

WATERMARK UNIVERSITY

2019

Spring Semester
JANUARY THROUGH APRIL

WINDSOR
SENIOR LIVING

 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,

Kayla Gaiennie

Kayla Gaiennie
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
----------------	----------------	---------------------	-----------------

Myrna and Me Preschoolers	Anna Dickerson	Wednesdays • 3:30pm	Activity Room
----------------------------------	-----------------------	----------------------------	----------------------

Local moms and their children visit once a week in a group setting to build intergenerational friendships with our residents. This program can also pair a mom and her children up with a Windsor resident and they visit one on one every month. Stop by the activity room and meet the kids and enjoy an hour of fun!

Fantasy Sports	Eric Hudgins	Thursdays • 1:30pm	Bar Lounge
-----------------------	---------------------	---------------------------	-------------------

Do you love watching sports and sports center? Do you know everything about the team and players stats? Then you will love constructing fantasy teams and going head-to-head each week with other residents teams.

Rustic Restoration	Kayla Gaiennie	First Monday of the Month • 2:00pm	DIY District
---------------------------	-----------------------	---	---------------------

Join me as we fix up old furniture and create something brand new with unique personal touches. We will use a variety of techniques to create do-it-yourself masterpieces!

Computers 101	Richard Quinn	2nd Monday of the Month • 2:00pm	Library
----------------------	----------------------	---	----------------

Come join our resident, Richard Quinn, as he shares his knowledge of computers with us. He will update us on the world of computers and all the interesting and amazing things a computer can do. He will give us an introduction to Windows 10 and show us how to use email. He will also teach us how the internet works and how to "surf" it. Richard is available to work one on one with you during the class if you would like to bring your laptop or tablet.

What's Happening in the World?	Rabbi Howard Wolk	2nd Monday of the Month • 2:00pm	Private Dining Room
---------------------------------------	--------------------------	---	----------------------------

Join Rabbi Wolk as he shares his interest and knowledge about current events. He will talk about local, national, and even international happenings as he leads this lively discussion group. All faiths are welcome to attend!

COURSES	FACULTY	DAY AND TIME	LOCATION
Bridge Club	Mary Zimmerman	4th Monday of the Month • 2:00pm	Bar Lounge
Join our resident, Mary Zimmerman, and our lovely group of bridge players for a little extra instruction and guidance on this wonderfully fun card game!			
Love & Art	Mark Lombard	1st & 3rd Wednesdays • 2:30pm	Activity Room
Do you love museums and great works of art? Love and Art shares the art experience and virtual tours of countless museums from across the U.S and the globe, all from the comfort of the community.			
Prayer Warriors	Jackie Johnson	2nd & 4th Tuesdays • 1:30pm	5th floor
Join Jackie for a prayer group centered around the love and acceptance that prayer can bring into your life. Jackie has seen firsthand the impact prayer can have and feels a calling to facilitate that for all those who might benefit as well.			
Tech Time	Tabora Okeyode	Thursday Jan 10th • 10:00am	Activity Room
Bring all you gadgets and electronics to our savvy concierge Tabora. She can show you the tips and tricks for your apps, phones, tablets, TV's and other smart devices.			
Coin Collection Showcase	Bennie Griffin	Monday Jan 21st • 2:00pm	Bar Lounge
Bennie has been collecting coins and other items since he way a boy. He has collected money from around the world to be able to show you his collection and regal you with the history of his pieces.			
Fun with Finance	Ryan Olson	Thursday Jan 24th • 10:00am	Activity Room
If you have ever been intimidated or intrigued by personal finance then you have to attend Ryan's fun with finance class. Ryan will talk about the science of finance and show you how to make an easy personal budget that will keep you on track!			

COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

Cultures Around The World: Zimbabwe	Shainai Kavukatema	Tuesday Jan 29th • 1:30pm	Activity Room
--	---------------------------	--------------------------------------	----------------------

Are you interested in cultures from around the world? We are lucky to have a great international presence in our city and our community. Join Shai as she shares customs and traditions from her homeland of Zimbabwe.

Aromatherapy Guide	Jessica Cook	Thursday Feb 7th • 10:00am	Activity Room
---------------------------	---------------------	---------------------------------------	----------------------

Did you know that our sense of smell is the strongest link to memory and can actually impact us physically? Join Jessica to get the run down on what can help you wake up, relax, stimulate appetite and more.

