

WATERMARK UNIVERSITY

2018

**Spring Semester**  
JANUARY THROUGH APRIL

 THE WATERMARK  
AT 3030 PARK



**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,**

*Cindy McGuire*

Cindy McGuire  
Director of Living Well/Director of Fitness

## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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**A'chromatherapy**

**Kayti Meehan**

**2nd Wednesday of the  
Month • 9:30 AM**

**First Floor Conference  
Room**

A'chromatherapy is a holistic healing ritual created for practicing mindfulness. It includes tactile and sensory components with a sensory journey, complete with guided meditation matching the users chosen destination. The power of aroma, color, guided meditation, visualization, and nature imagery are combined to combat stress, anxiety, and disease providing an overall sense of well-being and balance.

**A Taste of the Island**

**Angela Daley-Douglas**

**Thursday, March 15th •  
2:00 PM**

**Auditorium**

A slide show presentation of Jamaica in addition to something to titillate the senses. Visually and with your palate, come sample and savor the Jerk Chicken, Jamaican style.

**Afternoon Tea**

**Carol Goncalves**

**Friday, March 9th  
• 2:00 PM**

**10th Floor Lounge**

They say a good cup of tea will sooth the soul. So if you enjoy drinking tea, come sooth your soul in a dainty delicate and exquisite style, and learn the history of the afternoon tea.

**Bible Talk**

**Reverend David Rowe**

**1st & 3rd Thursdays of  
the Month • 3:30 PM**

**Interfaith Chapel**

Join Reverend David Rowe for these interactive, spiritual discussions where we review Biblical stories and discuss how they relate to our lives today. All are welcome to attend and participate in this thought-provoking class.

**City of Boston**

**Joan King**

**Thursday, April 26th  
• 3:00 PM**

**Auditorium**

Come hear about some of the historic sites that can be found in the City of Boston and why they call Fenway Park the "Green Monster".

**Comparative Religion  
Through Art and Music**

**Rabbi Suri**

**TBD**

**Auditorium**

The Great Religions of the World, Judaism, Christianity, Islam, Hinduism and Buddhism, each have their own unique rituals, practices and core beliefs. While they are different, all of these faiths share the common goal of helping us find meaning in our lives. Often the meaning of religion is illustrated potently and poignantly through its art and music. This course will look at religion through the lens of art and music.

## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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Cooking Demonstration	See Faculty Below	All Demonstrations are at 2:30 PM, Dates Below	W Lounge
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This semester we will be offering a variety of desserts and salads made by our very own Dining Services Associates.

**January 11th - Samosa - Indian spiced potato and vegetable pastry - Chef Sripal Redy**

**February 20th - Crepe Suzette - French Dessert flamed with Grand Marnier with Pradheep Shankar**

**March, 22nd - Table side demonstration Classic Caesar Salad with Pradheep Shankar**

**April 12th - Easter Cookies with Chef Michael Stevens**

Drawing What You See	Clare Chapman	Mondays • 1:30 PM Fridays • 11:00 AM	Art Studio
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Drawing is the foundation of any visual art form. You will be inspired to draw the world around you with guidance from an experienced instructor. Develop your natural talents, discover new ideas, and improve your artistic skills. Drawing is an activity of searching and exploring, and it can be a very pleasant past-time. Materials provided. Beginners and accomplished artists are welcome!

Eat Well to Live Well	Alexi Tetrault	4th Fridays of the Month • 2:00 PM	Main Lounge
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A monthly discussion with the Watermark Registered Dietitian on various topics pertaining to diet & nutrition. One can expect to learn how to optimize their eating habits, strengthen their views surrounding food, and gain perspective on new health trends. Some discussions may include food tastings.

**Prebiotics & Probiotics: Eating for Gut Health - January 26th**

**How to Eat for a Healthy Heart - February 23rd**

**Vitamins & Minerals for Healthy Aging - March 23rd**

**The Power of Protein - April 27th**

Experimenting with Clay	Clare Chapman	2nd & 4th Friday of the Month • 3:00 PM	Art Studio
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There is nothing quite like clay and the possibilities to shape any object are endless! The aim of this class is to enjoy the tactile aspects of clay and explore its potential to pound, flatten, roll, carve, stamp, and texture. We will work with air dry clay, which can be shellacked and painted when dry.

Clare will hold classes twice a month. Future dates will be on Thursdays and will be determined later.

## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Great Courses: Brain Fitness</b>	<b>Susan Kennedy</b>	<b>1st &amp; 3rd Friday of Each Month • 2:00 PM</b>	<b>Auditorium</b>
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This program centers on the idea that your brain is a continual work in progress. You explore many functions in these lectures, with a strong focus on three: Attention, General Memory, and Working Memory. Future Topics will be:

**January 2018 - Focus Your Attention/Enhancing Your Memory**

**February 2018 - Exercising Your Working Memory/Putting Your Senses to Work**

**March 2018 - Enlisting Your Emotional Memory/Practicing for Peak Performance**

**April 2018 - Taking Advantage of Technology/Building Your Cognitive Reserve**

<b>Great Courses: Great American Music Broadway Musicals</b>	<b>John Calhoun</b>	<b>2nd &amp; 4th Monday of Each Month • 3:00 PM</b>	<b>Auditorium</b>
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From ragtime and vaudeville to the modern concept musical, this course studies the 150-year history of the musical theater. We follow Ziegfeld, Gershwin, Rodgers and Hammerstein, Sondheim, and the many greats in their creation and development of the Broadway Musical.

