

WU  
WATERMARK UNIVERSITY

2017

**Fall Semester**  
SEPTEMBER THROUGH DECEMBER

 **BAYSIDE PARK**  
© A WATERMARK RETIREMENT COMMUNITY



**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**

---

## *September*

---

**Women of the Bible****Glenda Casey****Sundays in September 11:00am****2nd Floor Activity Room**

Glenda has a dual role at here at Bayside Park 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. Come and join Glenda and leads us through a series of "Women of the Bible."

**Science Times****Linda Manoogian &  
Marlene Tobais****Sundays in September  
4:00pm****3rd Floor Activity Room**

Community Life Assistants Linda & Marlene glean interesting stories for science news from The New York Times. Get the latest developments about space, the environment, animal behavior, the brain, genetics, archeology and robots. Did you know a drug that fights inflammation can reduce the risk of heart attacks and strokes, and possibly lung cancer, in people who have already had one heart attack and are at high risk for another, a new study finds. Join us as we uncover the possibilities....

**TED Talks****Marlene Tobias****Mondays in September 3:00pm****3rd Floor Movie Room**

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. Join Marlene as she guides us through some fascinating topics.

**Poetry and Literature****Linda Manoogian****Tuesdays in September  
10:00am & 11:00am****2nd Floor Activity Room & 3rd  
Floor Activity Room**

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!

**Art in the 21st Century****Marlene Tobias****Wednesdays in September  
10:00am & 11:00am****2nd Floor & 3rd Floor Movie  
Room**

At the dawn of the 21st century, American artists are taking self-expression and the artistic process into uncharted territory. Today's artists are engaging the world and their audiences in vital and surprising new ways. They use an enormous variety of media and draw on sources ranging from pop culture and politics to ethnic heritage, classical models, and deeply personal life experiences. This PBS presentation features 21 artists that represent a cross-section of contemporary art practices and philosophies, and hail from different regions of the United States.

---

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Opera Appreciation</b>	<b>Resa Gordon</b>	<b>Thursdays in September 6:30pm</b>	<b>3rd Floor Movie Room</b>
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!			
<b>Concerts with Krasaundra</b>	<b>Krasaundra Hunter</b>	<b>Fridays in September 11:00am &amp; 2:00pm</b>	<b>2nd Floor Activity Room &amp; 3rd Floor Movie Room</b>
Community Life Assistant Krasaundra Hunter LOVES music! She is passionate about concerts 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, The Four Freshman and Sarah Vaughn and other Jazz Divas! We'll have our own "in-house" concert hall!			
<b>Spanish for Beginners</b>	<b>Murray Sokoloff</b>	<b>Saturdays in September 1:30pm</b>	<b>3rd Floor Activity Room</b>
¿Habras español? If you don't or even if you just want a reason to brush up on your Spanish skills....join resident Murray as he teaches us Spanish! This is a great way to take the first steps in becoming comfortable with the language. Besides learning something new (which is good for exercising the brain) it is the perfect time to socialize with friends. Bienvenidos!			
<b>Music Appreciation</b>	<b>Resa Gordon</b>	<b>Wednesday September 13th &amp; 27th, 3:00pm</b>	<b>2nd Floor Activity Room</b>
Community Life Assistant Resa will be sharing some of her favorite classical music. Resa will be playing recordings of Bach, Beethoven, Hayden and Mozart. She will be describing the pieces as well as sharing interesting fun facts about the composers.			
<b>Musicals...Musicals: "Hollywood Musicals of the 1960's"</b>	<b>Tim Johnson</b>	<b>Friday, September 1st 2:00pm</b>	<b>3rd Floor Movie Room</b>
Community Life Director Tim Johnson found a gem of a documentary that weaves together 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 West Side Story, Bells are Ringing, Gypsy, The Music Man, My Fair Lady, Funny Girl.			
<b>Rosh Hashanah Celebration</b>	<b>Resa Gordon</b>	<b>Friday, September 22nd 4:00pm</b>	<b>Café</b>
The Jewish New Year, Rosh Hashanah actually means "Head of the Year." Just like the head controls the body, our actions on Rosh Hashanah have a tremendous impact on the rest of the year. Join Resa for the celebration of the Jewish New Year!			

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Yom Kippur Observance</b>	<b>Resa Gordon</b>	<b>Friday, September 29th 4:00pm</b>	<b>Café</b>

Yom Kippur is probably the most important holiday of the Jewish year. The name "Yom Kippur" means "Day of Atonement," and that pretty much explains what the holiday is. It is a day set aside to "afflict the soul," to atone for the sins of the past year. Join Resa for this sacred observance.

