Hello and thank you for your interest in Watermark University!

Your curiosity is to be commended and it may even be the key to better health. Studies show that satisfying curiosities and learning new things can keep the mind agile and sharp. That’s why we created Watermark University. We know that stimulating the mind and strengthening the body has enormous benefits at any age and may even slow the process of memory loss.

Besides being good for you, keeping your brain and the body active and engaged doesn’t just improve your life – it’s a whole lot of fun! Enroll in a class or two that pique your interest. I’m confident you’ll learn something new and make a few friends along the way. While you’re at it, why not suggest a class or even volunteer to teach a subject you’re passionate about?

Just give us a call to reserve a space in a class that intrigues you. Please keep in mind that class space is limited, priority is given to residents and most, but not all, classes are free. We look forward to hearing from you and seeing you in a Watermark University course this semester!

Sincerely,

Tammy Geraldson

Tammy Geraldson
Community Life Director
The Fountains at Lake Pointe Woods
3260 Lake Pointe Blvd | Sarasota, FL | 34231
Phone: 941-929-2493 / Fax: 941-929-2478
Acrylic Art Class  Lois Carson  1st, 2nd & 3rd Fridays  AL/AR
Learn Acrylic Painting step by step with beginning acrylic painting lessons. You will learn how to paint and have a lot of fun in the process. If you have never painted before, don’t worry! The class lessons will introduce you to all the materials you will need and start you painting right away. Through a series of fun easy projects and exercises, you’ll be on your way to creating beautiful paintings.

Active Senior Jeopardy  Lorraine Callaghan  4th Tuesdays, 3:30 p.m.  AL/L
The Active Senior Jeopardy is a simplified version of the TV show and is a stimulating, action packed, and fun-filled hour of game show excitement. Each category is designed to appeal to a player's knowledge of both current events and past events from their generation. Questions range from easy to moderately difficult so that each participant feels involved in the action and part of the game. The fun ends with a certificate awarded to the player with the most correct answers.

All about Words  Angela Piciulo  Saturdays 11:00 a.m.  AL/L
All about Words is all about F-U-N. This collaborative group activity uses a “Letter of the Day” to build a list of as many words as possible that begin with that letter. Exploring categories such as food, states, name, flowers, vegetables, movies, we expand our list. Sometimes a word even inspires a song and we stop and sing. Our challenge is to see how many words we can identify in a short period of time.

The Amendments  Carole Holland  Wednesdays, 10:30 a.m.  KWA
Presented by Adult and Community Education of Sarasota County Technical Institutes (ACE @SCTI). The amendments to our Constitution will be discussed. What is the process for amending our constitution? Learn about the Bill of Rights, the Civil War Amendments, the 16th "Income Tax" amendment and the history and stories behind many of them. All materials provided for the class, which will continue in January.

Art Exhibits and Reception  Artists in Residence  1st Mondays, 4:30 p.m.  L
The Fountains at Lake Pointe Woods hosts an Artist of the Month reception and celebration on the first Monday of every month. Friends, family and the community are welcomed with wine and hors d’ oeuvres while they meet the featured artist and enjoy the new exhibit.

Art Studio  Artists in Residence  Wednesdays, 11:00 a.m.  AS
Fountains artists gather for compelling discourse, mentoring, honest feedback, and to meet with fellow artists who can help one another through the creative process. If you are an experienced or budding artist, take advantage of the Art Studio. Let your imagination guide you with other residents to a world of art without boundaries.

