

WATERMARK UNIVERSITY

2019

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,

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. | Last Sunday of the Month • 3:30pm | Multi-Purpose Room |
| <p>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.</p> | | | |
| The Intersection of U.S. Politics and Film | Brooke B. | Sundays • 1:30pm | Multi-Purpose Room |
| <p>Political movies can approach the notion of politics and government from numerous perspectives, and with many wildly divergent purposes. Some of the earliest and best-remembered films were essentially propaganda tools being used to persuade or mollify the masses. Political films can also serve to encourage people to distrust or even fear their government, or attack an individual politician or political movement specifically. The paranoia thrillers of the 1970s, for example, reflected America's distrust in its own leaders following the Watergate and other corruption scandals. Many Americans' understanding of complex political situations comes from watching popular films. This program will show the most notable and significant political movies from throughout cinema history from all different styles and genres that focus on politics here in the United States of America.</p> | | | |
| Opera Film Exposé | Gladys W. | One Sunday a Month • 2:00pm | Multi-Purpose Room |
| <p>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!</p> | | | |
| Creative Design Elements From Around the World | Brooke B. | Every Other Sunday • 1:15pm | Multi-Purpose Room |
| <p>Expand your creativity by learning basic beading, watercolor, collage, and drawing skills! In addition, create beautiful art based on the theme country of the month. The countries we will be focusing on are Belgium, Greece, Scotland, and Egypt!</p> | | | |

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Silk Scarf Painting and Design

Rhea V.

**Once a Quarter •
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.

**Music as a Mirror
of History**

**Professor Robert
Greenberg, Ph.D.**

**Every Other Monday •
2:00pm**

Multi-Purpose Room

Despite the abstractness and the universality of music—and our habit of listening to it divorced from any historical context—music is a "mirror" of the historical setting in which it was created. Indeed, certain works of music do not just mirror the general spirit of their time and place, but can even explicitly evoke specific historical events. As Professor Greenberg demonstrates in this course, music carries a rich spectrum of social, cultural, historical, and philosophical information, all grounded in the life and experience of the composer—if you're aware of what you're listening to. In these lectures, you'll explore how composers convey such explicit information, evoking specific states of mind and giving voice to communal emotions, all colored by their own personal experience. Music lovers and history enthusiasts alike will be enthralled by this exploration of how momentous compositions have responded to—and inspired—pivotal events.

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| MEXploration: History and Culture of Mexico | Sal J. | One Monday a Month • 3:30pm | Multi-Purpose Room |
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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.

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| Famous Composers and Their Works | Elizabeth Y. | 1st and 3rd Mondays of the Month • 2:00pm | Multi-Purpose Room |
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Elizabeth's lectures and concerts each month will examine the contributions of nearly every major composer. The first week she will bring the composers to life by explaining their lives and achievements, using digitally recorded musical passages to illustrate her points. The second week she will take you inside the magnificent compositions by Bach, Handel, Haydn, Mozart, Beethoven, Chopin, Verdi, Wagner, Brahms, Tchaikovsky, Stravinsky, and more by playing them on the piano and other instruments. You have listened to many of the illustrative pieces all your life—you will never hear them the same way again after Elizabeth has opened them up!

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| Meditation & Guided Imagery | Brooke B. | Every Monday • 10:15am | Multi-Purpose Room |
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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.

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| Brain HQ: Think Faster, Focus Better | Brooke B. | Every Monday • 10:45am | Multi-Purpose Room |
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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!

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| 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> | | | |
| Great Guitarists Stories and Styles | Colin McAllister, D.M.A. | Every Other Tuesday • 2:15pm | Multi-Purpose Room |
| <p>Hear the stories behind the music you know and love as Professor Colin McAllister walks you through the fascinating histories of some of our most iconic guitarists. Lectures Include: Pink Floyd's Second Guitarist: David Gilmour; Eric Clapton's Acoustic Blues; Two-Handed Tapping with Eddie Van Halen; Django Reinhardt and Gypsy Jazz; Muleskinners: Where Bluegrass Began; Adventures in Bossa Nova: Jobim and Gilberto; Blue Note's House Guitarist Grant Green; and many more!</p> | | | |
| Investigating American Presidents | Professor Paul Rosenzweig, JD | Every Other Tuesday • 2:15pm | Multi-Purpose Room |
| <p>The president of the United States of America can shape not just a nation but the entire world. But what limits are there—if any—on presidential power? How do we keep such awesome authority in check? And who do we trust to shoulder this responsibility? Professor Rosenzweig guides you through the ins and outs of presidential investigations, using past events as a lens through which to make sense of current (and future) ones. You'll witness the construction of the legal framework that informs how Congress and the courts handle charges of abuse of power. You'll also dive into the investigations of presidents including Andrew Johnson, Ulysses S. Grant, Richard Nixon, and Bill Clinton as a way to learn what powers exist to ensure that presidents adhere to the rule of law—and how they apply in our current political moment.</p> | | | |
| Biblical Hebrew: Learning a Sacred Language | Professor Michael Carasik, Ph.D. | Tuesdays • 1:15pm | Multi-Purpose Room |
| <p>Most of us first encounter the Hebrew Bible (what Christians call the Old Testament) in translation. We, therefore view it through the lens of someone else's interpretation, however venerable that interpretation may be. But for many centuries, before translations made the text of the Bible accessible to people around the world, it was read and interpreted in its original language, ancient Hebrew. Jews continue to read the Bible in that language today, and so can you.</p> | | | |

