

WATERMARK UNIVERSITY

2018

Spring Semester
JANUARY THROUGH APRIL

PINEBROOK

 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,

Joy Frederick

Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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Asian Tea	Max Raphael	Wednesday, December 3rd • 1:00pm	McCormick Room
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After a brief introduction, we will drink multiple rounds of a rare, organic tea in silence. Each steaming bowl of tea imparts slightly different tastes and sensations, gently drawing you inward to your very own sense of peace and relaxation. The silence, and company we share—for this one time only—become just as nourishing as the tea itself! No prior experience of any kind is needed.

Bible Study	Hugh and Riona Smith	Second Sunday • 3:30pm	McCormick Room
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This Bible Study covers the lessons and teachings of Jesus. The class is focused on important facts that God wants us to know. Join together for an uplifting and inspiring semester.

Busy Hands	June Maggard	Thursday • 10:00am	Creative Corner
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Hats for babies, blankets for hospitalized children, and items for women living in shelters are just some of the things members of this philanthropic group create and donate. All are welcome to work on these and other projects to help those in need.

Ceramics Class	Ellie Alexander	TBD	Creative Corner
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Ellie and her sister Anna assist in creating ceramic art pieces that are decorative and utilitarian. Completed projects make thoughtful gifts or may become meaningful keepsakes. Ceramics are a forgiving medium that may easily lead to exploring ones artistic side.

Characters of the Bible	Mike Goerlich	Fourth Sunday of the Month	McCormick Room
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The story of the Bible is the story of characters like Job, Jonah, Peter and Thomas. Learn more about their story while learning more about the Bible.

Creative Design Class	Lori Lang	Twice a Month (Check Calendar)	Creative Corner
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Lori instructs a wide variety of different crafts which include jewelry making and seasonal decorative items. Check out the latest project a week in advance and sign-up to participate. The sign-up is located across from Creative Corner.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Cuisine Scene	Don Munro	3rd Monday • 3:15pm	All Purpose Room
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Curious to know what's happening in the Pinebrook kitchen? Bring your suggestions and questions and join Chef Don as he explains how menus are planned and executed.

Documentaries	Cathleen Mahaffey	Monday & Thursday • 3:30pm	Bijou Theater
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Lifelong learners who are curious about the world around them are welcomed to view selected documentaries. Two documentaries a week are shown, each are one hour or less. A short discussion follows so come prepared to expand your mind, discuss, disagree and enjoy.

Fitness with Monica	Monica Stamper	Mondays • 10:15am & Thursdays • 2:30pm	All Purpose Room
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Have fun and move to music through a variety of exercises designed to help maintain balance, gain muscle strength and increase range of movement for daily living. This class has been specifically created with seniors in mind. All fitness levels are welcome.

Food Fanatics Tasting	Don Munro	Monday, February 5th • 2:00pm	All Purpose Room
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U.S. Food presents this culinary tasting of some of their newest dishes, including deserts. Residents are asked for their valuable feedback on each sampling. Learn what's new in the food industry.

Guided Meditation	Joy Frederick	Tuesdays & Fridays • 11:00am	All Purpose Room
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Some view meditation as a purely spiritual practice. Others believe meditation is a mental exercise that only benefits the mind. Actually, research shows that what we think affects our emotions and our emotions affect our physical bodies. Meditation is a simple and accessible practice that anyone can enjoy. Meditation has been shown to promote deep relaxation and ease physical pain. Joy instructs meditation for the first time participant and for the experienced.

COURSES	FACULTY	DAY AND TIME	LOCATION
Historical Figures	Diane Shields	3rd Thursday • 6:30pm (Unless Otherwise Noted)	All Purpose Room

Diane Shields is an American History Moderator for the University of Cincinnati's Lifelong Learning Institute. Listed below are the discussion topics for each month this quarter.

January: **Alexander Hamilton** became General George Washington's assistant. In 1788, he convinced New Yorkers to agree to ratify the U.S Constitution. He then served as the nation's first secretary of the treasury, from 1789 to 1795. On July 12, 1804, in New York City, Hamilton died of a gunshot wound that he sustained during a duel with Aaron Burr.

February: **Franklin D. Roosevelt** was born on in 1882 and died in 1945. He was the 32nd American president who led the United States through the Great Depression and World War II, greatly expanding the powers of the federal government through a series of programs and reforms known as the New Deal.

