

WATERMARK UNIVERSITY
WU

2018

Spring Semester
JANUARY THROUGH APRIL



THE FOUNTAINS
AT WASHINGTON HOUSE



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,

Dennis Del Rosario

Dennis Del Rosario
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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Acrylic Painting	Relene Schuster	Every other Wed. • 10:30 am	Art Room
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Even those who have not touched a paint brush are enjoying the painting class w/ Relene. Get together with other creative residents for two hours of acrylic or watercolor painting, friendship, good conversations and individualized help. Learn some new painting techniques, make new friends and decorate the walls of your home. All supplies are provided, just bring a picture of what you want to paint or choose one from our collection.

Armchair Theater	Katie Jett	January 22 • 4:00 pm	Theater
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This will be a seated theatrical reading of short plays. We will meet to decide on which plays we will be 'performing,' as well as whom shall be assigned to each role. You do not need to be a professional actor/actress to join in the fun! Everyone is welcome to participate.

Art Lecture 1 "The Glorious Palette of Auguste Renoir!"	Roshna Kapadia	January 24 • 2:00 pm	Sky Room
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Trace this artist's progress from teenage apprentice at the Sevres porcelain factory to a wildly successful Impressionist painter, famed for his sensual nudes. This lecture celebrates the life and times of Renoir.

Art Lecture 2 "Art from Japan - Sculpture, Stoneware, Painting"	Roshna Kapadia	March 28 • 2:00 pm	Sky Room
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Buddhas and temple guardians carved in wood, painted screens, scrolls and fans, brightly decorated stoneware bowls and tea caddies, intricately carved boxes and trinkets in ivory, and curious and fanciful masks—these are just some of the decorative items you can expect to see in the presentation on Japanese Art.

Art on the Road	Chris Scharles	March 22 • 1:00 pm	National Gallery of Art
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In this class you will go in the National Art Gallery with Chris and explore one of the world's finest collections of American and European paintings and sculpture dating from the 13th century. Also see the current exhibitions from drawing, painting and photography. Please don't forget to wear comfortable shoes.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Art w/pencils	Aref Rahman	February 28 • 10:30 am	Art Room
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This class showcases Aref's love of Artwork using color pencils. He is also a selftaught watercolorist. This time Aref will share his passion and creativity using color pencils to capture skies, trees, portrait, landscape and more. Painting the natural world around us can capture a place, a memory, or a feeling. You will be truly fascinated with his life story on how he started with his hobby.

Balance Stabilization	Katie Jett	Wednesdays • 1:45 pm	Fitness Center
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Balance Stabilization training focuses on the ability to maintain proper posture over the body's support base. Balance training is beneficial for improving dynamic joint stabilization (the ability to stabilize or keep the joints in proper alignment during movement.)

Balance Flexibility	Katie Jett	Mondays • 1:15 pm	Fitness Center
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It is the ability to move any joint through a range of motion. Increased range of motion means increased circulation and stability. This also means less pain in the joints and less chance for injury. Increased flexibility also speeds recover and improves physical appearance through better, taller posture.

Basic Choral Music	Gena Photiadis	Thursdays • 1:45 pm	Sky Room
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Join the Washington House Chorus and learn the basics of singing and harmony. You'll soon find out that you have a lot of talented friends here. Nothing brings people together like singing. Several times a year they perform for Washington House friends, families and residents. Newcomers are welcome. So come join the fun and belt out a tune.

Beer Pairings	John Niebauer Chris Charles	March 15 • 4:30 pm	Lobby
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Learn how to pair food and beer – Everything you need to know about matching meals with lager, ale, stout, and other beers. John and Chris will introduce a variety of beers, and you will have the opportunity to learn about and sample each one. You are welcome to invite your friends and family.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Book Review	Kathy Shields Frank Reagan	Jan. 29, Feb. 26, Mar. 26, Apr. 30 • 2:00 pm	Lobby-Library
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We meet the last Monday of each month in the Library to pick up our new books for the next month and discuss the book we have just finished. Each month we select (with the help of a volunteer in the Fairfax County Library) a book for the group to read. The library furnishes enough books for everyone in the club including, when available, big-print editions. Feel free to attend our next meeting which is listed on the daily Activity Sheet.

China and America: the new geopolitical equation	Frank Reagan	March 28 • 3:15 pm	Sky Room
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This is a continuation of our Great Decisions series of classes focusing on different issues facing our country and world today.

In the last 15 years, China has implemented a wide-ranging strategy of economic outreach and expansion of all its national capacities, including military and diplomatic capacities. Where the United States has taken a step back from multilateral trade agreements and discarded the Trans-Pacific Partnership (TPP), China has made inroads through efforts like the Belt and Road Initiative and the Asian Infrastructure Investment Bank (AIIB). What are Beijing's geopolitical objectives? What leadership and political conditions in each society underlie growing Sino-American tensions? What policies might Washington adopt to address this circumstance?

Chinese Culture	Duke Tang	January 18 • 4:30	Main Lobby
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This is an introduction to Chinese culture which includes a brief history of their traditional music, dances and instruments presented by Duke Tang of the Chinese Music Society of Greater Washington (CMGW). Duke will also cover the Chinese New Year celebration "Year of the Dog."

