

WU
WATERMARK UNIVERSITY

2017

Summer Semester
MAY THROUGH AUGUST

 BAYSIDE PARK
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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,

Tim Johnson

Tim Johnson
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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May

Exploring the Mysteries of God	Glenda Casey	Sundays in May at 11:00am	2nd Floor Activity Room
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Glenda has a dual role at here at Bayside Parl as a Care Partner and a Community Life Assistant. She loves the work she does in our community. Her passion is reading and understanding the bible. To her this is the reason she was placed on this earth. Job 11:7 asks: "Can you discover the depths of God? Can you discover the limits of the Almighty? " Come and join Glenda and leads us through "Discovering the Mysteries of God."

Science Times	Linda Manoogian	Sundays in May at 4:00pm	3rd Floor Activity Room
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Join Community Life Coordinator Linda, for an incredible learning experience as we dissect and discuss the New York Times' Tuesday supplement "Science Times." Contents include articles about science, medicine, technology, health and exercise. Did you know that some dentists are offering an alternative to drilling cavities with a cavity-fighting, antimicrobial liquid called silver diamine fluoride that can be brushed on cavities to halt tooth decay?

Musicals...Musicals: "The Great American Songbook"	Tim Johnson	Mondays in May at 3:00pm	3rd Floor Movie Room
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Community Life Director Tim Johnson shares his love of musicals this month with a 3-hour series featuring sparkling performances by Judy Garland, Lenda Horne, Al Jolson, Dorothy Dandrige and the flash-dancing Nicholas Brothers. This amazing musical documentary uses rare and never-before-seen footage in this informative look at the composers, lyricists and performers who shaped America's standards from the 1890's through the 1950's.

Poetry and Literature	Linda Manoogian	Tuesdays in May at 10:00am & 11:00am	2nd Floor Activity Room & 3rd Floor Activity Room
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Community Life Assistant Linda Manoogian is bringing Poetry and Literature to our Memory Care residents. Linda brings some of her favorite poems and reads them aloud. Residents are encouraged to read aloud and to bring a favorite poem to share. Sometimes they create their own poems on the spot!

Looking At & Understanding Great Art	Marlene Tobias	Wednesdays in May at 11:00am	3rd Floor Movie Room
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Art enriches our lives every day. We see it in the decor of our homes, architecture and design of the buildings around us and in galleries we visit. Join Marlene Tobias, Community Life Assistant, as she presents a series of lectures from The Great Courses that will teach a good foundation on how to understand art. Professor Sharon Hirsh of the University of Pittsburgh has a masters and doctorate in Art History and she will be our guide.

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Opera Appreciation	Resa Gordon	Thursdays in May at 6:30pm	3rd Floor Movie Room
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Community Life Assistant Resa Gordon LOVES the performing arts....especially OPERA! Join Resa every Thursday as she shares various recorded operas on DVDs. She will explain the story line as well as interesting fun facts about the opera we will be watching!

Concerts with Krasaundra	Krasaundra Hunter	Fridays in May at 11:00am	2nd Floor Activity Room
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Community Life Assistant Krasaundra Hunter LOVES music! She is passionate about soncerts and would she would like to share some of her favorites as well as rediscover some of the older artists. Be prepared to enjoy live concerts featuring Judy Garland, Nat King Cole, Frank Sinatra, Dean Martin, Barbra Streisand and more! We'll have our own "in-house" concert hall!

Spanish for Beginners	Murray Sokoloff	Saturdays in May at 1:30 pm	3rd Floor Activity Room
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Musicals...Musicals: "Ladies Sing the Blues"	Tim Johnson	Monday, May 29th at 3:00pm	3rd Floor Movie Room
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For the final Monday of the month of May Community Life Director Tim Johnson found a gem of a documentary where queen bees Lena Horne, Bessie Smith and Billie Holiday sing the blues in this stellar collection of performance footage, which also captures the magic of American divas Ethel Waters, Peggy Lee, Dinah Washington, Sarah Vaughan, Ruth Brown, Ida Cox, Sister Rosetta Tharp, Connee Boswell and Helen Humes. Numbers include Holiday's "Fine and Mellow," Smith's "St. Louis Blues" and Lee's "Why Don't You Do Right?"

