

WATERMARK UNIVERSITY

2020

Spring Semester
JANUARY THROUGH APRIL

 **THE WATERMARK**
AT VISTAWILLA



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,

Karen Donnelly

Karen Donnelly
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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Apollo 11 Mission	Robert Garcia	Jan 15th • 2pm	Inn
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Apollo 11 was the spaceflight that first landed humans on the Moon. Commander Neil Armstrong and lunar module Buzz Aldrin formed the American crew that landed the Apollo Lunar Module Eagle on July 20, 1969. Join Bob in a discussion about this historic moment in time and the impact it made on all of us.

Amazing Makeup and Facials on a Shoestring	Sharon Webb Josie Jones	Feb 12th • 2pm	Inn
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What woman doesn't like to feel good and pretty? Join Sharon and Josie in a fun and informative way to give yourself an inexpensive facial followed by learning some simple, inexpensive make up.

The Benefits of Aromatherapy	Karen Donnelly	Jan 27th • 10:30am	Inn
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Aromatherapy is the practice of using essential oils for therapeutic benefits. Some studies have shown there are certain benefits to different essential oils. Learn about some of the best essential oils and how they might help you. From lavender oil to help you sleep and lemon oil to give you a mood booster, you'll enjoy this at-home way to improve your life.

Art Show	Morgan Hughes	March 18th • 2pm	Inn
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Morgan shares her art with us and how she created such beautiful sketches. She will explain where she gets her ideas and inspiration as well as how she puts together her amazing art pieces.

Ballroom Dancing	Joe Sulen	Jan 7th • 10am Feb 4th • 10am Mar 3rd • 10am Apr 7th • 10am	Inn
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Learn the Tango, Rumba, Cha-Cha, Salsa, Waltz, Foxtrot, Quickstep, Merengue, Hustle, Swing, and many other dance styles in a supportive and safe environment. Joe will take his time each month to show us how to embrace these various styles of dance and he will also provide background on each dance as we learn.

Button Art	Mary Bush	Apr 6th • 2pm	Inn
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Do you have extra buttons around the house that you want to use? Join Mary making some beautiful art pieces using buttons which she calls Filler Art. What a special day to use buttons in your home décor.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Cake in a Mug	Lisa Annorino	Jan 29th • 2pm	Gardens
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Join Lisa in learning how to make a cake in a mug. Learn how to have a sweet dessert that's warm and yummy in minutes. We've come a long way in the way we cook from the stove to microwaves. Baking dishes in a mug saves time and still can be delicious.

Creative Centerpieces	Karen Donnelly	Feb 19th • 2pm	Gardens
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It's time to step out of the box when creating centerpieces. Learn new ways to enhance your room and bring joy to all. Karen will teach you how to create these pretty displays that will be great for any occasion.

Dog Tricks	Betty Ann Bogus	Feb 6th • 10am	Inn
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Join Betty Ann and her dogs Mickey and Lucy as she shows how she trains them to do tricks. Learn how dogs are trained and the tips of the trade.

Fabric Art and Fashion	Mary Bush	Mar 16th • 2pm	Inn
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It seems the latest trend nowadays is using (or we could say reusing) things we already have. Mary will show us how to take fabric and turn into fashion. Not by sewing either, you will be using glue to make a fashionable belt that looks like you bought at the store.

Fueling Your Life	Karen Donnelly	Feb 3rd • 2pm	Inn
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Go with Karen as she guides you on a journey to fueling your life. Learn simple steps that, evidence shows, will bring you great joy in your life. Karen has a saying she uses all the time. "Good in, Good out" Whether its diet, exercise, attitude or your surroundings, you are the one in control, so join Karen in fueling your life.

Health Chat with Kinesist	Rishandrea Evans	Jan 8th • 3pm Feb 12th • 3pm Mar 11th • 3pm Apr 8th • 3pm	Inn
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Frank from Kinesist Physical Therapy will introduce you to new ways of remaining fit and active as you age while maintaining your strength. Join him in learning about how to make every day count and be the best you can be.