March: **Julius Caesar** was a Roman general and statesman who turned the Roman Republic into the powerful Roman Empire. A coup ended his reign, and his life, on the Ides of March.

April: **Benedict Arnold** was an American Revolutionary War general best known for his defection from the Continental Army to the British side of the conflict in 1780.

Hooks and Needles	Annabelle Baker	Fridays • 3:30pm	Creative Corner
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Residents and guests knit and crochet hats and squares for blankets for those in need. If you want to help but don't know how to knit or crochet, lessons are freely given.

Let's Talk Genealogy	Arlene Day	TBD	McCormick Room
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Have you ever wanted to learn more about your ancestors but don't know where to start? Arlene has researched her family back to the 1700's and will share how she did it. Opportunity will be provided for participants to share family histories.

Margaretville	Don Munro & Cathleen Mahaffey	TBD	McCormick Room
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Learn how tequila is made and what ingredients are used to make a margarita. Cathleen will share history of the margarita and how present day tequila is produced. Participants will taste margaritas made with various fruits crafted by Pinebrook's Chef Don.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Nuclear Deterrence	Dennis Curley	Wednesday, January 17th • 3:15pm	McCormick Room
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Through his video presentation, our Executive Director, Dennis Curley, will give you an inside look at one of our U.S. Navy Nuclear Ballistic Missile Submarines. Dennis served in the U.S. Navy in the Naval Nuclear Submarine Program.

Painting with Watercolors Instruction	Lori Lang	1st and 3rd Friday • 1:00pm	Creative Corner
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Participants view a completed painting. Lori provides instruction on how to complete their masterpiece. Her instructions are easy to follow even for those who have never painted before. One of Lori's greatest pleasures is seeing the joy in the faces of those who paint a picture that they never thought they could.

Seasonal Floral Creations	Lori Lang	Monthly (Check Calendar)	Creative Corner
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Arrange your own little vase of seasonal flowers. Your arrangement with brighten up your home. Lori teaches basic flower arranging techniques.

The Reader's Journey	Kim Molloy	First Tuesday • 3:30pm	Creative Corner
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After reading a selected book, members share their opinions and insights. Books can pull you out of your world, allowing you to escape into a whole new world. Kim provides readers a chance to exchange and challenge ideas on each book members read.

The Splinter Wood Carving Group	John Brackett	Tuesdays • 7:00pm	Creative Corner
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Join Pinebrook resident John Brackett and friends to create artworks carved from wood. Learn basic wood-carving techniques. This class is open to all who are interested in wood carving.

TED Talks	Joy Frederick	Wednesdays • 3:30pm	Bijou Theater
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Technology, Entertainment and Design, better known as **TED**, is a global set of short conference videos run by a private nonprofit organization. Their slogan is "Ideas Worth Spreading". After viewing the talk, residents share their thoughts. This class strives to help residents stay informed about our ever-changing world.

COURSES	FACULTY	DAY AND TIME	LOCATION
Valentine's Day Candy Making	Alaina Kelly	TBD	Creative Corner

Learn how to create candy treats for your loved ones on Valentines Day. Alaina will guide you through the candy making process.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Alaina Kelly

Valentine Candy

Alaina is our Director of Nursing. Alaina earned her B.A. in Nursing from the University of Cincinnati and has experience working with adults with disabilities and with seniors. Alaina has over twenty years experience working in senior living.

Annabelle Baker

Hooks and Needles

Annabelle is a Pinebrook resident known for her artistic abilities. She is the backbone of this class. She enjoys working with others in creating beautiful yarn works. Annabelle is a gifted and patient instructor.

Arlene Day

Genealogy

Arlene's love of history sparked her interest in genealogy. When she learned she had an ancestor who served in the Civil War, she began to research her family history. Arlene was President of the local chapter of The Daughter's of Union Veterans and is a member of the Daughter's of the American Revolution.

Cathleen Mahaffey

Documentaries

Cathleen is a native of Cincinnati. She is Pinebrook's Community Life Assistant. She received her B.A. in Public Relations from Eastern Kentucky University. While attending ECU, Cathleen studied Cinema History. Cathleen selects and shows documentary films and then leads a discussion with residents.