June

Exploring the Mysteries of God	Glenda Casey	Sundays in June at 11:00am	2nd Floor Activity Room
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Concerts with Krasaundra	Krasaundra Hunter	Fridays in June at 11:00am	2nd Floor Activity Room
<p>Community Life Assistant Krasaundra Hunter LOVES music! She is passionate about soncerts and would she would like to share some of her favorites as well as rediscover some of the older artists. Be prepared to enjoy live concerts featuring Judy Garland, Nat King Cole, Frank Sinatra, Dean Martin, Barbra Streisand and more! We'll have our own "in-house" concert hall!</p>			
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A Celebration of Shabbat	Resa Gordon	Friday, June 2nd at 4:30pm	Library
<p>Join Resa as she shares the meaning of this celebration. Shabbat observance entails refraining from work activities, often with great rigor, and engaging in restful activities to honor the day. The traditional Jewish position is that unbroken seventh-day Shabbat originated among the Jewish people, as their first and most sacred institution.</p>			
Musicals...Musicals: "Follies in Concert"	Tim Johnson	Monday, June 5th at 3:00pm	3rd Floor Movie Room
<p>Community Life Director Tim Johnson continues sharing his love of musicals with a variety of Broadway shows this quarter. "Follies in Concert" was filmed live at Lincoln Center in 1985, this production of Stephen Sondheim's acclaimed musical stars Barbara Cook and Lee Remick as Sally and Phyllis, two former showgirls who return to a dilapidated theater for a cast reunion. Sally is married to Buddy (Mandy Patinkin) but still carries a torch for Phyllis's husband, Ben (George Hearn). Carol Burnett and Elaine Stritch round out an all-star cast.</p>			
Making Falafel with Aviad	Aviad Leizer	Friday, June 9th at 2:00pm	3rd Floor Activity Kitchen
<p>Falafel is a deep-fried ball, doughnut or patty made from ground chickpeas, fava beans, or both. Falafel is a traditional Middle Eastern food, commonly served in a pita, which acts as a pocket, or wrapped in a flatbread known as taboon; "falafel" also frequently refers to a wrapped sandwich that is prepared in this way. The falafel balls are topped with salads, pickled vegetables, hot sauce, and drizzled with tahini-based sauces. The fritters are now found around the world as a replacement for meat. Join Aviad as he demonstrates how falafels are made. We then will sample them as well!!!!</p>			
Musicals...Musicals: Jekyll & Hyde: The Musical	Tim Johnson	Monday, June 12th & 19th at 3:00pm	3rd Floor Movie Room
<p>Author Robert Louis Stevenson's gothic chiller about the battle between good and evil is adapted for the stage in this stunning Broadway musical starring David Hasselhoff in an intense performance as the tortured title characters. Captured on film with 10 high-definition cameras, the 2001 production co-stars Coleen Sexton as Lucy Harris, the beautiful young prostitute entangled with both Jekyll and Hyde (David Hasselhoff). This will be shown in two parts.</p>			
Musicals...Musicals: Songwriters Kander & Ebb and Alan Lerner	Tim Johnson	Monday, June 26th at 3:00pm	3rd Floor Movie Room
<p>This riveting documentary mines the collective genius of composers John Kander, Fred Ebb and Alan Jay Lerner. Meet Kander and Ebb, who gave fans the songs that elevated Broadway shows "Chicago" and "Cabaret" from good to great. And get to know the illustrious Lerner, who was responsible for the unforgettable tunes spawned by the movies "My Fair Lady" and "Gigi."</p>			

