

WATERMARK UNIVERSITY

2018

**Spring Semester**  
JANUARY THROUGH APRIL

 **THE FOUNTAINS**  
AT LAKE POINTE WOODS



**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,**

*Jenny Welch*

Jenny Welch  
Community Life Director  
The Fountains at Lake Pointe Woods  
3260 Lake Pointe Blvd. Sarasota, FL 34231  
941-929-2442

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>The Art of Mindfulness</b>	<b>Peggy Beasley</b>	<b>March • TBD</b>	<b>2nd Floor Card Room</b>
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Mindfulness can be described as the state of being conscious or aware of something. It's a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feeling, thoughts and bodily sensations. The mental state is often thought of as a positive mental therapeutic exercise. Peggy has been studying "Mindfulness" for over a decade and she would love to share her knowledge with you. Please join us for this class and find out how using these simple techniques can improve your life, change your outlook and strengthen your relationships.

<b>Brain Fitness</b>	<b>Chandra Tribit</b>	<b>Every Other Wed. • 1:30 PM</b>	<b>AL Activity Room</b>
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The Brain Fitness class features brain games to stimulate learning processes, enhance memory and help prevent boredom and stagnation. Chandra is a Speech-Language Pathologist who works at the Springs. She uses brain fitness as a proven exercise to sharpen cognitive skills. Have fun while learning to think faster, have a higher level of focus and remember more.

<b>iPad/iPhone Training</b>	<b>Jim Cerny</b>	<b>Monday's (3 Times Monthly) • 1:30 PM</b>	<b>Computer Room</b>
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Jim will be teaching you how to master your Smartphone or tablet and how to take advantage of useful tools that can make your life a little easier. He will be teaching you how to use all the pre-programmed operations, change the settings and install applications.

<b>Comedy at the Movies</b>	<b>Allen Wolfe</b>	<b>Every Thursday • 1:30 PM</b>	<b>Cinema</b>
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This series will be showing an extensive, comedy movie collection from the 1930's and 1940's. Before the showing there will be a brief description about the characters and plot. Following the movie, you will be able to discuss your likes and dislikes of each movie among your fellow residents.

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
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<b>Life at The Inn</b>	<b>Beth Suarez</b>	<b>Thursday, April 12th • 2:00 PM</b>	<b>AL Lobby</b>
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For anyone who is interested in learning more about assisted living at The Inn, Beth will be taking a group on a tour and answering any questions you may have about the assisted living lifestyle. All residents are welcome to attend, but there will be a sign up prior to this event. Valet will be available to drive Town Center residents back and forth.

<b>Foreign Affairs</b>	<b>Bob Clementis</b>	<b>TBD</b>	<b>Tiffany Lounge</b>
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Bob Clementis will be returning to lead a lively discussion/lecture on today's political geography and the daily happenings that shape our country's present and future. The last 30 minutes of the class are for discussion, questions and answers. Future dates to be announced in the upcoming Thrive.

<b>The Bauhaus: 100 Years of Design</b>	<b>Baila Miller</b>	<b>Wednesday, April 18th • 1:00 PM</b>	<b>Key West Auditorium</b>
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Staatliches Bauhaus, commonly known simply as Bauhaus, was a German art school operational from 1919 to 1933 that combined crafts and the fine arts, and was famous for the approach to design that it publicised and taught. In 2019, Bauhaus will be celebrating 100 years of Design. Baila will be discussing the different designs throughout those years.

<b>Spanish Class</b>	<b>Priscilla Espinal</b>	<b>February • Weekly</b>	<b>AL Activity Room</b>
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This is a great opportunity for you to learn basic Spanish. Even if you have never tried it before, the pictures and words will help you to identify each word and use them daily. Each week we will learn new vocabulary words and review the previous lessons.

<b>Sipping on Spirits with Paul</b>	<b>Paul Ebaugh</b>	<b>Wednesday, January 10th • 3:00 PM</b>	<b>Mangrove Room</b>
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Every other month Paul will feature a "spirit" for the focus. He will present unknown facts, history and recipes for the featured spirit. Paul will conduct a interactive seminar on each spirit that will also include a free tasting of said Spirit. Future dates to be determined.

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
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<b>Dames of the Cinema</b>	<b>Jenny Welch</b>	<b>Every Fourth Tuesday • 12:30 PM</b>	<b>Cinema</b>
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Every month, we will be hosting this event to highlight a female star from Hollywood. Each film will have a famous leading lady in it. Prior to the showing of the film, we will enjoy a tasty beverage in the Cinema Lobby while we discuss the actresses claim to fame. We will also discuss her role in the specific film being shown.

<b>Tour of the Springs</b>	<b>Brian Parsons</b>	<b>Tuesday, March 20th • 2:00 PM</b>	<b>Springs Lobby</b>
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Join Brian Parsons, Administrator of The Springs at Lake Pointe Woods, for an informational session about Skilled Nursing. Brian will be able to explain what Skilled Nursing is, why someone could benefit from Skilled Nursing services, how Skilled Nursing is paid for, and more. Please bring your questions as he will also host a Question and Answer session. The visit to The Springs will culminate with a tour. Meet in the Springs lobby. Valet will be available to drive Town Center residents back and forth.

