

WU
WATERMARK UNIVERSITY

2020

Spring Semester
JANUARY THROUGH APRIL

 THE WATERMARK
BY THE BAY



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,

Tracy Chandler

Community Life Director

January 2020

COURSES	FACULTY	DAY AND TIME	LOCATION
Women of Words	Linda Manoogian	Sundays in January • 10:00am & 11:00am	2nd Floor Activity Room & 3rd Floor Activity Room

Women's literature has often been defined by publishers as a category of writing done by women. Though obviously this is true, many scholars find such a definition reductive. The onus of women's literature, then, is to categorize and create an area of study for a group of people marginalized by history and to explore through their writing their lives as they were while occupying such a unique sociopolitical space within their culture. Join Linda as she shares some of her favorite female authors past and present.

Archaeology to Robots	Linda Manoogian	Sundays in January • 4:00pm	3rd Floor Activity Room
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Get the latest developments about space, the environment, animal behavior, the brain, genetics, archaeology, robots and so much more. Join us as we uncover the fascinating advances and possibilities in the science world today!

Pioneers! O Pioneers!	Tracy Chandler	Tuesdays in January • 2:00pm	3rd Floor Movie Room
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In this lecture series, Tracy will explore the pioneering spirit of..... Pioneers! We'll take a look at Western Expansion, The Santa Fe Trail, The Oregon Trail and Settling the West. Art studies to accompany will include In the Fields with Rosa Bonheur, The Art of Santa Fe, The Best of the West and Native American Art. Plenty of points to ponder along the way including Trail of Tears, The Treaty of Guadalupe Hidalgo, Battle of the Little Bighorn, The Pony Express and Walt Whitman. Don't miss out!

Game Night	Susan Donaldson	Wednesdays in January • 6:30pm	3rd Floor Movie Room
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Join us for Game Night! While the fun we get from board games is plenty of reason to make it a regular pastime, we think there are significant benefits that board games provide—especially for seniors! From cognitive and social benefits to physical health, games can Help Memory, Reduces Stress, Builds Immunity and Increases Dexterity. Plus, it's fun! Let the games begin! Refreshments will served.

January 2020

COURSES	FACULTY	DAY AND TIME	LOCATION
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Team Teasers	Rebecca Maldonado	Thursdays in January • 11am	3rd Floor Movie Room
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Current scientific research is proving that lifelong learning is an important factor in keeping an older person's mind active and agile. Experts believe that active learning helps maintain brain health by preventing loss of cognitive skills such as memory, reasoning, and judgment. Game play can serve a critical role in maintaining, even improving, brain power in older adults. Rebecca brings a fun and light "competitive" nature to this invigorating activity for healthy brain "work".

Music Appreciation: Women of Jazz	Tracy Chandler	Saturdays in January • 1:30pm & 2:30pm	3rd Floor Movie Room & 2nd Floor Activity Room
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Women have been involved with jazz since its inception, but all too often their achievements are not as well-known or "trumpeted" as those of their male counterparts. Of course we have Billie, Ella, and Sarah, but there are so many more -- singers, instrumentalists and composers -- that have made a worthy pantheon. Let's learn, listen and celebrate what some of these women have accomplished.

Public Health 101: A Discussion About Various Public Health Issues, Past and Present	Eliza Lo Chin, MD MPH	Wednesday January 8 • 2:00pm	3rd Floor Movie Room
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Join Eliza Lo Chin, MD, MPH, Executive Director of the American Medical Women's Association and Watermark by the Bay's Medical Director for a discussion of various public health issues, past and present, Learn about current initiatives underway to improve the health of all Americans.

Dance Class with Jaz and Jonai	Jazlyn Lee and Jonai Davis- Hendricks	Friday January 10 • 2:00	2nd Floor Activity Room
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Jaz, our fabulous Head Housekeeper and Jonai, our fabulous Concierge, want you to join in the celebration of the New Year with them. What better way to celebrate then to dance?! Jaz and Jonai will "walk" you through some basic dance moves (standing or sitting) - you'll put them all together and next thing you know, you'll be dancing to the music with J&J. No experience necessary. 2020, Here We Come!