COURSES	FACULTY	DAY AND TIME	LOCATION
How to Draw Portraits	Morgan Hughes	Feb 5th • 2pm	Inn
<p>Join Morgan as she teaches some simple steps in drawing portraits. Morgan has been drawing and doing sketches since she was young and you will surely be able to learn a few of her techniques.</p>			
How to Make Beautiful Bows	Karen Donnelly	Mar 25th • 2pm Mar 30th • 2pm	Inn & Gardens
<p>Making a big, pretty bow is actually really easy! With a few simple steps you can create the perfect bow every time. Karen shows you step by step this fun and fast way to bring a cheery look to any room or any package.</p>			
How to Use Hair Tools	Tiffany Wamley	Feb 24th • 10:30am	Inn
<p>Have you ever wanted to know how to curl your hair using a flat iron or how to use a curling iron to get the effects you've dreamed of having. Tiffany will give us some great tips on using these hair tools, to make looking good simple and like you just stepped out of the salon.</p>			
How to Whitewash Wood	Shelley Gartee	Mar 11th • 2pm	Inn
<p>Have fun learning how to whitewash wood and create a vintage appearance in a way that is easy, safe and inexpensive. Shelley will share with you her passion for creating beautiful things out of wood.</p>			
Just Clowning Around	Mackenna Jensen	Mar 4th • 2pm	Inn
<p>Clownfish are small, salt water fish that are very popularly used in aquariums. Their popularity is partially attributed to the 2003 animated movie "Finding Nemo." Join Mackenna to discover why clownfish are such interesting fish and why the plot of the movie may have a different meaning to scientists.</p>			
The Life and Novels of Jane Austen	Mackenna Jensen	Mar 25th • 3pm	Inn
<p>Jane Austen was an 18th century, English novelist famous for six novels about the British gentry of the period. Austen's novels have grown in popularity over the centuries, sparking several films and other works of media. Join Mackenna as she shares about her favorite Jane Austen novel, "Pride and Prejudice," as well as how Austen came to write such notable pieces.</p>			

COURSES	FACULTY	DAY AND TIME	LOCATION
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The Magic of Alcohol Ink Art	Laurie Fleehearty	April 27th • 10:30am	Inn
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Alcohol inks are brightly colored dye-based paints that are most often used in creating free flowing textures. Laurie teaches us this beautiful way of making art. She will give us step by step instructions to create our own colorful masterpieces.

Making Paper Beads Series	Laurie Fleehearty	Jan 15th • 3pm Feb 5th • 3pm Mar 11th • 10:30am Apr 15th • 10:30am	Inn
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Have you ever made your own jewelry and proudly worn it as you showed your friends? Join Laurie in this four month series as she teaches us the steps in making beads out of paper. You will be picking out your own paper and creating a beautiful necklace to enjoy.

Next Chapter for NASA	Moe Lavoie	Mar 23rd • 10:30am	Inn
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Join Moe as he shares his knowledge of NASA, where they are headed, and what they are currently working on at this time. Moe will share a video and have a discussion that will surely be informative and entertaining.

Origins of Popular Sayings	David Goldsmith	Mar 18th • 10:30am	Inn
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Have you ever wondered where and when certain sayings come from? You might just be surprised by the answers. Join David as he talks about some of the most popular sayings and learn some things you might have never known.

Otter Oddities	Mackenna Jensen	Feb 19th • 3pm	Inn
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Sea otters and river otters are both adorable animals. How could animals that are fuzzy and hold hands when they sleep, not be? Mackenna will talk about how sea otters and river otters are different as well as the characteristics that makes these creatures so easy to love.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Science of Slime	Mackenna Jensen	Jan 8th • 2pm	Inn
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When you think of slime, you may not think of anything fun. However, slime has become an interesting sensory tool and even something adults and children alike make to play with. Slime can be made in all sorts of colors and can even include glitter. Embrace your inner child with Mackenna to learn how to make slime and get your hands a little messy.

Scrapbook Making	Laurie Fleehearty	Apr 20 • 10:30am	Inn
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Most of us say we are not crafty and don't even try to attempt to make them. Laurie loves to scrapbook and she shares her tips on making them either to share or to keep. Each person will create their own scrapbook and will be able to personalize them.

