

WATERMARK UNIVERSITY

2021

Spring Semester
JANUARY THROUGH APRIL

ST. ANDREW'S
VILLAGE

 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,

Stephanie Baker

Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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With our group activities continuously changing depending on whether we are open for small groups or not, and our group size being limited, you may notice some new locations and phrases in this semester's catalog. This key should help:

When Open: When we are open for small group activities, these programs will occur. If they get cancelled due to not being able to hold groups, watch your Week-At-A-Glance to stay on top of when programs are rescheduled.

Via zoom in your Room: Using your preferred device, you can watch the program from the comfort of your favorite chair right in your apartment. You will receive an email invite or can get the log in info from the Week-At-A-Glance

Live: You can sit in the audience and watch the presenter give their program right in front of you.

Virtual: The presentation will be happening live in one room, but you will be watching it shown on a screen in a different room.

Watch Party: For those who don't use Zoom (or similar), let us do the tech set up for you. You can watch the program on a screen or TV with a small group in the designated room.

St. Cecilia Society	Bert Melcher	When Open for groups: 1ST and 3RD Tuesday AND Wednesday, 7:07 PM	Chapel
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The St. Cecilia Society offers video concerts of classical music. Residents Bert and Rosemary Melcher's collection of DVDs and those of others, along with the use of Netflix, provide diverse orchestral and instrumental music, opera, and ballet. Bert often puts together a handout with information on the selection to give participants additional points of interest that may not be included on the DVD. The group's name honors St. Cecilia, the patroness of musicians and a Christian martyr executed for heresy by the Romans in 180AD and who died with a song on her lips.

Book Review	IL Residents	When Open for groups: 3rd Friday at 3:00 PM	Live: Community Room Virtual: Chapel
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Each month, a resident selects a book and gives a review. It is not necessary that you read the book to come to the review, as the speaker for the month is the one sharing the synopsis and their insights. If you would like to be a presenter, speak with Elinor Christiansen.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Water Aerobics with Marsha	Marsha Jackson	When Open: Daily at 9:30 AM	Pool
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With our pool newly resurfaced and heated to perfection, it's time to take your exercise regime to the water! The water's resistance acts like gentle weights for your muscles, but you can absolutely use the pool weights for an added challenge.

Colorado History Series	Irwin Kirk	When open: Thursdays and Saturdays at 11:00 AM	Chapel
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Irwin taught this course at OLLI (Osher Lifelong Learning Institute) and we're lucky to now have him present right in our community! This 7-8 week program will take you through Colorado's fascinating history and some of the people who helped shape it. You'll also learn about some of the events in states around Colorado that led up to the 1859 Gold Rush that helped create our state's story. Each Thursday and Saturday presentation in the same week will be the same, meaning two times each week to catch the presentation.

Book Club	Jennifer Weber	To Be Announced	To Be Announced
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Notices will be posted when a new book is available and information will also be available in the Events Book at Concierge. The club will meet 3-4 weeks later to discuss the selection. Books are supplied by the Arapahoe County Library. Although there is a limit of 10 people who can borrow the book, you can always purchase it or borrow it at your preferred library.

Topic A Month	Sean Larson	Watch Calendar	Door to Door Learning or Small Group
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Each month, Sean will pick a topic and tackle it from multiple angles. There will be discussion and debate, art, biographies of famous people relating to the topic, games, writing workshops, and more. These sessions will be offered in small groups when we are open, and converted to door to door participation when we're not, so you won't miss a thing!

January: The Supreme Court February: Belgium March: The Science of Weather April: Baseball

COURSES	FACULTY	DAY AND TIME	LOCATION
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One to One Technology Class	Stephanie Baker	Sign up at Concierge	Your Apartment
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Now, more than ever, technology has become an extremely important way to maintain communication with friends and families, attend doctor appointments, order supplies, and stay engaged safely. Whether you are a beginner on a device, or want to learn how to do more, these one to one sessions will help you get the most out of your smart phone, tablet, and computer. Learn how to use your phone's camera and send the pictures to family and friends or learn how to join and navigate within a Zoom meeting. Learn the do's and don'ts of using the internet safely, and how to check out books for free from the library from the comfort of your favorite reading chair.

