

WU
WATERMARK UNIVERSITY

2017

Summer Semester
MAY THROUGH AUGUST

 THE FOUNTAINS
AT FRANKLIN



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,

Stephanie Ruedisale

**Stephanie Ruedisale
Community Life Director**

COURSE	FACULTY	DAY AND TIME	LOCATION
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Watercolor with Susan	Susan Vitali	Every Saturday	10am	Art Room
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Some say watercolor is one of the most difficult mediums, but it is also one of the most free. Tap into your creative source and learn to express yourself through the art of watercolor painting. All levels are welcome.

Detailed Designs	Stephanie Ruedisale	2nd & 4th Friday every month	4pm	Art Room
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Break out some colored pencils, find your favorite design, and start coloring! The intricate designs are perfect for experimentation with different color techniques. You will notice that you are forgetting your worries, feeling more creative and relaxed. Coloring doesn't have a point. It is the point.

Crafty Crafters	Deshina Carruthers	2nd Thursday every month	2pm	Art Room
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For this class, we will be creating a craft project themed for February, March, and April. There will be a variety of techniques used in this class. Come ready to create!

Color Therapy	Emma Shultz	First & Last Thursday in May & June	10:30am	Art Room
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Experts agree that coloring is a great way to reduce stress in our everyday lives, by helping us focus on the present moment. Come to this class to relax and unwind as you exercise your creative juices as we color our way into calm.

Stained Glass Jars	Stephanie Ruedisale	Thursday, May 18th	2pm	Art Room
	Deshina Carruthers	Thursday, May 25th	2pm	Art Room

This will be a two class course. In the first class, we will use stimulated lead to create a design on the jar. In the second class, we will be using stained glass paint colors on the jar.

Fantastic Fans	Stephanie Ruedisale	Tuesday, May 23rd	1pm	Art Room
	Latrice Brown			

Create your own hand fan by using paint, glitter, markers and sequins.

Marbled Mugs	Tayvia Martin	Wednesday, May 31st	2pm	Art Room
	Kelli Howard			

This class will give you step-by-step instructions on how to make a beautiful marbled design on a coffee mug using warm water and nail polish. It's such an easy way to personalize your morning cup of cheer!

Availability: 8 people

Floral Glasses	Deshina Carruthers	Thursday, June 15th	2pm	Art Room
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In this class we will be taking ordinary wine glasses and decorating them with floral arrangements to give them an elegant look that you can add to your collection.

Availability: 8 people

COURSE	FACULTY	DAY AND TIME	LOCATION
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Watercolor Gold Resist Art Prints	Stephanie Ruedisale	Tuesday, June 20th	1pm	Art Room
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An easy art activity with outstanding results! Textured, white watercolor paper printed with positive quotes in a special metallic gold color resist coating. It's easy and fun to create beautiful, frame-worthy art by simply brushing watercolor paints over the surface of the sheet.

Paper Quilling	Stephanie Ruedisale	Tuesday, July 18th	1pm	Art Room
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Paper quilling is the art of coiling and shaping narrow paper strips to create a design. It is 3D art!

Yarn Letters	Deshina Carruthers	Thursday, July 20th	2pm	Art Room
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In this class we will decorate your initials with your favorite colored yarn to give your home a stylish pop of color. You must sign-up to attend this class, due to the purchase of specific letters for your initials.

Create-a-Tee	Khafida Abdul-Azeez	Wednesday, July 26th	2pm	Art Room
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In this class we will be able to use a variety of art supplies to make our own unique T-shirt.

Picture Frames	Stephanie Ruedisale Nicole Stewart	Tuesday, August 1st	1pm	Art Room
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In this class you will decorate a picture frame using a variety of art supplies. You will be able to design, paint, and add materials to make a one-of-a-kind picture frame.

Availability: 8 people

Colored Vases	Deshina Carruthers	Thursday, August 17th	2pm	Art Room
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In this class we will be decorating vases to bring color to your floral arrangements.

Availability: 8 people

Cocktails with Chef	Chef Austin	3rd Thursday of each month	3pm	Bistro
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Would you like to learn to mix a great martini? There will be a different cocktail recipe for you to sample each month. Learn a little trivia about what we put in our drinks and how some cocktails get their names and why.