## October

<b>Women of the Bible</b>	<b>Glenda Casey</b>	<b>Sundays in October 11:00am</b>	<b>2nd Floor Activity Room</b>
---------------------------	---------------------	-----------------------------------	--------------------------------

Glenda has a dual role at here at Bayside Park 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. Come and join Glenda and leads us through a series of "Women of the Bible."

<b>Science Times</b>	<b>Linda Manoogian &amp; Marlene Tobais</b>	<b>Sundays in October 4:00pm</b>	<b>3rd Floor Activity Room</b>
----------------------	---	----------------------------------	--------------------------------

Community Life Assistants Linda & Marlene glean interesting stories for science news from The New York Times. Get the latest developments about space, the environment, animal behavior, the brain, genetics, archeology and robots. Did you know a drug that fights inflammation can reduce the risk of heart attacks and strokes, and possibly lung cancer, in people who have already had one heart attack and are at high risk for another, a new study finds. Join us as we uncover the possibilities....

<b>TED Talks</b>	<b>Marlene Tobias</b>	<b>Mondays in October 3:00pm</b>	<b>3rd Floor Movie Room</b>
------------------	-----------------------	----------------------------------	-----------------------------

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. Join Marlene as she guides us through some fascinating topics.

<b>Poetry and Literature</b>	<b>Linda Manoogian</b>	<b>Tuesdays in October 10:00am &amp; 11:00am</b>	<b>2nd Floor Activity Room &amp; 3rd Floor Activity Room</b>
------------------------------	------------------------	--	--

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!

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Art in the 21st Century</b>	<b>Marlene Tobias</b>	<b>Wednesdays in October 10:00am &amp; 11:00am</b>	<b>2nd Floor &amp; 3rd Floor Movie Room</b>
<p>At the dawn of the 21st century, American artists are taking self-expression and the artistic process into uncharted territory. Today's artists are engaging the world and their audiences in vital and surprising new ways. They use an enormous variety of media and draw on sources ranging from pop culture and politics to ethnic heritage, classical models, and deeply personal life experiences. This PBS presentation features 21 artists that represent a cross-section of contemporary art practices and philosophies, and hail from different regions of the United States.</p>			
<b>Opera Appreciation</b>	<b>Resa Gordon</b>	<b>Thursdays in October 6:30pm</b>	<b>3rd Floor Movie Room</b>
<p>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!</p>			
<b>Concerts with Krasaundra</b>	<b>Krasaundra Hunter</b>	<b>Fridays in October 11:00am &amp; 2:00pm</b>	<b>2nd Floor Activity Room &amp; 3rd Floor Movie Room</b>
<p>Community Life Assistant Krasaundra Hunter LOVES music! She is passionate about concerts 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 Eddie Fisher, Edith Piaf, Doris Day and Engelbert Humperdink. We'll have our own "in-house" concert hall!</p>			
<b>Spanish for Beginners</b>	<b>Murray Sokoloff</b>	<b>Saturdays in October 1:30pm</b>	<b>3rd Floor Activity Room</b>
<p>¿Habras español? If you don't or even if you just want a reason to brush up on your Spanish skills....join resident Murray as he teaches us Spanish! This is a great way to take the first steps in becoming comfortable with the language. Besides learning something new (which is good for exercising the brain) it is the perfect time to socialize with friends. Bienvenidos!</p>			
<b>Music Appreciation</b>	<b>Resa Gordon</b>	<b>Wednesday, October 11th &amp; 25th, 3:00pm</b>	<b>2nd Floor Activity Room</b>
<p>Community Life Assistant Resa will be sharing some of her favorite classical music. Resa will be playing recordings of Bach, Beethoven, Hayden and Mozart. She will be describing the pieces as well as sharing interesting fun facts about the composers.</p>			
<b>Halloween Treats</b>	<b>Dallas Carey</b>	<b>Thursday, October 19th 3:00pm</b>	<b>3rd Floor Activity Kitchen</b>
<p>Dr. Dallas LOVES making TREATS! Whether it's No-Bake Brownies, healthy fruit smoothies or cake and cookie decorating..... She is quite talented in this arena and she has been asked to create wedding cakes on several occasions. Dallas would like to invite you to spend an hour with her making treats...then eating them!!!</p>			

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>The History of Halloween</b>	<b>Tim Johnson</b>	<b>Tuesday, October 31st 10:00am</b>	<b>3rd Floor Activity Room</b>
<p>Do you know why we pass out candy on Halloween? What is the purpose of dressing up in costumes? Join our Community Life Director as he presents the origins of some of the traditions and superstitions surrounding Halloween. Don't worry....he promises NOT to make it too SCARY!!</p>			

## ***November***

<b>Women of the Bible</b>	<b>Glenda Casey</b>	<b>Sundays in November 11:00am</b>	<b>2nd Floor Activity Room</b>
<p>Glenda has a dual role at here at Bayside Park 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. Come and join Glenda and leads us through a series of "Women of the Bible."</p>			