Beer Tasting  Silvia Duenas  2nd Fridays, 1:00 p.m.  Inn Lobby
Even though tasting is an individual art, there are a few steps, which if followed, will take your beer tasting to a blissful level. At beer tasting, we will learn to look: take pause and marvel at its greatness before you partake of it. Describe its color, its head and its consistency. Agitate: Swirl your beer, gently in the glass. This will pull out aromas, slight nuances, loosen & stimulate carbonation and test head retention. Smell: 90-95% of what you experience is through you sense of smell. Enjoy its bouquet. Taste: Sip the beer. Let it wander and explore your entire palate. Let your taste buds speak!
**Balance and Strength**  
Lori Whittle  
**Tuesdays & Thursdays, 9:00 a.m.**  
KWA

These fitness exercises are specifically designed to help you improve your balance and help you develop a strong core. Balance and strength training benefits your neuromuscular coordination – basically it helps improve the communication between your brain and muscles. It helps with muscle isolation – during balance training you have to maintain stabilization and you are forced to engage an individual muscle predominantly so that you are not using other muscles to help you “cheat.” It helps with hip stabilization. It helps with core stabilization – this in turn helps to improve your coordination, athletic skill, posture and balance.

**Black Jack**  
Dave Prunier  
**2nd & 4th Wednesdays, 1:30 p.m.**  
TL

Blackjack, also known as twenty-one, is the most widely played casino banking game in the world. Blackjack is a comparing card game between a player and dealer, meaning that players compete against the dealer but not against any other players. It is played with one or more decks of 52 cards. The object of the game is to “beat the dealer,” which can be done in a number of ways. Learn all the tricks of the trade!

**Book Club**  
Residents  
**2nd Thursdays, 1:30 p.m.**  
3

Want to meet some interesting characters? Open a book. Want to meet some real-life interesting characters, too? Join the Fountains Book Club! The book club is a great way to communicate with friends and meet new people while exploring and discussing (hopefully) good books. Each month the discussion is led by a different resident.

**Bible Study**  
Silvia Duenas  
**Mondays, 1:00 p.m.**  
AL/AR

All are welcome to attend this weekly study on the Fruits of the Spirit using the book *Apples of Gold* in January and February, followed by a study of *How to Hear from God*, by Joyce Meyers starting in March. Through this book, Joyce helps you to develop the sensitivity and receptiveness to hearing God’s voice, block out negative influences that distract you from hearing Him, learn that God’s willingness to speak to you has no limits and discover what *will* open the doors of communication with God.

**Brain Fitness**  
Chandra Tribit  
**Wednesdays, 1:00 p.m.**  
AL/AR

The Brain Fitness class features brain games to stimulate learning processes, enhance memory and help prevent boredom and stagnation. Brain Fitness exercises are proven to sharpen cognitive skills. Think faster, focus better, and remember more!

**Breakfasts of the World**  
Katty Shelton  
**1st Mondays, 10:30 a.m.**  
AL/AR

Claudia Moncivaiz

Around the world, different country’s breakfasts reflect their unique cuisine. In fact, America is one of the few countries that indulge in a separate type of cuisine for their morning meal. And while Western breakfast traditions have made their way onto tables all over the world, some meal traditions remain the same. In this class, our chefs will prepare breakfast meals from various countries. Bon appétit

**Computer Class**  
Jim Cerny  
**1st, 2nd, & 3rd Mondays, 1:15 p.m.**  
CR

The Fountains at Lake Pointe Woods has an exceptional computer resource which provides every student with a Windows 7 computer for the class. Learn the basics of computer usage, new skills, and how to navigate the Internet to get the information you need and want.
January 5th – Running Programs – We will look at the basic ways to open or run a program in Windows. You can open a program by double-clicking the icon on the Desktop, or by using the “All Programs” list in the Start menu. We will show some sample “menus” or options which are usually available in most program. Also, we will cover how to close a program window when you are done using that program. Bring a list of the programs you use most often on your Windows computer.

January 12 – Folders and How to Use Them – Everything on your computer, ALL your files, are saved in Folders. This class will demonstrate the use of the Windows program called Windows Explorer which you use to FIND any and all FILES on your computer. My Documents and My Pictures are examples of Folders, but you can create as many Folders as you like to help you organize your files. What folders are you using now?

