

WATERMARK UNIVERSITY

2018

Spring Semester
JANUARY THROUGH APRIL



LAKESIDE 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,

Marsha Peoples

Marsha Peoples
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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Cheeses Around the World	Cheryl Martin	3rd Tuesday • 2:00pm	Alternating Floors
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Cheryl does an amazing class on "Cheeses Around the World. Cheryl's love for cheese shines in her class as she teaches and engages residents to try something new. We have one resident that takes notes throughout the class so she can share the information with others including her own family. Please come join in and enjoy the good eats.

Spiritual Journey	Marsha Peoples	4th Thursday • 2:00pm	Alternating Floors
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In this class we discuss many questions regarding life and death. Questions like "Is there a heaven"? What is your purpose on earth? What makes you happy? and more. Numerous books have been written on these topics and many people have a lot to say about these topics. We will use spirituality as a diving board to talk about beliefs, the soul and your spirit! Come join us for this thought provoking discussion.

Fruit of the Month	Sonia Taizan	3rd Thursday • 2:00pm	2nd Floor
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Each month Sonia brings an abundance of different types of fruit, from the most unique fruits to the usual of fruits. Sonia passes the fruit around the room and lets all the senses be experienced by the residents (touch, smell, and taste). It is a very popular class because we get to taste everything. Sonia loves the residents' expressions and comments as she tries to bring a unique and / or exotic fruit to the table. Sonia does her homework ahead of time and brings the history of each fruit and it's value in vitamins, minerals, caloric intake and even cultural heritage.

Sign Language	Michael Robinette	Thursday • 2:30pm	Alternating Floors
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Michael is a deaf employee at Lakeside Park and is passionate about teaching signing to all of us. Michael loves people and is most happy when he is around the residents and staff showing us the many details of signing. He was very young when he lost his ability to hear and uses a special hearing aid. Michael teaches us how to communicate with him and it's fascinating to watch the connections he makes with everyone he comes into contact with. This class is held every Thursday, come learn another useful way to communicate.

The Big Cook-Off	JoJo & T.J.	1st Thursday • 2:00pm	1st Floor
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T.J. and JoJo are just a couple of fun guys that love to cook and their love for the residents is very evident. Together they create wonderful dishes that the residents taste and vote on which one they like. There's a lot of laughter in this group as the guys compete with one another. We invite you to this fun filled Watermark Universe class and see for yourself.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Laughter Yoga	Anne Sanabria	2nd Monday • 2:00pm	Alternating
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In this Watermark University class Anne brings laughter along with music to our residents. Anne's class is electrifying and engages the residents in a very happy way. If you have never been involved in Laughter Yoga please come join us, they say that laughter changes your mood for the better and lowers blood pressure so everyone should benefit.

Coffee and....	Caitlin Iwafuchi	3rd Sunday • 2:00pm	2nd Floor
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We have kept the tradition going with Caitlin at the helm. Caitlin is leading the coffee group and has learned from Rene. Rene used to hold the class each month and she is no longer here so the torch was passed to Caitlin and we are so happy about that. The coffee bistro on the 2nd floor is a perfect place for this class and lots of chatting over tasty coffee and light snacks is happening. Come join this class and meet new friends.

Zumba	Linda & Mila	2nd Tuesday • 11:00am	Alternating Floors
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Dancing is a passion for Linda and Mila. All the residents love Latin music and these ladies put their spin on Zumba with their rich Latin heritage. When you see the energy that this class brings to our residents and staff you will walk away wanting more. Don't miss this wonderful experience we just know that you will be coming back each month.

Lets Grow Together	Roselyn Ferrer	3rd Friday • 11:00am	Alternating Floors
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Roselyn is a Naya and Med. Tech. at Lakeside and has a green thumb and passion for gardening. Each month she teaches planting different types of succulents and annual flowers. Weather it's planting in containers or in the ground we know that having your hands in the dirt is a very grounding experience.

