

WU
WATERMARK UNIVERSITY

2018

Summer Semester
MAY THROUGH AUGUST

 THE WATERMARK
AT 3030 PARK

1968 • FIFTY YEARS STRONG • 2018



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	Tuesdays • 11:15 AM	Second Floor Lounge
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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.

Beach Party Bingo	Cindy Dungey Denise Rozelle Oli Uberti	Wednesday, July 11th • 3:00 PM	W Lounge
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Join us for some Beachy Beverages and Bingo. Prizes will be given!

Bible Talk	Reverend David Rowe	1st & 3rd Thursdays of the Month • 3:30 PM	Interfaith Chapel
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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.

Cerveza Fiesta	Cindy Dungey Denise Rozelle Oli Uberti	Tuesday, May 8th • 3:00 PM	W Lounge
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Join the Marketing team as we take you through a taste tour of Mexican beers and Salsas in celebration of Cindo De Mayo

Comparative Religion Through Art and Music	Rabbi Suri	Wednesday, May 9th 2:00 PM	Auditorium
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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
Culinary Food Demonstration by our Chef's	Pradheep Shankar Michael Stevens Sripal Reddy	All Demonstrations are at 2:30 PM, Dates Below	W Lounge

This semester we will be offering a variety of desserts and salads made by our very own Dining Services Associates.

May 17th - Tapas Station

June 14th - Lemon Meringue Pie

July 12th - Pasta Station

August 9th - Mini Cheesecake with Strawberry Compote

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 pastime. Materials provided. Beginners and accomplished artists are welcome!

Drum Corp Presentation	Joan King	Friday, August 31st • 3:00 PM	Auditorium
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Joan was a drum major and would like to share her experience with taking her drum corps to the Triple Crown Championship back in the late 1960's.

Eat Well to Live Well	Karyn Doherty	See Dates and Times Below	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.

Benefits of Eating a Plant-based Diet - Thursday, May 24th at 2:30 PM

Breaking Down Food Labels- Friday, June 29th at 2:30 PM

Vitamins & Minerals for Healthy Aging - Friday, July 27th at 2:30 PM

Nutrition Breakdown on Beverages - Friday, August 24th at 2:30 PM

Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
Great Courses: Great American Music Broadway Musicals	John Calhoun	Monday, May 14th • 3:00 PM	Auditorium

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.

Great Courses: Masterworks of American Art	John Calhoun	2nd & 4th Monday of Each Month • 3:00 PM	Auditorium
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Like the New World itself, early American Art was independent, innovative, and rebellious. The influences of many familiar artists such as William Merritt Chase, John Singer Sargent, Thomas Eakins, and Winslow Homer are explored and compared.

Golf Rules & Etiquette	Jose Sanchez	Saturday, June 9th • 11:00 AM	Auditorium
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Have you ever wondered what the numbers meant on the golf club or what does "birdie" mean when playing a golf game? Jose has played golf and loves the game. He will explain the rules and etiquette of the game from terminology and the proper way of holding a golf club. There will even be a putting green to try out your putting stroke. All level of interest in golf are welcome.

Health & Wellness	Marilyn Diamondstone & Josi Russell	Last Wednesday of Every Month • 3:30 PM	Main Lounge
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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
HealthPRO Rehabilitation Discovery Series	HealthPRO Team	First Monday of the Month • 3:00 PM	Auditorium

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.

May 7, 2018 - Walker Clinic presented by HealthPRO and Patient Care

June 4, 2018 - Enjoying the Benefits of Purposeful Movement

July 2, 2018 - You and Your Home - A Perfect Fit

August 6, 2018 - Work Smarter, not Harder

Home Cinema Group: Foreign Film Review	Westport Group	Meets Monthly on Saturdays • 7:30 PM June 30th, July 21st & August 25th	Auditorium
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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. Please refer to the weekly calendar for specific dates.

How to be British	Kayti Meehan	Thursday, July 19th • 10:30 AM	2nd Floor Lounge
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Come have some fun and test your knowledge of the "true" English language! Spellings (that Americans have changed), pronunciations and expressions will be discussed!

Improving the Quality of Service and Support for the Lesbian, Gay, Bisexual and Transsexual (LGBT) Community	Kristin Butler	Wednesday, June 13th • 11:00 AM	Auditorium
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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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Injured and Orphaned Wildlife	Lisa Winkel	Wednesday, May 23rd • 3:00 PM	Auditorium
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Lisa will talk about what happens to wildlife after a storm or disaster. She specializes in squirrels, although she has handled cottontails, woodchucks, skunks and several species of birds including an Eagle.

Knit For Kids	Mary Scoran	Thursdays • 11:00 AM	4th Floor Lounge
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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.

Laughter Club	Cindy McGuire	May 15th, June 12th, July 17th, August 7th • 3:00 PM	2nd Floor Lounge
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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!

Make a Collage	Clare Chapman	Every Friday of the Month • 3:00 PM	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.

Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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Roses	Mary Dana	Friday, June 22nd • 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.