January 19 – iPad Workshop – Again, because it is so popular, we offer another iPad WORKSHOP class. Bring your iPad or tablet device to the class along with your questions or problems. We will cover and review some of the important basics and then help you with anything you would like to know about the iPad. It is really a very amazing and handy device.

February 2 – EMAIL Workshop – Most people use email and enjoy it very much. But maybe you are puzzled by some of your email options or are having problems. Bring a list of your email concerns to this class and we will try to help you. Definitely bring your Email ID and your Email Password so that you can access your email on the computer in the classroom.

February 9 – Google Earth – Google is much more than a “search engine”, it also provides many free tools and programs. One of the coolest is “Google Earth” and in this class I will show you how this program works. You can go to any place on earth and zoom in for a close look. This will be a really fun class for all Windows or iPad users (Google Earth is available on many devices). Visit your old hometown and see what buildings have changed or explore a city you have never visited. You can even bring the camera down to a “street level” view. It is really amazing.

February 16 – Taking Photos with Your iPad and your Smartphone – Your iPad or Smartphone has an excellent camera. In this class we will show you how to use your iPad or iPhone to take photos (the “camera” app) and how to look at the photos you have taken (using the “photos” app). Your iPad can hold many hundreds of photos in its memory.

March 2 – Photos on your Computer – In this class we will look at how to view and enjoy your photos on your computer. Since you cannot save your photos on the computers in the computer room, I will demonstrate by using photos saved on my small “jump” drive. Some programs let you look at the photos whereas other programs allow you to change the photos in many ways. This will be a good basic class to help you understand how to use your photos. Please bring your questions about photos or your digital camera to this class.

March 9 – Using the Internet – In this class we will review and explore how to use the Internet. We will include how to do a search, how to handle search results, copying and printing things from the Internet, and more. Bring your Internet questions to this class and we will help you understand how to use the Internet even better. This class is for all computer and tablet users.
## COURSE | FACULTY | DATE & TIME | LOCATION
---|---|---|---
**Computer Class** | Jim Cerny | 1st, 2nd, & 3rd Mondays, 1:15 p.m. | CR
March 16 – I-PAD Workshop – Our popular iPad classes continue with this workshop. We will cover some iPad basics and then answer your questions. We will always have some fun “apps” to show you too. All iPad users (and other “tablet” users too) will find this class fun and very helpful.

**Computer Help at Home** | Daniel Burkholder | Sundays by appointment
If you need a follow up session or have questions related to the computer class or just need some individual time, schedule a 15-minute appointment with the concierge for a computer help session with Daniel.

**Contemporary Aging** | Judy Helgager | 3rd Thursdays, 2:00 p.m. | TL
Join us for a discussion group on contemporary aging. As we progress through life, we may begin to feel challenged by all the changes we face. The Contemporary Aging class can give us the tools to cope with changes as effectively as possible and experience positive outcomes. This class offers insights and understanding about aging, which is an expected part of life.

**Conversational Spanish** | Silvia Duenas | Dates TBA | AL/AR
Learn how to have a basic Spanish conversation. It will be pronounced, translated, and explained. Beginner Spanish.

**Cooking for Canines** | Silvia Duenas | Dates TBA | AL/AR
Give the dog a bone! Bake some 5 star doggie treats for donation to the Humane Society of Sarasota. Dog tested – puppy approved

**Evening Chimes** | Steve Wolinsky | Thursdays, 6:30 p.m. | AL/URL
With this remarkable hand-held chime instrument, the ability to produce music is almost immediate. Within minutes, the Fountains Chimers can successfully play melodies and experience the joys of making real music regardless of their musical training. Under the direction of Steve Wolinsky, chimers quickly gain the countless benefits of such a positive experience.

