

WATERMARK UNIVERSITY  
WU

2018

Spring Semester  
JANUARY THROUGH APRIL

LEGACY<sup>®</sup>  
AT VILLAGE WOOD  
A WATERMARK RETIREMENT COMMUNITY



**Hello and thank you for your interest in Watermark University!**

The foundation of Watermark University (WU) is to provide meaningful opportunities to learn, teach and grow, resulting in a life of overall well-being. Research shows that learning and keeping our mind active and sharp supports healthy aging.

At Watermark Retirement Communities® we are committed to encouraging our residents and associates to lead balanced lives, full of meaning and purpose, grounded in self-awareness and infused with curiosity. Our Watermark University courses help achieve this goal.

By focusing on the Seven Dimensions of Well-being: Physical, Social, Intellectual, Spiritual, Emotional, Environmental, and Vocational we offer the opportunity to achieve a balanced life and we see the benefits across the country in every class, every day.

**Sincerely,**

*Debi May*

Community Life Director  
Legacy at Village Wood

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>30 Minute Lunch</b>	<b>Rich Loos</b>	<b>Saturday, January 20th • 2:00PM</b>	<b>Village Wood Dining Room</b>
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Sometimes you're in a rush and want to pull together a delicious meal quickly. Join Rich for this demo where he will share some tasty and unexpected lunch ideas. The featured lunches can all be prepared right here in your apartment.

<b>A Taste of Utica</b>	<b>Kayla Moynihan</b>	<b>Friday, January 12th • 2:00PM</b>	<b>Grande'Vie Activity Area</b>
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Have you ever had Chicken Riggies? Caring House Community Life Coordinator Kayla Moynihan will be serving up this creamy chicken pasta dish which is famous in Utica. She will also share how this meal came to be so popular as well as some other pieces of Utica heritage. Chicken riggies or Utica riggies is an Italian-American pasta dish native to the Utica-Rome area of New York State. Learn how to make this dish yourself or just join us to taste this culinary creation.

<b>Around The World Hand Bell Music</b>	<b>Theresa Emler Brenda Ledford</b>	<b>Wednesday, March 7th • 1:30PM</b>	<b>Grande'Vie Activity Area</b>
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Hand bell choirs create a distinct, beautiful sound and Theresa Emler and Brenda Ledford would like to you to consider joining them to learn how to play these instruments as a group. Together we'll practice a variety of popular songs heard around the world and the great news is that you don't need an extensive background in music to join the fun. We hope to see you there for our first class on hand bells.

<b>Celebration of Italy</b>	<b>Theresa Emler Brenda Ledford</b>	<b>Thursday, April 19th • 12:00PM</b>	<b>Grande'Vie Activity Area</b>
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Italian culture is steeped in the arts, family, architecture, music and food. This April, we will be celebrating the country that was a home to the Renaissance as we learn more about the beautiful sights, rich history and culture of Italy. Theresa and Brenda will also be preparing some quintessential Italian dishes for a special Italian luncheon including fresh bread, pasta and a homemade cannoli dip as part of the celebration.

<b>Chef Demo</b>	<b>Fred Gilliam</b>	<b>Third Tuesday of Each Month • 1:30PM</b>	<b>Activity Area</b>
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Do you like watching the Food Network or any of the countless talk shows that prepare mouthwatering dishes right before your eyes? Wouldn't it be better if you could smell and taste the featured foods? Our own Fred Gilliam, Grande'Vie's chef, will be sharing some delectable dishes during his monthly cooking demonstrations. Join us to learn the secret behind his coveted banana bread, red velvet cupcakes, pistachio muffins and festive Easter bread.

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Cooking at The Olympics</b>	<b>Joan Bardossi</b>	<b>Tuesday, February 13th</b> • 2:00PM	<b>Village Wood</b>
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What does an Olympian's daily diet look like? Joan Bardossi has the answers. In 2008, Joan cooked for Olympic athletes in China. She will share her culinary experiences as well as anecdotes about her time in Beijing. She will even share some tasty treats for you to try.

<b>East Avenue Bus Tour</b>	<b>Jim Curtin</b>	<b>Friday, April 27th</b> • 1:30PM	<b>Grande'Vie</b>
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The East Avenue Historic District is a national historic district located in Monroe County, New York. The district consists of a series of large 19th and early 20th century homes, houses of worship, meeting houses, and museums. It contains approximately 700 structures. The George Eastman House is one of the National Historic Landmarks located within the district. Join Jim as he shares his exceptional knowledge and information on East Avenue.

