

WATERMARK UNIVERSITY

2020

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, and achieve an overall feeling of 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,

Benny Medina

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

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.

Reminiscing with Jill

Jill F

Once a Month • 2:00pm

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!

Opera Film Exposé

Gladys W.

One Sunday a Month • 2:00pm

Multi-Purpose Room

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 its 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!

Backstich: Fashion Throughout History

Annabel A.

Once a Quarter • 3:30pm

Multi-Purpose Room

From corsets and hoop skirts to Yeezy acrylic shoes and bamboo hoops: fashion has come through many changes. Join Annabel in a discussion about fashion trends, what causes them, and the sometimes political reason behind them.

LGBTQA+ Figures Throughout History

Benny M.

Alternating Fridays • 1:30pm

Multi-Purpose Room

Everyone has a better view of the past when everyone is included: Join Benny in a class covering the history and struggles of LGBTQA+ individuals. Classes include topics like: From Reggie to Rocketman: The Influence of Sir Elton John, Stonewall: Our History, Frida Kahlo: The Artist of the People, and much more.

Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Silk Scarf Painting and Design	Rhea V.	Once a Quarter • 3:00pm	Multi-Purpose Room
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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.

Weird History	Benny M.	1st & 3rd Fridays • 1:30pm	Multi-Purpose Room
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Did you know the creation of corn flakes started a life long family feud? Or the technology behind modern day Wifi can be credited to a famous Actress? Join Benny in an exploration of some of the more obscure and unknown historical facts.

Recipes and Relations: Good Food, Great Families	James H.	Second Saturday of the Month • 2:30pm	Dining Room
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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.

Meditation & Guided Imagery	Cici Y.	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.

Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Brain HQ: Think Faster,
Focus Better**

Cici Y.

**Every Monday •
10:45am**

Multi-Purpose Room

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!

**Famous Composers and
Their Works**

Elizabeth Y.

**2nd & 4th Mondays of
the Month • 2:00pm**

Multi-Purpose Room

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!

**TED Talks and
Discussion:
Personal Development**

Benny M.

**Every Other Saturday •
2:00pm**

Multi-Purpose Room

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.

**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
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MEXploration: History and Culture of Mexico

Alex C.

One Tuesday a 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.

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.

Introduction to Spanish

Alex C./Annabel A.

Wednesdays • 1:15pm

Multi-Purpose Room

Introduction to Spanish will give you a general introduction to the Spanish language: sound system, pronunciation, functional vocabulary related to everyday life, cultural information and basic grammatical structures. Emphasis will be on the acquisition of four skills: listening, speaking, reading and limited writing. There are two main objectives to the course. First, is to give you the ability to carry on a simple conversation. The second is to provide you with instruction that teaches a basic understanding of Spanish culture, vocabulary, and grammatical concepts.

Exploration of Chinese Culture

Cici Y.

Every Other Thursday • 2:00pm

Multi-Purpose Room

From Food, to Architecture, to Language there is much to be learned about the China. Join Cici in an exploration of Chinese customs and traditions. Every class will highlight prominent Chinese influences as well as demonstrate how they are carried over to the Western World.

Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Women of Lit	Resa A.	Alternating Tuesdays at 1:00pm	Multi-Purpose Room
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Discover the prominent women in literature with Resa. From Toni Morrison and her unapologetic narrative about women of color to the first Native American poet laureate Joy Harjo she combines her love spoken words with live music.

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.

From Witches to Riot Grrrls: Feminists Icons throughout History	Benny M.	Thursdays • 2:00pm	Multi-Purpose Room
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Joan of Arc fought for freedom, Rosa Parks fought for equality, and Aretha Franklin shook rock n' roll as the first woman inducted into the Rock n' Roll Hall of fame. Join Benny in discussion of famous feminist writers, singers, actors, and their influence on Society.

Into the Artist	Abbyville Productions	1st Tuesday of the Month • 1:00 pm	Multi-Purpose Room
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Van Gogh channeled his pain and personal struggles into creating beautiful paintings that have influenced countless generations of artists. Join Abby and Peter in an exploration of the master's works and how his influence has carried over into modern artist movements.

Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
Writing Workshop: Memoirs, Movie Scripts, and more!	Reza	Alternating Tuesdays • 1:00pm	Private Dining Room

Through a series of fun, directed writing exercises, Reza 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. Reza'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.

Clark Street Karaoke	Benny M.	Fridays • 3:30pm	Multi-Purpose Room
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Come sing your heart out! Clark Street Choir is designed to enrich the appreciation of choral music and the arts. It is a performing group that promotes teamwork, gives a sense of belonging, raises Watermark spirit, and is filled with fun and connection!

Chinese Cultural Appreciation	Cici Y.	Sundays • 1:00pm	Multi-Purpose Room
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Many people have heard the term “mind-body philosophy” used to describe the relationship between physical wellness and mental wellbeing. But mind-body philosophy in its truest form is so much more. It’s a philosophical inquiry that has engaged great minds for centuries, going far beyond the simple idea of a physical mind-body connection, and seeking answers for some of the most complex questions of human existence.