**Fitness Training** | Collette Alexander | 2nd and 4th Wednesdays, 10:30 – 12:00 p.m. | FC
As we age, and active lifestyle is more important than ever. Regular exercise can help boost energy, maintain independence and manage symptoms of illness or pain. Exercise can even reverse some of the symptoms of aging. And not only is exercise good for your body, it’s also good for your mind, mood and memory. Collette will be available in the Fitness Center for equipment orientation and to assist you in continuing your independent living style, through maintaining and or improving on your own personal activities.

**Getting to Know You** | Silvia Duenas | 1st Thursdays, 10:30 a.m. | AL/URL
The Inn has many new faces in the community. This informal discussion will introduce new residents and help staff and other residents learn more about them. By learning about their backgrounds and interests, it will be a great opportunity to form new friendships.
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<thead>
<tr>
<th>COURSE</th>
<th>FACULTY</th>
<th>DATE &amp; TIME</th>
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<tbody>
<tr>
<td>Great Courses</td>
<td>Tammy Geraldson</td>
<td>Fridays, 1:30 p.m.</td>
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<td>The Great Courses are uniquely crafted for lifelong learners, with engaging, immersive learning experiences. The college level course on DVD is taught by esteemed faculty that includes award-winning experts and professors from the most respected institutions in the world. Of the more than 500,000 college professors in the world, only the top 1% are selected to teach one of The Great Courses. Following each DVD lecture, there will be a discussion. Course title to be announced – new course starting in March.</td>
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<tr>
<td>Heart Health</td>
<td>Dr. Fred Harvey</td>
<td>Thursday, February 19th, 11:30 a.m.</td>
<td>KWA</td>
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<td>Dr. Fred Harvey will discuss heart disease and achieving optimal wellness despite disease labels. February is heart month, so bring your questions and let's show our hearts some love. Heart disease is the number one cause of death for both men and women in the United States. More die of heart disease than of all cancers combined. Dr. Harvey’s programs are designed to improve the quality of life, reverse the signs of aging and prevent degenerative diseases that can rob patients of their quality of life.</td>
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<tr>
<td>Hip-Hop Dance</td>
<td>Garrett Pristley</td>
<td>Dates TBA</td>
<td>KWA</td>
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<td>Hip hop dance is a fun and effective way to get your heart pumping. This cardio workout engages the entire body and helps you build muscle tone. If you incorporate hip-hop dance into your exercise routine, you may experience an increase in your energy level and an improvement in your overall physical fitness.</td>
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<td>Is It Normal Memory Loss or Could It Be Dementia?</td>
<td>Dr. Federica Priano</td>
<td>Thursday, Feb. 12, 10:30 a.m.</td>
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<td>Learn how to distinguish between age-related memory loss and signs of dementia, followed by suggestions on how to maximize your brain function.</td>
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<tr>
<td>Knittingales</td>
<td>Lorraine Chimento</td>
<td>Wednesdays, 2:00 p.m.</td>
<td>AL/L</td>
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<td>Research has shown that seniors who engage in knitting or other mind stimulating activities were 30 to 50 percent less likely to have mild cognitive impairment than those who did not. Knitting may help build up “cognitive reserves.” Whether you’ve knitted for fifty years or fifty minutes, join the group. Items are knitted for charity and sent where they are most needed. Everyone has a great time as they knit and purl the hour away. Needles and yarn are provided to get you started.</td>
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<tr>
<td>Linked Senior</td>
<td>Silvia Duenas/Tammy Geraldson</td>
<td>Upon Request</td>
<td>CR/AL/AR</td>
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<td>Linked Senior uses senior friendly touch screen kiosks to provide 24/7 unlimited access to entertainment, education, spiritual and intellectual content. This cutting edge technology is web based and can be enjoyed by all residents. Linked Senior offers many opportunities for brain fitness including memory games, music, news, trivia, slideshows, videos and more. New content is added frequently.</td>
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<tr>
<td>Massage Therapy</td>
<td>Jennifer Grahl</td>
<td>3rd Wednesdays 10:30 a.m.</td>
<td>AL/URL</td>
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<td>Did you know that massage is an ancient Chinese therapy that dates back thousands of years? Some of the wonderful benefits include improved sleep, the easing of tired sore joints, soothing and relaxing nerves, and creating a feeling of well-being. Learn about massage as the fragrance of lavender fills the air as you receive your massage.</td>
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Mexican Train  Shirley Larson  Mondays, 6:00 p.m.  AL/AR
Mexican Train, also known as simply Trains, is a game played with dominos. The object of the game is for a player to play all the dominos from his or her hand onto one or more chains, or "trains," emanating from a central hub or "station." The game's most popular name comes from a special optional train that belongs to all players. The beginner lesson is held once a month as scheduled.