Curious Dragonfly Science Program	Trina Terrell	3rd Wednesday each month: 1:30 pm	Via Zoom in your Room, Watch Party in Chapel and AL Media Room
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Trina shares her passion for teaching Science and Nature in a fun and creative way. She encourages questions and often has very hands on classes to really help you understand the topic. Her classes touch on many areas of science: Earth Science, Biology, Chemistry, Environmental Science, Astronomy and Physics.

Active Minds: World Issues and Music Appreciation	Active Minds Presenters	Mondays at 2:00 PM	Via zoom in your Room, Watch party in Chapel
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Active Minds is dedicated to expanding lives and minds by providing outstanding educational programs for seniors and adults. Programs range from international current events, to history, biography, and more. Each topic is researched in depth and presented within their historical contexts, with multiple perspectives presented. Attendees are challenged to look beyond their own opinions and political leanings to grapple with current events on a deeper level, encouraged to share their own experiences, and to draw parallels between the historical perspective and current events or contemporary figures.

Music appreciation topics are designed to give attendees insight into various aspects of the world of music. Covered topics include composers, great works of music, musical styles, and more. Each class is supplemented with samples of music to illustrate the ideas presented in the program. World Issues and Music Appreciation will alternate Mondays.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Acrylic Painting Class	Sean Larson, Stephanie Baker	Watch Calendar	AL Club Room and IL Community Room
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Learn to create an acrylic painting you can be proud of. You will receive step by step instruction to walk you through each stroke of creating your work of art. From what colors to mix and suggestions on what brush to use, to tips on what type of pressure to apply with your brush and instruction on how to layer the paint to make your painting pop, you'll walk out of class feeling like an artist! Follow the steps of the instructor or let your inner artist go wild and do your own thing- anything goes, it's art!

What The World Needs Now	Jane Barton	Thursday, January 14th at 10:30 AM	Via zoom in your room, Watch Party in Community Room
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At the conclusion of every year, we have the opportunity to intentionally reflect on the happenings of the previous 12 months. Obviously, we have more than a few things to consider when contemplating the various twists and turns of 2020. This past year has been challenging beyond belief in many regards - a global pandemic, social unrest, and political upheaval. Consequently, the atmosphere is charged with anxiety, uncertainty, and disbelief. Although we may be tempted to disconnect from these chaotic times, now more than ever, we need to lean into life and discern how we can be a powerful and positive force in the world. Think about it. What does the world need now in order to heal wounds, bridge gaps, and encourage life-giving interactions and conversations? How about a little faith, hope, and love?

Dancing to A Different Beat	Jane Barton	Tuesday, February 9th at 10:30 AM	Via Zoom in your Room, Watch Party in Community Room
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Knee-deep in the midst of the COVID-19 crisis, I often wonder how this experience will transform the lived experience for all concerned after the dust settles. Many people speak about "going back to normal." But I fail to see how we could ever go back - we are forever changed emotionally, physically, psychosocially, financially, and spiritually. Moving forward, we will dance to a different beat. We will continue to evolve as we reflect on our collective experience. So, let's consider who we are becoming? What is to be learned from this global challenge? Who do we choose to be and what do we choose to do from this day forward?

Ask An Expert Series	Various	Watch Calendar	Via zoom in your Room, Watch party in Community Room
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Each month, an expert from a different field will join us virtually to give information on recent developments in their area of expertise and give participants the chance to ask questions. Topics will range from a specific area of medicine (like December's Cardiologist), to a local CBD company who grows, produces, and sells various CBD products, to wealth management, and more.