<b>Extreme Couponing</b>	<b>Laura Hebbs</b>	<b>Tuesday, March 6th</b> • 2:00PM	<b>Grande'Vie Activity Area</b>
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Are you familiar with Extreme Couponing? This practice is considered fascinating to some, there is even a television show dedicated to it. Dining Director Laura Hebbs will sharing the tricks of the trade when using coupons to ensure that you can get the most for your money. She will also provide samples to all that attend so you can try your hand at Extreme Couponing.

<b>Flower Arranging</b>	<b>Debi May</b>	<b>Wednesday, February</b> 21st • 2:00PM	<b>Village Wood</b>
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Does your home feel a little empty after taking down your Christmas decorations? Learn how you can brighten your home with a flower arrangement you can create yourself. Everyday items found around your house can take on new life. Debi looks forward to sharing her creative approach to flower arranging in this class.

<b>Healthy Exercise Stretch</b>	<b>Karen Pecora</b>	<b>Friday, March 16th</b> • 9:30AM	<b>Grande'Vie Activity Area</b>
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Do you ever feel tired and achy in the morning? Financial Director, Karen Pecora will be teaching us the importance of daily muscle movements and how these morning stretches can benefit your everyday life. Join us to stretch and move together.

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Hochstein Music Therapy</b>	<b>Elizabeth Clough</b>	<b>Every Wednesday • 10:00AM &amp; 11:00AM</b>	<b>Grande'Vie Activity Area</b>
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Hochstein School of Music will host weekly music therapy sessions in Grande'Vie and Caring House on Tuesday Mornings. During these classes we will focus on goals including song writing, developing new musical skills and working as a team. It's been said that music has the power to heal. Join us to see how you can draw personal benefits from this weekly class.

<b>It Takes a Village to Feed a Village</b>	<b>Joan Bardossi</b>	<b>Tuesday, February 27th • All Day</b>	<b>Grande'Vie Activity Area</b>
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Joan Bardossi will share her experience of cooking for those athletes who competed on behalf of our country at the 2008 Olympics in Beijing. Joan will share what she learned and some of her favorite memories of this experience and she will also share some culinary creations that you can sample. Learn what it's like to eat like an Olympic athlete.

<b>Music for the Soul</b>	<b>Sam Snyder</b>	<b>Friday, January 5th • 2:00PM</b>	<b>Village Wood Dining Room</b>
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Sam is an accomplished Music Therapist who will be sharing the history behind some of our favorite songs and the composers who created them. You'll not only extend your musical knowledge in this class, Sam will also have you moving in your seat and learning new songs.

<b>Quilting Talk and Display</b>	<b>Sharon Daniel</b>	<b>Thursday, February 1st • 2:00PM</b>	<b>Activity Area</b>
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Sharon Daniel is a very talented quilter who will be sharing her incredible collection of quilts she has hand crafted through the years. Come and learn more about this art form.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Rochester Historical Society Series	Dan Cody	See Dates Below • 2:00PM	Village Wood Dining Room
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### 1/26/18 - The Rise of the Big Three (Kodak, Xerox, Bausch and Lomb)

Kodak, Xerox and Bausch & Lomb became not only the basis for most of the city and regional economy, they also became central to Rochester's identity. These three companies became known nationally, and even internationally, and dominated their industries to such an extent that they resulted in new words and expressions that are still recognized today.

### 2/07/18 - When the Flour Industry Moved West

Centered in the 1820's Rochester was the fastest growing community in the US and the nation's first inland boomtown. Learn how Rochester rose to boomtown status and lost it all when the flour industry moved west.

### 3/16/18 - Rochester Mobilizes for the Great War

In 1914 the world was thrown into the Great War. Although the United States did not officially enter the war until 1917, learn how Rochester participated in the war economy and prepared for eventual entry into the war. Once the United States declared war, Rochester was an All American patriotic city.

### 4/13/18 - Rochester Picture Postcards

Take a trip to Rochester, NY at the turn of the 20th century. See the sights and marvels of Rochester as seen through color postcards from the collection of the Rochester Historical Society. These amazing picture postcards were sent around the world from the Flower City. Come, visit and take the tour!

Scrapbooking	Lana Smich	Wednesday, January 10th • 2:00PM	Village Wood
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Scrapbooking is not only a way to express yourself artistically, it is also a way to capture and celebrate memories and experiences. Lana will be sharing her techniques for scrapbooking with an antique look in this class. By utilizing her techniques for distressing, you can create scrapbook pages that look like they were created years ago.

Senior Workout	Jacque-Luis Nodar	Every Friday • 10:00AM	Village Wood
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This class is designed to be a fun workout that will incorporate all aspects of fitness including balance, stability, flexibility, strength, mobility and more. It is appropriate for all fitness levels as all exercises can be modified for the individual. Come and move to the music with friends.