<b>Cooking Layla &amp; Lorraine</b>	<b>Lorraine Chimento/Paige Cohen</b>	<b>Tuesday, March 20 • 3:30 PM</b>	<b>AL Activity Room</b>
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Two different generations, a teenager and a grandmother, working closely together to demonstrate that cooking can be fun any age. They will share with you their seasonal delights. Starting with their spring recipe and who they learned it from. Watch for it!

<b>Feathered Friends of the Fountains</b>	<b>Kristin Buswell</b>	<b>Thursday, April 19th • 11:00 AM</b>	<b>Cinema</b>
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Have you ever wondered who is flying above us here at the Fountains? Come identify the different bird species native to Florida and the ones found right here on campus. We will view many photos, migration patterns, song identification, traits and much, much more.

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
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<b>Farm to Table</b>	<b>Paul Ebaugh</b>	<b>Wednesday, January 24th • 10am &amp; 4:30pm</b>	<b>*Bus Trip/Poolside Dinner</b>
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Travel to the Phillippi Creek Farmer's Market to learn about local products and farms in the area! Chef Paul Ebaugh will be touring the market to find the freshest ingredients to create a one of a kind meal that evening. You will receive a hands on experience with those ingredients and a lesson on the health benefits of each menu item. Once the menu has been created by Chef Paul at the market, those items will be purchased and transported back to the kitchen for preparation. That evening you will be able to taste the culinary experience from that morning's shopping adventure!

<b>Understanding Dreams</b>	<b>Kristin Buswell/Jenny Welch</b>	<b>Thursday, March 15th • 11:00 AM</b>	<b>Cinema</b>
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Have you ever had a dream and wondered what the meaning of it was? Find out in this lecture! Jenny and Kristin will be discussing the philosophy of dreams and the meanings behind some of the most common occurrences.

<b>Being A Guinness World Record Holder</b>	<b>Dennis "The Menace" Schrader</b>	<b>March • TBD</b>	<b>Tiffany Lounge</b>
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Even if you're not into baseball, Dennis will give you a fun filled educational hour of baseball history starting from 1836 to today's game. This is not just a baseball history lesson, but a power point presentation of facts, fun and jokes centered around our American pastime guaranteed to keep you awake and smiling!

<b>Poetry Class</b>	<b>Lorraine Chimento</b>	<b>Tuesday, January 9th • 10:30 AM</b>	<b>AL Activity Room</b>
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We will focus on nurturing literature's source: creative writers in poetry. Each month, Lorraine will chose a poet to focus on and delve into their most famous work. The mission is to promote communication throughout the literary community, and to help create an environment in which literature can be appreciated by the resident audience.

COURSES	FACULTY	DAY AND TIME	LOCATION
Opera Lecture: Carmen	Phyllis Lowitt	Thursday, February 22nd • 7:30 PM	Tiffany Lounge

Join Phyllis as she dives into the wonderful world of the Opera. This lecture will focus on the performance called "Carmen." She will give a history of the story behind the performance and explain the proper way to listen to the opera, so that way you gain the entire experience of this art.

Travelling the World with Dawn & Lorraine	Dawn Christofferson/Lorraine Chimento	April • Monthly	AL Upstairs Resident Lounge
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Take a tour of the World with Dawn and Lorraine! Each month these ladies will be featuring a different country and the spectacular features of it. They will be discussing interesting facts that you may not know about and also feasting on a snack inspired by that country. The first country to be featured will be Italy!

## Faculty Biographies

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### NAME OF INSTRUCTOR

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### CLASS NAME

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#### **Peggy Beasley**

#### **Art of Mindfulness**

Our LPW Executive Director has enjoyed living in Florida for 45 years with all the activities it has to offer. Peggy enjoys kayaking, motorcycling, the beach geocaching and also reading and relaxation. She has been researching and reading about “Mindfulness” for over a decade. Peggy feels fortunate to have worked in the residential and senior housing market for almost 15 years.

#### **Allen Wolfe**

#### **Comedy at the Movies**

Allen and his wife, Paula, have been residents of the Fountains since June 2015. Allen was a computer programmer and analyst before retiring. Since moving here, he has focused on working out, reading, listening to music and sharing his extensive movie collection.

#### **Chandra Tribit**

#### **Brain Fitness**

Chandra is a Speech-Language Pathologist who has worked at the Springs for over 10 years. She has 2 children, Kellan, who is 3 years old and Riley who is 6. She loves boating, reading, snow skiing and the beach. Her Brain Fitness classes are a big hit!

#### **Jim Cerny**

#### **iPad/iPhone Training**

Mr. Cerny moved to Sarasota in 1999 from Naperville, Illinois, where he worked for AT&T and then Lucent Technologies for a total of 32 years. He volunteers teaching computer classes at Fruitville Library and also Sarasota Personal Computer Users' Group.

