

WU
WATERMARK UNIVERSITY

2018

Fall Semester
SEPTEMBER THROUGH DECEMBER

 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,

Jessica Klascius

Jessica Klascius
Community Life Director

Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Theatrical Improvisation and Fundamentals of Character Development	David Z.	Every Third Sunday • 3:30pm	Multi-Purpose Room
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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.

Opera Film Exposé	Gladys W.	One Sunday a Month • 2:00pm	Multi-Purpose Room
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Gladys has volunteered her premiere collection of Opera Film Performances 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!

Topical TED Talks and Discussion	Eric K.	Every Other Sunday at 2:00pm	Multi-Purpose Room
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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.

Creative Design Elements From Around the World	Brooke B.	Every Other Sunday • 1:15pm	Multi-Purpose Room
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Expand your creativity by learning basic beading, wire wrapping, macramé, and resin skills! In addition, create beautiful art based on the theme country of the month. The countries we will be focusing on are Morocco, Romania, Netherlands, and England!

Pop Music: The Golden Era	Miles P.	Every Other Sunday • 1:15PM	Multi-Purpose Room
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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 orchestrate a reminisce and sing along to your favorites from the golden era.

Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Silk Scarf Painting and Design

Rhea V.

Every Other Month on Sunday • 3:00pm

Multi-Purpose Room

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.

**Recipes and Relations:
Good Food, Great Families**

Brooke B.

Second Sunday of the Month • 2:30pm

Dining Room

Did you realize that you're creating family history every day just by preparing food and eating it together? Good food has a way of bringing families together, and anytime families gather—even to eat—family history is made. What are your family's favorite meals? Do you make certain foods for special occasions? Do you make recipes you learned from your parents or grandparents? At the Watermark we call these "family recipes," and they're a special part of your family history that's worth preserving.

Discover, preserve, and share your family recipe stories with the Community Life team as they work individually with you to create an entry of your favorite dishes and associated family memories for our annual Watermark cookbook.

Famous Composers and Their Works

Elizabeth Y.

Every Other Monday • 2:00pm

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. Elizabeth 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.

Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
<p>The First Motion Picture Companies and the Birth of Storytelling Feature Movies</p> <p>History of Film offers an overview of cinema history, and explores the basic tools for analyzing the art of film. Throughout the course we will learn how to develop a historical appreciation of film based on a survey of cinematic traditions contained within narrative, documentary, and experimental forms, and acquire a technical vocabulary relating to particular cinematic practices and structures. We will examine how meaning in films is conditioned by the uses of camera, editing, lightning, sound and acting, explore the impact of technological developments on film production, and evaluate the importance of genre and the legacy of individual directors throughout the history of cinema.</p>	<p>Till W.</p>	<p>Every Other Monday • 2:00pm</p>	<p>Multi-Purpose Room</p>
<p>Meditation & Guided Imagery</p> <p>Engage in a program of directed thoughts and suggestions that guide your imagination toward a relaxed, focused state. Guided imagery is based on the concept that your body and mind are connected. It has the built-in capacity to deliver multiple layers of complex, encoded messages deep inside – positive, healing, motivating messages – through simple images, sensations, symbols and metaphors, received in an altered or trance-like state. And because it mobilizes unconscious processes to assist with conscious goals, it can bring to bear much more of the whole person to get behind a desired end.</p>	<p>Brooke B.</p>	<p>Every Monday • 10:15am</p>	<p>Multi-Purpose Room</p>
<p>Vocational Perspectives: Mentor and Engage through Written Advice</p> <p>In this series of writing exercises, participants write about their vocations; particularly their own experiences with the provided prompts. Each person will tackle the prompt from a distinctive personal angle in the hope that they will inspire others in generations here and to come in how to adapt and excel in their vocations despite troubles and trials.</p>	<p>Brooke B.</p>	<p>Every Monday • 9:45am</p>	<p>Multi-Purpose Room</p>
<p>Brain HQ: Think Faster, Focus Better</p> <p>Improving your brain speed and ability to think critically is ever more important as you age. Even though it is well known that you increase in wisdom as the years go by, unfortunately science shows that the brain slows down as you age as well. The offered BrainHQ exercises are designed to improve brain health and speed up the brain, so you can think faster and more efficiently in every situation, and are fun besides!</p>	<p>Brooke B.</p>	<p>Every Monday • 10:45am</p>	<p>Multi-Purpose Room</p>

Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
Intergenerational Connections: Tots to Seniors	Elisa S.	Tuesdays • 9:30am	Multi-Purpose Room
<p>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!</p>			
Creative Floral Arrangement	Brooke B.	Last Tuesday of the Month • 1:00pm	Private Dining Room
<p>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.</p>			
MEXploration: History and Culture of Mexico	Sal J.	Last Tuesday Of The Month • 3:30pm	Multi-Purpose Room
<p>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.</p>			
What Washington Isn't Telling Us	Myrna H.	Wednesdays • 10:00am	Multi-Purpose Room
<p>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.</p>			

Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Appreciating Poetry:
Creative Analysis**

Jessica K.

Wednesday's • 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.

Culinary Lab: Challah

Brooke B.

**Thursday's •
11:15am**

Multi-Purpose Room

Every Friday evening, it's challah that heralds the Sabbath. Likewise on Jewish holidays. The prayers and customs that accompany the mitzvah of making challah for the Sabbath are the same the world over, linking the present to the Book of Leviticus, when God instructed Moses to place two rows of six challot. For more than 4,000 years since, Jews have been delighting in challah for Shabbat. On Friday night and holidays, this special, delicious bread is also a reminder of the purity of the day of rest, as well as a remembrance of the deprivation of Eastern European Jews who lived on black bread during the week. Indulge, learn, and immerse yourself in making challah for Shabbat.

Women of Excellence

Brooke B.

**Every Other Thursday •
10:30am**

Multi-Purpose Room

From decade to decade, learn and be inspired by some of the worlds most powerful, inspirational females and revolutionary movements. These woman and others like them did not just prevail, they excelled when personal, economic, political, and racial obstacles threatened. If you'll stroll down Cliché Lane for a bit, the cards were stacked against these women, but they bet the farm and won. Everyone can relate to that—and to their stories. Join us and learn of women's lives of adventure, romance, loss, and triumph.

Positive Psychology

Brooke B.

**Every Other Thursday •
10:30am**

Multi-Purpose Room

What makes life worth living? What makes people happy? Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work and play. This course focuses on the psychological aspects of a fulfilling and flourishing life.

Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Talmudic Law: Principles and Application	Rabbi Quinn	Every Other Thursday • 2:30pm	Multi-Purpose Room
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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.

Writing Workshop: Memoirs, Movie Scripts, and more!	Nicole C.	Fridays • 1:00pm	Private Dining Room
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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.

Shabbat	Rabbi Janet, Cantor Mitzi, and Brett	Fridays • 4:30pm	Multi-Purpose Room
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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.

Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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From NY to LA: The History and Foods of our Favorite Cities	Jessica K.	Every Other Friday • 10:00am	Front Patio
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Many residents have experienced both the Big Apple, as well as the current City of Angels. Considering the two cities are longtime rivals, it takes several years for a New Yorker to fully acclimate to Los Angeles, and vice versa, thanks to many differences, from food to cultural activities, and more. We will be discussing the major differences of living in both NYC and Los Angeles; sharing memories while chowing down on classic city favorites. Let's find out more about the most amazing and exciting cities in the world!

Daily News and Views	Jessica K.	Every other Friday • 9:45am	Multi-Purpose Room
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Jessica will provide an up to date news briefing, explaining and debating what has occurred over the week both nationally and internationally. Being an informed citizen takes work, but in a democracy, where the public can influence political decision-making, it is an important and worthwhile task to acquire knowledge about issues affecting their quality of life, and possibly make elected representatives aware of concerns.

World Geography: Morocco, Romania, Netherlands, and England	Jessica K.	Every Other Friday • 1:15pm	Multi-Purpose Room
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Each month we 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 the informational and intellectual borders of Morocco in September, Romania in October, the Netherlands in November, and England in December!

Upcoming Classes Include: Middle Eastern Civilizations in Morocco, Islam In Morocco And North Africa, Count Dracula's Legend, The History of Vlad the Impaler, Capitalism and the Dutch East India Company, The Netherlands Paradox – Capitalism and Socialism, Kings and Queens of England & Britain, and The Impact of the Industrial Revolution on British Society and the World.

Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Cultural Art through Creative Mediums

Stephanie G. and Jessica K.

Saturdays • 10:30am

Multi-Purpose Room

This course is an exploration of visual art forms and the role and effect of art in societies, history, and world cultures through the practice of art! 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 the creative arts!

Important Philosophers and Their Works

Jessica K.

Every Other Saturday • 1:15pm

Multi-Purpose Room

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.

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

Jessica K.

**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!

Poetic Voices

Jenny L.

**Third Saturday of the
Month • 1:00pm**

Multi-Purpose Room

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.

**Technology 101: A One-
on-One Guide to an
Evolving Industry**

Jessica K. & Brooke

**Every Day • Sign-Up on
Activity Board**

Living Room Tables

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.

Zen Sensory Space

Denise R.

**Every Day •
In The Afternoon**

5th Floor Library

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. The 5th Floor Library has been transformed 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 and enlightening environment.

Cards and Games

COURSES	FACULTY	DAY AND TIME	LOCATION
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Introduction to American Mah Jongg

Brandi B.

Sundays • 1:30pm

Living Room Tables

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. 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!

Poker FUNdamentals

Till W.

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. Poker is a family of card games that combines gambling, strategy, and skill. All poker variants involve betting as an intrinsic part of play, and determine the winner of each hand according to the combinations of players' cards, at least some of which remain hidden until the end of the hand. Poker games vary in the number of cards dealt, the number of shared or "community" cards, the number of cards that remain hidden, and the betting procedures. Till will instruct you in how to play poker and improve your poker face!

Casino Royale: Blackjack Basics

Jessica K.

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!

Bridge Club: Refresher Course

Phyllis S.

Thursdays • 6:30pm

5th Floor Library

Come and learn to play bridge, and play against your favorite friends and neighbors here at Watermark Beverly Hills. Contract bridge, or simply bridge, is a trick-taking card game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the world's most popular card games, particularly among seniors.

Fitness Classes

COURSES	FACULTY	DAY AND TIME	LOCATION
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Step It Up Walking Club	Brooke	Every Day • 9:15am	Outside
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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!

Mind and Body Ta'i-Chi Gong	Robin R.	Sundays • 11:00am	Multi-Purpose Room
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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.

Relax and Restore: Yoga Studio	Andrea W.	Mondays & Thursdays • 1:00pm	Multi-Purpose Room
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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!

Balance Bootcamp	Nichole M.	Tuesdays • 10:30am	Multi-Purpose Room
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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.

Fitness Classes

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Core Strength Workout
with Jill**

Jill F.

**Every Other Wednesday
• 9:15am**

Multi-Purpose Room

Strengthening your 'core' is crucial for improving balance and stability. In chairs, we will be able to strengthen our muscular foundation and protect from accidental falls. The seated exercises we'll do will be great for lower back, abs, and glutes. Build a strong foundation!

**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.

**Virtual Fitness: Wii
Bowling**

Jessica K.

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.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Jessica Klascius

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

Jessica is the Community Life Director, and she loves teaching classes that focus on international and national politics, culture, history, art, music, and religion! Her scholastic background is in International Relations and Romance Languages from USC, and she has traveled 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 types of ideas and information!

Brooke Botwinick

**History Through the Eyes of Women;
Jewish Learning & Creativity**

Brooke is the Community Life Assistant and is passionate about encouraging others to grow socially, physically, mentally, and emotionally. She graduated with a degree in psychology from Marymount California University. Brooke is inspired by creativity and brings a youthful vitality to The Watermark, expressed in a variety of classes, from discovering poetry, exploring Jewish topics, and baking.

Jill Ford

Core Strength Workout

Jill is the Executive Director, and she has chosen to lead a fitness class this semester. 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.

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.

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!

NAME OF INSTRUCTOR

CLASS NAME

Annie Vardi**Virtousity 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**Wellness Corner**

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.

Eric Kim**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.

NAME OF INSTRUCTOR

CLASS NAME

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.

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.

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.

NAME OF INSTRUCTOR

CLASS NAME

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.

Nicole Criona**Writing Workshop: Poetry and Prose**

Nicole 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!

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.

NAME OF INSTRUCTOR

CLASS NAME

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 Platt

**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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