

WATERMARK UNIVERSITY

2019

Spring Semester
JANUARY THROUGH APRIL

 **THE FOUNTAINS**
AT THE CARLOTTA



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,

Vanessa Villalobos

Vanessa Villalobos
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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Balance & Strength Class	Micah	Thursday's • 10:00 a.m.	TC Auditorium
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Regularly doing a few gentle exercise may help you enhance your coordination and decrease the risk of falling. Join Micah in this new balance and strength class where each week he'll focus on new techniques that will help you improve your balance.

Apple & Mac Class	Edie & John	Every Monday • 1:00 p.m.	Jacaranda Room
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Edie is known as the "Apple Whisper" around the Coachella Valley. Edie worked for Apple for many years so she knows her stuff. She'll help you set up your email, transfer your photos, music and other files and show you how to keep everything in sync with iCloud. If you have an iPhone, iPad or Mac that you can't seem to get working then come on down and let the pros show you the basics.

Dining with Libby	Libby Kelsey, RD	3rd Thursday • 5:00 p.m.	TC Auditorium
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Dining with Libby is a series that will teach you about your nutrition. Each month, a different topic will be discussed and dinner will be served according to the topic. This series will help you maintain a balanced approach to nutrition and health. Space is limited for this series so please sign up early. Previous topics have included: Understanding Cholesterol, The Color of Food, and Obesity: A Nation at Risk. As a Registered Dietitian, Libby is always aware of what she eats and how it will affect her body. Let her pass down this knowledge to you and put you on a path to better understanding your health. Class topics TBA.

Art Class	Joan Ryan	2nd & 4th Thursday • 10:30 a.m.	Jacaranda Room
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This art class is designed for all levels of artists. Whether it's your first time picking up a paint brush to painting for years. This class will also put special emphasis on understanding color, how to mix colors to achieve natural effects and various techniques of paint application to get the right shape or form.

Sentimental Reflections	Hope	6:30 p.m. • Friday's in January	TC Auditorium
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Educational series of travel through America from journey's through the Pacific Northwest and Southeast over through the Florida Keys on to New England. These spectacular journeys will be sights never before seen and history of these travels explained

COURSES	FACULTY	DAY AND TIME	LOCATION
Chalk Painting	Zina	4:00 p.m. • Friday's in January	Koerner Lounge
<p>Take a journey back in time from drawing your masterpieces on the sidewalks when you were young. Let's try this amazing painting technique on paper and canvass.</p>			
Learn to Play the Piano	Rowena	3:00 p.m. • Friday in February	Koerner Lounge
<p>Come and take a lesson on using the keys in the proper way. Rowena mastered in organ in college and can compose and arrange music by the ear.</p>			
Turning Points in American History	Hope	6:30 p.m. • Friday's Starting in Feb.	TC Auditorium
<p>Turning Points in American History is your chance to relive the most powerful and groundbreaking moments in the fascinating story of the United States of America. These 48 lectures, delivered by masterful historian and dynamic Professor Edward T. O'Donnell of College of the Holy Cross, offer you a different perspective on the sweeping narrative of U. S. history. Spanning the arrival of the first English colonists to the chaos of the Civil War to the birth of the computer age and beyond, this course is a captivating and comprehensive tour of those particular moments in the story of America, after which the nation would never be the same again.</p>			
Anza-Borrego Desert State Park	Mel Gabel	Tue. Feb 12 & 19 • 6:30 p.m.	TC Auditorium
<p>Immediately after retirement, Mel and Vera Gabel moved to Borrego Springs, California. They had a brand new Jeep and were soon exploring the amazing Anza-Borrego Desert State Park on the hundreds of miles of rough, dirt roads. During the twelve years they lived there, Mel amassed hundreds of slides-yes, the old system of photographic 35 mm film. He has now converted the slides into digital format.</p>			
Learning to use Social Media	Hope	11:00 a.m. • Fri. March 15, 2019	Koerner Lounge
<p>In today's society it is necessary to know the basic use of social media. It is a way to get fast news, stay intouch with family near and far. Once you start using it you won't want to stop.</p>			
Torah Talks	Rabbi Mendy Kreiman	2nd Monday • 10:00 am	Jacaranda Room

Rabbi Mendy Kreiman will be holding monthly Torah Talks where he will be discussing various topics ranging from Jewish holidays to Jewish stories.