COURSES	FACULTY	DAY AND TIME	LOCATION
One Day University	Various	Watch Calendar	Via Zoom in your Room, Watch party in Chapel

Join professors from leading American Universities as they present live talks on subjects like art, history, science, politics, and more. These are professors that are top in their fields, have won awards, and are highly rated by their students.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Stephanie Baker

Technology Class

Stephanie moved to Colorado from North Carolina about 14 years ago. She originally worked with adults and children with developmental disabilities before switching to activities in retirement communities. She loves to read, watch the antics of her kittens, Mia and Shmu, cooking, running, and paddle boarding, and would eventually like to do more travelling.

Jane Barton

**What the World Needs Now and
Dancing To A Different Beat**

Jane Barton is a passionate national speaker, writer, and listener. As the founder of Cardinal, LLC, she provides educational programs, books, videos, podcasts, and blogs to assist people when confronted by the daunting challenges posed by aging, caregiving, and the end of life. Jane is well versed in the areas of grief and bereavement, caregiving, hospice and palliative care, change and transition, and spirituality and health.

Previously, Jane served as Director of Education for a hospice and palliative care educational institution in Denver, Colorado. She has also served as a chaplain and bereavement facilitator in hospice and palliative care. Jane is a certified Spiritual Director as well as a Certified Senior Advisor. In a former life, she worked as a financial services representative and an exploration petroleum geologist and manager.

Irwin Kirk

Play Reading

Irwin grew up in Oak Park, Illinois and spent most of his career as a government attorney in Washington DC. He has a daughter Julia who lives close by and a son Doug who lives in Castle Rock with his family. Irwin is a CSU graduate. He has been teaching history classes and a class about the Chinese Revolution at OLLI (Osher Lifelong Learning Institute) for 16 years.

Sean Larson

Topic a Month, Acrylic Painting

Sean is a member of St. Andrew's Community Life team. Sean thrives by spending time with his family: Jaime his wife, and their sons Alan and Mark. He is a Boy Scout Troop leader for both of his boys. He takes martial arts with Mark, who is 13. Sean also helps out as a Sunday School teacher at his church when he can.

NAME OF INSTRUCTOR

CLASS NAME

Bert Melcher**St. Cecilia Society**

Bert went to Denver East High School followed by Dartmouth College on a Naval ROTC scholarship to earn an MS degree in Civil Engineering. The Navy sent him to London where he met, and in 1956, married Rosemary, secretary to the US Maritime Ambassador. After London, they were relocated to Boston, and then moved to Denver, where Bert shifted to the Navy Reserve and eventually retired as a Captain. His career includes: architectural engineering; planning for transportation, energy and environment; and business appraising/brokerage. He helped create Denver's Regional Transportation District for public transit and is one of three people to serve on its Board of Directors and Colorado's Highway Commission. They have a son in London and a daughter in Connecticut.

Trina Terrell**Curious Dragonfly Science Program**

Trina is a fun, energetic and creative person with a passion for teaching science and nature. She has a Bachelor's degree in Biology, Ecology and Environmental Science, Wildlife Rehabilitation, and a Secondary Science Teaching license. Trina worked for seven years as a Science teacher at Thornton High School and taught a number of subjects including Biology, Chemistry, Physics, Earth Science, IB (International Baccalaureate), and Special Education. She also completed the Eden Alternative training. Trina changed careers to become a social worker in a nursing home and was awarded the 2011 CHCA Social Service Professional of the Year' for the state of Colorado. She knew that working with this clientele was the right career for her. Sharing time with residents, she saw a need for activities that opened their minds, challenged their knowledge, and piqued their curiosity about science, nature and art. Trina began teaching science classes in the nursing home where she worked. They were an instant hit! This was the genesis of Curious Dragonfly, a way to blend the two great loves of her life: teaching science and nature and working with people of all ages.

Jennifer Weber**Book Club**

Jennifer is the Business Office Manager at St. Andrew's Village. She enjoys reading, typically completing over 100 books each year, has six cats who will reluctantly hula hoop with her, has a love for shoes, and credits herself as the inventor of catnip.

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INDEPENDENT LIVING • ASSISTED LIVING • REHABILITATION & SKILLED NURSING

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