January 2020

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Exploring the Mysteries
of God**

Glenda Casey

**Sunday
January 14 • 11:00am**

2nd Floor Activity Room

While Glenda loves the work she does in our community, her passion is reading and understanding the bible and she believes caring for others and sharing the Good Book is the reason she was placed on this earth. Come and join Glenda and leads us through a series of "Let's Look at the Prophets."

**Culture Tour:
Mexico**

Rebecca Maldonado

**Thursday
January 24 • 2:00pm**

3rd Floor Activity Room

Working from her Grandmother's (Abuela's) book of family recipes, Rebecca will prepare and share a dish, rich with tradition. Rebecca will also share some Mexican cultural history as well as teach us about some of the ingredients and techniques unique to her cooking style. You won't want to miss this class!

**Writer's Workshop:
Acrostic Poetry**

Jazlyn Lee

**Friday
January 31 • 2:00pm**

3rd Floor Activity Room

An acrostic poem is a poem where certain letters in each line spell out a word or phrase. Typically, the first letters of each line are used to spell the message, but they can appear anywhere. A poem where the first letter of each line and the last letter of each line spell out words is called a double acrostic! Today, Jaz wants to honor our writers (that's you) as we create an acrostic poem all about YOU!

February 2020

COURSES	FACULTY	DAY AND TIME	LOCATION
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Women of Words

Linda Manoogian

**Sundays
in February • 10:00am &
11:00am**

**2nd Floor Activity Room
& 3rd Floor Activity
Room**

Women's literature has often been defined by publishers as a category of writing done by women. Though obviously this is true, many scholars find such a definition reductive. The onus of women's literature, then, is to categorize and create an area of study for a group of people marginalized by history and to explore through their writing their lives as they were while occupying such a unique sociopolitical space within their culture. Join Linda as she shares some of her favorite female authors past and present.

February 2020

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Archaeology to Robots	Linda Manoogian	Tuesdays in February • 11:00am	3rd Floor Activity Room
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Get the latest developments about space, the environment, animal behavior, the brain, genetics, archaeology, robots and so much more. Join us as we uncover the fascinating advances and possibilities in the science world today!

Black History Month Studies	Tracy Chandler	Tuesdays in February • 2:00pm & 3:00pm	3rd Floor Activity Room & 2nd Floor Activity Room
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We'll be celebrating Black History all month long! Join us as we explore the many important African American figures who contributed to every aspect of American life, including Science, Visual Art, Politics, Music, Education, Literature and so much more! A trip to the African American Library and Museum will be included along with this series. See you all there!

Game Night	Susan Donaldson	Wednesdays in February • 6:30pm	3rd Floor Movie Room
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Join us for Game Night! While the fun we get from board games is plenty of reason to make it a regular pastime, we think there are significant benefits that board games provide—especially for seniors! From cognitive and social benefits to physical health, games can Help Memory, Reduces Stress, Builds Immunity and Increases Dexterity. Plus, it's fun! Let the games begin! Refreshments will served.

Team Teasers	Rebecca Maldonado	Thursdays in February • 11am	3rd Floor Movie Room
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Current scientific research is proving that lifelong learning is an important factor in keeping an older person's mind active and agile. Experts believe that active learning helps maintain brain health by preventing loss of cognitive skills such as memory, reasoning, and judgment. Game play can serve a critical role in maintaining, even improving, brain power in older adults. Rebecca brings a fun and light "competitive" nature to this invigorating activity for healthy brain "work".

February 2020

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Culture Tour: Ethiopia	Negesech Yedego	Tuesday February 4 • 11:00am	3rd Floor Activity Room
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Negesech, one of our outstanding care partners will present an Ethiopian Coffee Ceremony (well, an abbreviated one as they can take up to 4 hours!) The hostess of an Ethiopian coffee ceremony begins by roasting the coffee beans, creating aromatic smoke. The Ethiopian coffee ceremony is much more than sipping a good cup of joe. It's an important cultural ritual that's been passed from generation to generation in the country believed to be the birthplace of coffee.