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Smoothie Sensations</b>	<b>Rich Loos</b>	<b>Sunday, February 18th • 2:00PM</b>	<b>Village Wood Dining Room</b>
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Chef Rich is at it again with healthy cooking. In this class he teaches us how to make the best healthy smoothies. In addition to learning how to make these at home we'll also have the opportunity to enjoy samples of strawberry banana, blueberry and orange creamsicle.

<b>Spring Bird House Painting</b>	<b>Caroline Garnaat</b>	<b>Friday, April 20th • 2:00PM</b>	<b>Village Wood</b>
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Spring has begun! Join Caroline as she shares her talent in a spring birdhouse painting class with a collage effect. Create a beautiful home for our feathered friends.

<b>Starry Night Pastel Drawing</b>	<b>Caroline Garnaat</b>	<b>Friday, February 16th • 2:00PM</b>	<b>Village Wood</b>
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Caroline will be doing a Van Gogh inspired Starry Night pastel drawing. Each person is given all that they need to go away from this project with a finished piece of art. Caroline's classes are in a group setting with personal attention given throughout the class. Explore your inner artistic talents in this supportive class.

<b>Surprising New Foods</b>	<b>Joan Bardossi</b>	<b>Wednesday, April 25th • 2:00PM</b>	<b>Village Wood</b>
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Do you like to try new foods or explore new culinary combinations that may surprise you? If so, this is the class for you. Joan Bardossi is our Regional Director of Culinary Services and she is excited to give your palate some surprises. Come and sample tastes that might surprise you.

<b>Sushi Rolling</b>	<b>Bridget Keenan</b>	<b>Thursday, February 8th • 2:00PM</b>	<b>Grande'Vie Activity Area</b>
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Ah, sushi. That popular Asian culinary art form of modest origins. That lovely, subtle cuisine that satisfies without bringing on the dreaded carb-coma. Some call it the new healthy fast food. Some call it an art form. Come watch Bridget create sushi rolls made from seaweed, rice, fish and selected vegetables.

<b>The Art of Stenciling</b>	<b>Allison Case</b>	<b>Thursday, March 29th • 2:00PM</b>	<b>Grande'Vie Activity Area</b>
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Grande'Vie Marketing Director Allison Case will be giving a demo on the art of stenciling. Stenciling provides guidance and structure to ensure that everyone feels successful when trying this artistic pursuit.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Travelogue	Beth Brancato	See Dates Below • 3:00PM	Grande'Vie Activity Area & Village Wood
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Travel the world without packing a bag or leaving your chair as Beth Brancato transports us through an interactive cultural exploration.

**January 8th - *Life is a festival*:** In this class, Beth will focus on discovering religious festivals and cultural events in the Indian Subcontinent.

**February 12th - *The Untold Story of American Cuisine*:** Come see how American food is united by eight flavors. Some of these signature flavors may be familiar while others just may surprise you.

**March 12th - *The Arctic and Antarctic*:** The North and South Poles have lured explorers for over a century. While both of these regions are mysterious, fascinating and of course cold, they have a number of important differences. Learn more about those who have braved these regions and what has been discovered.

**April 9th - *The Great Silk Road*:** The Great Silk Road is a system of caravan routes crossing from the Mediterranean Sea to China in ancient and middle age times. The Great Silk Road influenced the emergence and development of trade and cultural ties between people and statehoods located along the way.

Winter Health Habits	Kevin Kane	Tuesday, January 23rd • 2:00PM	Grande'Vie Activity Area
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Getting ready to hibernate for the season? Kevin Kane, our Case Manager wants to share some healthy habits to ensure that you can stay healthy during our frigid winter including creative indoor approaches to exercise and everyday diet recommendations.

## Faculty Biographies

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### NAME OF INSTRUCTOR

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### CLASS NAME

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**Beth Brancato**

**Travelogue**

Beth Brancato has been traveling since she was an AFS student in Greece at the age of 16. Since then, she has traveled to dozens of countries around the world and sharing the world with people via photos, demonstrations and cultural artifacts.

**Bridget Keenan**

**Sushi Rolling**

Bridget's love for sushi started around 2010 after she decided it would be more cost effective and adventurous to make on her own. Bridget branched out and started researching using You Tube for directions as she is a good visual learner. In two years she has perfected the sushi Roll.

**Caroline Garnaat**

**Starry Night Pastel Drawing**

Caroline is a teacher for Fine Art Miracles. She is an experienced art teacher and in addition to working with FAM clients, Caroline also runs her own company, Artichoke Design, as a muralist and designer.