<b>Gritty Film Noir Dramas from the 1950's</b>	<b>Frank DeStefano</b>	<b>See Below Dates</b>	<b>Auditorium</b>
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As children we saw these films as the second feature on the Saturday double feature menu. Now most of these "B" movies are regarded as groundbreaking classics.

**March 20th - *Where the Sidewalk Ends*: A dark police drama starring Dana Andrews and Gene Tierney.**

**April 17th - *Criss Cross*: Burt Lancaster, Dan Duryea, and Yvonne De Carlo star in this classic heist drama.**

<b>Health &amp; Wellness</b>	<b>Marilyn Diamondstone &amp; Josi Russell</b>	<b>Last Wednesday of Every Month • 2:30 PM</b>	<b>Main Lounge</b>
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The path to well-being is one that many of us travel. In this class we will hear the latest in medical breakthroughs and share personal experience and practices impacting you. Topics including diet, fitness routines and cognition will be covered. Join us to become a more educated advocate for your own sense of well-being.

## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>HealthPRO Rehabilitation Discovery Series</b>	<b>HealthPRO Team</b>	<b>First Monday of the Month • 3:00 PM</b>	<b>Auditorium</b>

HealthPRO is rehabilitation that offers speech therapy, occupational therapy and physical therapy. They offer monthly educational programs called the Discovery Series which have been developed to facilitate residents staying healthier, more active, and confident in their ability to enjoy life. These programs will be offered in a variety of formats.

**January 8, 2018 - Exercise Your Right to Not Fall**

**February 5, 2018 - Posture Clinic**

**March 5, 2018 - Laughter is the best Medicine**

**April 2, 2018 - Core Control for Better Strength**

<b>Home Cinema Group: Foreign Film Review</b>	<b>Westport Group</b>	<b>Saturdays, January 20th, February 24th, March 24th &amp; April 28th • 7:30 PM</b>	<b>Auditorium</b>
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Calling all movie lovers. Join the Home Cinema Group of Westport as they bring you award winning films from around the country. After viewing the movie join in on the discussion reviewing techniques and semiotics found throughout these films.

<b>Knit For Kids</b>	<b>Mary Scoran</b>	<b>Thursdays • 11:00 AM</b>	<b>4th Floor Lounge</b>
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This class offers the opportunity to give back to the children in our community by providing hand-crafted hats and mittens. Join the members of our knitting group as they put their heart and soul into creating over 500 hats and mittens. Each year the knitting group at The Watermark donates these items to Bridgeport non-profit organizations which benefit children 5 -12. It doesn't matter if you are an expert knitter or someone who is just starting out. This group is open to both men and women.

## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
Laughter Club	Cindy McGuire	Wednesdays, January 10th, February 7th, March 14th & April 11th • 3:00 PM	2nd Floor Lounge

Laughter may not only be the best medicine; it may also offer a way to improve memory. The act of laughter – or simply enjoying some humor – increases the release of endorphin's and dopamine in the brain, which provides a sense of pleasure and reward that may help the immune system function better. Come and find out how to laugh and reap the reward!

Legacy of Igor Sikorsky	Dan Libertino	Friday, January 12th • 2:00 PM	Auditorium
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The presentation of the Legacy of Igor Sikorsky will be given by Dan Libertino. The presentation covers the three aviation careers of Igor Sikorsky and the Sikorsky Company, starting with the Russian Years 1889 - 1918, early American years 1919 - 1938 and the helicopter period 1939 - to his death in 1972 and the current company.

Make a Collage	Clare Chapman	1st & 3rd Friday of the Month	Art Studio
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Even people who think they can't draw can make a collage using magazine pictures and words. To begin, select only those images that appeal to you without questioning why you're attracted to each one. Place them on a piece of cardboard and glue them down. It is an interesting experience to do this quietly with a group of people and then tell the story of your collage. All collage materials are provided.

Pocket Billiards Instruction & Play	Kayti Meehan	Every Wednesday • 4:00 PM	2nd Floor Billiards Room
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Chalk up with us and we will rack up a fun time at the pool table. Kayti will play along with a game of 8-Ball or 9-Ball and has some good tips on technique and strategy. No special experience or skills necessary. Serious shooters are also welcome. Come join the fun.

Roses	Mary Dana	Friday, March 30th • 2:00 PM	Auditorium
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Mary will be talking about the history of roses, the category of roses and how to grow roses.

## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Students for Life: Art History</b>	<b>Marcie F. Slepian</b>	<b>See Dates Below • 2:30 PM</b>	<b>Auditorium</b>
<b>Bernini and Baroque Rome - January 15, 2018 The History of Etching: 16th - 20th Century - February 19, 2018 Ben Shahn, Social Realist - March 19, 2018</b>			

<b>Students for Life: "Empress Zita"</b>	<b>Mona Garcia</b>	<b>Wednesday, January 17th • 2:30 PM</b>	<b>Auditorium</b>
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The final installment of Queen, Kaiserin, Tsarina, and Empress.