Berkeley Repertory Theatre: "White Noise"	Beth Cohen	Tuesday February 8 • 11am	3rd Floor Movie Room
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Join docent Beth Cohen as she tells us about Berkeley Repertory's production of "White Noise" and will cover the play/playwright/director/history pertaining to the play/set design/characters. Over 5.5 million people have enjoyed nearly 500 shows at Berkeley Rep, which have gone on to win five Tony Awards, seven Obie Awards, nine Drama Desk Awards, one Grammy Award, and many other honors.

Exploring The Mysteries of God	Glenda Casey	Sunday February 9 • 11:00am	2nd Floor Activity Room
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While Glenda loves the work she does in our community, her passion is reading and understanding the bible and she believes caring for others and sharing the Good Book is the reason she was placed on this earth. Come and join Glenda and leads us through a series of "Let's Look at the Prophets."

Virtual Reality Tour	Rebecca Maldonado	Monday February 10 • 11:00am & 2:00pm	3rd Floor Movie Room & 2nd Floor Activity Room
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Everything that we know about our reality comes by way of our senses. In other words, our entire experience of reality is simply a combination of sensory information and our brains sense-making mechanisms for that information. It stands to reason then, that if you can present your senses with made-up information, your perception of reality would also change in response to it. You would be presented with a version of reality that isn't really there, but from your perspective it would be perceived as real. Something we would refer to as a *virtual reality*. Virtual Reality (VR) is the use of computer technology to create a simulated environment. **You've got to try this! This activity is a lot of fun!**

February 2020

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Make-Up Tutorials and Make-Overs

Academia Vivas Latinas

**Tuesday
February 11 • 1:30pm**

3rd Floor Activity Room

We are most definitely going to have fun today while we get ready for Valentine's Day with make-up tutorials and make-overs! What better way to celebrate yourself with some much-deserved pampering and attention? Academia Vivas Latinas, a premier cosmetology institution has graciously agreed to close-up their Oakland campus and open a "pop-up make-up shop" here with us! Be prepared to look fierce and fabulous! Refreshments will be served. Everyone Welcome!

Champagne and Chocolate Tasting

Cheryl Martin and Katherine Foos

**Friday
February 14 • 3:30pm**

3rd Floor Activity Room

" I know Valentine's Day isn't a holiday, but it's my FAVORITE holiday!" To accompany our "Speed Dating" for Love and Friendship event. Executive Director Cheryl Martin and A.L. Care Director Katherine Foos, will present a luscious Champagne and Sparkling Wine pairing with various types chocolates for a fun, informative and indulgent way to spend Cupid's favorite day!

**Brilliant Biographies:
Your Story**

Barbara Egelhoff

**Saturday
February 15 • 2:00pm**

2nd Floor Activity Room

This is a valuable opportunity to have help from biographer, Barbara Egelhoff in creating a lasting story of your life through photographs and interviews in a digital media that will be a lasting legacy for you and your loved ones! Barbara will present an example and can sign-up attendees immediately. Invite your friends and family! Refreshments will be served.

From Sandwich to Fall of the Hawaiian Monarchy

Laura Wolterstorff

**Friday
February 28 • 2:00pm**

3rd Floor Movie Room

Laura explores the fascinating history of Hawaii in the era of The Earl of Sandwich, who financed Captain Cook's voyage to the islands where he met his untimely death. Come hear about how the queen of Hawaii was imprisoned in her own palace while the U.S. Military helped overthrow the Hawaiian monarchy to serve the interests of American businessmen.