Daiquiris w/ Desha!	Deshina Carruthers	1st Thursday of each month	3pm	Bistro
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You can have your daiquiris on the rocks or frozen, with sugar or salt, with alcohol or without, and enjoy a variety of flavors!

Tea Party	Maria Blaylock	Monday, June 12th	2pm	Small Dining Room
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In this class we will be exploring the cultural of tea parties and proper etiquette. We will enjoy each other's company as well as listen to music, sip tea, and nibble on crumpets. Please come join us for tea and don't forget to bring your favorite cup and saucer.

Wine Tasting	Marvetta Hoskin-Young Stephanie Ruedisale	Thursday, August 3rd	3:00pm	Bistro
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We will taste 3 kinds of white wine and 3 kinds of Red wine. We will discuss the information you should know before purchasing a bottle of wine and we will learn what kind of wine to drink with certain kinds of food.

COURSE	FACULTY	DAY AND TIME	LOCATION
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Super Foods	Cheryl Naftel	3rd Monday every month	2:30pm Private Dining Room
Learn about how super-foods can help to improve your health and wellness. Each session will feature a different super-food to learn about and sample.			

No Bake Cooking Class	Cassandra Davis	Wednesday, August 23rd	2pm	Art Room
We will make a delicious pie without using an oven!				
<u>Availability: 8 people</u>				

Chair Yoga	Betty Lane	Every Monday	10:30am	Theatre
Find balance, strength and harmony in the discipline of yoga. The movements and positions are adapted so that you can easily participate from a seated position.				

Couch Potato Exercise	Charlene Hughes	Every Wednesday	10am	Theatre
Come ready to work the full hour from your chair. This class helps you to build strength and stamina.				

Fitness Fun	Stephanie Ruedisale	Every Monday	4pm	Theatre
This exercise class will be 30 minutes. We will work on range of motion and endurance; while listening to upbeat music. This exercise class will increase your energy and uplift your mood.				

Nuts for Nutrition	Sales & Marketing	2nd Thursday every month	3:30pm	Bistro
We will meet and discuss healthy food, exercise options, and the impact they have on living a full life. Light refreshments will be served.				

Music Appreciation	Joe Tazelaar	Every Monday	6:45pm	Theatre
Our musical journey continues as we discover and rediscover the music of many of our favorite musicians and composers and the stories behind their work.				

20th Century Notables	Susan Nigoff	1st Saturday every month	10:45am	Bistro
Learn about some of the most famous and infamous personalities of the 20th century. Susan is rich with knowledge and she presents her talks accented with pictures, humor, music, and audience participation.				

Back to our Roots	Dotty Burgess	2nd & 4th Thursday every month	1pm	Inn 3rd Floor
Tenor, Soprano and Alto's; please come join us in Praise and Worship. During difficult times, slaves would break out in song to pass time and lift their spirits. Songs were sung to praise the Lord or to ask for guidance. What is your favorite hymn or gospel? Let's go back to our roots and sing to the Lord! "Make a joyful noise unto the Lord, all the earth; make a loud noise and rejoice, and rejoice, and sing praise." Psalms98:4				

Bible Trivia	Tawania Sears	Last Wednesday of each month	1:30pm	Theatre
You have read the Bible, from Adam and Eve to the Book of Revelation, and pondered its words, maybe even played some Bible games. How much do you really know when it comes to Bible trivia? Come join us and find out.				

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Lighthouse Evangel Tabernacle Bible Study	Rene' Garcia	Every Tuesday	1:30pm	Theatre
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Join Pastor Rene' for a lively discussion of Bible passages and close examination of the Scriptures. There will also be opportunities for testimony, songs and prayer. Everyone is welcome to attend.

Community Herb Garden	Maintenance Team	2nd Wednesday every month	10am	Art Room
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The maintenance department will build and plant an herb garden with the help from residents. You must attend the first class; in the first class we will be deciding on types of herbs and planting them in pots to start them off. Registration for this class is required, due to limited availability.

Availability: 8 residents

People & Plants Together	Richard Gleason	2nd Thursday every month	10:30am	Veranda
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Learn the benefits of Therapeutic Horticulture which includes physical activity, relaxation, creative expression and sensory stimulation. You will experience a sense of productivity, self-satisfaction and a spiritual connection.