<b>Students for Life: Brother King, Sister Queen: The Children of King Christian IX</b>	<b>Mona Garcia</b>	<b>See Dates Below</b>	<b>Auditorium</b>
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Please join us for a four-part series on the children of King Christian IX of Denmark who sat on the thrones of Denmark, Greece, Great Britain, and Russia. His eldest son would succeed him as King Frederick VIII of Denmark. His second son would reign as King George I of Greece. His two daughters, married to the heirs of the British and Russian thrones, would become Queen Alexandra of Great Britain and Empress Marie of Russia.

**Frederick VIII, King of Denmark - Wednesday, February 21, 2018  
Queen Alexandra of Great Britain - Wednesday, March 21, 2018  
George I, King of Greece - Wednesday, April 18, 2018**

<b>Improving the Quality of Service and Support for the Lesbian, Gay, Bisexual and Transsexual (LGBT) Community</b>	<b>Kristin Butler</b>	<b>Tuesday, January 30th • 3:00 PM &amp; Tuesday, February 27th • 2:00 PM</b>	<b>Auditorium</b>
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This educational session will review the history of discrimination of the LGBT Community and its effects on how seniors access health services and retirement communities.

## Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>TED Talks</b>	<b>Sue Kennedy</b>	<b>First Wednesday of the Month • 11:00 AM</b>	<b>Auditorium</b>
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A TED talk is a video created from a presentation at the Main TED (technology, entertainment, design) conference or one of its many satellite events around the world. The following topics will be presented:

**"What Will Humans Look Like In 100 Years" - January 3rd**

**"Why the Buildings of the Future will be Shaped by ....You" - February 7th**

**"Public shaming has to Stop" by Monica Lewinsky - March 7th**

<b>Wine Travels</b>	<b>Jon Haight</b>	<b>Mondays • 2:30 PM See Dates Below</b>	<b>W Lounge</b>
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Would you like to travel on a wine trail without ever having to leave home? Jon Haight will take the mystery out of wine. We will be exploring our very own wine train here through our "Wine Travel" classes. Jon Haight will lead us through different countries, regions and local vineyards exploring the differences between various ports.

<b>Wines of South America</b>	<b>January 8, 2018</b>
<b>Wines of Australia and New Zealand</b>	<b>February 12, 2018</b>
<b>Wines of South Africa</b>	<b>March 12, 2018</b>
<b>Green and Organic Wines</b>	<b>April 9, 2018</b>

<b>Wines of the Finger Lakes</b>	<b>Kristin Butler</b>	<b>Wednesday January 24th, February 28th &amp; March 7th • 4:00 PM</b>	<b>W Lounge</b>
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Our Executive Director, Kristin Butler, is a native of upstate New York. Join her as she takes us on an exploration of wines from the Finger Lakes.

<b>Yesterday's Headlines</b>	<b>Robert Novak</b>	<b>Meets Monthly on Thursdays • 2:30 PM</b>	<b>Auditorium</b>
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Yesterday's Headlines is a fun, unique trip down memory lane using original photographs from Bridgeport and the surrounding area taken from local newspapers. Local historian Rob Novak conducts completely new presentations every month in a fun, interactive format. Please refer to the weekly for specific dates.

## Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>A'chromatherapy</b>	<b>Suzanne Nuzzo</b>	<b>3rd Thursday of the Month • TBD</b>	<b>Springs Lounge</b>
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A'chromatherapy is a holistic healing ritual created for practicing mindfulness. It includes tactile and sensory components with a sensory journey, complete with guided meditation matching the users chosen destination. The power of aroma, color, guided meditation, visualization, and nature imagery are combined to combat stress, anxiety, and disease providing an overall sense of well-being and balance.

<b>A Closer Look at Art</b>	<b>Clare Chapman</b>	<b>Second Saturday of the Month • 2:00 PM</b>	<b>Inn Lounge</b>
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Develop your understanding and knowledge of Art History by looking at key features in images of famous paintings and sculpture. The importance of shape, style, color, technique, medium, and symbols will be explored.

<b>Animal Embassy</b>	<b>Animal Embassy</b>	<b>Fridays, January 12th, February 9th, March 9th &amp; April 6th • 2:00 PM</b>	<b>Springs Lounge Town Center Auditorium Gardens Lounge Inn Lounge</b>
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Join Animal Embassy on this night-time journey through the fascinating night life of the animal kingdom! With this captivating program, we will come to understand the differences between "nocturnal", "crepuscular" and "diurnal" animals by providing exciting, live examples of each. Many nocturnal critters have highly developed senses of hearing and smell, and specially adapted eyesight to help them navigate with the light of the moon and the stars. . . We will explore the night-time activities and adaptations with live Animal Ambassadors such as a Green Tree Frog, an African Hedgehog, a Rabbit, a Honduran Milk Snake, an African Sulcata Tortoise and a New Caledonian Giant Gecko.

<b>Antique Roadshow</b>	<b>Mary Jo Vincent</b>	<b>Wednesdays, January 31st, February 28th, March 28th &amp; April 11th • 10:30 AM</b>	<b>Inn Lounge</b>
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From The Elephant's Trunk, Stormville Flea Market, and Brimfield Flea Market on the television program Flea Market Flip, Mary Jo visits them all during her free time on weekends. Each month she will bring in some of her treasures. Find out where she found them, the deal she got, and guess how much they are worth!

## Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Art Therapy</b>	<b>Clare Chapman</b>	<b>Mondays • 10:45 AM</b>	<b>Gardens</b>
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The art making process can soothe the mind. For individuals, art therapy engages the senses and allows for self-expression. Art making activities include reflective drawing, painting, collage, and sculpting which can be administered either in groups or individually. All sessions encourage participation, build self-esteem, develop social skills, and provide residents with opportunities to make non-threatening choices.

<b>Bead Making Class</b>	<b>Clare Chapman</b>	<b>Saturday, January 13th • 2:00 PM</b>	<b>Inn Lounge</b>
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Clay beads are back in fashion for costume jewelry! Using polymer clay, create intricately colored square and round beads by using a layering technique to be cut, holed, and cured.

<b>Chair Yoga &amp; Meditation</b>	<b>Alexi Tetrault</b>	<b>Fridays • 10:00 AM</b>	<b>Inn Lounge</b>
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Yoga is the practice of bringing mind, body and spirit together. Through a series of postures and breathing techniques, you will become supple and balanced. The class ends with relaxation and meditation which will put you in touch with your inner peace. With regular practice, strength and flexibility of mind and body become a part of your lifestyle.

<b>Crocheting and More</b>	<b>Sue Nuzzo</b>	<b>Tuesday, January 9th • 2:00 PM</b>	<b>Inn Lounge</b>
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Join Sue for a fun relaxing time with a cup of tea or coffee and learn to crochet, knit, needlepoint, crewel, cross-stitch with or without a pattern, and counting cross stitch too. There will be a learning session on making homemade pillows as well. Materials will be provided.

<b>Drum Circle</b>	<b>Lydia Smith</b>	<b>Tuesdays, January 9th, February 13th, March 13th &amp; April 10th • 2:30 PM</b>	<b>Inn Lounge Gardens Inn</b>
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Lydia Smith is a Therapeutic Music Instructor. She will bring drums of all shapes and sizes as well as many other percussion instruments you may never have seen. Lydia will have a new lesson plan for each class. All you need to bring is yourself and your love for music.

## Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Disciples of the Bible</b>	<b>Mary Jo Vincent</b>	<b>1st Friday of the Month • 11:00 AM</b>	<b>Inn Lounge</b>
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The 12 disciples of Jesus were the foundation of the church, several even wrote portions of the Bible. Learn about Andrew, Nathanael, James the Elder, James the Younger, John, Judas, Thaddeus, Matthew, Peter, Philip, Simon, and Thomas.

<b>Fired Up ! On the Go</b>	<b>Instructor</b>	<b>Wednesdays, February 7th &amp; April 4th • 11:00 AM</b>	<b>Inn Lounge</b>
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No artistic ability required! Paint your own piece of pottery, choosing your own designs let your creativity inspire you! Items will be brought back to Fired Up's home in Branford to be fired and brought back to you next time!

<b>Fundamental French</b>	<b>Guy Council</b>	<b>1st Friday of the Month</b>	<b>Gardens</b>
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Guy is fluent in French and would love to show you how to have small conversations in French. Each month he will give lessons in French from colors, numbers, letters, to questions like "ce qui est pour le déjeuner" or "what's for lunch?"

<b>Giggling Pig Art Studio on the Go</b>	<b>Hannah Perry</b>	<b>Fridays, January 12th &amp; March 9th • 11:00 AM</b>	<b>Inn Lounge</b>
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Enjoy an instructor lead painting time with Giggles on the Go. Every other month a theme will be chosen and supplies brought in for residents to paint their own canvas. No need to have a background in art, these instructors will help with the most novice of artists find their way around their paint brushes

<b>Green Thumb Gardening</b>	<b>Mary Jo Vincent</b>	<b>2nd &amp; 4th Thursday of Each Month • 4:00 PM</b>	<b>Inn Lounge</b>
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Learn how to take care of your house plants during the winter months. Activities will include propagating succulents, re-potting plants, forcing bulbs in the winter, and pruning techniques. In the spring, the Club will grow plants from seed for the patio.

## Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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Health Talks	Mario Alteus - RN	2nd Wednesday of Each Month • 11:00 AM	Inn Lounge
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Each month Mario will discuss major topics within the Healthcare field. Stop by and learn new technologies and up to date information during each month.

**January 10th - Glaucoma**

**February 14th - Cancer**

**March 14th - Brain Awareness**

**April 11th - Autism Awareness**

Hymn Singing	Florence Gachi & Mary Jo Vincent	1st Wednesday of the Month • 11:00 AM 4th Wednesday of the Month • 10:30 AM	Springs Lounge  Inn Lounge
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Resident Florence would love for you to join her in singing uplifting hymns. Florence is a devout Christian and loves to sing all music! Florence has asked for help in starting a choir, you don't need a singing voice, or know all the songs, lyric sheets will be provided.