March 2020

COURSES	FACULTY	DAY AND TIME	LOCATION
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Women of Words	Linda Manoogian	Sundays in March • 10:00am & 11:00am	2nd Floor Activity Room & 3rd Floor Activity Room
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Women's literature has often been defined by publishers as a category of writing done by women. Though obviously this is true, many scholars find such a definition reductive. The onus of women's literature, then, is to categorize and create an area of study for a group of people marginalized by history and to explore through their writing their lives as they were while occupying such a unique sociopolitical space within their culture. Join Linda as she shares some of her favorite female authors past and present.

Archaeology to Robots	Linda Manoogian	Sundays in March • 11:00am	3rd Floor Activity Room
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Get the latest developments about space, the environment, animal behavior, the brain, genetics, archaeology, robots and so much more. Join us as we uncover the fascinating advances and possibilities in the science world today!

Imagination Vacations: US States National Parks	Tracy Chandler	Tuesdays in March • 2:00pm	3rd Floor Movie Room
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We're going to talk about US National Parks! Subjects include The National Park System, Parks of the Pacific West, Parks of the Midwest and Parks of the East. Art studies include The Art of Howard Russel Butler, The Photography of Ansel Adams, Tourism Posters, The Art of Thomas Moran and plenty of photographs to enjoy! Points to ponder along the way include The Mather Mountain Party, The Grizzly Bears of Yellowstone, Big Bend National Park, Maine Blueberries and more!

Game Night	Susan Donaldson	Wednesdays in March • 6:30pm	3rd Floor Movie Room
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Join us for Game Night! While the fun we get from board games is plenty of reason to make it a regular pastime, we think there are significant benefits that board games provide—especially for seniors! From cognitive and social benefits to physical health, games can Help Memory, Reduces Stress, Builds Immunity and Increases Dexterity. Plus, it's fun! Let the games begin! Refreshments will served.

March 2020

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Team Teasers	Rebecca Maldonado	Thursdays in March • 11am	3rd Floor Movie Room
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Current scientific research is proving that lifelong learning is an important factor in keeping an older person's mind active and agile. Experts believe that active learning helps maintain brain health by preventing loss of cognitive skills such as memory, reasoning, and judgment. Game play can serve a critical role in maintaining, even improving, brain power in older adults. Rebecca brings a fun and light "competitive" nature to this invigorating activity for healthy brain "work"

Women Who Shaped America	Tracy Chandler	Saturdays in March • 1:30pm	3rd Floor Movie Room
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This is a wonderful series of lectures on the Women Who Shaped America, which includes Movers and Shakers in Politics and Social Justice, Trailblazers in Arts and Entertainment, Pushing the Limits of Science and Technology, Pioneers of Business and Media. Art studies include The Art of Mary Cassat, The Art of Fidelia Bridges, Landscape Artists and Abstract Expressionists. Plenty of points to ponder along the way including Women in Sports, Title IX, Great Women of Track and Field, Great Women of Swimming and Golf, Great Women of Tennis and much, much more! Everyone welcome!

Virtual Reality Tour	Rebecca Maldonado	Monday March 9 • 11:00am & 2:00pm	3rd Floor Movie Room & 2nd Floor Activity Room
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Everything that we know about our reality comes by way of our senses. In other words, our entire experience of reality is simply a combination of sensory information and our brains sense-making mechanisms for that information. It stands to reason then, that if you can present your senses with made-up information, your perception of reality would also change in response to it. You would be presented with a version of reality that isn't really there, but from your perspective it would be perceived as real. Something we would refer to as a *virtual reality*. Virtual Reality (VR) is the use of computer technology to create a simulated environment. **You've got to try this! This activity is a lot of fun!**

Berkeley Repertory Theatre: "Culture Clash"	Beth Cohen	Tuesday March 10 • 11:00am	3rd Floor Movie Room
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Join docent Beth Cohen as she tells us about Berkeley Repertory's production of "Culture Clash" and will cover the play/playwright/director/history pertaining to the play/set design/characters. Over 5.5 million people have enjoyed nearly 500 shows at Berkeley Rep, which have gone on to win five Tony Awards, seven Obie Awards, nine Drama Desk Awards, one Grammy Award, and many other honors.