Actors Studio	Amber Porter	Monday Feb 18th • 2:00pm	Bar Lounge
----------------------	---------------------	-------------------------------------	-------------------

Amber is active in her local community church theatre scene and has recently concluded a production run. She will be sharing tales from backstage and video of her performance. This program is perfect for all media lovers of all kinds.

Oscars Retrospective	Shuronda Broadway	Thursday Feb 21st • 10:00am	Bar Lounge
-----------------------------	--------------------------	--	-------------------

Join our very own movie buff Shuronda to review this years Oscar nominated movies and mark our ballots for who will take home that golden statue.

Bestsellers Book Review	Lea Rhodes	Thursday March 7th • 10:00am	Library
--------------------------------	-------------------	---	----------------

Do you love reading but aren't sure what's good on the book scene these days? Lea is here to run down the bestsellers list and give you quality read recommendations to last you for months to come.

Spring Wine Pairings	Mary Mitchell	Monday March 18th • 2:00pm	Bar Lounge
-----------------------------	----------------------	---------------------------------------	-------------------

Do you like wine? Would you like to know more about what occasion and compliment goes best with your favorite bottle? Then join Mary as we taste test a variety of wines and wine pairings for the spring season!

COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

Cultures Around The World: Philippines	Nilo Conceptcion	Thursday March 21st • 10:00am	Activity Room
---	-------------------------	---	----------------------

Are you interested in cultures from around the world? We are lucky to have a great international presence in our city and our community. Join Nilo as he shares customs and traditions from his birthplace of The Philippines.

Friday Night Lights	Wendi Webster	Thursday April 4th • 10:00am	2nd floor
----------------------------	----------------------	--	------------------

Join Wendi for a discussion group on all the good, the bad, and the triumphs of school football. Wendi, like many Texans, is a football mom and fan.

Golf Tips and Tricks	Tom Schumaker	Monday April 15th • 2:00pm	Activity Room
-----------------------------	----------------------	--------------------------------------	----------------------

Tom has been an avid and dedicated golfer for decades. Whether you are a long time golfer or a novice picking it up for the first time you will have a blast learning golf tips and tricks with Tom!

Cooking Demo	Curtis Mann	Thursday April 18th • 10:00am	Bar Lounge
---------------------	--------------------	---	-------------------

Curtis is the chef behind some of your favorite dishes here at the community, but how would you like to see his process up close and personal. Join Curtis for a cooking demo to see him in action!

Adventure Tales	Daniel Lueuanos	Monday April 29th • 2:00pm	Activity Room
------------------------	------------------------	--------------------------------------	----------------------

Enjoy hearing tales from the adventurous Daniel Lueuanos about his fun filled travel expeditions. Daniel has been on trips near and far and is excited to tell you about them all!

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Bennie Griffin

Coin Collection Showcase

Bennie Griffin is the Executive Director of Windsor Senior Living. Bennie was born in Jacksonville, Florida and began his career in senior living as a nurse. He is now happy to be living in Texas and raising three wonderful sons.

Jackie Johnson

Prayer Warriors

Jackie Johnson is a dedicated Director of Sales who has been with Watermark Retirement for a number of years. Jackie's journey has many chapters, from being a bakery owner in Alaska to a jewelry maker in Texas and all sorts of adventures in between.

Wendi Webster

Friday Night Lights

Wendi Webster, is the gregarious Resident Care Director here at Windsor. Wendi is the mother of 4 boys! In her spare time, she loves to travel and watch her boys play sports. The younger boys play football and her oldest boy plays basketball. As you can imagine, she is very busy but she loves every minute of it!

Lea Rhodes

Bestsellers Book Review

Lea Rhodes is the newest Business Office Manager at our community. She comes to us originally from Indiana with a strong accounting background. She is excited to have moved to Irving with her husband and two sons.

Shainai Kavukatema

Cultures Around The World: Zimbabwe

Shainai Kavukatema oversees the care of our residents as the Assisted Living Program Director. Shai started at Windsor as a nurse before moving into her new role. She is very proud of her family at home and in the states.

Kayla Gaiennie

Rustic Restoration

Kayla Gaiennie is the lively Community Life Director here at Windsor. Kayla was born and raised in Dallas. She enjoys painting, crafting, and creating in her spare time. She can also be found on most hot Texas days barbequing by the pool.