Jewelry Making	Sue Nuzzo	Tuesday, February 6th • 2:00 PM	Inn Lounge
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Join Sue for a class on how to make jewelry such as earrings, necklaces, and bracelets. They make wonderful gifts that are homemade and a thoughtful gift for birthdays, holidays, special occasions, Valentine's Day or a "just because" gift. We will use semi-precious stones, healing stones and there meanings, and fresh water pearls.

Mandala Coloring	Georgia Hendricks	2nd & 4th Thursday of Each Month	Gardens Lounge
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Mandala's are sacred circles. The word mandala come from the ancient Sanskrit language and loosely means "circle" or "center". When you color mandala coloring pages, you're expressing your desires for healing and wellness.

Mid-Morning Stretch	Kayti Meehan	Mondays • 11:00 AM	Inn Lounge
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Learn a safe and beneficial way to stretch and strengthen your body in this body fitness class. Kayti will lead us in a number of controlled movements, many of which can be performed in a chair. Improve your strength, flexibility, stamina and overall feeling of well-being with this class.

## Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Moving to the Beat**

**Cindy McGuire**

**Mondays • 2:30 PM**

**Gardens Lounge**

Stimulate your muscles with this hands on exercise program designed to increase blood flow and circulation throughout all parts of the body. This program incorporates music, yoga and massage without having to get up from your seat. Muscle Stimulation is great energy booster and ideal for all fitness levels.

**Music Appreciation**

**Marvel Campbell**

**Monday Afternoons •  
Time TBD**

**Gardens Lounge**

Listen to, and learn all about classic composers throughout the world. First learn about the composer including; their childhood, rise to fame, what was going on in the world during their composing time, and fun facts about them. After, enjoy the beautiful music of the composer in discussion. Puccini, Verdi, Beethoven and Holst are just a few that will be available for your enjoyment!

**Reiki Overtones**

**Jeanette Stellato**

**1st Saturday of the  
Month • 10:00 AM -  
11:30 AM**

**Inn Lounge**

Reiki is much easier to define by experience than by definition. Recipients and practitioners describe Reiki as being a wonderful way to experience a sense of balance at many levels. They further describe profound results including, relaxation, joy, calmness, restful sleep, clarity; while some feel similar and subtler effects several days later. Jeanette and her team will talk more about Reiki's history and its benefits each meeting as well as perform Reiki on any resident interested.

## Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
Tai Chi	Jonathan Davis	Wednesdays • 10:00 AM Wednesdays • 10:30 AM 2nd & 4th Saturday • 10:30 AM 2nd & 4th Saturday • 11:00 AM	Inn Lounge Springs Lounge Inn Lounge Gardens Lounge

Tai Chi is a low impact exercise that promotes balance, strength, flexibility, circulation and stress relief through close attention to slow, graceful movement. This class is designed for seniors, including both sitting and standing exercises based on the classical Tai Chi movements and simple Qigong health exercises that have long been an integral part of Traditional Chinese Medicine.

<b>Wine Tasting Social</b>	<b>Mary Jo Vincent</b>	<b>3rd Friday • 3:00 PM</b>	<b>Inn Lounge</b>
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Sample a different wine each month. Learn how to drink and appreciation the wine's bouquet. Light snacks will be served to enhance your wine tasting experience!

## Faculty Biographies

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### NAME OF INSTRUCTOR

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### CLASS NAME

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#### Ann Sertl - Marketing Director

#### Chocolate & Wine Pairing

Ann Sertl has been in CCRC sales for almost 15 years. She graduated from the University of Connecticut with a degree in Horticulture. She has four adult children and a dog named Boo and resides in Fairfield.

#### Angela Douglas-Daley, Director of Nursing

#### A Taste of the Island

Angela was born in Kingston, Jamaica and came to the United States when she was about 5 ½ years old to reside in Bridgeport. Her career in the health profession began as a CNA at Lord Chamberlain. She completed her LPN while working at Golden Hill Health Care in Milford before returning to Fairfield Manor for 21 years of service. In 2004 she completed the RN program at Helene Fuld in N.Y. for her associate degree and eventually went back to receive her Bachelor Degree in Nursing from Fairfield University. Her most recent experience was at the Jewish Home for the Elderly as the Clinical Nurse leader in the Kuriansky Building. Angela's other areas of experience are working as a school nurse at the Cooperative Educational Services in Trumbull, Pediatrics Services of America and Bridgeport Mental Health. She has 3 children, 2 boys and a girl. She loves to shop, go to movies, and cook. She refers to her grandmother as her "inspiration" on why she loves the elderly and helping people.

#### Barbara Paris - Rabbi

#### Shabbat

Rabbi Barbara Paris has served the greater Bridgeport community for over 25 years as Vice President of Jewish Family Service. Later in life, she attended Rabbinic School and started a second career. Barbara loves to share her love of Judaism with all, whether it is with the high school kids at Choate Rosemary Hall where she has served as the rabbi for over 10 years, her patients at St. Vincent's hospital where she is the Rabbi/Jewish Chaplain, or her students at the JCCH of Harrison.

Barbara is a lifelong learner and an enthusiastic teacher. She was ordained at the pluralistic Academy for Jewish Religion in New York. Barbara is open and accepting to people from all backgrounds and theologies. She is dynamic, warm and a woman who seeks to engage everyone. Her love of Judaism is infectious. Barbara looks forward to welcoming the Shabbat with our residents through prayer, song and study. No Hebrew background is necessary – just an open heart and a willingness to learn together.