Students for Life Brother, King Sister, Queen	Mona Garcia	Wednesdays • 2:30 PM See Specific Dates Below	Auditorium
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Queen Alexandra of Great Britain - May 16th

Alexandra of Denmark's marriage to Albert Edward, Prince of Wales, set her on the path to becoming Queen of Great Britain. How will she handle the challenge of being Queen Victoria's daughter-in-law and having a husband with a roving eye?

George I, King of Greece - June 20th

Accepting an offer of the Greek throne Prince William of Denmark embarks on his reign as King George of Greece. Will his new crown bring him happiness?

Empress Marie of Russia - July 18th

With the death of Tsarevich Nicholas Dagmar of Denmark loses a beloved fiancée as well as the opportunity of someday becoming Empress of Russia. Her engagement to Tsarevich Alexander, the new heir, enables her to snatch victory from the jaws of defeat, but will this marriage ring her happiness?

First Ladies in the Family: Abigail Adams and Louisa Catherine Adams

Abigail Adams - August 15th

Louisa Catherine Adams - September 19th

Students for Life Foundation of the American Republic	Mark Albertson	See Dates & Times Below	Auditorium
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Tuesday, May 15th - 10:30 AM - Article of Faith

Monday, June 18th - 3:00 PM - America: A Democracy? A Republic?

Wednesday, July 18th - 10:30 AM - Electoral College

Monday, August 20th - 3:00 PM - Well Regulated Militia

Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
Students for Life History and Appreciation of Jazz	Donald Alfano	Thursdays • 3:00 PM May 10th, 31st, June 14th, June 28th and July 12th	Auditorium

This 5 session mini-course discusses the various periods of Jazz from its African and European roots through the latter part of the 20th century. We will discuss the major periods of Jazz: New Orleans Jazz, the Swing Era, Bebop, Cool Jazz and Fusion. Major jazz artists will be discussed and there will be some exciting footage of Jazz artists.

TED Talks	Sue Kennedy	First Wednesday of the Month • 11:00 AM	2nd Floor Lounge
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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:

Jonathan Rossiter - Roboticist "A Robot that eats Pollution" - May 2nd

Isaac Mizahi - Fashion Designer "Fashion & Creativity" - June 6th

Robert Gupta - Violinist "Between Music and Medicine" - July 11th

David Rockwell - Architect, Experience Designer - "A Memorial at Ground Zero" - August 1st

Wine Travels	Jon Haight	Mondays • 2:30 PM See Dates Below	W Lounge
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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.

Wines of Spain	May 14, 2018
Summer Wines	June 11, 2018
Wines of France	August 13, 2018

Wines of the Finger Lakes	Kristin Butler	Wednesday, May 9th • 4:00 PM	W Lounge
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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.

Town Center

COURSES	FACULTY	DAY AND TIME	LOCATION
Yesterday's Headlines	Robert Novak	Meets Monthly on Thursdays • 2:30 PM	Auditorium

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 calendar for specific dates.

Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
A Closer Look at Art	Clare Chapman	Second Saturday of the Month • 2:00 PM	Inn Lounge

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.

Animal Embassy	Animal Embassy	Friday, May 4th Friday, June 8th Friday, July 13th Friday, August 10th • 2:00 PM	Springs Lounge Town Center Auditorium Gardens Lounge Inn Lounge
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Be amazed by the talents of a diverse group of Animal Ambassadors that build complicated structures. In nature, many creatures contribute to the success of others by building homes and creating places to rear their young. We'll study the architectural feats of nest building, burrow making and web spinning as well as how structures created by some animals help others to survive. We will meet live Animal Ambassadors such as a Red Foot Tortoise, a Monk Parakeet, a Ferret, an African Lovebird and more. We will also see artifacts such as Bird & Paper Wasp nests.

Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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Antique Roadshow	Mary Jo Vincent	Fridays • 10:30 AM May 18th, June 15th, July 20th, August 17th	Inn Lounge
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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!

Art Therapy	Clare Chapman	Mondays • 10:45 AM 2nd & 4th Fridays • 1:30 PM	Gardens
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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.

Bead Making Class	Clare Chapman	Saturday, June 9th • 2:00 PM	Inn Lounge
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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.

Drum Circle	Lydia Smith	June 12th & August 14th May 8th & July 10th • 2:30 PM	Inn Lounge Gardens
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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.

Disciples of the Bible	Mary Jo Vincent	1st Friday of the Month • 11:00 AM	Inn Lounge
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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.

Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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Fired Up ! On the Go

Instructor

**Wednesdays • 11:00 AM
June 6th & August 22nd**

Inn Lounge

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!

Fundamental French

Guy Council

1st Friday of the Month

Gardens

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?"

**Giggling Pig
Art Studio on the Go**

Hannah Perry

**Fridays • 11:00 AM
May 11th & July 13th**

Inn Lounge

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

Green Thumb Gardening

Mary Jo Vincent

**2nd & 4th Thursday of
Each Month • 4:00 PM**

Inn Lounge

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 Talks

Mario Alteus - RN

**3rd Wednesday of Each
Month • 11:00 AM**

Inn Lounge

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.