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| The Everyday Guide to Wine | Jennifer Simonetti-Bryan, Master of Wine and Certified Specialist of Spirits | Wednesdays at 1:00pm • | Multi-Purpose Room |
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Every time you open a bottle of wine, you embark on a unique journey through a wonderful world of sensations. Yet for all its pleasures, wine can be mysterious and complex. Intriguing questions about the best wine regions, food pairing suggestions, taste profiles, storage suggestions, and more are at the heart of any enjoyable experience with wine, whether you're hosting a party, touring a vineyard, shopping for a gift, or simply having a glass with your dinner. Unlocking the secrets of wine—its varieties, its language, the ways it's made, the techniques of tasting and shopping for it—is the key to heightening your appreciation of this intense and rewarding experience.

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| What Washington Isn't Telling Us | Myrna H. | Wednesdays • 10:00am | Multi-Purpose Room |
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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.

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| Photography & Filmmaking: Documenting the World | National Geographic | Wednesdays • 2:15pm | 4th Floor Theater |
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Get up close and personal with National Geographic's most famous photographers and documentarians. Travel with them on assignment and discover how they achieve such amazing results. Upcoming classes include; Anastasia Taylor-Lind: Mothers, Models, and Fighters; Vincent J. Musi: Where the Wild Things Live; Hidden Alaska; and Photographing Human Hardship, From Tsunamis to Food Security. Following the documentaries we will host a discussion about the various issues facing the world that we just observed.

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| Culinary Lab: Challah | Brooke B. | Thursdays • 11:15am | Multi-Purpose Room |
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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.

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| Women of Excellence | Brooke B. | Every Other Thursday • 10:30am | Multi-Purpose Room |
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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.

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| Positive Psychology | Brooke B. | Every Other Thursday • 10:30am | Multi-Purpose Room |
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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.

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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.

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| Vocational Perspectives: Mentor and Engage through Written Advice | Jessica K. | Every Friday • 9:45am | Multi-Purpose Room |
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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.

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| TED Talks and Discussion: Personal Development | Jessica K. | Every Other Friday at 1:00pm | Multi-Purpose Room |
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Discover how to wire your mind like great thinkers and turn your passion into something great with valuable insights from experts in the field. Each topical introduction to a personal development skill will be followed by a discussion meant to engage the topic and practical application of the advice.

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| 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.

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| 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.

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| 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.

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| World Geography: Belgium, Greece, Scotland, and Egypt | 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 Belgium in January, Greece in February, Scotland in March, and Egypt in April! Upcoming Classes Include: Rene Magritte Inspired Surrealist Self Portrait Series; Peter Paul Rubens Art Expose; Belgian Chocolate History and Tasting; Greek Art and Architecture; Athens and Experiments in Democracy; Classical Greece: Wine, Olive Oil, and Trade; Scotland from Macbeth to Braveheart; Scottish Poets: Walter Scott, Robert Burns and David Hume; 18th Century Enlightenment in Edinburgh; Decoding the Secrets of Egyptian Hieroglyphs; The Great Pyramid of Giza; and Cleopatra—The Last Ptolemy

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| Meaning of Life: Perspectives from the World's Great Intellectual Traditions | Professor Jay L. Garfield, Ph.D. | Every Other Saturday • 2:00pm | Multi-Purpose Room |
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What is the meaning of life? It's a question every thoughtful person has pondered at one time or another. Indeed, it may be the biggest question of all. Most of us have asked ourselves this question at some time, or posed it to somebody we respect. It is at once a profound and abstract question, and a deeply personal one. We want to understand the world in which we live, but we also want to understand how to make our own lives as meaningful as possible; to know not only *why* we're living, but that we're doing it with intention, purpose, and ethical commitment. Join us for an online lecture followed by an in-depth discussion led by Jessica concerning the topic at hand.

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Influential Poets in American History

Jessica K.

Saturdays • 1:15pm

Multi-Purpose Room

This course is an introduction to influential poets from the United States 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.

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.

Watermark University Courses

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| The Philosophy of Humor | Professor Steven Gimbel, Ph.D. | Every Other Saturday • 2:00pm | Multi-Purpose Room |
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Great thinkers from around the world have examined humor for thousands of years. In recent decades, the philosophy of humor has been recognized as a legitimate subfield, complete with professional organizations, academic studies, and an extensive body of literature. Now, it seems, people are taking the subject of humor quite seriously. The reason for this? Because to understand how humor works is to better understand the nature of human experience. Some of the facets of humor you will explore include: What does it mean for something to be called a “joke”? Is humor defined by the teller’s desire or the listener’s response? Does framing something as “just a joke” take one off the hook morally? Is the underlying nature of humor different for different cultures? Should there be places and subjects that are off-limits for humor?