March 2020

COURSES	FACULTY	DAY AND TIME	LOCATION
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Very Superstitious	Tracy Chandler	Friday March 13 • 1:30pm	3rd Floor Movie Room
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**" ...Very superstitious, Writing's on the wall, Very superstitious, Ladders bout' to fall
Thirteen month old baby, Broke the lookin' glass, Seven years of bad luck, The good things in your
past...." ~ Stevie Wonder**

Are you superstitious? Today, we'll try not to "jinx" ourselves but we will explore the history of Friday the 13th and look into questions such as "Why are there no 13th floors in buildings?" Why is there fear around Friday the 13th? Why is the 13th unlucky? We'll talk about all this and more. Don't be spooked, join us!

Exploring The Mysteries of God	Glenda Casey	Sunday March 15 • 11:00am	2nd Floor Activity Room
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While Glenda loves the work she does in our community, her passion is reading and understanding the bible and she believes caring for others and sharing the Good Book is the reason she was placed on this earth. Come and join Glenda and leads us through a series of "Let's Look at the Prophets."

Cooking Club with Linda	Linda Manoogian	Monday March 16 • 2:00pm	3rd Floor Activity Room
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"I have made a lot of mistakes falling in love, and regretted most of them, but never the potatoes that went with them." -Nora Ephron

Everyone needs to eat, sure, and oftentimes there's no time to think about more than what tastes good. But food can be so much more than that. It can tell a story or express a feeling or describe a person and the best part about cooking is being able to share it with others. Linda is pleased and proud to share a special dish inspired by who? You! (and maybe Nora Ephron...)

Culture Tour: Philippines Cookoff Challenge!	JoJo Ferrer & Joey Fernandez	Thursday March 26 • 2:00pm	Connections Café
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The culture of the Philippines comprises a blend of traditional Filipino and Spanish Catholic traditions, with influences from America and other parts of Asia. The Filipinos are family oriented and often religious with an appreciation for art, fashion, music and food. Today, JoJo and Joey will face-off in a cook-off challenge, featuring their favorite family recipes. Be expected to participate and join in on the fun and flavors in this hands-on Cooking class experience! Everyone will win today!

April 2020

COURSES	FACULTY	DAY AND TIME	LOCATION
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Women of Words	Linda Manoogian	Sundays in April • 10:00am & 11:00am	2nd Floor Activity Room & 3rd Floor Activity Room
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Women's literature has often been defined by publishers as a category of writing done by women. Though obviously this is true, many scholars find such a definition reductive. The onus of women's literature, then, is to categorize and create an area of study for a group of people marginalized by history and to explore through their writing their lives as they were while occupying such a unique sociopolitical space within their culture. Join Linda as she shares some of her favorite female authors past and present.

Archaeology to Robots	Linda Manoogian	Sundays in April • 11:00am	3rd Floor Activity Room
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Get the latest developments about space, the environment, animal behavior, the brain, genetics, archaeology, robots and so much more. Join us as we uncover the fascinating advances and possibilities in the science world today!

The Story of Man's Best Friend	Rebecca Maldonado	Tuesdays in April • 2:00pm & 3:00pm	3rd Floor Movie Room & 2nd Floor Activity Room
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Dogs have played an important role in the history of mankind and we'll be studying History of Dogs, Popular Breeds, Dogs at Work and Canine Heros. The art study to accompany this series will include The Art of Norman Rockwell, Dogs in Fine Art, Artists and Their Dogs and Dogs in French Impressionism. Plenty of points to ponder along the way including Westminster Dog Show, Favorite Breeds Around the World, Presidential Pooches and What is a Puppy Mill? We will be visiting dog shelters in the Bay Area as well.

Game Night	Susan Donaldson	Wednesdays in April • 6:30pm	3rd Floor Movie Room
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Join us for Game Night! While the fun we get from board games is plenty of reason to make it a regular pastime, we think there are significant benefits that board games provide—especially for seniors! From cognitive and social benefits to physical health, games can **Help Memory, Reduces Stress, Builds Immunity and Increases Dexterity. Plus, it's fun! Let the games begin!** Refreshments will served.