Diane Shields

American History

Diane is an American History Moderator for the University of Cincinnati's Lifelong Learning Institute. She is an educator at heart and a genuine student of all history. Diane holds a B.S. degree in Education from the University of Cincinnati (Magna Cum Laude), followed by studies in History at the University of South Florida. She taught American History, European History and American Government to high school students in Ohio and Florida.

Dennis Curley

Nuclear Deterrence

Dennis graduated from Rutgers University and received a degree in Business. He enlisted in the U.S. Navy and was accepted into the Naval Nuclear Submarine Program. After the Navy, Dennis worked in the Hospitality Industry for over twenty years. He has over fifteen years experience in the Senior Housing Industry and is currently Pinebrook's Executive Director.

NAME OF INSTRUCTOR

CLASS NAME

Don Munro**Cuisine Scene**

Chef Don is a native of Cincinnati. Don attended Bowling Green University and the Culinary Institute of America. Before coming to Pinebrook, he worked as Sous Chef at Hyde Park Country Club in Cincinnati. Don is currently the Culinary Director at Pinebrook.

Ellie Alexander**Ceramics**

Ellie's love of ceramics started nearly forty years ago, when her mother began creating ceramic works. Now, she and her sister enjoy making items for themselves and for others. Together they share their passion and instruct students on creating ceramics they can be proud of.

John Brackett**Woodcarving**

Shortly after moving to Pinebrook, John joined the Woodcarving Class. He uses his artistic talents to create works of art out of blocks of wood. He shares what he has learned with other students.

Joy Frederick**Yoga and Meditation**

Joy is Pinebrook's Community Life Director. She has a special interest in programs benefiting mind, body and spirit. Having learned the benefits of Yoga and Meditation, and becoming a Yoga Instructor, Joy shares her expertise with residents. "There are many types of Yoga. Yoga doesn't have to be difficult. It can be restorative and gentle. Yoga and Meditation are effective tools to reduce stress and anxiety, manage physical pain, and are beneficial for deep relaxation".

June Maggard**Busy Hands**

June worked as Deputy Clerk at the Preble County Treasurer's Office and at a flower shop. In 1999 she opened her own flower shop called "Flowers by June". She created beautiful flower arrangements for many weddings.

Lori Lang**Painting, Crafting and Floral Design**

Lori's mother said even as a small child, Lori was always creating something. Lori graduated from Cincinnati State where she studied Civil Engineering. After working for years in Information Technology and Drafting, she retired and started her own business. Now Lori uses her creative talents to instruct residents in various art projects. She travels to several local retirement communities.

NAME OF INSTRUCTOR

CLASS NAME

Kim Molloy**The Reader's Journey**

Kim has worked as a Librarian for the Cincinnati Public Library where she lead several book clubs. Kim is retired and an avid reader.

Max Raphael**Asian Tea Experience**

For nearly two years, Max lived in Taiwan, learning and practicing tea ceremony at the Tea Sage Hut, a meditation and tea center. With a humble heart, he shares a simple yet profoundly peaceful tea experience that brings about a genuine sense of connection with oneself, others, and nature.

Mike Goerlich**Characters of the Bible**

Mike received an Associate's degree in Information Systems Administration from I.T.T in Cincinnati, his B.S. Degree in culinary Arts from Johnson & Wales and his Master's Degree in theology from Southern Baptist Theological Seminary. Mike is an Ordained Independent Baptist Minister.

Monica Stamper**Fitness**

Monica is a Certified Personal Trainer who helps seniors improve their health and fitness through exercise. She leads participants in a variety of exercises designed to increase muscle strength and range of movement for daily living. No matter what your level of fitness is, you are most welcome to attend!

Riona and Hugh Smith**Bible Study**

Hugh and Riona married in Scotland and then in 1967, immigrated to New York City. Hugh received his PhD in Chemistry from the University of Glasgow, Scotland. From 1972 to 1988, Hugh was a licensed Minister at Northern Hills Bible Church in Cincinnati. He was later the District Chairman of the Evangelical Free Church of America.

Riona gained her degree in Dietetics from Queen's College in Scotland. For sixteen years she was the Director of Assimilation at Faith Church in Milford. Riona has led many women's Bible Studies and has years of experience in Women's Christian leadership.

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INDEPENDENT LIVING • ASSISTED LIVING

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