#### Build ON Student Volunteers

#### Health Center Programs

A non-profit organization that is working through service and education. At Central High School, Build On is engaging more than 50 students to do service within their local community, making connections with residents of Fairfield County. This year, Central has already worked with youth, elderly, city beautification projects, community gardens and even marches to promote non-violence and the importance of education. Build On students are dedicating time to gain valuable experiences and life lessons partnering with residents at The Watermark and are looking forward to facilitating a variety of Watermark offerings.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Clare Chapman - Community Life Associate**

**Experimenting with Clay  
Drawing What You See  
Make a Collage  
Yoga & Meditation**

Clare Chapman is an art therapist who conducts creative programs for older adults, including those living with dementia. A graduate of Marymount College (BFA in studio art) and Albertus Magnus College (MA in Art Therapy), Clare has been an art instructor for 15 years and maintains her own studio art practice. She is an award-winning artist whose work has been exhibited regionally and nationally. In addition, she has been practicing yoga and meditation for over 30 years, which serves her well in her daily work.

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**Cynthia Fallon McGuire -  
Director of Living Well/Fitness Center Director**

**Fitness Classes  
Laughter Club  
Community Life Programs**

Cindy has a BS in Recreation and Leisure Education from SCSU (Southern CT State University) and an MS in Biology with a concentration in Nutrition from UB (University of Bridgeport). She is also certified with AFAA (Aerobics and Fitness Association of America) as a group exercise instructor. With over 25 years of experience in the fitness profession, teaching a variety of fitness classes as well as managing multisport facilities, her interest in fitness and wellness is to provide practical healthy lifestyle information to all ages. In addition to fitness, she also teaches Anatomy and Physiology at Sacred Heart University. Cindy lives in Shelton with her husband and son who keeps her fit and young at heart.

**Dana Uhrynowski - Volunteer**

**Book Club**

Dana is an avid reader who also enjoys swimming, travel, cross country skiing and snow shoeing. She holds a B.A. degree from the American College of Switzerland, an M.ED from Boston College and a C.D.A.G.S. from University of California. She was recently retired, having been the teacher of the Visually Impaired for thirty-five years, serving students in Greenwich, Norwalk and Fairfield. Dana lives in Fairfield, CT with her husband, Peter.

**David Rowe - Reverend**

**Literature that Feeds Our Faith  
Worship  
Bible Study**

David Rowe grew up in Queens, and graduated from Colgate, Andover-Newton Theological School and got his doctorate from Palmer Seminary. He is the author of many books, most recently "Church: One Pilgrim's Progress". David was president of Habitat for Humanity International for many years, and the overseas ministries study center.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Dan Libertino****Legacy of Igor Sikorsky**

Dan Libertino currently has a 67-year association with Sikorsky helicopters and he is the president of the Sikorsky Historical Archives. He started his career with the U.S.A.F. in 1951 as a helicopter technician on the Sikorsky H-5 and H-19 helicopters. Upon discharge in 1954, he spent a few years with Petroleum Helicopters during the early phase of offshore helicopter transportation with the S-55, joining Sikorsky in 1956 and retiring in 1997.

During his 41 year tenure with Sikorsky, he spent 30 years (17 years of that overseas) in the field as a technical representative, logistic management and later General Management for Sikorsky Operations in Australia, Korea and Turkey. Since retirement in 1997, he has actively volunteered with the Archives and holds the position of President since 2005.

**Frank P. DeStefano, PhD****Students for Life:  
Gritty Film Noir Dramas from the 1950's**

Francis P. DeStefano has a PhD in History. For the past eight years he has been offering courses in the Lifelong Learner's Program in Fairfield. He had left academe 44 years ago to pursue a career as a financial advisor finding out later that he was very interested in Italy and the Renaissance. He also likes to play chess as well as workout in the fitness center. He lives with his wife, Linda, in Fairfield.

**Jean Kresge - Associate****Bible Study**

Jean works in the payroll department here at the Watermark. She has worked in various hospitals in a payroll coordinator/time management role. She has a strong interest in the Bible and has a leadership role at the Church of God in Norwalk, CT. She loves the ocean, especially the Jersey Shore. Her animals Ginger, her dog, and Jemma, her cat, also have a special place in her heart. She lives in Norwalk with one of her daughters and granddaughter.

**Joan King - Assistant Executive Director  
Human Resource Director****History of Boston**

Joan King has been with the Watermark 3030 for over four years now, working with Dining Services, Human Resources and most recently with Kristin Butler as Associate ED. Joan comes from Massachusetts but has lived in Connecticut for over 40 years now, in Stratford and Milford. Joan is the mother of two beautiful daughters and five wonderful grandchildren.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**John Calhoun - Resident****Great Courses**

John Calhoun was an Engineering Manager at Parker Hannifin Corp. After retirement, while President of the Stratford Historical Society, he co-authored two books illustrating Stratford history. Here at Watermark John serves on the Resident Council, the Building and Grounds Committee, and the Arts Committee. He has studied Great Courses for several years and enjoys presenting a variety of historical, scientific, and musical topics.