Shabbat	Rabbi Janet, Cantor Bryce, 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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Cultural Art through Creative Mediums	Stephanie G.	Saturdays • 10:30am	Multi-Purpose Room
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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 Benny 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!

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.

Technology 101: A One-on-One Guide to an Evolving Industry	Cici, Alex, Alexandria, & Benny	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.

Watermark Cinephile	Sherri L.	Every Day • 6:30pm	Multi-Purpose Room
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The Watermark Movies Club screens nightly movies ranging from musicals, classics, new award winning films, comedies, series and documentaries. We have hosted filmmakers and even roll out a red carpet for our own viewing party for award shows including voting on our favorite actors and best movie of the year. A few times a week there are matinees in our exclusive movie theatre located on our fourth floor. Movies are a popular happening stimulating discussions with residents and creating bonds and new friendships.

Watermark University Courses

COURSES	FACULTY	DAY AND TIME	LOCATION
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Zen Sensory Space

Cici Y.

**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.

Hot Rods of History

Alex C.

Once a Quarter • 2:00pm

Living Room

From Karl Friedrich Benz first introduction of the gasoline powered engine to Tesla's driverless vehicle the automobile has gone through many changes over the last 100 years alone! Join Alex as he explores the history of automobiles and where the car industries are headed.

**Let's talk about Memory
Loss!**

Stephanie B.

Once a Month • 1:30pm

Multi Purpose Room

A frank discussion, separating the myth from the facts... We'll cover the basics: What IS the difference between Alzheimer's Disease and Dementia? What are some of the causes of dementia?? Then it's all about YOU... We will let the conversation flow, in an informative question and answer period. At the end of this session, you will have a better understanding of memory loss, what causes dementia, and what happens to the mind when someone has dementia.

This discussion will prepare participants for an in-depth look at communication, in our monthly class.

Movie Surfer's Club

Alexandria A.

Twice a Month • 1:30pm

Multi Purpose Room

From the writer's table to the screening process, there is so much work that goes into the magic of movies. Join Alexandria as she breaks down the movie industry and explains how some of the classic films forever changed how we create films.

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!

Canasta: Basics

Roberta

Tuesdays • 2:00pm

Living Room Tables

Join Roberta in exploring the exciting world of Canasta! This exciting card game is similar to Rummy and can be played between 2-6 players. Roberta will showcase the different hands, styles, and rules of the game. From beginners to advanced players: everyone is welcome!

**Casino Royale:
Blackjack Basics**

Benny

**Thursdays • 1:15pm or
6:30 pm**

Living Room Tables

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:
Master the Game**

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	Cici, Alex, Alexandria & Benny	Every Day • 9:30am	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!

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 tough 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.

Getting Physical: Personal Fitness Challenge	Melissa T.	Friday • 10:30am	Multi-Purpose Room
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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	Benny M.	Saturdays • 9:45am	Multi-Purpose Room
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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.

Fit Happens	Benny M.	Saturdays • 2:00pm	Multi-Purpose Room
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Fit happens is designed to bring people together through music, dancing, cardio, and laughs. Join Benny and take the "work" out of workout in a fun and exciting exploration of alternative exercises including: Crossfit, Self Defense, Cultural Dance, Weight Training and much more.

Qi Gong	Musetta C.	Every Other Sunday • 11:00am	Multi-purpose Room
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Seated Qigong exercise for seniors uses qigong movement and breath to help stimulate and balance energy flow in the body. These exercises are gentle but invigorating and employs breath, movement and focused attention to help stimulate energy flow. Its purpose is to cleanse, strengthen and circulate energy in the body leading to better health, vitality, and a tranquil state of mind.

Zumba	Benny M.	Wednesday & Saturday • 10:45am or 2:00pm	Multi-purpose Room
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Follow the Beat and Sweat it Out! Did you know the average Zumba work out burns 350 to 650 calories? Join Benny in a high energy, easy to follow, fun and exciting dance fitness class!

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Benny Medina

Fit Happens, From Witches to Riot GRRLS, LGBTQA+ Figures in History, Weird History, & Poet's Society.

Benny Medina is our Community Life Director who has been volunteering and working in assisted living communities since the age of 14. Her bubbly, energetic attitude makes her fitness classes extra fun and engaging! She encourages movement and strength in all ages and body types. Her discussions on history and sociology are far from boring due to her passion about the topics. Her colleges studies focused on Sociology: specializing in gender and sex.

Cici Huang

Exploration of Chinese Culture, Art Appreciation, & Relax and Restore Yoga

Cici is our Community Life Assistant and has quite an interesting history. Originally from China Cici was our intern and loved Watermark so much she even went to Watermark China! An accomplished student and artist Cici is willing and able to learn quickly and is so interested in growing in the community and sharing her talents with our residents.

Annabel Amaya

Backstitch: Fashion Throughout History

Annabel Amaya is our Business Director with a quite extensive background! In her career past she has worked extensively with numbers and budgets, however her passion has always been fashion! Annabel creates her own custom t-shirts and pins in her off time and never shies away from a DIY project.