Move That Body  Angela Picilulo  Saturdays, 10:00 a.m.  AL/URL
This exercise program offers an effective way to stretch and tone our muscles while enhancing lower body strength. All exercises can be done while standing or seated in a chair.

Movement Magic  Steven Vincent  Mon., Wed. & Fri., 9:00 a.m.  KWA
10:00 a.m.  AL/URL
Steve will get you moving, stretching and sometimes singing too. With his Broadway background, he entertains and the time flies by. This seated chair exercise class offers a total-body workout. Steve will inspire you to go a little farther than you thought was possible, and then he'll make you laugh out loud.

Optimal Wellness  Dr. Fred Harvey  Thursday, January 29th, 10:30 a.m.  TL
Contrary to popular opinion, people don’t die of old age. People die of degenerative diseases. Without such diseases, most of us would live to a ripe old age. Dr. Fred Harvey will discuss achieving your optimal wellness at any age. Let’s set some News Year’s resolutions that will make a difference in your well-being today! Dr. Harvey’s programs are designed to improve the quality of life, reverse the signs of aging and prevent degenerative diseases that can rob patients of their quality of life.

Photography as Art  Jules Altenberg  3rd Tuesday, 1:30 p.m.  C
Learn to crop, edit and enhance your photographs. Prerequisites: students must be computer literate enough to send emails with attachments, have some type of photo editing software, such as lightroom or Photoshop elements, and must have either a cell phone camera or other digital camera.

Puzzlemania  Steve Udell  Mondays, 2:00 p.m.  AL/URL
What do you get when you add a huge crossword puzzle, a group of residents, and a willingness to work together to fill in the blanks? The answer is Puzzlemania! It is a chance to stretch our brains and have fun with friends.

ROM Dance  Melanie Wildfong  Thursdays, 2:30 p.m.  AL/L
ROM Dance (Range Of Motion) is a gentle mind/body exercise and relaxation program designed especially for people with pain and other physical conditions.

Recycled Art  Sam Feder  Fridays, 10:30 a.m.  AL/AR
The purpose of Sam’s recycled art is three-fold: first, the free flowing expression of color, second, exploring how passion and inspiration are the foundation of longevity and third, the search for the truly meaningful things in life. Most of the art is done on coffee cans and wine bottles. All are welcome to attend!
Sci-BRAIN

Nicci Korbitz

Friday, January 23rd, 11:00 a.m.

KWA

Sci-BRAIN is a unique, Medicare approved program that offers a validated, science-based action plan for improving your "brain-reserve." Brain reserve is a measure of the strengthening and expanding of connections between neurons and increasing the number of those connections. The more brain "density" we have, the greater our reserve. This results in greater protection of the brain against stroke, symptoms of dementia and other insults or injuries. Sci-BRAIN identifies research-validated therapeutic lifestyle interventions that support brain reserve. Sci-BRAIN provides you with a comprehensive brain health assessment and plan to reduce one's associated risk for Alzheimer's disease and related dementias, and provides the tools to support greater cognitive functioning.

SONGDEST

Mary Vaughn

Thursday, 7:15 p.m.