COURSES	FACULTY	DAY AND TIME	LOCATION
Valentines for the Troops	Zina	1st & 2nd Friday in Feb • 11:00 a.m.	Koerner Lounge
Join us for a great crafting class making valentines for the troops protecting our country. Let's warm their hearts and let them know our Community is thankful for all they do to protect us all.			
Spring Flower Arranging	Hope	Sat. April 20th • 3:00 p.m.	Koerner Lounge
The rose's in our Rose Garden are in full bloom and ready to be picked. Hope will show you step by step the proper way to not only cut the roses but also create one of a kind arrangements.			
Medication Safety Tips	Khalid	Tues. April 11 • 1:00 p.m.	TC Auditorium
In this discussion you will learn about the safety of your medications. Most of the time we just get our prescription and follow the label, but there are great tips on taking and storing your medications. Khalid will give you some great tips on how to ensure your medications are taken and kept safely.			
History of Europe	Craig	2nd Tuesday of the Month • 11:00 a.m.	Jacaranda Room
The history of Europe covers the peoples inhabiting Europe from prehistory to the present. Craig will discuss how the Industrial Revolution brought prosperity to Britain and Western Europe to include how the main powers set up colonies in most of the Americas and Africa, and parts of Asia.			
History of the Coachella Valley	Zina	11:00 a.m. • Saturday's in April	Koerner Lounge
The history of the city and town of Coachella dates back more than 100 years to 1898 when the Coachella Valley was merely a part of the great undeveloped sand waste of the Colorado River basin. At that time, heavy growth of mesquite and greasewood covered the valley. This is sure to be a very interesting discussion about the community you live in.			
History of the Valley Windmills	Kerry Berman	TBA	TC Auditorium
In this lecture Kerry will give you the insight of the high-tech megatowers that are engineered in cooperation with NASA and nursed by federal and state subsidies. This wind farm on the San Gorgonio Mountain Pass in the San Bernadino Mountains contains more than 4000 separate windmills and provides enough electricity to power Palm Springs and the entire Coachella Valley.			

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Zina Zarco, Community Life Assistant

**Start of the Coachella Valley, Chalk Painting
Valentines for the Troops**

I was born and raised here in the Coachella Valley. I graduated from Indio High School and attended C.O.D., then went on to start my career in customer service and social services. During my career, I've worked with youth at a High School Level and then assisting the elderly in private care setting. I have two sons and a one year old grandson. I have recently traveled to Europe and have many educational stories to share. I have had the opportunity to sit in as acting Director of Community life over the Fall/Winter season and I have learned a great deal of the behind the scenes of making our community a fun and busy place to live.

Hope Rodriguez, Community Life Assistant

**Sentimental Reflections, Learning to use Social Media
and Spring Flower Arranging**

I am the newest Community Life Assistant, here at the Carlotta and enjoy my position. I have a few passions in my life that keep me active and this is helping seniors, my love of animals and my missionary work at the Catholic church.

Micah Floth, Personal Trainer

Balance & Stretch Class

I am a firm believer that if I provide the knowledge of working out and the individuals have determination and dedication they will accomplish and realistic fitness goals that they desire. Associate Degree: Pre-Physical Therapy Minor in Chemistry. Bachelor's Degree in progress: Exercise and Sports Science Adult, Infant and Child CPR certification-American Red Cross Aquatic and Land exercises-Arthritis Foundation Personal Training Certification-NFPT (National Federation of Professional Trainers).

Libby Kelsey, RD

Dining with Libby

Elizabeth has over 31 years' experience helping individuals improve or maintain their nutritional health. Make an investment in yourself by taking the time to improve your nutrition health. Libby's RD career began after graduating from San Diego State University and performing graduate work at Tufts University. The chief dietitian at Eisenhower for 22 years, Libby now consults privately through her company EQ Consulting, serves on the Board of Directors with the Joslyn Center, and teaches Nutrition at COD.

Craig Meyer, Business Office Manger

The History of Europe

Born and raised in Cincinnati, Ohio. Craig moved to the valley in 2001. Previously worked in an art gallery, switched to Senior Living and Skilled Nursing seven years ago. Craig holds a Masters in Mass Communication. In his spare time, enjoys reading and playing guitar

NAME OF INSTRUCTOR

CLASS NAME

Joan Ryan, Artist

Art Class

I've dabbled in every creative medium throughout my life beginning in Southern California. Created 3-dimensional art that was featured in an issue of Better Homes & Gardens Magazine. Designed commercial and residential interiors winning a best design award from the city of Manhattan Beach. Did a two-year certificate course study at the New York Botanical Gardens in Botanical Illustration. Worked in graphite, pen and ink, watercolor, and color pencils. Learned an amazing amount of new techniques in order to capture finite botanical details which have been very helpful in my current work.

Khalid Gonzales, Resident Care Services Director

Medication Safety Tips

Khalid has been with The Carlotta since 2008. He and his family came to Coachella Valley in the late 1990s. After high school, he went to nursing school to become a nurse like his mother. Some of his hobbies include cycling, hiking and spending time with his wife and son.

Rowena Garcia, Community Life Assistant

Learn to Play the Piano

I have worked at the Carlotta for over 16 years in the Community Life Department. I love working with my residents and becoming great friends. I went to college and I majored in Music and Organ playing. I love to compose and arrange music.

Kerry Berman, Public Speaker

History of the Valley Windmills

I was born and raised in Southern California. I have spent most of my time after school exploring the San Fernando Arroyo (which has now become Interstate 5) for lizards, snakes, turtles, fossils and everything else of interest. In 2006, Kerry retired and moved to the Palm Desert area to pursue my passion for exploring nature and offering guided tours to locals and visitors.



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