Jill Ford

Reminiscence with Jill

Jill is the Executive Director, 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.

Alejandro Casimiro

MEXploration: History and Culture of Mexico & Hot Rods of History

Alejandro (Alex) has been with Watermark 10 plus years. He currently works as our lead concierge and runs our day to day smoothly. In his free time you can find Alex fixing everything and anything (from audio equipment to cars), hiking, and his new current favorite: bowling. He enjoys sharing his Mexican heritage with residents.

NAME OF INSTRUCTOR

CLASS NAME

Jim Howland**Chef's Table & Recipes & Relations**

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!

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.

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.

Stephanie Brynjolfson**Let's Talk About Memory Loss**

Stephanie has over 25 years' experience working with senior citizens and 18 years working in the memory care field.

Since 2001, Stephanie has worked directly with persons with dementia and their families, providing counseling and education. She began serving as a volunteer on the Alzheimer's Association Speaker's Bureau in 2003, traveling throughout the Southland providing education to both professionals and the public. She began working with the Alzheimer's Association California Southland Chapter in 2012 as an Education and Advocacy consultant, working with the Inland Empire Service Center office, eventually joining the team as a staff member. Stephanie returned to senior Living after 5 years and is enjoying the daily interactions with her residents and families at Silverado Beverly Place.

NAME OF INSTRUCTOR

CLASS NAME

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 was a top 40 recording artist with appearances on Merv Griffin, Solid Gold, American Bandstand, and a European Tour. 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.

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

An LA native with an 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 Tirsa'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.

NAME OF INSTRUCTOR

CLASS NAME

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'.

Resa Abohr

**Writing Workshop: Poetry
and Prose & Women in Lit**

Resa Alboher is one of the founding editors of the international literary journal St. Petersburg Review. She is also a Springhouse Journal editorial board member, a book scout, and a writing coach/manuscript consultant/independent editor. Resa also writes across genre and has many publications including Roads & Kingdoms, Cosmonauts Avenue, Scapegoat Review, Black Heart Magazine, Rewire Me, Mango Salute, Have an NYC 2, *Maintenant* 5, Rattle, Edison Review and Radar Productions. She is currently working on collections of fiction, nonfiction and poetry. She is a passionate, energetic, kind and patient writing teacher who leads workshops both privately and in many venues around LA. A long-time traveler, Resa lived on and off over twenty years in Russia where she lectured with the legendary Summer Literary Seminars St. Petersburg and taught American Writing at the Humanities University in Moscow. She holds an MFA from University of Tampa and studied poetry for many summers at the Frost Place in Franconia New Hampshire.

Musetta Vander

Qi Gong

Musetta Vander M.M.Q received her Master of Medical Qigong in 2006 through the International Institute of Medical Qigong and is certified in Chinese Medical Qigong Therapy and Chinese Clinical Oncology through the Healing Qi Institute. This course entailed Medical Qigong Therapeutic Modalities for the treatment of various types of cancer, as well as primary Medical Qigong prescription exercises and meditations used in China for the treatment of cancer and the side effects of radiation and chemotherapy. Additionally she's studied under Grand Master Zhou Ting-Jue, Grand Master Mantak Chia, Dr Yang Jing-Ming, and is certified in Herbal Shen Medicine and Korean Hand Therapy. And holds a BA in Psychology and Communications from the University of Johannesburg. Musetta's goal is to assist clients in the prevention and treatment of illness helping them return to a natural state by reducing stress, increasing stamina, and revitalizing the body.

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.

Alexandria Alaniz

Movie Surfers Club

Alexandria was born and raised in Los Angeles but has enjoyed many travel opportunities in her life. She has been in the Senior Living Industry on and off for ten years and thoroughly enjoys working with the senior community. In her spare time, you can find her enjoying films, hiking throughout San Fernando, and she quite a talented photographer.

NAME OF INSTRUCTOR

CLASS NAME

Abbyville Productions**Art Appreciation**

Abby is a graduate from Michigan State University's honors college with a bachelors degree in human biology and health promotion. She was premed, but switched paths upon discovering yoga which encouraged her to pursue a more holistic and preventative approach to health and wellness. She immediately completed her 200 hour RYT to share the yogic experience with the world. Upon becoming a certified yoga teacher, she moved across the country to Los Angeles with the mission to spread wellness to all. Peter, a lifelong resident of New York, moved to Los Angeles for a complete reboot of himself. He was a real estate professional who specialized in growing retail chains such as Home Depot, Staples, and AMC theaters to name a few. Upon realizing his physical health was deteriorating he took matters into his own hands and adopted many wellness practices that have greatly changed his life forever. Abby and Peter discovered a mutual belief in a lifestyle that exemplifies wellness. The two combined forces and created "Abbyville Productions The Wellness Concierge" which is a series of services and programs based on their curated definition of wellness catered to the senior community to improve their mindfulness, joy of life, and overall well being.



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