

WATERMARK UNIVERSITY

2018

**Spring Semester**  
JANUARY THROUGH APRIL



**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*

Community Life Director

## January 2018

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Let's Look at the Prophets**

**Glenda Casey**

**Sundays in January •  
11:00am**

**2nd Floor Activity Room**

Glenda is a Care Partner here at Bayside Park. 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 "Let's Look at the Prophets."

**Science Times**

**Linda Manoogian &  
Marlene Tobias**

**Sundays in January •  
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, archaeology 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....

**Discovering Child Prodigies**

**Linda Manoogian &  
Marlene Tobias**

**2nd & 4th Sundays •  
11:00am**

**3rd Floor Movie Room**

The term **child prodigy** is defined as a person under the age of ten who produces meaningful output in some domain to the level of an adult expert performer. Join Linda and Marlene as they explore children's abilities that are most often in the rule-based fields of music, mathematics, art, and chess.

**TED Talks**

**Marlene Tobias**

**Mondays  
in January • 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 Corner**

**Linda Manoogian**

**Tuesdays  
in January • 10:00 &  
11:00am**

**2nd Floor Activity Room  
& 3rd Floor Carpe Diem  
Room**

Linda continues to share her keen interests in Poetry with our 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!

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<b>Appreciating Art</b>	<b>Marlene Tobias</b>	<b>Wednesdays in January • 10:00am &amp; 11:00am</b>	<b>2nd Floor Activity Room &amp; 3rd Floor Movie Room</b>

Join Marlene in an exploration of visual art forms and their cultural connections for those of us with little experience in the visual arts, as well as those who have "dabbled" before! This often includes a brief study of art history as well as in depth studies of the elements, media, and methods used in creative processes and thought.

<b>Opera Appreciation</b>	<b>Resa Gordon</b>	<b>Thursdays in January • 6:30pm</b>	<b>3rd Floor Movie Room</b>
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Resa LOVES the performing arts....especially OPERA! Join Resa every Thursday as she shares various recorded operas on DVD. 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 January • 11am &amp; 2:00pm</b>	<b>2nd Floor &amp; 3rd Floor Movie Room</b>
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Krasaundra 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 Stevie Wonder, Andy Williams, Johnny Cash, Dorothy Dandridge, Perry Como & Frank Sinatra. We'll have our own "in-house" concert hall!

<b>Spanish for Beginners</b>	<b>Murray Sokolov</b>	<b>Saturdays in January • 1:30pm</b>	<b>3rd Floor Activity Room</b>
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¿Hablas 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, January 10th &amp; 24th •</b>	<b>2nd Floor Activity Room</b>
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Japanese New Year	Ainsley Shallcross	Monday January 1 • 2:00pm	3rd Floor Activity Room
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The **Japanese New Year** is an annual festival with its own customs. Since 1873, the official Japanese New Year has been celebrated according to the Gregorian calendar, on January 1 of each year, New Year's Day. However, the celebration of the traditional Japanese New Year is still marked on the same day as the contemporary Chinese, Korean, and Vietnamese New Years. We will talk about the culinary traditions as well as other customs surrounding Japanese New Year.

Celebrating Shabbat	Resa Gordon	Friday January 5 • 4:00pm	Library
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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.

<b>Shakshuka!!!</b>	Aviad Leizer	Friday January 19 • 2:00pm	3rd Floor Activity Room
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Probably the most popular egg dish in Israel is *shakshuka*, one of those onomatopoeic Hebrew words, meaning "all mixed up." The most famous rendition of this tomato dish, which is sometimes mixed with meat but more often made in Israel with scrambled or poached eggs. Join Chef Aviad as he demonstrates how to make this exotic Israeli dish. The BEST part.....we get to sample!!

## February 2018

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Let's Look at the Prophets	Glenda Casey	Sundays in February • 11:00am	2nd Floor Activity Room
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<b>Child Prodigies</b>	<b>Linda Manoogian &amp; Marlene Tobias</b>	<b>2nd &amp; 4th Sundays • 11:00am</b>	<b>3rd Floor Movie Room</b>
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<b>TED Talks</b>	<b>Marlene Tobias</b>	<b>Mondays in February • 3:00pm</b>	<b>3rd Floor Movie Room</b>
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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 Corner</b>	<b>Linda Manoogian</b>	<b>Tuesdays in February • 10:00 &amp; 11:00am</b>	<b>2nd Floor Activity Room &amp; 3rd Floor Carpe Diem Room</b>
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Linda continues to share her keen interests in Poetry with our 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>Appreciating Art</b>	<b>Marlene Tobias</b>	<b>Wednesdays in February • 10:00am &amp; 11:00am</b>	<b>2nd Floor Activity Room &amp; 3rd Floor Movie Room</b>
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<b>Music Appreciation</b>	<b>Resa Gordon</b>	<b>Wednesday, February 7th &amp; 21st • 3:00pm</b>	<b>2nd Floor Activity Room</b>
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<b>Celebrating Shabbat</b>	<b>Resa Gordon</b>	<b>Friday February 2 • 4:00pm</b>	<b>Library</b>
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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.