**Chef Rich Loos**

**Spring Chef Demo**

Chef Rich started his career as a dish washer at the Reunion Inn which is located in Irondequoit, N.Y. He always wanted to work with his hands and what better way to accomplish that then cooking. Rich came to the Legacy Family in 2007 and has never looked back. He is now an accomplished Chef a father of a 6 year old daughter and has a little girl on the way.

**Daniel D. Cody MA**

**Rise of the Big Tree**

Dan is the Collections Manager/Registrar of the Rochester Historical Society and Lecture. He is passionate about the history of Rochester and has put together a series that we will be exploring for our spring semester.

**Debi May**

**Flower Arranging**

Debi is our Community Life Director for Village Wood. Before she came to Village Wood in 1997, she worked for her families Florist Business. Debi was a designer for 20 years designing flowers for weddings and everyday floral work.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Elizabeth Clough****Music Therapy**

Elizabeth Clough graduated from Berklee College of Music in 2016 with a Bachelor of Music degree in Music Therapy. Elizabeth completed her music therapy internship at the Hochstein School of Music and Dance from September 2016 to June 2017. After completing her music therapy internship, she joined the expressive arts department at Hochstein as a music therapist in July 2017. Elizabeth has provided music therapy to a variety of populations including adults and children with developmental disabilities, individuals with mental illness, and children and adolescents with various medical conditions. She specializes in working with older adults suffering from Alzheimer's and Dementia. Elizabeth has provided music therapy in a variety of settings including nursing homes, day programs for individuals with multiple disabilities, psychiatric hospitals, and a woman's homeless shelter. Elizabeth is very passionate about using music to heal and to help in whatever ways possible and is excited to continue this at Hochstein.

**Fred Gilliam****Cooking Demo**

Fred Gilliam has worked at Grande'Vie as a chef for five years. Taught by his grandmother, Fred has a love and passion for cooking.

**Jacque-Luis Nodar****Workout With Jacque**

Jacques-Luis Nodar has over 15 years of experience in the wellness industry. He is the owner of Max Effort Training LLC which is a private personal training and wellness studio in Henrietta. He has experience working with clients of all ages but has a particular passion for working with older populations. He is truly passionate about helping others and wants to make every person healthier and happier.

**Jim Curtin****Cooking at the Olympics**

Joan Bardossi is passionate about travel and history. Cooking allows her to pursue those passions. Most of her career has been in hotels. Joan was fortunate to work at the Olympics in Beijing and London and her career led her to Watermark Retirement Communities by way of the Rochester Legacy group.

**Karen Pecora****Healthy Exercise Stretch**

Karen will share her knowledge as to why it is beneficial to stretch daily and she will share how exercise changed her life by reducing stress, burning calories and waking her body for the day.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Kayla Moynihan****A Taste of Utica**

Working in the food & beverage industry in Utica for many years, Kayla became very familiar with the dishes authentic to the area. A popular pasta dish "Chicken Riggies" is a local favorite and something a new comer should try. While it has been tweaked by many, it's main ingredients always include chicken, rigatoni and peppers in a semi-spicy to spicy cream sauce. Just the smell of them cooking is enough to make your mouth water.

**Kevin Kane****Health Talk  
"Winter Health Habits"**

Kevin graduated in 1998 as an LPN from the Nassau Boces in New York. He has been working as a nurse for 15 years. In 2016 he joined Grande'Vie as a Resident Case Manager.

**Lana Smich****Scrapbooking**

Lana is our Head of Reception here at Village Wood and a valued member of our staff. Lana has been scrapbooking for many years for weddings, baby books and also does an old fashioned look for cherished pictures from the past. You will learn what supplies you need, get pointers on how to start and make a scrapbook keepsake that will keep your memories alive.

**Laura Hebbs****Extreme Couponing**

At the age of eight, Laura used her first coupons purchasing 87 lip balms and after her coupons it cost \$2.18 (just having to pay the tax). After this transaction she was hooked on couponing. Saving thousands of dollars, Laura will teach how to use coupons with sale items and how to get free products.

**Sharon Daniels****Quilting Talk & Display**

Sharon joined the 4H Club at the age of 13 and learned the basic skills of sewing. In 1975 she was taught quilting by the Perinton Recreation Department.

**Sam Snyder****Music Therapy**

Sam graduated with a bachelors degree in music therapy from Nazareth Collage. Served in the peace Corps in Cambodia. Sam is now a full time music therapist teaching seniors Music for the Soul.

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**INDEPENDENT LIVING**

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