**Jon Haight****Wine Travels**

Jon Haight has worked as a wine retailer, consultant, wine journalist, and as a wine educator. For over 20 years he has taught wine appreciation classes at the University of New Haven and is also a Certified Spanish Wine Educator. Jon has traveled to many of the world's greatest wine producing regions and has been making wine for over 25 years. Currently Jon runs weekly educational tastings at a wine shop, does public and private classes throughout Connecticut and conducts wine classes at Jones Winery.

**Jonas Zdanys - English Professor****Students for Life: Poetry Readings**

Jonas Zdanys was born in New Britain, CT in the United States. He received his B.A. in English from Yale University and his M.A. and Ph.D. in English from the State University of New York. A bilingual poet and translator, he is the author of forty-six books, forty-two of them collections of poetry, written in English and in Lithuanian, and translations from the Lithuanian. He has received a number of prizes, book awards, writing and travel grants, and public recognitions for his own poetry and for his translations. He has taught at the State University of New York and at Yale University and was a Scholar-in-Residence in the Yale Center for Russian and East European Studies. He is currently Professor of English and Poet in Residence at Sacred Heart University, where he teaches creative writing and modern poetry seminars and directs the program in creative writing.

**Josi Russell - Resident****Health & Wellness Talk  
Entertainment Committee Chair**

Josi Russell has been in the costume business for over 50 years. Her Husband, Joey Russell, was an entertainer. She has always been active in the theatre. Josi has five children, fifteen grandchildren and three great-grandchildren.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Kayti Meehan - Community Life Associate**

**A'chromatherapy  
Fitness Classes  
Creating Greeting Cards  
Community Life Programs**

Kayti Meehan began training to be a group exercise instructor in 1999, after the birth of her second son. She received her National Certification from the Aerobics and Fitness Association (AFAA) in March 2001. In the same year she became a certified teacher of the Silver Sneakers Fitness Program. Silver Sneakers is the nation's leading exercise program designed exclusively for older adults.

In 2004 she received the AFAA Personal Training Certification enabling her to train individual clients and customize workout programs specifically to their needs and fitness goals.

In the past ten years she has completed numerous workshops enabling her to teach a wide variety of group exercise classes to all ages including: mat science (Pilates), aqua aerobics, stretch and flexibility, cardio circuit, resistance training and step aerobics.

**Kristin Butler - Executive Director**

**Wines of the Finger Lakes**

Kristin is the Executive Director here at Watermark. She is originally from Syracuse, New York but has resided in Connecticut for 20 years. She has held a variety of positions in senior living including Executive Director, Nursing Home Administrator, Operations Director of Aging Services Continuum and Director of Performance Improvement. Her career path started at Niagara University with a Bachelors in Political Science and Business and then on to graduate school at James Madison University in Harrisonburg, Virginia to study Public Administration.

**Marcie F. Slepian**

**Students for Life: Art History**

Marcie holds a Ph. D. in the History of Art from Yale University and has joined our Students for Life Program. She has taught courses at Wesleyan University, Fairfield University, Central Connecticut State and S.U.N.Y., Purchase, N.Y. in Renaissance and Baroque Art. She is also a certified Art Teacher for K-12 in the State of Connecticut.

**Marilyn Diamondstone - Resident**

**Head Librarian  
Health & Wellness Talk**

Marilyn Diamondstone was a Nurse and Social Worker. She has one daughter and three granddaughters in Westport. Marilyn has two cats named Pumpkin and Precious. Since moving to 3030 Marilyn has been involved in 3 fundraisers raising over 4k to benefit local charities. Marilyn is an Ambassador, the Head Librarian, the Vice President of the Resident Council and Chairperson of the Health & Wellness committee. In her spare time she enjoys spending time with friends.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Mary Dana - Resident****Roses**

Mary Dana, a professional horticulturist, is from Cedarburg, Wisconsin. She grew up in South Carolina and was very active in politics. She has a degree in Economics and received a Masters in Horticulture at the University of Wisconsin where she taught for the University's Chairman of Horticulture, Dr. Mac Dana. She then married Dr. Dana. Those two had a prize winning garden. She presently is very active being the Chairman of the Residents Council here at the Watermark. She has one son and three daughters.

**Mary Jo Vincent - Community Life Associate****Antique Road Show  
Disciples of the Bible  
Green Thumb Gardening**

Mary Jo made a career change over 10 years ago to work with older adults in skilled nursing facilities. She earned a BA from Sacred Heart University in Business Management and a minor in Psychology. She is currently an evening student at Gateway Community College and an active member of the Connecticut Association of Therapeutic Recreation Directors.

**Mary Scoran - Resident****Knit for Kids**

Mary Scoran joined the Watermark family in January 2010 with her husband Gene. Mary's passion for knitting began at the tender age of 10 when her mom began to teach her. Mary always liked to be constructive. Knitting hats is her favorite project because it is so easy to do, it is also very simple to teach. Mary was born in Connecticut but raised in the Bronx until the age of 17 when she returned to Connecticut. Mary looks forward to welcoming new members to the knitting group this semester.