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| Poetic Voices | Jenni and Lily | One Saturday a Month • 1:00pm | Multi-Purpose Room |
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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) Jenni and Lily 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.

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| Technology 101: A One-on-One Guide to an Evolving Industry | Jessica K. & Brooke | Every Day • Sign-Up on Activity Board | Living Room Tables |
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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.

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| Zen Sensory Space | Denise R. | Every Day • In The Afternoon | 5th Floor Library |
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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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**Learn to Play
American Mah Jongg**

Brandi B.

**Every Other Sunday •
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!

Rummikub Refresher

Brooke B.

Tuesdays • 3:30pm

Living Room Tables

If you haven't played before, Rummikub is a rummy-style card game, but with tiles. The goal is to clear all the tiles from your rack. Melding tiles — and that's the official word, "melding" — is how you get your tiles out on the table, by combining at least three tiles into runs (like 1,2,3) or sets (three or more of the same number). Once a run or set is on the table, a player can add on their own tiles. Players can also manipulate the tiles on the board — again, another term of art, "manipulation," which we'll come back to later — which means a player can reconfigure any melds already placed on the table (as long as no tiles are left outside of a legitimate run or set). If you can't put any tiles on the table, you must add a new one to your rack; the first player to clear their rack wins. Learn to play with Brooke and get ready for the Watermark Rummikub Tournament!

Poker FUNdamentals

Till W.

Wednesdays • 6:30pm

Living Room Tables

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!

Cards and Games

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| Casino Royale: Blackjack Basics | Cathy | Thursdays • 1:15pm | Living Room Tables |
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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!

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| Bridge Club: Master the Game | Phyllis S. | Thursdays • 6:30pm | 5th Floor Library |
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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

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| Step It Up! Walking Club | Brooke B. | Every Day • 9:15am | Beverly Hills Neighborhood |
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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 2019!

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 |
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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.

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

Gone is the myth that yoga is boring of 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!

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|-------------------------|-------------------|---------------------------|---------------------------|
| 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.

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| 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 |
|-------------------------------------|-------------------|---------------------------|---------------------------|
| Virtual Fitness: Wii Bowling | Jessica K. | Saturdays • 9:45am | 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 A. Hant is a visiting scholar at the Center for the Study of Women at UCLA. Her research focus is popular culture/television with an emphasis on portrayals of mothers and aging in the media. Dr. Hant is an instructor in gender studies and life transitions at the UCLA Osher Institute where she teaches a series called Women Who Misbehave as well as ongoing current events courses entitled Understanding Our World. Previous to her work at UCLA she was an administrator at Chapman University. She holds a Masters in English, an MBA and a Ph.D. with an emphasis on aging/gender studies.

NAME OF INSTRUCTOR

CLASS NAME

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

An LA native with a insatiable thirst for Torah, Rabbi Quinn spent seven years learning at the Mir Yeshiva in Israel. As Co-Founder of Jewish Routes' parent organization, Rabbi Quinn wears many hats atop his kippah. He gives engaging Torah classes, meets with students one-on-one, and runs inspirational Birthright trips and learning retreats. In his "spare time" he co-runs Jewish Routes' yeshiva and seminary, and oversees the organization's financial and administrative responsibilities. Rabbi Quinn's love for his students, both young and old, translates into an open door policy at his Shabbos table. Rabbi Quinn is famous for his stimulating divrei Torah, infinite supply of energy and – of course – his wife Tirtsa's famous challah.

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.

Stephanie Gale**Express Yourself!
Creative Art**

Stephanie achieved a BFA at the Hartford Art School, and has since been the Design Artist & Owner of Stephanie Gale Design, producing art in the forms of Eco Fashion, Retail, Textile Design, and Graphics. She is also the founder of Beau Monde Organics, where she design beautiful scarves and accessories created to inspire positive change in fashion and in the world. Beau Monde Organics is committed to mindful, eco-conscious living, with a mission of 'peaceful positive change'.

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

Nicole Criona is the current owner and co-founder of Los Angeles Writers Group and is a native Angeleno. For more than twelve years, she's facilitated creative writing workshops and supported aspiring writers working on novels, screenplays, short stories, poetry, essays, and memoirs. She also runs the day-to-day operations of LAwritersgroup.com, leads several writing workshops, and specializes in coaching writers who want to complete their first draft.

NAME OF INSTRUCTOR

CLASS NAME

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 Schoenfeld was born and raised in Los Angeles. She graduated Summa Cum Laude and received a Bachelor of Arts Degree in Child Development from California State University, Northridge. Elisa was a member of the CSUN Child Development Club, as well as President of the Alumni Association. She also received the Faculty Leadership Award and was featured in Who's Who Among Students in American Universities and Colleges. After graduating, Elisa was recruited by her former Professor to teach a Parent and Me class at a preschool. As time went on, Elisa's classes grew in popularity and she became known as a warm, caring and innovative teacher. Currently, in addition to Tots 2 Seniors, Elisa teaches a Mommy and Me class and a Grandparent and Me class at a private pre-school in Los Angeles.



BOUTIQUE ASSISTED LIVING

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