April 2020

COURSES	FACULTY	DAY AND TIME	LOCATION
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Team Teasers

Rebecca Maldonado

**Thursdays
in April • 11am**

3rd Floor Movie Room

Current scientific research is proving that lifelong learning is an important factor in keeping an older person's mind active and agile. Experts believe that active learning helps maintain brain health by preventing loss of cognitive skills such as memory, reasoning, and judgment. Game play can serve a critical role in maintaining, even improving, brain power in older adults. Rebecca brings a fun and light "competitive" nature to this invigorating activity for healthy brain "work"

Senses in Exploration

Tracy Chandler

**Saturdays
in April • 1:30pm &
2:30pm**

**3rd Floor Movie Room &
2nd Floor Activity Room**

The Five Senses. As humans, we have five tools that help us explore the world around us – sight, hearing, smell, taste, and touch. Our eyes, ears, nose, mouth, and skin gather a lot of information about the world; they help protect us and help us enjoy life! In this "hands-on" series, we're going to have some fun with the study of biology as it relates to our senses and will explore topics such as aromatherapy, conduct some blind-tasting and engage in listening exercises to name a few - this will be a fun one!

**Craft Club: Easter Parade
Workshop**

Patricia Rodriguez

**Friday
April 10 • 2:00pm**

Art Studio

Join Patricia, our wonderful Business Office Director as she enthusiastically guides you through this hands-on Easter Bonnet workshop! All materials will be provided. Don't let the Parade pass you by!

**Exploring The Mysteries
of God**

Glenda Casey

**Sunday
April 12 • 11:00am**

2nd Floor Activity Room

While Glenda loves the work she does in our community, her passion is reading and understanding the bible and she believes caring for others and sharing the Good Book is the reason she was placed on this earth. Come and join Glenda and leads us through a series of "Let's Look at the Prophets."

April 2020

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Virtual Reality Tour	Rebecca Maldonado	Monday April 13 • 11:00am & 2:00pm	3rd Floor Movie Room & 2nd Floor Activity Room

Everything that we know about our reality comes by way of our senses. In other words, our entire experience of reality is simply a combination of sensory information and our brains sense-making mechanisms for that information. It stands to reason then, that if you can present your senses with made-up information, your perception of reality would also change in response to it. You would be presented with a version of reality that isn't really there, but from your perspective it would be perceived as real. Something we would refer to as a *virtual reality*. Virtual Reality (VR) is the use of computer technology to create a simulated environment. **You've got to try this! This activity is a lot of fun!**

Berkeley Repertory Theatre: "School Girls"	Beth Cohen	Tuesday April 14 • 11:00am	3rd Floor Movie Room
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Join docent Beth Cohen as she tells us about Berkeley Repertory's production of "School Girls" and will cover the play/playwright/director/history pertaining to the play/set design/characters. Over 5.5 million people have enjoyed nearly 500 shows at Berkeley Rep, which have gone on to win five Tony Awards, seven Obie Awards, nine Drama Desk Awards, one Grammy Award, and many other honors.

Motown History	Daryl Prater and Daryl Prater Jr.	Thursday April 16 • 11:00am	Lobby
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It was founded by Berry Gordy Jr. as Tamla Records on January 12, 1959, and incorporated as Motown Record Corporation on April 14, 1960. Its name, a portmanteau of motor and town, has become a nickname for Detroit, where the label was originally headquartered. Join father and son team Daryl, our Transportation Guru and his son Daryl, our maintenance specialist as they guide us through the history of the legendary Motown empire's history complete with live vocal and guitar accompaniment. This will probably be the best time you'll have learning, so sit back, sing-a-long and enjoy!