The Story of a Swedish Girl	Ingrid Wildermuth	March 4th • 10:30am	Inn
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Learn the story about Jonna Jinton who is a Swedish artist who lives in the middle of the woods in Northern Sweden. Jonna decided to make a change in her life and now has become a famous singer, and photographer. Ingrid recently learned about this young artist and was intrigued by her outlook on life. Ingrid, now, is excited to share what she learned about her.

Sweet Treats to make from your Cupboards	Lisa Annorino	April 15th • 2pm	Gardens
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Join Lisa in making fun desserts from things in your cupboards and enjoy not having to use the oven. You will get hands on experience and have delicious desserts.

A Tour of Our Kitchen	Chester Dibas	Feb 26th • 2pm	Inn
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Join Chester in a tour of our kitchen. He will be taking groups of residents on a walk through the kitchen to show how they prepare and deliver delicious meals to your table in a timely manner.

COURSES	FACULTY	DAY AND TIME	LOCATION
Travel Through the USA	Laurie Fleehearty	Jan 13th • 1pm Feb 10th • 1pm Mar 9th • 1pm April 13th • 1pm	Gardens

How many states have you been to? Laurie has been to 23 so far and loves learning about our states she hopes to visit all 50 someday. Join her as you learn about the history and the beauty of the USA. Each program she will discuss one of the states she traveled to, and maybe you will have your own stories to tell.

A Visit to Quito, Ecuador	Jennifer King	Apr 22nd • 2pm	Inn
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Have you ever been interested in visiting the beautiful country of Ecuador? Join Jennifer as she shares with you her knowledge about the Center of the World. Learn about their volcanos, churches, markets, and Ecuadorian food.

Wine and Food Pairing	Ingrid Wildermuth	Apr 22th • 2pm	Inn
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Food pairing is a science - there's a right way and a wrong way to do it. Just ask a Sommelier. Join Ingrid as she shares her knowledge and training to give us simple steps on the perfect pairing.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Lisa Annorino

**Sweet Treats to Make from Your Cupboards
Cake in A Mug**

Lisa is from Chicago and moved to Florida in 2006. She has a twin brother. Lisa is in school for Occupational Therapy. Her hobbies are kayaking and art drawing.

Betty Ann Bogus

Dog Tricks

Betty Ann has had a long time passion for animals. She is a member of the Orlando Training Club and the Akita Club of America. Her favorite breed has always been the America Akita. Betty and her dog have competed in various sports and have titled in Obedience, Tally, coursing, Trick Dog, Reading Paws Therapy and many others.

Mary Bush

**Button Art
Fabric Art and Fashion**

Mary is originally from Memphis, Tennessee, she is the youngest in her family and has three siblings. Mary is the mother to two boys ages nine and nineteen. Mary enjoys gardening, nature, art and traveling. She loves animals and has two rescued cats named Shadow and Midnight.

Chester Dibas

Take A Tour of Our Kitchen

Chester is our Dining Services Director and has an impressive body of work that has taken him all over the United States - from Florida to Colorado and even Hawaii! He has worked in restaurants as well as other senior living communities. His favorite part has been getting to know residents, he has hosted many programs including a men's group with homemade potato chips.

Karen Donnelly

**The Benefits of Aromatherapy
Creative Centerpieces
Fueling Your Life
How to Make Beautiful Bows**

Karen was born and raised in Florida. she has two grown children, and that she is very proud of the men they have become. She and her husband like long walks with their dogs, dancing and bicycle riding. They recently went on a cruise to Alaska and hiked in the mountains of Georgia. Her passion is helping others and cooking. Karen is a pescatarian which means she doesn't eat meat and likes to create delicious seafood meals.

NAME OF INSTRUCTOR

CLASS NAME

Rishandrea Evans**Health Chat with Kinesist**

Rishandrea was born in Florida. She has a degree in Occupational Therapy and Business Management. She has three children and likes doing crafts. Rishandrea is a cheerleading coach for her daughters school.

Laurie Fleehearty**Scrapbook Making
The Magic of Ink Art**

Laurie moved to Orlando from Kentucky in 2018. She lives with her husband, Dion and their dog Sadie. She enjoys anything do with crafting and cooking.