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July

Exploring the Mysteries of God	Glenda Casey	Sundays in July at 11:00am	2nd Floor Activity Room
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Concerts with Krasaundra **Krasaundra Hunter** **Fridays in July at 11:00am** **2nd Floor Activity Room**

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Musicals...Musicals: The Producers **Tim Johnson** **Monday, July 3rd & 10th at 3:00pm** **3rd Floor Movie Room**

Nomintated for 12 Tony Awards, Mel Brooks' "The Producers" musical is adapted from his 1968 film of the same name. As in the film, the story concerns two theatrical producers who scheme to get rich by overselling interests in a Broadway flop. Complications arise when the show unexpectedly turns out to be successful. Diablo Theatre Company's 2009 production was the East Bay Premeire and was recorded live at the Leshner Center in Walnut Creek winning a Shellie Award for Best Musical. The musical features Tim Johnson in the role of Roger DeBris.

A Celebration of Shabbat **Resa Gordon** **Friday, July 7th at 4:30pm** **Library**

Join Resa as she shares the meaning of this celebration. Shabbat observance entails refraining from work activities, often with great rigor, and engaging in restful activities to honor the day. The traditional Jewish position is that unbroken seventh-day Shabbat originated among the Jewish people, as their first and most sacred institution.

Musicals...Musicals: Songwriters Yip Harburg & Sheldon Harnick **Tim Johnson** **Monday, July 17th at 3:00pm** **3rd Floor Movie Room**

E.Y. "Yip" Harburg (legendary for his lyrics for The Wizard of Oz, among other movie musicals) and Sheldon Harnick (composer in his own right of some classic Broadway tunes) are the fascinating subjects of this in-depth biography. A must-see for fans of musical theatre, this video strikes just the right balance between historical anecdotes and jaunty tunes.

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Musicals...Musicals: Hollywood Musicals of the '60s	Tim Johnson	Monday, July 24th & 31st at 3:00pm	3rd Floor Movie Room
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This documentary loosely links a series of clips and trailers from musicals that were made during the last great decade of big-budget Hollywood musicals. The program contains musical numbers from classic favorites such as Bells Are Ringing (1960), West Side Story (1961), Gypsy (1962), The Music Man (1962), My Fair Lady (1964), Mary Poppins (1964), Oliver! (1968) and Funny Girl (1968). The cast includes Julie Andrews, Audrey Hepburn and Frank Sinatra.

August

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A Celebration of Shabbat Resa Gordon Friday, August 4th at 4:30pm Library

Join Resa as she shares the meaning of this celebration. Shabbat observance entails refraining from work activities, often with great rigor, and engaging in restful activities to honor the day. The traditional Jewish position is that unbroken seventh-day Shabbat originated among the Jewish people, as their first and most sacred institution.

**Hollywood Musicals:
The Pirate Tim Johnson Monday, August 7th & 14th at
3:00pm 3rd Floor Movie Room**

Gene Kelly sings, dances and swashbuckles his way into Judy Garland's heart in this Oscar-nominated musical directed by Garland's then-husband, Vincente Minnelli. Set on a Caribbean island in the 19th century, the film features Kelly -- a traveling troubadour -- masquerading as pirate "Mack the Black" to woo the sheltered Garland. Highlights include the famous "Be a Clown" number and performances by the acrobatic dance team the Nicholas Brothers.

**Hollywood Musicals:
The Gay Divorcee Tim Johnson Monday, August 21st & 28th at
3:00pm 3rd Floor Movie Room**

Mimi Glossop (Ginger Rogers) is looking for a way out of her unhappy marriage, so her busybody aunt (Alice Brady) hires a professional correspondent to pose as her niece's lover. When Mimi meets American dancer Guy Holden (Fred Astaire), she thinks he's the faux beau, and she confuses his genuine interest for part of the act. Nominated for three Academy Awards, this early Astaire/Rogers pairing won the Best Song Oscar for "The Continental." Music by Cole Porter.



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