Blood Pressure & Wellness Counseling	MBS	Tuesdays & Thursdays	9:30am-10:30am	Library
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A MBS staff member will be providing tips on living well and staying healthy and helping you to find answers to any health related questions you may have.

Health Topics	Assured Care	3rd Thursday every month	1:30pm	Bistro
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This is a Health class. There will be a discussion on specific health topics that relate to our daily lives.

Gone Fishing	James Moore	3rd Thursday every month	1pm	Art Room
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Learn what fish are in our lakes around Michigan, how to cast a line and even learn how to make your own lure. We will be going on a fishing trip at the end of the semester. You must attend all classes to be able to participate in the fishing trip on Thursday, August 17th. The first class is on Thursday, May 18th and we will be going to Outdoor World at Great Lakes Crossing; please meet in the Lobby at 9am to attend this outing.

Availability: 10 residents

Yahtzee	Stephanie Ruedisale	1st & 2nd Wednesday every month	11:00am	Bistro
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The unique combination of luck and strategy makes every game an exciting challenge. Yahtzee is the classic shake-and-score action that keeps the fun rolling.

The Poetry & Prose Of Maya Angelou	Emma Schultz	Wednesday, May 10th Wednesday, May 24th	4pm 4pm	Theater Theater
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Come and explore the work of one of writings' finest talents, Ms. Maya Angelou. In this class, we'll read a wide selection of her poetry, as well as some excerpts from her first autobiography, "I Know Why the Caged Bird Sings." After discussing her work, we'll take a look at the introspective documentary about Angelou's life called, "Still I Rise."

COURSE	FACULTY	DAY AND TIME	LOCATION
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History of Jazz	Emma Schultz	Wednesday, June 21st Wednesday, July 19th	4pm 4pm	Theater Theater
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Jazz is one of America's finest genres of music. And its history is just as fascinating as its sound. We'll start the class by exploring the early roots of jazz in New Orleans in the 1800's, all the way up through the 1930's and 1940's, when it helped our country get through a Great Depression and World War II. Following a discussion, as well as some trivia, we'll watch parts of the "Jazz" documentary series by Ken Burns, to get a more in-depth look at the world of jazz.

Word Detectives	Emma Schultz	2nd & 3rd Thursday in June & July	2pm	Library
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This class is for anyone who loves a good puzzle. From crosswords to word searches- we'll do them all, and have a lot of fun too!

Under the Sea	Emma Schultz	Wednesday, August 16th Wednesday, August 23rd	4pm 4pm	Theater Theater
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Have you ever wondered what beautiful creatures live under the sea? In their class, you'll be able to find out as we explore a wide variety of some of the most fascinating aquatic creatures. We'll discuss them all- from the octopus to the squid to the eel and the reef fish. We'll also test our knowledge about these creatures after each discussion, as well as watch parts of the fascinating documentary, "Oceans Alive," to get an up close and personal view of what we discuss.

Music Videos w/ Charlie	Charlie Holley	Every Wednesday	2:30pm	Theater
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Charlie has the best live music concerts on DVD. He will show music that has made it to the Top Ten Billboards in the 60's, 70's, 80's, and 90's.

History's Hero: Civil Rights	Emma Schultz	Wednesday, July 5th Wednesday, July 12th	4pm 4pm	Theater Theater
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During the month of July, when our country reflects on its independence and its values, we'll dive deep into the lives of some of history's greatest civil rights figures; from Fredrick Douglas to Martin Luther King Jr., Sojourner Truth and Jesse Jackson. We'll go over a wide span of history, from the late 19th century, all the way up to the present day. We'll watch excerpts of the documentary, "Eyes on the Prize," and discuss the progress we've made as a country, as well as the work we still need to do as a nation to become a true democracy.

Solve the Mystery	Stephanie Ruedisale	1st & 3rd Friday every month	4pm	Art Room
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Do you see yourself as a sharp-eyed private investigator, capable of thoroughly examining evidence, checking all the facts and coming to sound conclusion? If the answer is "yes," then this class of entertaining solve-it-yourself mini mysteries is just the class for you.

American Trivia	Stephanie Ruedisale	1st & 4th Thursday every month	3:30pm	Bistro
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Impress your friends (or stump them) with knowledge about all things American: geography, history, entertainment, people, culture, and quirky miscellany. These American trivia questions will fill up 30 minutes of fun as you learn fascinating facts about our country.



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AT FRANKLIN

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