Bob Garcia**Apollo 11 Mission**

Born and raised in the Ft. Lauderdale area, Bob went to St. Thomas Aquinas High School, Broward Community College and Nova University where he majored in Psychology and Professional Management. He worked in the gasoline business for 20 years and also as a Realtor. Bob moved to Central Florida in 1987 when the first of his two children was born. Most recently he worked at Winter Park Towers as the Maintenance Supervisor and Maintenance Director. He has also played the piano on and off since he was seven years old.

Shelley Gartee**How to Whitewash Wood**

Shelley was born and raised in Ohio. She moved to Florida in 2011. She is married with 2 boys. Shelley has a Boston Terrier named Rocky. Her hobbies are crafts and refinishing furniture

David Goldsmith**Origins of Popular Sayings**

David is from White Plains, New York. He enjoys reading, traveling, baseball and watching horror movies. If you ask David what makes him thrive its spending time with his lovely wife, two grown children and their dog Coco.

Morgan Hughes**Art Show
How to Draw Portraits**

Morgan attends college in Orlando. She loves the beach and any activity on the water. She is an artist and has been drawing her whole life! Morgan aspires to be a Social Worker to help those in need.

NAME OF INSTRUCTOR

CLASS NAME

Mackenna Jensen

**Just Clowning Around
Life and Novels of Jane Austen
Otter Oddities
Science of Slime**

Mackenna grew up in Norwalk, Ohio. She danced ballet from the age of 6 and for her senior year dance performance, she starred as Juliet in a production of "Romeo and Juliet". She moved down to Florida in 2016 to go to college in Sarasota. She met her husband there and decided to move to Seminole County after graduation in May 2019. Her degree is in Marine Biology with a focus in sea turtles and ecological issues.

Jennifer King

A Visit to Quito, Ecuador

Jennifer was born in Grand Rapids, MI. She grew up with a beautiful family that included a younger brother named Jeff. In High School she was all state in swimming and water polo. She went to college at Grand Valley State University. She has a fiancé named Ben and a step daughter named Zoey. She loves to travel, hike, bike and be outdoors.

Josie Jones

Amazing Makeup and Facials on a Shoestring

Josie Jones was born in Augusta, Georgia. She is an CNA and has two children. Tatyana is 9 years old and Thaddeus is 5 months old. Josie's favorite color is purple, her favorite number is 2. She loves her family and working at Watermark.

Moe Lavoie

Next chapter for NASA

Moe was born in Nashua, NH. He has a Bachelor of Science in Electrical Engineering and an Executive Master's degree in Business Administration from the University of Central Florida. During his 38 years working for NASA he worked as part of the space shuttle support teams. Moe is now retired and enjoys traveling with his wife, Linda.

Joe Sulen

Ballroom Dance with Joe

Joe is a well-known ballroom dancer in Central Florida. He teaches classes every day of the week throughout the area and has a passion for the art of dancing.

Tiffany Wamley

How to Use Hair Tools

Tiffany was born and raised in Sanford, Florida. She has six brothers and one sister. Tiffany's daughter's name is JaRiyah. She likes to go to the movies and skating. One of her favorite things to do is hair styling.

NAME OF INSTRUCTOR

CLASS NAME

Sharon Webb

Amazing Makeup and Facials on a Shoestring

Sharon was born in Kingston, Jamaica. Her parents are of Jamaican and Chinese descent. She has two sons, Phillip and Nicholas, a granddaughter Eva, who she loves to spend time with, and a dog named Daisy. Sharon loves life, dancing, cooking, and entertainment. She was the youngest contestant to enter in the Miss Jamaica Contest, and she grew up running on track and field and swimming.

Ingrid Wildermuth

**Wine and Food Pairing
The Story of A Swedish Girl**

Ingrid Wildermuth and is the Sales Director here at The Watermark at Vistawilla.

"I love what I do and it makes me happy to see our residents thrive and enjoy their new home here at the community. My background is from the hospitality industry, I worked at restaurants, hotels and country clubs all over the country and now call DeLand FL my home. My husband is a chef and I have a daughter Karin, who is a nurse in Memphis. Our son Erik goes to school for photography at Daytona State." - Ingrid



ASSISTED LIVING • MEMORY CARE

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