**Michael Stevens - Chef****Cooking Demonstrations**

Michael Stevens, Chef at The Watermark. Michael is originally from Jamaica and has studied under many international Chefs while establishing his expertise in cooking. Michael has a passion for food which has lead him to cook for over 30 years thus far. When he is not at work, he likes to focus on teaching responsibility to his 2 daughter's ages 15 and 17.

**Pradheep Shankar - Director of Dining Services****Cooking Demonstrations**

Pradheep Shankar, Director of Food Services, responsible for overseeing all the communities dining rooms, culinary operations, bar's lounge and catering activities. He previously worked at the Hartford Marriott Hotel and has held various positions throughout the industry with Hilton, Radisson, Intercontinental Hotels, Water's Edge Resort and Spa and Scandinavian World Cruise Lines. He is a graduate of Kilburn Polytechnic, London and University of Salzburg, Austria.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Ramona Garcia****Students for Life: British History**

Also known as Mona, has a PhD in history and has taught at the college level. She has publications in her field of British History. She currently serves as the coadjutor editor of *North West Catholic History: A Peer-reviewed Journal of Research into the History of the Catholic Community in North-western England*.

**Robert Novak****Yesterday's Headlines**

Robert lives in Shelton, and is the Municipal Historian of that City. He currently is an Officer in the Connecticut League of History Organizations and serves on several other statewide and local cultural heritage boards. Employed by the Bridgeport Fire Department since 1996, Rob is currently ranked as a Lieutenant. He has a lifelong love of local history including authoring four books through Arcadia Publishing and as well as writing a local newspaper column for Hometown Publications for 15 years. Rob began conducting historical presentations about 12 years ago while serving as Executive Director of the Derby Historical Society. This has been refined to the popular "Yesterday's Headlines" and other programs conducted under the business name "Hometown History CT" since 2011.

**Sripal Reddy Alugubelly - Chef****Cooking Demonstrations**

Sripal is from India. He lives in Bridgeport with his wife. He has one sister and 2 brothers. His father is a police officer and his mother is a house wife. Sripal's passion is to become a professional chef and open his own restaurant. His hobbies are cooking, reading culinary books and playing cricket and tennis.

**Sue Chrien - Resident****Art Classes  
Art Committee Chair**

Susan Chrien and her husband Robert moved to The Watermark from Long Island. Together they have two sons and two daughters of whom they are so proud. Susan graduated from the Cleveland Institute of Art, received a B.S. in Education from Kent State Ohio and a Masters in Art History from Western Reserve. Susan spent many years as an Art teacher working with children from Kindergarten on up. If she is not attending a show, spending time at church or with her family, Susan enjoys counted cross stitch and reading.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Susan Kennedy- Community Life Associate**

**Community Life Programs  
Fitness Classes  
TED talks**

Susan Kennedy has been with Watermark at 3030 since 2010 working both in administration as Resident Liaison and in the fitness center teaching yoga classes and one-on-one personal training instruction. Sue's professional fitness certifications are with the American Council on Exercise (ACE), Aerobic & Fitness Association of America (AFAA), Yogafit and BOSU. She has an educational background in Interior Design and is presently pursuing a B.S. in Business Management. Sue resides in nearby Trumbull with her husband, Rob; son, Shaun; daughter Leah and their two dogs & cat; Jake, Kringle and Bella.

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**Susan Maturro - Volunteer**

**Book Club**

Susan Maturro has worked in the school system at Tomlinson Middle School for the Dean and Assistant Principal as an administrative assistant for 25 years. She has been retired for 4 years and has lived in Fairfield for over 40 years. Susan participates in two other book groups as well as volunteers to lead the book club here at Watermark. She also participates in the Strength Training for Woman class on Tuesday mornings with Susan Kennedy.

**Suri Levow Krieger - Rabbi**

**Comparative Religion**

Suri Levow Krieger is the Rabbi of Kerhonkson Synagogue, in upstate New York, and Chavurat Bet Chai in Westchester, NY. She also teaches at University of Bridgeport, Sacred Heart University, and Merkaz Hebrew High School of Bridgeport. Her first love and connection to Judaism has always been through the arts; she was the music and drama director at Solomon Schechter Day School, Bergen County, NJ for some 20 years. In her teaching she weaves a tapestry of story, song, prayer and poetry. Her credentials include a PhD and Rabbinic Ordination. Rabbi Suri's mission includes building bridges between communities and peoples of different faiths by learning, singing and doing together.

**Suzanne Leonard - Instructor**

**Zumba Gold**

Suzanne Leonard settled in the states from England after traveling the globe as a professional dancer. She took her first Zumba Training workshop with Tanya Beardsley and was truly inspired by her! "I try to bring her energy and attitude to every class I teach!" Suzanne's certifications include AFAA, CPR, and AED.

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**NAME OF INSTRUCTOR**

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**Suzanne Nuzzo - Community Life Associate****Community Life Programs**

Suzanne Nuzzo has joined Watermark 3030 since 2017 in the Community Life Department and is from Trumbull. Sue, which she prefers to be called, has been working in the health care field for 24 years focusing on Therapeutic Recreation programs for seniors. She has many talents and ideas to share with everyone here at the Watermark. Her hobbies include crocheting, jewelry making, gardening and cooking. Her infectious smile will brighten your day!



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