May - Hand Hygiene

June - Migraine and Headache Awareness

July - High Blood Pressure Awareness

August - Healthy Aging

Health Center

COURSES	FACULTY	DAY AND TIME	LOCATION
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Mandala Art Work

Nayas

**2nd & 4th Thursday of
Each Month**

Gardens Lounge

Mandalas are sacred circles. The word mandala comes from the ancient Sanskrit language and loosely means "circle" or "center". When you color mandala artwork pages, you are expressing your desires for healing and wellness.

Mid-Morning Stretch

Kayti Meehan

Mondays • 11:00 AM

Inn Lounge

Learn a safe and beneficial way to stretch and strengthen your body in this body fitness class. Kayti will lead the class in a number of controlled movements that can be performed in a chair. Improve your strength, flexibility, stamina and overall feeling of well-being with this class.

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 a 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.

Wine Tasting Social	Mary Jo Vincent	3rd Friday • 3:00 PM	Inn Lounge
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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

NAME OF INSTRUCTOR

CLASS NAME

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 5½ 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 Bachelors 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.

NAME OF INSTRUCTOR

CLASS NAME

Clare Chapman - Community Life Associate

**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.

Cynthia Dungey - Community Coordinator

**Cervasa Fiesta
Beach Party Bingo**

Cindy Dungey was born and raised in Long Island. She began college at Lehigh University in PA, but transferred to the University of California in San Diego where she received a BA in Political Science. Her experience in the workforce includes food & beverage management, sales & marketing, home staging, writing, photography and retail management. She lived in California and Oregon since 1981, but just moved back to the east coast. She has 3 children, the youngest of which is the starting quarterback at Syracuse University.

**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.

NAME OF INSTRUCTOR

CLASS NAME

Donald Alfano - Pianist, Educator, Lecturer, Author

Students for Life: Music

Donald has performed, taught and lectured in a variety of venues in the US and abroad both as a soloist and collaborative pianist. He is currently an adjunct professor of Music at Housatonic Community College in Bridgeport, CT, where he teaches Music History and Appreciation, Latin and Caribbean Music, and Jazz History, and Popular Music in America. Alfano maintains a private piano studio in the New Haven area where he teaches students of all ages and levels. He serves as organist at St. Joseph's Church in New Haven as well. He received his Bachelor of Music Degree from Boston University, College of Fine Arts; his Master of Music Degree from the Manhattan School of Music and his Doctorate from Case Western Reserve University and The Cleveland Institute of Music.

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.

Denise Rozelle - Director of Sales

**Cervasa Fiesta
Beach Party Bingo**

Denise was born and raised in Fairfield and still resides there with her husband, Jim and her son, Owen and daughter, Madison. She has 16 years of Sales Management experience working for a Greeting Card company and for Scholastic Book Fairs. Denise has been working here at the Watermark since 2010. Her true love is to travel, see new places, and spend time with family and friends.

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 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.

NAME OF INSTRUCTOR

CLASS NAME

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**

Drum Corp Presentation

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 Assistant 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.

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.

NAME OF INSTRUCTOR

CLASS NAME

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.

Jose Sanchez, Porter**Golf Rules & Etiquette**

Jose has been working here at the Watermark since 2011. He first started in the Dining Services Department and now has the early shift in the Housekeeping Department. He lives in Bridgeport and comes from a family of 12, somewhere in the middle, close to the end. He went to Central High School then to Hill House in New Haven where he played golf. He also attended culinary school in Boston for a year and half. He is very happy and content in his position. He enjoys the weather and family time.

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.

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.

NAME OF INSTRUCTOR

CLASS NAME

Kristin Butler - Executive Director**Wines of the Finger Lakes
Improving the Quality of Service and Support for the
LGBT Community**

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.

Lisa Winkel - CNA in Independent Living**Injured and Orphaned Wildlife**

Lisa has been with the Watermark since July 2017. She has been a licensed wildlife rehabilitator for the State of Connecticut since 1993. Squirrels are her speciality. She is married and has 2 cats and chickens.

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.

Mark Albertson - Historian Author/Speaker**Foundation of the American Republic**

Mark Albertson is the historical research editor at Army Aviation Magazine; and, is the historian for the Army Aviation Association of America. He is a long time member of the United States Naval Institute; and, has authored several books. Mark teaches history as an adjunct at Norwalk Community College in Norwalk, CT as well as the Lifetime Learners Institute at Norwalk Community College. He also is an avid speaker on a variety of issues on history and appears in a variety of venues.

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.

NAME OF INSTRUCTOR

CLASS NAME

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.

Olivera N. Uberti, Sales Associate

**Cervasa Fiesta
Beach Party Bingo**

Oli grew up in Bridgeport, CT but is originally from Serbia in the former Yugoslavia. She currently lives in Monroe, CT with her family. She has a 7 year old daughter, Isabella who loves fashion and crafting. Oli enjoys traveling to Martha's Vineyard in the summer and skiing in the winter.

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 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.

NAME OF INSTRUCTOR

CLASS NAME

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.

NAME OF INSTRUCTOR

CLASS NAME

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.

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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