<b>Science Times</b>	<b>Linda Manoogian &amp; Marlene Tobais</b>	<b>Sundays in November 4:00pm</b>	<b>3rd Floor Activity Room</b>
<p>Community Life Assistants Linda &amp; Marlene glean interesting stories for science news from The New York Times. Get the latest developments about space, the environment, animal behavior, the brain, genetics, archeology and robots. Did you know a drug that fights inflammation can reduce the risk of heart attacks and strokes, and possibly lung cancer, in people who have already had one heart attack and are at high risk for another, a new study finds. Join us as we uncover the possibilities....</p>			

<b>TED Talks</b>	<b>Marlene Tobias</b>	<b>Mondays in November 3:00pm</b>	<b>3rd Floor Movie Room</b>
<p>TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. Join Marlene as she guides us through some fascinating topics.</p>			

<b>Poetry and Literature</b>	<b>Linda Manoogian</b>	<b>Tuesdays in November 10:00am &amp; 11:00am</b>	<b>2nd Floor Activity Room &amp; 3rd Floor Activity Room</b>
<p>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!</p>			

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Art in the 21st Century</b>	<b>Marlene Tobias</b>	<b>Wednesdays in November 10:00am &amp; 11:00am</b>	<b>2nd Floor &amp; 3rd Floor Movie Room</b>
<p>At the dawn of the 21st century, American artists are taking self-expression and the artistic process into uncharted territory. Today's artists are engaging the world and their audiences in vital and surprising new ways. They use an enormous variety of media and draw on sources ranging from pop culture and politics to ethnic heritage, classical models, and deeply personal life experiences. This PBS presentation features 21 artists that represent a cross-section of contemporary art practices and philosophies, and hail from different regions of the United States.</p>			
<b>Opera Appreciation</b>	<b>Resa Gordon</b>	<b>Thursdays in November 6:30pm</b>	<b>3rd Floor Movie Room</b>
<p>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!</p>			
<b>Concerts with Krasaundra</b>	<b>Krasaundra Hunter</b>	<b>Fridays in November 11:00am &amp; 2:00pm</b>	<b>2nd Floor Activity Room &amp; 3rd Floor Movie Room</b>
<p>Community Life Assistant Krasaundra Hunter LOVES music! She is passionate about concerts 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 Patty Page, Bobby Darin, Nancy Wilson and Mel Torme. We'll have our own "in-house" concert hall!</p>			
<b>Spanish for Beginners</b>	<b>Murray Sokoloff</b>	<b>Saturdays in November 1:30pm</b>	<b>3rd Floor Activity Room</b>
<p>¿Habras español? If you don't or even if you just want a reason to brush up on your Spanish skills....join resident Murray as he teaches us Spanish! This is a great way to take the first steps in becoming comfortable with the language. Besides learning something new (which is good for exercising the brain) it is the perfect time to socialize with friends. Bienvenidos!</p>			
<b>Music Appreciation</b>	<b>Resa Gordon</b>	<b>Wednesday, November 8th &amp; 22nd, 3:00pm</b>	<b>2nd Floor Activity Room</b>
<p>Community Life Assistant Resa will be sharing some of her favorite classical music. Resa will be playing recordings of Bach, Beethoven, Hayden and Mozart. She will be describing the pieces as well as sharing interesting fun facts about the composers.</p>			
<b>Kuratsa Dance</b>	<b>Bernadette Rosales &amp; Crispin Rumabdas</b>	<b>Friday, November 17th 3:00pm</b>	<b>Lobby</b>
<p>Our Assisted Living Director Bernadette is teaming up with one of the kitchen staff, Crispin to introduce us to Kuratsa. The Kuratsa is highly favored by people of the Eastern Visayan region in the Philippines. The Kuratsa must be done the amenudo; that is, only one couple dances it at a time. It is a very interesting dance caught up the eyes of the beholder.</p>			



COURSES	FACULTY	DAY AND TIME	LOCATION
<b>The Tasting Hour</b>	<b>Nancy Harrison &amp; Gary Cristo</b>	<b>Tuesday, November 28th 2:00pm</b>	<b>Café</b>

Our Executive Director Nancy and our Environmental Services Director Gary love to cook! Join them as they dazzle your eyes, nose and taste buds with an ethnic food creation. Much like your favorite TV cooking shows, Gary and Nancy will share with you the secrets of their recipes as they cook and make sure there are enough samples to go around.

## *December*

<b>Women of the Bible</b>	<b>Glenda Casey</b>	<b>Sundays in December 11:00am</b>	<b>2nd Floor Activity Room</b>
---------------------------	---------------------	------------------------------------	--------------------------------

Glenda has a dual role at here at Bayside Park 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. Come and join Glenda and leads us through a series of "Women of the Bible."