Science Club: Paleontology Exploration	Jan McLennon	Friday April 17 • 11:00am	2nd Floor Activity Room
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Paleontology is the study of the history of life on Earth as based on fossils. Fossils are the remains of plants, animals, fungi, bacteria, and single-celled living things that have been replaced by rock material or impressions of organisms preserved in rock. We'll talk about some of the important paleontologists and dig up real dinosaur fossils that are millions of years old with Jan in this hands-on paleontology class! Roll up your sleeves as we'll dig for dinosaurs, sharks, brachiopods, mosasaurs, ammonites and more!

April 2020

COURSES	FACULTY	DAY AND TIME	LOCATION
All About Ducks!	Susan Donaldson	Friday April 17 • 2:00pm	2nd Floor Gardens

Come meet Susan's two Swedish Black Ducks. Learn the history of the breed and the basics of caring for ducks. If you'd like, you can pet the ducks and give them their favorite treats. We'll also do a taste test to see if we can tell the difference between chicken and duck eggs.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Archaeological Research Facility at UC Berkeley

Archaeology Today

This course offers a series of talks by scholars from the Archaeological Research Facility at UC Berkeley. Come hear about recent archaeological discoveries around the world, from cave art in France, to ancient Egyptian demons, to excavations here in northern California.

The Archaeological Research Facility (ARF) is the nexus of archaeology at UC Berkeley. The ARF offers annual grant funding, lab facilities, and workshops to more than 40 faculty members, as well as research associates, visiting scholars, and students, from one dozen academic departments across campus. It hosts a long-standing weekly public lecture series and supports its affiliates in archaeological fieldwork around the world. Courses TBA on our monthly calendars posted on our Facebook page!

Glenda Casey Care Partner

Exploring the Mysteries of God

Glenda is a Care Partner here at The Watermark by the Bay who loves the work she does here in the community. Her passion is reading and understanding the Bible. She believes that this is the reason she was placed on this earth.

Tracy Chandler Community Life Director

Pioneers! O Pioneers!, Music Appreciation: Women of Jazz, Black History Month Studies, Imagination Vacations:US States National Parks, Women Who Shaped America, Very Superstitious, Senses Exploration

Tracy has studied art and fine art photography at Otis/Parsons and received a BFA from San Francisco Art Institute. She is passionate about art, biology, music, history, gardening and cooking. She has been working with seniors for over 10 years and is thrilled to be able to spend time with the residents here.

Eliza Chin, MD Medical Director

Public Health 101: A Discussion About Various Public Health Issues, Past and Present

Dr. Eliza Lo Chin is Executive Director of the American Medical Women's Association which sent one of the two all-women medical groups to serve overseas during WWI. Dr. Chin is also medical director at The Watermark by the Bay.

Susan Donaldson Community Life Assistant

All About Ducks!, Game Night

Susan has her undergraduate degree in Studio Art from Mills College and her Masters in Sustainable Business from the Presidio School in San Francisco. She is a trustee on the Emeryville Unified School Board and is happy to be making more friends in Emeryville, here at Watermark by the Bay! She has one daughter, two goats, three chickens, two ducks and one wonderful cat.

NAME OF INSTRUCTOR

CLASS NAME

**Barbara Egelhoff
Biographer**

Brilliant Biographies

Barbara started her career as a Social Worker in 1972, then became an RN in 1982 and earned a Master's Degree in Holistic Health Education in 1992. One thread that ran through all of these professions for her was the love of working with the senior population. She admires, respects and learns so much from the older generations. She advocates strongly for honoring, remembering and documenting people's lives.

**Joseph "JoJo" Ferrer, Dining Services Director and
Joey Fernandez, Naya**

Culture Tour: Philippines Cook-off!

Chef Joseph Ferrer, known as "JoJo" has worked with seniors for over 16 years. According to Executive Director Cheryl Martin, "JoJo is not a director who sits at his desk. He is out among his team and the community. He speaks from the heart with the food he prepares and serves." As Dining Services Director, he is committed to enhancing residents' quality of life.