#### **Priscilla Espinal**

#### **Beginner Spanish**

Priscilla was born and raised in Rockaway Park, New York. Priscilla has been living in Florida for over 12 years. She has been married to her spouse for 16 years and they have four beautiful children. When she is not working, Priscilla enjoys spending time with her kids and teaching them how to cook, making crafts and watching movies together. Her mother spoke regularly to her grandmother in Spanish and that is how she developed an understanding of the language to teach our residents!

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Dawn Christofferson****Travelling the World with Dawn and Lorraine**

Dawn is the Business Office Manager at the Fountains. She was born in Staten Island, NY and moved to Venice, FL when she was 2 years old. She has been married for almost 7 years and has 3 children of her own and 3 step children. Dawn enjoys working out at the gym and shopping for clothes or shoes.

**Jenny Welch****Dames of the Cinema & Understanding Dreams**

Jenny is the Community Life Director at the Fountains. She was born in Newport News, Virginia and moved to Sarasota, FL when she was 9 years old. Jenny has a Bachelor's Degree in Sports Management and Recreation from Florida International University. In her spare time, Jenny enjoys spending the day playing softball, visiting with family and relaxing with her fur children.

**Beth Suarez****Life at The Inn**

Beth is originally from Miami, FL. It was in Miami where she met her husband and together they owned and operated a northern Italian restaurant for 8 years. Once Beth's parents retired to Sarasota, they soon found out that Sarasota was paradise. They moved to Lakewood Ranch in 2002 to raise their children here and Beth began her career in the senior living industry. Over the past 15 years, she has gained extensive industry and area experience that has contributed to her success at the Fountains. Beth enjoys traveling, spending time with her family and her dog, going to the beach, exercising and eating healthy.

**Brian Parsons****Tour of The Springs**

Brian has worked in the Health Care field since 1980 starting as a Food Service Director, he became a Nursing Home Administrator in 1996 after getting involved in Nursing Home Administration and truly enjoys the interactions with residents and families. He has worked in several skilled nursing centers over the past 20+ years. Prior to coming to the Springs, he worked for Brookdale Freedom Village in Bradenton as the Health Center Administrator. He and his wife were originally from Syracuse, NY and moved to Florida in 2005 to be closer to family.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Lorraine Chimento****Cooking with Layla & Lorraine, Travelling the World with Dawn & Lorraine**

Lorraine is the Director of Human Resources at the Fountains. She grew up in Connecticut and married her high school sweetheart. Lorraine enjoys knitting in her spare time. She knits for her grandchildren and to relieve stress. She never leaves her home without her knitting!

**Kristin Buswell****Feathered Friends of the Fountains, Understanding Dreams**

Kristin is the Community Life Assistant at the Town Center. She was born in Mansfield, OH and moved to Bradenton/Sarasota, FL when she was 10 years old. Kristin attended the University of Florida where she received a degree in Recreation Parks and Tourism. After graduating, she moved to Ormond Beach, FL where she lived for the last 21 years raising her two children. Recently, Kristin moved back to Sarasota, FL to start a new adventure in life. She loves to swim and do anything outdoors.

**Bob Clementis****Foreign Affairs**

Bob is a respected former foreign policy analyst with NATO and the US military. He was an instructor for the Department of Defense and an instructor on location in the newly joined former Warsaw Pact states. He holds a BA from St. Joseph's college and an MA from John Carroll University in International Relations/History.

**Paul Ebaugh****Sipping on Spirits, Farm to Table**

Paul is the Director of Dining Services. Paul has been in the kitchen since he could remember. His gifts and talents stem from his mother and grandmother, from whom he received his love of cooking and knowledge of his heritage and other cuisines. He attended Baltimore International Culinary Academy for a time, but left to pursue his degrees in Political Science and Economics at Towson State University. Paul married his College sweetheart in 1998, and returned to his first love of the kitchen, taking a position at The Windows on the Green as Executive Chef / General Manager.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Paige Cohen**

**Cooking with Layla & Lorraine**

Paige is the Program Director of the Inn at Lake Pointe Woods. She was born and raised in Sarasota, Florida. Paige has been a nurse for over 14 years. She married her best friend, Matt Cohen, and they have a beautiful daughter named Layla. In her spare time, she enjoys spending an afternoon at the beach, reading a good book, and trying new foods.

**Baila Miller**

**The Bauhaus: 100 Years of Design**

Baila completed a Bachelor's, a Master's degree, and post graduate work in the area of Instruction and Curriculum Development at the University of Memphis. Through her company, Miller Music and Fine Arts Programs, she has been presenting college level courses that explore the role of literature, paintings, architecture, sculpture, cinema, photography, as well as, orchestral and operatic influences in the development of European, Jewish, and modern American culture. Ms. Miller currently teaches at the Ringling College of Art and Design in Sarasota, Florida, where she is developing a Curriculum of Judaic Studies, from the Babylonian Captivity to Modern Architects; Frank Gehry, Daniel Libeskind, and Moshe Safdie.



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