<b>Science Times</b>	<b>Linda Manoogian &amp; Marlene Tobais</b>	<b>Sundays in December 4:00pm</b>	<b>3rd Floor Activity Room</b>
----------------------	---	-----------------------------------	--------------------------------

Community Life Assistants Linda & Marlene glean interesting stories for science news from The New York Times. Get the latest developments about space, the environment, animal behavior, the brain, genetics, archeology and robots. Did you know a drug that fights inflammation can reduce the risk of heart attacks and strokes, and possibly lung cancer, in people who have already had one heart attack and are at high risk for another, a new study finds. Join us as we uncover the possibilities....

<b>TED Talks</b>	<b>Marlene Tobias</b>	<b>Mondays in December 3:00pm</b>	<b>3rd Floor Movie Room</b>
------------------	-----------------------	---------------------------------------	-----------------------------

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. Join Marlene as she guides us through some fascinating topics.

<b>Poetry and Literature</b>	<b>Linda Manoogian</b>	<b>Tuesdays in December 10:00am &amp; 11:00am</b>	<b>2nd Floor Activity Room &amp; 3rd Floor Activity Room</b>
------------------------------	------------------------	---	--

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!

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Art in the 21st Century</b>	<b>Marlene Tobias</b>	<b>Wednesdays in December 10:00am &amp; 11:00am</b>	<b>2nd Floor &amp; 3rd Floor Movie Room</b>
<p>At the dawn of the 21st century, American artists are taking self-expression and the artistic process into uncharted territory. Today's artists are engaging the world and their audiences in vital and surprising new ways. They use an enormous variety of media and draw on sources ranging from pop culture and politics to ethnic heritage, classical models, and deeply personal life experiences. This PBS presentation features 21 artists that represent a cross-section of contemporary art practices and philosophies, and hail from different regions of the United States.</p>			
<b>Opera Appreciation</b>	<b>Resa Gordon</b>	<b>Thursdays in December 6:30pm</b>	<b>3rd Floor Movie Room</b>
<p>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!</p>			
<b>Concerts with Krasaundra</b>	<b>Krasaundra Hunter</b>	<b>Fridays in December &amp; 2:00pm</b>	<b>11:00am 2nd Floor Activity Room &amp; 3rd Floor Movie Room</b>
<p>Community Life Assistant Krasaundra Hunter LOVES music! She is passionate about concerts 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 Rosemary Clooney, Dorothy Dandridge, Perry Como &amp; Frank Sinatra. We'll have our own "in-house" concert hall!</p>			
<b>Spanish for Beginners</b>	<b>Murray Sokoloff</b>	<b>Saturdays in December 1:30pm</b>	<b>3rd Floor Activity Room</b>
<p>¿Habras español? If you don't or even if you just want a reason to brush up on your Spanish skills....join resident Murray as he teaches us Spanish! This is a great way to take the first steps in becoming comfortable with the language. Besides learning something new (which is good for exercising the brain) it is the perfect time to socialize with friends. Bienvenidos!</p>			
<b>Music Appreciation</b>	<b>Resa Gordon</b>	<b>Wednesday, December 20th, 3:00pm</b>	<b>6th &amp; 2nd Floor Activity Room</b>
<p>Community Life Assistant Resa will be sharing some of her favorite classical music. Resa will be playing recordings of Bach, Beethoven, Hayden and Mozart. She will be describing the pieces as well as sharing interesting fun facts about the composers.</p>			
<b>Latkes....Latkes....Latkes</b>	<b>Aviad Leizer</b>	<b>Friday, December 8th, 2:00pm</b>	<b>3rd Floor Activity Room</b>
<p>One of the best parts about Hanukkah is arguably the fried food, especially the latkes! Emblematic of the olive oil that miraculously lasted 8 days, latkes are a delicious way to tell the story of this 8-night holiday. Join our Dining Services Director Aviad as he shows us how to make latkes and then we can sample them!</p>			

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Singing The Classics</b>	<b>Jeff Sumabat</b>	<b>Thursday, December 21st 3:00pm</b>	<b>Lobby</b>

Our Memory Care Resident Services Director LOVES to sing.....and he wants to share his talents with us! Join Jeff as he serenades us with some of his favorites including Frank Sinatra and the "Rat Pack." Who knows.....he may even throw in a Holiday song or two!!!



**ASSISTED LIVING • MEMORY CARE**

1440 40th Street • Emeryville, CA 94608 • **1-510-594-8800** • [www.watermarkcommunities.com](http://www.watermarkcommunities.com)

RCFE LICENSE #019200528