NAME OF INSTRUCTOR

CLASS NAME

Nilo Conceptcion**Cultures Around The World: Philippines**

Nilo Conceptcion serves the Windsor residents as our Maintenance Supervisor. Nilo likes to stay fit playing sports such as volleyball and keep his engineering skills sharp by designing home features in his spare time.

Daniel Lueuanos**Adventure Tales**

Daniel Lueuanos joins the team as Windsor's new Maintenance Director, although he is no stranger to the trade. Daniel has worked over 30 years in the maintenance industry and is currently enjoying spending time as a newlywed.

Amber Porter**Inside Actors Studio**

Amber Porter is the enthusiastic Memory Care Director here at Windsor. Amber is a devoted mother of five whose interests include a variety of dancing, singing, musical theatre, jewelry, and crafting to name a few.

Tom Schumaker**Golf Tips and Tricks**

It is always a fantastic day in dining with **Tom Schumaker** as Windsor's Dining Director. Tom is a sports lover, he watches all the games now but played a variety of sports, including football, in college. He loves to spend time with his wife and get in a good a round of golf in on the weekends.

Jessica Cook**Aromatherapy**

Jessica Cook is the resourceful Human Resources Director at the Windsor. Jessica was born in New York, grew up in Virginia and recently moved to Texas. In her spare time she rides horses and competes on a National and World level for the Appaloosa Horse Association in Hunt-seat and Western divisions. Jessica is very close with her family and has one brother who also lives in Dallas. She is excited about her new adventures in Dallas and seeing what the Dallas area has to offer!

Ryan Olson**Fun With Finance**

Ryan Olson is our hometown Director of Sales for the Windsor. Born in Mesquite, Texas, and residing in Highland Park, Texas in his youth. Ryan is a sports fan who loves spending time with his two children.

NAME OF INSTRUCTOR

CLASS NAME

Mary Mitchell**Spring Wine Pairings**

Mary Mitchell is our dining services leader! She has worked at Windsor for 6 years spreading her sunshine to all the residents. Mary says she loves working at Windsor because helping seniors is her passion and she thinks Windsor residents are amazing! When Mary is not working, she likes to relax and spend time with her family.

Mary Zimmerman**Bridge Club**

Mary Zimmerman is an involved resident who lives here at Windsor. She is an avid player of many table games, her favorite being bridge of course, along with kings-in-the-corner, and RACKO.

Richard Quinn**Computers 101**

Richard Quinn is our resident tech guru. Richard came to Windsor just this year, but has made quite the impact on his peers with his helpful nature and computer knowledge.

Shuronda Broadway**Oscars Retrospective**

Shuronda Broadway keeps the trains running at Windsor as part of our transportation department. She is originally from Shreveport, LA and now lives with her daughter here in Dallas.

Eric Hudgins**Fantasy Sports**

As Community Life Assistant, **Eric Hudgins**, is a jack of all trades. He has collected some extra change over the year playing fantasy sports and loves to share his passions. When he isn't at work you can find him out and about in Dallas with his devoted dog.

Curtis Mann**Cooking With Curtis**

Curtis Mann has been a Windsor chef for nearly a year. He is talented on the football field as well as the kitchen, spending his spare time playing in a contact league.

Mark Lombard**Love & Art**

Mark has devoted his life to art and sharing it with others. The Love and Art program was created with residents interests and talents in mind.

NAME OF INSTRUCTOR

CLASS NAME

Rabbi Howard Wolk

What's Happening in the World?

Rabbi Howard Wolk was born in 1952 in the Bronx and grew up in Queens, NY. Rabbi Wolk moved with his family to Dallas, where he first became the founding Rabbi of Congregation Shaare Tefilla. He is an active leader within Dallas's Jewish community and is involved with many organizations, including Jewish Family Service and the Jewish Federation of Greater Dallas. As proud parents of six children, Rabbi Wolk and his wife, Annette, have had a great impact on the community.

Anna Dickerson

Myrna and Me Preschooler Program

Anna Dickerson is a native Dallasite and has two children, Laird and Grace. She has been a volunteer at Windsor for over 6 years serving in various capacities from leading worship, planning intergenerational dances, calling bingo, and most recently, Myrna and Me. She has a passion for seniors and particularly for connecting generations by involving preschoolers at Windsor.

WINDSOR SENIOR LIVING

 A WATERMARK RETIREMENT COMMUNITY

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

7750 Lyndon B Johnson Fwy • Dallas, TX 75251 • 1-972-419-4999 • www.watermarkcommunities.com

ID #104038