

WATERMARK UNIVERSITY

2019

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.

Fruit of the Month	Sonia Taizan	2nd Tuesday • 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.	Check times	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 is lots of laughter in this group as the guys compete with one another. We invite you to this fun filled Watermark University class and see for yourself.

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.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Coffee and....	Ruby Dycus	Check Calendar	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	Check Calendar	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.

All About Rocks	Mike Quigley	• Check Calendar	Alternating Floors
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Mike's love for collecting rocks, crystals, and various other kinds of rock treasures is his passion. In this class you will learn all about where to go to get the rocks and also their history. Mike has a rock tumbler and many other tools of the trade that he will teach you to use. Mike will show you how to use a tumbler to make your rock shine bright. Come and learn the magnificent history of rock collecting.

Brazilian Infusion	Carla Lazarini	3rd Thursday • 11:00am	2nd 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 brings her recipes each month and shares the tasty morsels with our community. Her recipes are handed down from her grandma and mother and you can taste the love. Come join us for this wonderful class.

Sew Fabulous Sister's	Marsha Peoples	1st & 3rd Friday • 11am	1st Floor Activities Rm.
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Marsha brings her skill and passion to this wonderful class called the Sew Fabulous Sister's. Each resident will have a project to work on in this class. Everyone is welcomed and there is something for everyone to do even if it's just sipping a nice tea or telling a story while your hands are busy.. Making rope bowls or "Love Bowls" is just one of the things you will learn. Come join the fun and meet the sister's!

COURSES	FACULTY	DAY AND TIME	LOCATION
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Pet Hugs Pack	Cindy Marcus	2nd Sunday • 11am	Both Floors
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Cindy is a volunteer who is affiliated with Contra Costa Pet Hugs Program. Each month we are delighted by the dogs that Cindy brings. There is nothing like a warm pet hug to delight the heart's of our resident's and staff. If you would like to see the cute doggies visit us on the 2nd Sunday of each month.

Card Making	Ruby Dycus	Check Calendar •	Both Floors
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This class is amazing. The cards are specially made with lots of love. We use the cards to give to residents that are in the hospital, family members, and anyone that needs a thank you or that special note that says you care. Ruby leads the class and uses many different materials teach this class. Come join the fun!!

Body Work	Andreea Weir	Monday • 11am	Both Floors
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Hello I am Andreea and my sister lives here at Lakeside Park. Teaching a class about back support, hatha yoga mudras, and hand gestures that support your back is my passion. Please come be a part of my teaching everyone will benefit from this 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.

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 your appetite.

Tehran Johnson

Cook-Off

Hello my friends call me T.J. 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.

Ruby Dycus

Coffee and ...

Hi my name is Ruby am a part of the community life team. I love to gather the residents together for social events and watch them interact with one another. My passion at Lakeside Park is to bring happiness on the faces of our residents. We have converted the dining room on the 2nd floor to a coffee shop and everyone seems to enjoy not only the room but the time spent in it.

NAME OF INSTRUCTOR

CLASS NAME

Sonia Taizan**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.

Michael Quigley**All About Rocks**

Hi I'm Mike I work in the maintenance department and I have a passion for hiking and collecting rocks. I have been collecting for many years and enjoy sharing the rocks with family and friends. I know the history and location of all the rocks I have collected and am so thrilled to share this knowledge with the residents.

Linda Perez & Mila Panaqua**Zumba**

These ladies are our Operations Specialist and Wellness Director and they love to dance. Come join the fun and listen to the electrifying music.

Marsha Peoples**Sew Fabulous Sister's**

Hello all my name is Marsha and I love to teach new things to our resident's and anyone who is interested in sewing and using their hands to create a master pieces with fabric. Our love bowls are just one of the projects we will be working on and if you would like to join in the class it will be on the 1st and 3rd Friday at 11 am.

NAME OF INSTRUCTOR

CLASS NAME

Tracy Dewar

Card Making

Hi my name is Tracy and making cards with the residents is one of the most meaningful classes I have ever taught. When a resident is making a card for a loved one or someone from our community that is hospitalized there is special meaning in it. This class gives purpose to the residents and myself. Come join the fun!

Andreea Ware

Body Work Dyana Mudra

Hello my name is Andreea and I am a certified massage therapist. Bringing my knowledge and love for body work to Lakeside Park makes me very happy. Residents and staff can benefit from the techniques I will be teaching. Relieving stress and anxiety in the body is so important to maintain. I would love to see you!

Cindy Smith

Pet Hug Pack

I enjoy making a difference in the lives of others. I am affiliated with Contra Costa animal shelters and an organization called Pet Hug Pack. I mostly bring dogs to the communities and to see the smiles on the faces of residents is my aim. Please come by the 2nd Tuesday and have a pet hug you won't be the same.



LAKESIDE PARK

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MEMORY CARE

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