

WU
WATERMARK UNIVERSITY

2017

Fall Semester
SEPTEMBER THROUGH DECEMBER

 **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.

Velvet Quilt	Stephanie Ruedisale Emma Schultz	3rd Monday every Month	11am	Art Room
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Learn about the history of quilting and the 9 patch quilt while working together to create a unique velvet quilt. We will color the 25 8" squares with markers, then string them together to create a beautiful wall hanging.

Watercolor Gold Resist Art Prints	Stephanie Ruedisale	Tuesday, September 5th	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.

Jewelry Making	Community Life Staff	Last Tuesday every month	10:30am	Art Room
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In this class we will be making beaded bracelets.

Vase Decorating	Stephanie Ruedisale Tamara Bennett	Tuesday, September 26th	1pm	Art Room
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You will be decorating your own bisque flower vase using metallic paint and permanent markers.

Paper Quilling	Stephanie Ruedisale	Tuesday, October 3rd	11am	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!

Marbled Mugs	Mable Yancy	Wednesday, October 18th	2pm	Art Room
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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

Bisque Pendant Necklaces	Stephanie Ruedisale	Tuesday, November 7th	1pm	Art Room
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Practice your ceramic painting skills with durable bisque pendants. There are four designs you can choose from.

Model Magic	Stephanie Ruedisale	Tuesday, November 21st	1pm	Art room
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Lightweight, soft and clean, Model Magic is easily molded into any form and can be air-dried. Model Magic makes creating 3-D projects and sculptures easier and more enjoyable.

Detailed Designs	Stephanie Ruedisale	Every Friday	4pm	Art Room
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Break out some colored pencils and find your favorite design! 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.

COURSE	FACULTY	DAY AND TIME	LOCATION
Clear Top-Fill Ornaments	Stephanie Ruedisale Latrice Brown DeLois Charleston Sophia Ephraim Vanessa Montgomery	Tuesday, December 5th	TBA on the December Calendars. Art Room Gardens Terrace Veranda Inn 2nd Floor
You can get creative your own personalized ornament. Swirl paint inside, add glue and glitter on the inside, or decorate the outside with glitter, sequins, gems, or stickers.			
Vintage Ceramic Bisque Plates	Stephanie Ruedisale Nicole Stewart	Tuesday, December 19th	11am Art Room
Re-create and learn about historical china patterns! Choose from three different patterns and learn the basics on how to create your own unique pattern based on one of them.			
Own October! (Baseball Playoffs)	Michael Schornak	Tuesday, October 10th	12pm Theater
With the MLB Playoffs starting, let's talk baseball and see who will be left in the pennant race!			
Tea Party	Maria Blaylock	Monday, November 13th	2pm Small Dining Room
In this class we will be exploring the culture 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.			
Decorating Desserts	Cassandra Davis	Wednesday, December 20th	11:30am Art Room
In this class we will be decorating Christmas cookies.			
Wine Tasting	Marvetta Hoskin-Young Stephanie Ruedisale	Thursday, November 30th	3:00pm Bistro
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.			
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.			
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.			
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.			
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.			

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Introduction to Meditation	Emma Schultz	First & Last Sunday in October	6pm	Theater
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Meditation is known for its many health benefits, most notably its ability to reduce stress and anxiety. Come to this class to learn just how meditation works, as well as how you can incorporate it into your everyday life.

Nuts for Nutrition	Sales & Marketing	2nd Thursday every month	3:30pm	Bistro
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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
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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
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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.

African-American Poetry	Emma Schultz	2nd & 3rd Thursday in September	2pm	Inn 3rd Floor
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In this class we'll read and discuss both well-known, and not so well-known works from poets like Langston Hughes, Rita Dove, Gwendolyn Brooks, as well as many others from both the 20th and 21st century. We'll discuss the meaning behind the messages of these poems, as well as the poets themselves. Everyone is welcomed!

History's Hero's: Madame C.J. Walker	Emma Schultz	Wednesday, October 18th	2pm	Inn 2nd Floor
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Madam C.J. Walker is widely known throughout history, not only for her innovative line of hair products, but also for being the first African-American self-made millionaire. Come and find out more about the woman behind the name, as well as her secret to success.

Touring the World	Stephanie Ruedisale	1st & 3rd Thursday every Month	12:30pm	Theater
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You will be learning about the people, places, and culture of Italy and France in September, England and Scotland in October, China and India in November, & Australia and New Zealand in December.

History's Hero's: Barack & Michelle Obama	Emma Schultz	Wednesday, September 27th	2pm	Inn 3rd Floor
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Barack and Michelle Obama are more than our country's former President and First Lady- they are icons of change, class, intelligence and style. Find out what they were like before they became famous, as well as what they are like behind the scenes. Discover more about this inspirational couple and how they balance life, work and politics.

COURSE	FACULTY	DAY AND TIME	LOCATION
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Back to our Roots	Dotty Burgess	2nd & 4th Thursday every month	1pm	Inn 3rd Floor
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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
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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.

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.

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.

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.

Armchair Travel	Emma Schultz	Last Thursday of every month	3pm	Theater
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How many times have you wished you could just hop on an airplane and go anywhere in the world that you'd like? Well, in this class we'll do just that by talking about some of the most famous places and spaces around this great world of ours. From the Leaning Tower of Pisa to the beaches of Havana, Cuba; we'll explore and discuss a wide variety of different locations. Please register for this class in advance, with a list of places you'd like to discover- thanks!

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Introduction to The Internet	Emma Schultz	1st & 3rd Thursday in November & December	10:30am	Library
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If you've been wondering what the whole internet craze is about, then this is the class for you! Learn how to search the web, set up your own e-mail account and shop online. This class is limited to two students per session... You must register in advance.

Celebrating the National Parks	Emma Schultz	Thursday, October 5th	2pm	Inn 3rd Floor
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One of our nation's greatest treasures is its National Parks. From the marsh lands to the mountains, the United States has one of the most naturally diverse landscapes. Here, we'll explore the likes of the Grand Canyon, Yellowstone, and the Smokey Mountains, as well as some less well-known parks like Crater Lake and Cuyahoga Valley. After a detailed discussion about each park, as well as some trivia; we'll get an inside peak into the beauty of these parks by watching detailed documentaries you won't want to miss.

Aromatherapy	Stephanie Ruedisale	1st Monday every Month	12pm	Theater
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The use of essential oils is becoming a modern day medical replacement for over the counter pain relievers, allergy medicines, and anxiety reducers. This class will explore some of the main essential oils and their uses.

The Secret Language Of Birthdays	Stephanie Ruedisale	2nd Monday every Month	12pm	Theater
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Based on psychology, history, numerology, tarot and astrology; one can gain in-depth knowledge about oneself and also about friends, and new-found acquaintances.

Fun with Words	Stephanie Ruedisale	Every Monday	10:15am	Bistro
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In this class you will do puzzles, word games, and many other related word games. This class will keep your mind active, which stimulates healthier brain function.

"How Full is Your Bucket" Angela Howard		4th Monday every Month	11:15am	Library
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In this class, Angela will read "How Full is your Bucket." The book reveals how even the briefest interactions affect your relationships, productivity, health, and longevity. Organized around a simple metaphor of a dipper and a bucket, this book will show you how to greatly increase the positive moments in your life, while reducing the negative. Filled with discoveries, powerful strategies, and engaging stories, "How Full is Your Bucket" is sure to inspire lasting changes and has all the makings of a timeless classic.



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