L

Under the direction of Mary Vaughn, the Fountains choral group meets Thursdays to rehearse. They perform and various events and gather "just for fun." All are welcome to attend.

Sunday Morning Inspirations

Angela Piciulo

Sundays, 11:00 a.m.

AL/LIB

Words of wisdom, sayings, beautiful thoughts, and inspirational stories can touch our hearts. Taking time for some quiet reflection and to focus on our blessings can rejuvenate us and lift our spirits. Listen to stories, share your own experiences, or just enjoy the fellowship – this special time together will inspire you and improve your day.

Steal Away: The Story of a Homesteader and an Exoduster

Penny Musco

Monday, January 19th and Monday, March 23rd 11:00 a.m.

KWA

Steal Away is a dramatic one-woman show, written and performed by Penny Musco, about a little-known migration of African Americans. Set in 1880, Steal Away is told from the perspective of Priscilla, a white woman who leaves the East to homestead in the Plains with her husband and children. She crosses paths with Abigail and her family, former slaves who fled the South after Reconstruction ended. The narrative weaves together historical accounts of those who sought free land by taking advantage of The Homestead Act, and the significant but nearly forgotten movement of an estimated 20,000-40,000 blacks who headed elsewhere when the last of the federal troops were removed from the South. These African American homesteaders called themselves Exodusters, likening their flight to the Biblical exodus of Moses and his fellow slaves out of Egypt. The title comes from the Negro spiritual of the same name. Most spirituals have a double meaning, and this song not only refers to “stealing away” home to heaven after death, but also could telegraph a slave's intention to escape.

Tai Chi

Pat Finstad

Wednesdays, 11:00 a.m.

3

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Increase energy, flexibility, balance, and peace of mind.
Wives and the Wars of the Founding Fathers  Carole Holland  Weds. 10:30 a.m.  KWA
Presented by Adult and Community Education of Sarasota County Technical Institutes (ACE @SCTI). Much has been written about our Founding Fathers--the courageous steps taken in the Revolutionary War to fight for Independence from their motherland--the establishment of a new constitution for the 13 states--the War of 1812--and the bravery to do this amid staunch opposition from other factions. However, could these great men have accomplished much of this without the women in their lives? Join us in discussing the wars in which they were involved and how the women contributed to the success of the men who shaped the greatest country ever in the history of humankind.  **Starting in March**

Wonders of America  Silvia Duenas  As scheduled  AL/ICP
The spirit of the American people has shaped us as a country. We have come from different countries, cultures, and financial positions, yet we are joined together as one great nation. Discover something new about our American heritage or some little known facts about your favorite heroes of history.

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<thead>
<tr>
<th>Location Key:</th>
<th>C- Cinema</th>
<th>L – Lobby</th>
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<tr>
<td>2 – 2nd Floor Card Room</td>
<td>CB – Corniche Bridge</td>
<td>LIB – Library</td>
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<tr>
<td>3 – 3rd Floor Card Room</td>
<td>CR – Computer Room</td>
<td>MR – Mangrove Room</td>
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<td>AL – Assisted Living</td>
<td>DR – Dining Room</td>
<td>P – Pool</td>
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<td>AR – Activity Room</td>
<td>FC – Fitness Center</td>
<td>TL – Tiffany Lounge</td>
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<tr>
<td>AS – Art Studio Bay 2</td>
<td>ICP – Ice Cream Parlor</td>
<td>URL – Upper Resident</td>
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<tr>
<td>BR – Billiards Room</td>
<td>KWA – Key West Auditorium</td>
<td>Lounge</td>
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</table>
Colette C. Alexander is a Registered Nurse with a B.A. in Psychology. Colette’s career has featured work in the Open Heart, ICU, and CCU areas of local hospitals, and she has also had extensive experience as a neuromuscular therapist, with specialized training in assisted isolated stretching. As a Personal Trainer for seniors, she is an expert in improving and maintaining the personal flexibility, strength, and stamina needed for fulfilling activity in daily living.