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The Psychology of Love	Dallas Carey	Friday February 9 • 2:00pm	3rd Floor Activity Room
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Join Dr. Dallas as she discusses The Psychology of Love. "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

Love never fails." 1 Corinthians 13:4-8 New International Version

Valentine's Day History, Quotes & Surprising Facts!	Tim Johnson	Wednesday February 14 • 11:00am	3rd Floor Activity Room
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Did you know that nearly 150 million cards are exchanged each Valentine's Day? Or that more than 40,000 American are employed at chocolate companies? Or that the day of romance we call Valentine's Day is named for a Christian martyr and dates back to the 5th century, but has origins in the Roman holiday Lupercalia. Explore these and dozens more Valentine's Day facts about cards, chocolate, flowers and candy, the hallmarks of St. Valentine's Day.

The Lunar New Year	Ainsley Shallcross	Friday February 16 • 2:00pm	3rd Floor Activity Room
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**Chinese New Year**, also known as the **Spring Festival** in modern China, or simply the Lunar New Year, is an important Chinese festival celebrated at the turn of the traditional lunisolar Chinese calendar.

Celebrations traditionally run from the evening preceding the first day, to the Lantern Festival on the 15th day of the first calendar month. The first day of the New Year falls on the new moon between 21 January and 20 February. Join Ainsley as she shares some of the myths and customs that surround the Lunar New Year Festival.

## March 2018

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Let's Look at the Prophets	Glenda Casey	Sundays in March • 11:00am	2nd Floor Activity Room
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<b>Science Times</b>	<b>Linda Manoogian &amp; Marlene Tobias</b>	<b>Sundays in March • 4:00pm</b>	<b>3rd Floor Activity Room</b>
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**Berkeley Rep Docent  
Presentation**

**Selma Meyerowitz**

**Tuesday  
March 6 • 11:00am**

**3rd Floor Activity Room**

Selma will discuss Berkeley Rep's upcoming drama, "Office Hour." This is a searing and touching play that tunes into the plight of "the other" in a country steeped in mistrust and intolerance. Hiding in the back of the classroom, Dennis' sullen presence has his fellow students and professors on edge. But during an office visit, his writing instructor seeks to break through Dennis' silence and earn his trust—with shocking results. A deeply personal story of empathy and redemption, *Office Hour* explores otherness and paranoia while revealing our essential human need for connection.

**Christo Entertainment**

**Gary Christo**

**Saturday  
March 3 • 1:30pm**

**Lobby**

Our Environmental Services Director Gary will bring his lovely wife Joy back for a concert! They are singers whose passion is singing and entertaining. They have been singing for over 30 years and they specialize in Standards, R & B, Pop, Jazz and "Oldies But Goodies" (40's, 50's, 60's and 70's). Entertaining has been a big part of their lives. Be sure not to miss this great concert!

**Singing the Classics**

**Jeff Sumabat**

**Friday  
March 9 • 2:00pm**

**Lobby**

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."

**Passover Observance**

**Resa Gordon**

**Friday  
March 30 • 4:00pm**

**Lobby**

**Passover** or **Pesach** is an important, biblically derived Jewish holiday. Jews celebrate Passover as a commemoration of their liberation by God from slavery in ancient Egypt and their freedom as a nation under the leadership of Moses. Resa will share this story with us.

## April 2018

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<b>Let's Look at the Prophets</b>	<b>Glenda Casey</b>	<b>Sundays in April • 11:00am</b>	<b>2nd Floor Activity Room</b>
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**Kuratsa Dance**

**Bernadette Rosales &  
Crispin Rumabdas**

**Friday  
April 13 • 2:00pm**

**Lobby**

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.