Joey Fernandez is our well-loved and inspiring Lead Naya who embraces his Filipino heritage. He is thrilled and totally prepared to show off his cooking skills as he faces off with our Chef JoJo!

**Katherine Foos
Assisted Living Resident Director**

Champagne and Chocolate Pairings

A recent transplant to the Bay Area from San Diego, we like to say Katherine moved all the way up the state to be with us here at The Watermark by the Bay. Katherine has 12 years experience working with elders specifically in the arena of Alzheimer's and dementia. She loves running in the park with her adorable puppy, surfing and fine wine. Katherine is also a certified sommelier!

**Laura Gaither
Transportation**

Guitar 101 and Sing-A-Long

Laura has been our tried and true Class B Bus Driver here at The Watermark by the Bay since February 2018. She is a San Franciscan/Bay Area Native who hasn't lived anywhere else (Laura tells us that she forgot to run away!) Her hobbies include playing guitar, cycling, country western two-stepping and line dancing. Laura is also a member of Sweet Adelines, Int'l, an a cappella group and sings with the Mission Valley Chorus.

**Jazlyn Lee
Housekeeping Manager**

Writer's Workshop: Acrostic Poems, 2020 Dance Class

Jazlyn "Jaz" is rarely (rarely) ever seen not smiling. Her good energy is infectious! She absolutely loves the residents here. Jaz has a young daughter she adores and spoils!

NAME OF INSTRUCTOR

CLASS NAME

**Rebecca Maldonado
Community Life Assistant**

**Virtual Reality Tour, Team Teasers, The Story of
Man's Best Friend**

Rebecca is an extraordinary, caring associate and mom of three "angels". She has a rich family life and loves to cook, eat and talk about food! Rebecca is studying to be a nurse in her "spare" time!

**Linda Manoogian
Community Life Assistant**

**Poetry Corner, Archaeology to Robots, Women of
Words, Cooking Club**

Linda's BA in Literature makes her the perfect choice for literature and poetry classes. She is quick to expand her knowledge and take on other classes like Archaeology to Robots. Linda is also passionate about cooking and takes the art of cooking to a whole new level!

**Cheryl Martin
Executive Director**

Champagne and Chocolate Pairings

Cheryl began her career as a Certified Nursing Assistant and over time, with mentoring from various supervisors she grew up the ranks to eventually become an Executive Director. Cheryl truly enjoys her time with the residents and associates here. Cheryl loves to travel and share good food and wine her family.

**Jan McLennon
Memory Care Program Director**

Science Club: Paleontology Exploration

Jan has been working for over 20 years supporting seniors with dementia. She has no "spare time," but she does find time to spend with her FOUR kids (2 of them teenagers!), 3 dogs and 2 rabbits.

**Selma Meyerowitz / Francine Austin
Docents**

Berkeley Rep Docent Presentation

Selma and the two other Co-Chairs of the Berkeley Rep Docent Program, Matty Bloom and Joy Lancaster, over see an outreach program at Berkeley Rep where they are able to bring Docent talks regarding their current productions directly to The Watermark by the Bay.

**Patricia Rodrigues
Business Office Director**

Craft Club

With extensive experience and profound patience, Patricia keeps everything together in the business office. But, no matter how busy she is, she will always take the time to help someone in need! Patricia loves to take extended Bay Area walks to keep fit in body and mind.

NAME OF INSTRUCTOR

CLASS NAME

**Laura Wolterstorff, LMFT
Transitions Team**

**The Birth of the Sandwich and the Fall of the
Hawaiian Monarchy**

Laura loves nature and spending time outdoors. She has a son (a toddler) who is the apple of her eye. She is passionate about learning and has discovered Podcasts to be very helpful in her quest for knowledge.

**Negesech Yedego
Care Partner**

Ethiopian Coffee Ceremony

Negesech "Negi" has been a dedicated associate here at Watermark by the Bay. She loves to spend time with her friends and family and is proud of her Ethiopian heritage.



ASSISTED LIVING • MEMORY CARE

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