Jules Altenberg is a retired dentist with a passion for photography, including shooting, processing and printing. Jules has loved being in the darkroom since the age of 12! He served as photography editor of his high school newspaper and yearbook. In college, he worked as a staff photographer for the Daily Illini newspaper at the University of Illinois, Champaign/Urbana.

Daniel Burkholder is a Fountains Associate who works as the weekend valet and computer helper. Daniel attends State College of Florida.

Lorraine Callaghan has over thirty years experience delivering successful meetings and events to corporations and groups throughout the United States and Canada. Over the past eight years, Lorraine has brought her talents to senior communities across Southwest Florida, bringing high energy, fun-filled, uplifting activities and themed events to Independent and Assisted Living residents. Residents have really enjoyed her Active Senior Jeopardy!

Lois Carson is a Sarasota resident and is a very encouraging and helpful art instructor. She works with residents at all levels of experience. Lois enjoys painting nature scenes to capture the feeling of Southwest Florida.

Jim 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.

Lorraine Chimento is the Director of Human Resources at the Fountains. She grew up in Connecticut and married her high school sweetheart. She learned to knit at her first job. She knits for her grandchildren and to relieve stress. She never leaves her home without her knitting.

Silvia Duenas is the Community Life Assistant at The Inn. Silvia grew up in New Jersey where she worked with Special Education children. She has a passion for helping others and loves to share her variety of skills with everyone she knows. She is always looking for ways to bring out the best in our residents and associates.

Sam Feder, “The Man with a Thousand Faces” Sam is an Inn resident who has done just about everything, from public speaking, performing wedding and funeral discourses, selling shoes to becoming a licensed Nutritional Counselor and owner of a health food store. Sam trained in the mid’40’s at the Art Institute of Chicago and the prestigious Goodman Theater of Drama. Early in 2012, his creativity was clamoring to be expressed again which led to his latest work, “recycled art.”

Pat Finstad is a certified instructor of Tai Chi and is committed to sharing this life-enhancing, easy-to-learn form of gentle exercise with adults of all ability levels. She has traveled the world extensively perfecting her craft.
Jennifer Grahl has been a resident of Sarasota since 1971 and practicing massage for over 20 years. She and the other massage therapists have been offering their wonderful services at the Fountains Day Spa for over 6 years. Stop by to pick up a brochure and flyer with information on the different therapies offered.

Tammy Geraldson is the Community Life Director at the Fountains. Before becoming a social director for independent living retirement communities 13 years ago, Tammy raised her two children, Ryan and Haley while working with her husband, Eric, as an agri-tourism event planner on their family farm in Bradenton.

Dr. Fred Harvey is a triple board certified physician from the American Board of Internal Medicine, American Board of Internal Medicine/Geriatrics, and the American Board of Holistic Medicine. He has 27 years of experience, including 16 years in functional and holistic medicine. The Harvey Center for Integrative Medicine is located at the corner of Bee Ridge Rd and Sawyer.

Judy Helgager is the director of social services for a local organization. Early on she was a medical social worker in the United States Army in Germany. She enjoys educating seniors on transitions and contemporary aging.

Carole Holland has a BA from Montclair State University. Her four plus decades in the teaching profession both in public and private schools, corporate world, as well as in South Korea and China, has enabled her to interface with individuals of all ages, socioeconomic levels, varied ethnicities and with those who have lived or are currently living under tyranny. This incredible journey has vastly enriched her teaching experiences. In addition, she has had the privilege of teaching and preparing many of the above mentioned for their US citizenship.

Lyn Hillman Jacobson, was born and raised in Chicago, Illinois. Lyn became an ASID Interior Designer while raising 4 children after attending U of I at Champaign for Fine & Applied Arts. After moving to Sarasota in 1970, Lyn was a founding member of the Jewish Community Center of Venice, where she held the position of Religious Chair for 15 years. Lyn has been involved in many Fountains activities: The Fountainairs, Songfest! the Nat Krate Art Studio, Flim Flam, religious services, and more!

