

WATERMARK UNIVERSITY
WU

2019

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
---------	---------	--------------	----------

Bible Study	Hugh and Riona Smith	Second Sunday • 3:30pm	McCormick Room
--------------------	-----------------------------	-------------------------------	-----------------------

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	Thursdays • 10:00am	Creative Corner
-------------------	---------------------	----------------------------	------------------------

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.

Characters of the Bible	Mike Goerlich	Fourth Sunday of the Month • 3:30pm	McCormick Room
--------------------------------	----------------------	--	-----------------------

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
------------------------------	------------------	---------------------------------------	------------------------

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.

Documentaries	Cathleen Mahaffey	Mondays & Thursdays • 3:30pm	Bijou Theater
----------------------	--------------------------	---	----------------------

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 and Cafe on Two
----------------------------	-----------------------	---	---

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.

COURSES	FACULTY	DAY AND TIME	LOCATION
Get Up and Go	Shelly Troll	TBD •	McCormick Room

Shelly shares some of her favorite travel locations. Many are one day trips. She instructs participants in what is needed to take with them, how to research locations and make reservations.

Guided Meditation	Joy Frederick	Tuesdays & Fridays • 11:00am	All Purpose Room
--------------------------	----------------------	---	-------------------------

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.

Heartfelt Greeting Cards	Kathy Bird	TBD •	Cafe on Two
---------------------------------	-------------------	--------------	--------------------

Who doesn't enjoy receiving a birthday or holiday card from a loved one? Kathy guides participants through the handmade greeting card process. These creations are just as practical as they are sentimental.

COURSES	FACULTY	DAY AND TIME	LOCATION
Historical Figures	Diane Shields	3rd Wednesday • 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 -- In 1950, the **Korean War** began. Soldiers from the North Korean People's Army crossed the boundary between the Soviet-backed Democratic People's Republic of Korea to the north and the pro-Western Republic of Korea to the south. This invasion was the first military action of the Cold War.

February -- **Benjamin Franklin in France** Franklin's goal was to maintain good relationships with the French government in order to keep their support in the war against Britain. Without the French financial and military aid America could not have succeeded in its war for independence.

March -- **Napoleon's Death** Accusations of foul play have swirled around Napoleon Bonaparte's death for nearly two hundred years. The original autopsy findings, said the French emperor had succumbed to stomach cancer. Now a comprehensive medical study says evidence for the original diagnosis—and not poisoning—is overwhelming.

April -- **Charles Lindbergh** Lindbergh was an American aviator and one of the best-known figures in aeronautical history. He is famous for making the first nonstop solo flight across the Atlantic Ocean, from New York City to Paris, in 1927.

Hooks and Needles	Annabelle Baker	Fridays • 3:30pm	Creative Corner
-------------------	-----------------	------------------	-----------------

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.

Menu Review	Don Munro	Mondays • 3:15pm	All Purpose Room
-------------	-----------	------------------	------------------

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.

Painting with Watercolors Instruction	Lori Lang	1st and 3rd Fridays • 1:00pm	Creative Corner
---------------------------------------	-----------	------------------------------	-----------------

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.

COURSES	FACULTY	DAY AND TIME	LOCATION
Seasonal Floral Creations	Lori Lang	Monthly (Check Calendar)	Creative Corner
<p>Arrange your own little vase of seasonal flowers. Your arrangement will brighten up your home. Lori teaches basic flower arranging techniques.</p>			
The Reader's Journey	Joy Frederick	First Tuesday • 3:30pm	Creative Corner
<p>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. Readers exchange and challenge ideas.</p>			
The Splinter Wood Carving Group	John Brackett	Tuesdays • 7:00pm	Creative Corner
<p>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.</p>			
TED Talks	Joy Frederick	Wednesdays • 3:30pm	Bijou Theater
<p>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.</p>			
Valentine Craft Class	Kathy Bird	TBD •	Cafe on Two
<p>Kathy's enthusiasm for crafting is often contagious. She leads residents in creating decorative art projects that are cherished as keepsake or given as thoughtful handmade gifts to loved ones.</p>			
Yoga (chair)	Joy Frederick	Tuesday & Friday 11:00am	All Purpose Room
<p>Practicing Yoga allows the mind to harmonize with the body, increasing flexibility and balance. Join this beginner's approach to Yoga and reap its many benefits.</p>			

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

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.

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.

Don Munro

Menu Review

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.

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".

NAME OF INSTRUCTOR

CLASS NAME

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.

Kathy Bird

Heartfelt Greeting Cards and Crafts

Kathy is a State Tested Nursing Assistant with more than twenty years experience helping seniors. She has worked as a volunteer and is currently employed at Pinebrook. Kathy attended the Dayton Art Institute and studied Graphic Arts. She instructed classes in creating yarn works at Southern Hills Vocational School in their Special Interest Adult Education program. She also taught at the Milford Civic Center.

Lori Lang

Paint, Craft and Floral Design

According to Lori's mother, as a small child, Lori was always creating something. Lori graduated from Cincinnati State where she studied Civil Engineering. After working for many 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 and teaches at several area retirement communities.

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!

Shelly Troll

Get Up and Go

Shelly moved to Milford in 1978. She is married and all four of her children attended Milford Schools. Shelly began her time at Pinebrook as a Receptionist and is now a Community Life Assistant. She received her B.S. in Human Resources from Northern Kentucky University. She loves to "get up and go".

NAME OF INSTRUCTOR

CLASS NAME

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.

PINEBROOK

 A WATERMARK RETIREMENT COMMUNITY

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

5877 Pleasant Hill Road • Milford, OH 45150 • 1-513-831-5222 • www.watermarkcommunities.com