**The Tasting Hour**

**Nancy Harrison**

**Friday  
April 20 • 2:00pm**

**3rd Floor Activity Room**

Our Executive Director Nancy loves to cook! Join her as she dazzles your eyes, nose and taste buds with an ethnic food creation. Much like your favorite TV cooking shows, Nancy will share with you the secrets of her recipes as she cooks and she will make sure there are enough samples to go around.

## Faculty Biographies

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### NAME OF INSTRUCTOR

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### CLASS NAME

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**Glenda Casey**  
**Care Partner / Community Life Assistant**

**Let's Look At the Prophets**

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**Linda Manoogian**  
**Community Life Assistant**

**Poetry Corner, Science Times, Discovering Child Prodigies,**

Linda's BA in Literature makes her the perfect choice for literature and poetry classes. She is quick to expand her knowledge and take on other classes like Science Times.

**Marlene Tobias**  
**Community Life Assistant**

**Appreciating Art, Science Times, Discovering Child Prodigies, TED Talks**

Marlene is a Certified Art Therapist and as such she is an accomplished artist and LOVES teaching art classes. She enjoys the WU classes she teaches, especially TED Talks.

**Resa Gordon**  
**Community Life Assistant**

**Music Appreciation, Opera Appreciation, Shabbat Celebrations, Passover Observance**

Resa has a BA in Theatre Arts and a minor in music which is probably why she loves her Music and Opera Appreciation classes. Her vast knowledge of "all things Jewish" makes her a shoe-in to lead Shabbat celebrations and teach residents about the various Jewish holidays.

**Krasaundra Hunter**  
**Community Life Assistant**

**Concerts with Krasaundra**

Krasaundra has a passion for music - all kinds and genres. She was very excited to take on a class where she gets to share music with others.

**Murray Sokoloff**  
**Resident**

**Spanish For Beginners**

Murray was a Spanish Teacher in Long Beach for over 20 years; this is his passion. He speaks multiple languages fluently. He loves to chat and socialize and joking around is what he likes the MOST!

**Ainsley Shallcross**  
**Community Life Assistant, Memory Care**

**Japanese New Year Festival, The Lunar New Year**

Ainsley is a Certified Recreational Therapist. She has been doing an amazing job the past few months with planning programs for our Memory Care neighborhood.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Tim Johnson**  
**Community Life Director**

**Valentine's Day History, Quotes & Surprising Facts**

Tim is a Certified Activity Director and he studied Theatre Arts. He has been performing in musicals for over 35 years. He started singing in front of people at the age of 3. Besides overseeing all the activity programs and events, his favorite thing to do is share his voice with the residents every Wednesday during Happy Hour.

**Dallas Carey, PhD**  
**Transitions Program Director**

**The Psychology of Love**

Dr. Dallas does an excellent job of attending to the emotional needs of the residents of Bayside Park. Her secret passion is baking and creating beautiful wedding cakes!

**Selma Meyerowitz**  
**Docent**

**Berkeley Rep Docent Presentaion**

Selma and the two other Co-Chairs of the Berkeley Rep Docent Program, Matty Bloom and Joy Lancaster, over see an outreach program at Berkeley Rep where they are able to bring Docent talks regarding their current productions directly to Bayside Park. The residents LOVE it!

**Gary Christo**  
**Environmental Services Director**

**Christo Entertainment**

Besides fixing a sink or painting an apartment, Gary is a talented singer. He and his wife Joy have been singing for over 30 years and they specialize in Standards, R & B, Pop, Jazz and "Oldies But Goodies" (40's, 50's, 60's and 70's). Entertaining has been a big part of their lives. Be sure not to miss this great concert!

**Jeff Sumabat**  
**Memory Care Resident Services Director**

**Singing the Classics**

Jeff is a certified dementia instructor and that would explain his interest in working with Memory Care residents. In the Philippines he was the lead singer in a band and he loves sharing his talent with the residents at Bayside Park.

**Bernadette Rosales**  
**Assisted Living Director**

**Kuratsa Dance**

As a nurse, Bernadette is "all business" which helps make her a good Assisted Living Director. However she has hidden talents she will share from time to time. She loves to sing and dance!

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Nancy Harrison  
Executive Director**

**The Tasting Hour**

Nancy has worked with Watermark for 28 years in many different capacities. She is very busy taking care of two communities, however in her spare time Nancy loves to cook! She is excited to share her talents in a "TV cooking show" format. Nancy promises she will make sure there are enough samples to go around.



# BAYSIDE PARK

A WATERMARK RETIREMENT COMMUNITY

**ASSISTED LIVING • MEMORY CARE**

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