Nicci Kobritz, R.N., N.P. Chief Executive Officer, Sci-Brain; President, Youthful Aging Home Health
Nicci Kobritz is a Nurse Practitioner & Geriatric Specialist with more than three decades of experience in developing and managing high quality health care services. Through Youthful Aging Home Health Care she has served the Sarasota-Bradenton area for more than 18 years with its only concierge home health care practice. Ms. Kobritz developed Scienza: Memory for Life as a division of Youthful Aging in order to integrate the latest scientific research on strengthening memory with advanced client care. Scienza has now partnered with the Roskamp Institute to expand its capabilities through Sci-Brain, a new company.

Shirley Larson is an active resident at The Inn. She enjoys many activities and encourages others to do the same. She loves to dance and keep busy daily. She plays bridge, and is always looking to recruit for special events. This semester, Shirley is teaching residents to play Mexican Train Dominoes.

Claudia Moncivaiz, Housekeeping Supervisor, has been with The Fountains for 7 years. She is originally from Columbia. She is the mother of a 13 year old son named Fabian. She shares her love of cooking and dancing with our residents in her spare time.
Penny Musco is a freelance writer and member of the American Society of Journalists and Authors, whose work has appeared in a variety of publications. She has a B.A. in Theatre from the University of Iowa, and worked in radio for many years. Penny originally wrote and performed Steal Away as Artist-in-Residence at Homestead National Monument of America, a unit of the National Park Service, in the fall of 2009. Since then, she's presented the show at colleges, libraries, civic organizations, and senior living communities. A former New Jersey resident, Penny now lives in Sarasota with her husband, with whom she has an adult daughter.

Angela Piciulo is from Buffalo, New York. She is one of the Fountains’ most familiar faces, having been an associate for 19 years! She currently works as an activities assistant at the Inn. On Sunday morning she leads Sunday Morning Inspirations. Baking is one of her hobbies.

Dr. Federica Priano is a licensed Psychologist – Neuropsychologist practicing in Sarasota. She is a clinical psychologist with 20 years experience in academic, hospital, and private practice settings. Her private practice is located on Lockwood Ridge near University Parkway.

Garret Pristley has worked as a chef at the Fountains for 7 years. He has an 11 month old daughter. He enjoys all kinds of music and wants to share his love of dance with our residents. Hip-Hop dance is a great movement and exercise program.

Dave Prunier is the Fountains Security Supervisor. Dave was a dealer in Reno for three years. He enjoys teaching the residents all the tricks of the trade for Blackjack-21.

Katty Shelton, Housekeeping Supervisor, has been with the Fountains for 7 years. She is originally from Venezuela. She is the proud mother of a 7 year old son named Sebastian. In her spare time she loves to read and help others. She is always eager to share her knowledge and skills with our residents.

Chandra Tribit 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!

Steve Udell is a retired owner and operator of a greeting card company. He enjoys giving back to the community by spending time with our residents and volunteering. Steve likes to engage our residents in Puzzlemania because it keeps the mind alert and their cognitive abilities functioning.

Steven Vincent attended Adelphi University in New York where he majored in dance. He toured with Mickey Rooney in a theater production. He has been Director of Dance at The Players Theater of Sarasota for 13 years, and leads successful Movement Magic classes at various retirement communities in the Sarasota area.

Lori Whittle is committed to helping seniors strengthen their muscles to lessen the risk of falling in her Balance Basics class.

Melonie Wildfong is a Physical Therapist Assistant at Health Connections, Inc. who enjoys sharing ROM Dance with our residents. ROM stands for range of motion, and she will get you moving!

Steve Wolinsky is a registered music therapist and owner of Music Therapy Connections. Founded in 2008, Music Therapy Connections serves the Tampa Bay Area.