and attending classes regarding nursing to continually educate herself on new research and methods and improve her technique. She has learned about the benefits of mindful meditation and will be sharing and meditating with residents on Monday mornings!

**Rhea Vittal****Silk Scarf Painting and Design**

Rhea is creative woman that loves working with her hands. She enjoys teaching a creative silk painting class, where she designs patterns on silk for residents to decorate in beautiful colors. She herself is a world exhibited silk artist who designs and paints beautiful scarves of her own that are in high demand.

**Brett Fromson****Shabbat**

Brett is a singer songwriter originally from Cleveland, Ohio currently based in Los Angeles. He specializes in classic rock and Americana covers as well as his lyric driven originals, which can be heard on Spotify, iTunes, and anywhere music is streamed or sold. He uses his musical background to lead musical Shabbat services at the Watermark on the first and third Friday of every month.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Eric****TED Talks**

Eric is a regular volunteer that is currently aspiring to get into physical therapy school. In the meantime, he engages with our seniors in thoughtful discussion about various themed Ted Talks.

**Gladys Wasser****Opera DVD Series**

Gladys is one of our fabulously cultured resident artists that loves all artistic endeavors, from her own sculpting skills and works to the beautiful music and drama of Opera. She shows famous operas once a month, and teaches about the background and history of each production.

**Phyllis Schlecter****Bridge Club: Refresher Course**

Phyllis is a vivacious, skilled bridge player that loves bringing her expertise to our Watermark Bridge Club. She teaches, advises, and partners with all types of bridge players to ensure a fun, competent game ensues for all players.

**Sara Corwin****Modern Directors and The Auteur Theory**

Sara is a graduate of New York University Tisch School of the Arts with a BFA in Film and Photography. She has worked as a photographer in Los Angeles for over twenty years, photographing up-and-coming and experienced actors, as well as musicians, book authors, television hosts, newscasters, comedians, dancers, and models. She is thrilled to share her love of film with the residents of the Watermark in her Modern Directors and the Auteur Theory class!

**Sherri Lewis****Sherri's Evening Film Club for the Watermark  
Cinephile: Musicals, Classics, TV Series, Comedy,  
Romance, Award Winning Films and Documentaries**

Sherri is a SAG/Aftra/AEA member, organizes and oversees a Night Time Film Club for the Watermark Cinephile. Her program includes Musicals, Classics, Series, Comedy, Documentaries and Award Winning Films. A cinephile is a devoted moviegoer, especially one knowledgeable about cinema, which describes most everybody at the Watermark. Sherri began her career in NYC at 5 years old, and from then on danced, acted, sang, and became the darling of the downtown scene. Still an entertainer, Sherri lives in Los Angeles, writing and performing, and has been a passionate AIDS Activist since 1987.

**Myrna Hant****What Washington Isn't  
Telling Us**

Myrna is a well read and well educated political leader extraordinaire! She loves to lead discussion groups on the current trends and happenings in both national and global political spectrums.



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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Rabbi Quinn****Talmudic Law: Principles  
and Application**

Rabbi Quinn loves to lead Talmudic Law discussions, delving with residents into the ins and outs of law and practice, specifically in a modern world where there is so much divergence from old traditions. Residents love to discuss a variety of religious practices and traditions around Jewish holidays with him as well.

**David Zimmerman****Theatrical Improvisation and Fundamentals of  
Character Development**

David has been coaching actors and putting together workshops for over a decade. He is the Creator and Producer of the "Meet the Biz" workshops, which looks to make diversity a common place and bridge the gap between ability and disability. As a personal coach, he has been hired by production companies such as Ryan Murphy's ground breaking series Nip/Tuck and the Weinstein Company's feature film, Unknown. He teaches Watermark residents the fun, interactive skills of theatrical improvisation.

**Sophie Lee****Psychology 101**

Sophie is a 4th year at UCLA studying Psychobiology. She volunteers at the Watermark on Saturday afternoons leading an Intro to Psychology class. Outside of classes she spends her time working as Study Coordinator in a health psychology lab studying dieting and stress. She is also Director of Research & Development in a club that travels biweekly to Mexico for health clinics and English lessons. In her spare time, she enjoys cooking and playing tennis. After graduation, she hopes to matriculate into medical school and continue to serve as a physician.

**Stephanie Gale****Express yourself! Creative  
Art**

Stephanie loves sharing her passion for all things artistic. While visiting L.A., this Multi-Media Artist and Educator particularly loves teaching art to seniors. She shares her knowledge in fun classes that enrich her students' lives with creativity, beauty and joy.

**Megan****Writing Workshop: Poetry  
and Prose**

Megan is a nationally recognized poet that will be teaching a new Watermark University course entitled Writing Workshop: Poetry and Prose. She will encourage residents to create and edit their works of poetry and prose with an eventual aim of helping resident writers become published authors!

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Jenny Li**

**Poetic Voices**

Jenny Li, a student at Harvard-Westlake, is an avid poet that loves to give of her time to the Watermark in the teaching of a Poetic Voices class, where she analyzes a poem and workshops the creation of each person's own poem written in a similar style.

**Elisa Schoenfeld**

**Intergenerational  
Connections: Tots to  
Seniors**

Elisa runs our intergenerational Tots to Seniors class where moms and their young babies and toddlers interact with our seniors. Her years of experience serve her well as she leads a fun, interactive program full of games, toys, singing, and playing that the whole group utterly enjoys.

**Miles**

**DJ Miles: Music and  
Memory**

Miles is a young high school volunteer that runs a music and memory class with cutting edge technology, aiming to provide opportunities for residents to sing along to their favorite songs from days gone by.



**BOUTIQUE ASSISTED LIVING**

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