Brazilian Infusion	Carla Lazarini	3rd Wednesday • 11:00am	1st Floor
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Yes we have Carla and her awesome Brazilian back ground to teach a cooking class. With Brazilian music playing in the background we are transported to a country with rich culture and food. Carla will be bring her recipes each month and sharing the tasty morsels with our community. Her recipes ere handed down to her from her grandma and mother and you can taste the love. Come join us for this wonderful class.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Cheryl Martin

Cheeses from Around the World

I am Cheryl Martin, the Executive Director of Lakeside Park. I have been in senior care for over 35 years at Lakeside Park for 3 years, which have been years of pure joy. I am sharing my enthusiasm for great food and wines by hosting "**Cheeses from around the World**". Don't be surprised when great breads, cheeses, olives and even ice cream enter the paring of my session! My usual cheeses comes in from Sciabica's in Modesto, CA, my hometown.

Marsha Peoples

Spirit and Soul

Hello I am Marsha Peoples, Community Life Director at Lakeside Park. I have been at Lakeside for over 10 years and have experienced the most amazing interactions with our residents that I will remember for many years to come. The subject of spirituality means different things to different people and my intent is to talk about what spirituality means to each person in my class. I recently read the book Proof of Heaven and it is a book that I will be sharing in the class among others that will kick off some titillating conversations.

Michael Robinette

Sign Language

My name is Michael Robinette and I work in dining services. I am teaching a sign language class. When I was five years old I had an undetected high fever which resulted in my being deaf. I have always had a passion to teach others to sign. It has been my experience that people that aren't deaf need to know my work and experience a new way to communicate. Come in the amazing experience with us.

JoJo Ferrer

Cook-Off

My name is Joseph Ferrer they call me "JoJo" and I am the Dining Service Director here at Lakeside Park. I have been here for over 11 years and love cooking for the residents. For my Watermark University class I am partnering with T.J. on a Cook-Off class Each month we will have different selections for our audience to enjoy, come join the fun and bring you appetite.

Tehran Johnson

Cook-Off

Hello my friends call me T.J. and I am the Maintenance Director here at Lakeside. I have been working here for over 3 years. My passion is grilling and fishing. At home they call me the grill master, come join me kick JoJo's tail in the cooking arena.

NAME OF INSTRUCTOR

CLASS NAME

Roslyn Ferrer**Let's Grow Together**

Hello my name is Roslyn Ferrer and I work as a Naya and a Med. Tech at Lakeside. I am so excited to spread the joy of planting in the garden and planting in containers. I plant with my kids at home in my own garden and so I thought this would be a great class to do with the residents. Putting your hands in the dirt is a grounding experience. Come join the class and be a part of planting.

Caitlin Iwafuchi**Coffee and ...**

Hello I am Caitlin an MFTI at Lakeside Park. This class was actually started by Rene Mosh and as she is no longer able to do it I am taking it over. Since I have attended this class and have seen how everyone is transformed once they step into our Coffee Bistro I wanted to continue this wonderful class. We will be drinking different coffee's made with french presses and having a light snack, and of course chatting it up.

Sonia Taizon**Fruit of the Month**

Hi I am Sonia Taizon and I am the Assistant Office Director. I love food and especially different kinds of fruit. My class fruit of the month is fun and informative and I hope you can join us. Introducing seasonal fruit and giving the nutritional value is so exciting. Many residents come to this class to learn about different fruits of the season and which fruit is best tasting.

Carla Lazarini**Brazil Infusion**

Hello my name is Carla and I work as a private caregiver for a resident that lives here at Lakeside Park. I was recently asked to make a dish from Brazil named pastel. Since I grew up watching my mother cook dishes from my home in Brazil I thought I could bring Brazil to Lakeside Park. We played Brazilian music and starting a cooking class that lasted all day. What joy it was for me to bring smiles on the faces of the residents and staff. So I want to do this every month as it was truly a gift I could give.

Anne Sanabria**Laughter Yoga**

Hi my name is Anne Sanabria and I am the Marketing Director at Lakeside Park. Bringing laughter to a sometimes unhappy situation just makes my heart sing. When I walk into the room and have all the residents in front of me it just takes a few belly laughs to see the difference in the mood. It is a known fact that laughter heals what ails you. Come join us in the happiest time you will experience I promise.



LAKESIDE PARK

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MEMORY CARE

468 Perkins Street • Oakland, CA 94610 • 1-510-230-0339 • www.watermarkcommunities.com

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