Classical Music Appreciation 1	Nancy Scimone, vocals/piano	January 7 • 2:30 pm	Sky Room
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Using a simple and enjoyable teaching style, this class introduces the novice listener to the wonders of classical music, from Bach fugues to Mozart symphonies to Puccini operas.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Classical Music Appreciation 2	David Pedrazza, viola Anna Nizhegorotseva, piano	February 10 • 6:45 pm	Sky Room
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A continuation of Classical Music Appreciation 1, enhance your joy of classical music through knowledge. Have you ever heard that familiar tune whose name escaped you? You recognize it as classical music, but aren't sure who wrote it or the story behind it. Join our class and learn about the composers and the circumstances surrounding the music's creation, as well as what to listen for.

Classical Music Appreciation 3	Frederick Moyer, concert pianist	April 30 • 7:00 pm	Sky Room
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Ever wish you could drop into a class on Beethoven's works for the solo piano, or on how music affects your state of mind? This continuation of Classical Music Appreciation 2 highlights great classical composers. Discover why this music has remained popular for centuries.

Computer 101	Ken Polk	Every first Thursday • 3:00 pm	Lobby-Library
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While modern technology is helpful in accomplishing many of our tasks, allowing us to organize and learn important information and maintain relationships with family and friends, it can often be confusing and challenging to keep up with the many types of programs and applications. In this session, you'll learn basic computer skills including emailing, web surfing, and many other fun and useful daily skills.

Culinary Concept	Robert McKeon	February 12 • 2:30 pm	Main Dining Room
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Learn cooking terms and terminology, and how they relate to cooking. Learn about food safety and sanitation, and of their importance to food.

Dance Aerobics	Katie Jett	Fridays • 9:45 am	Fitness Center
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Get your heart rate up and your feet moving in this fun cardio class with Katie. Dance Aerobics will have you moving forward, back, left, and right with fun upbeat songs. Movements include the use of simple and easy to learn choreography as well as some line dancing steps. This is a low to moderate impact cardio class and everyone is encouraged to give it a try!

COURSES	FACULTY	DAY AND TIME	LOCATION
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Distillery Tour	Michael Lowe John Uselton	TBA • 1:00 pm	Off-campus
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Come and join us on an afternoon trip to the New Columbia Distillery in Washington D.C. and learn about the process of their signature Green Hat distilled gin. After the tour, you can join the optional free gin tasting and sampling of their Classic and Seasonal Cocktails.

Fall Prevention	Katie Reed	January 17 • 10:00 am	Main Dining Room
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You can gain and restore strength and stability at every age when you know how. The benefits of this class include fall prevention, better health, and a more enjoyable life. Join us during our Health Expo 2018 to learn techniques and exercises for moving forward, wherever your starting point may be.

Famous Events	Katie Jett	Select Thursdays • 11:30 am	Inn - 4th
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Learn about famous events that have shaped history in different parts of the world. Spring 2018 topics include: First service of the Metropolitan Railway (Jan.11), 1966 Palomares B-52 Crash (Jan.18), Battle of Stalingrad (Feb.1), Famous Valentine events in history (Feb.15), Lindbergh Kidnapping (Mar.1), Assassination of Julius Caesar (Mar.15), Apollo 13 (Apr.12), and San Francisco Earthquake of 1906 (Apr. 26).

Famous People	Katie Jett	Every Friday • 11:00	Inn - 3rd
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Examine the lives of famous people throughout history and their contribution to the world as we know it. We will take a look at kings, queens, philosophers, writers, artists, inventors, and others including: Betsy Ross (Jan.5), Tex Ritter (Jan.12), Ivan the Terrible (Jan.19), King Henry VIII (Jan.26), Jackie Robinson (Feb.2), Charles Dickens (Feb.9), Galileo Galilei (Feb.16), Aldrich Ames (Feb.23), Buffalo Bill Cody (Mar.2), Michelangelo (Mar.9), Albert Einstein (Mar.16), Harry Houdini (Mar.23), Vincent Van Gogh (Mar.30), Booker T. Washington (Apr.6), Joseph Pulitzer (Apr.13), Adolph Hitler (Apr.20), and Samuel F.B. Morse (Apr.27).

COURSES	FACULTY	DAY AND TIME	LOCATION
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Famous Places	Katie Jett	Every Wednesday • 11:00 am	Inn - 3rd
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Explore famous structures, cities, countries, and wonders of the world in this class with Katie. We will be discussing:

Rio de Janeiro (Jan.3), Aswan High Dam (Jan.10), Westminster Abbey (Jan.17), Sydney Harbor, Australia (Jan.24), Londonderry, Northern Ireland (Jan.31), Cairo, Egypt (Feb.7), Havana, Cuba (Feb.14), Pyramids of Giza (Feb.21), Taj Mahal (Feb.28), Stonehenge (Mar.7), Blarney Castle (Mar.14), Leaning Tower of Pisa (Mar.21), Canary Islands (Mar.28), Little Creek-Cape Charles Ferry (Apr.4), Fort Sumter (Apr.11), Warsaw Ghetto (Apr.18), and Ayers Rock, Australia (Apr.25).

Fashion through the ages "1960s"	Winoka Clements	April 18 • 2:00	Sky Room
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From behind closed salon doors in 19th century Paris to the present day catwalks around the world, fashion has shaped and been shaped by, the world we live in. In this class, you will learn the current styles starting 1960s, reminisce on past fashion icons as well as learn a thing or two from the fashion industry.

Favorite Book Review	Sonja Creech	April 4 • 2:00 pm	Lobby-Library
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Bring in your favorite book or one of the many you may have to our new discussion group. Give us an overview of the book, why it's your favorite and why we should read it! Or join us to just find out another good book to read.

Filipino Cuisine	Maricel Obanil	April 10 • 11:00 am	The Springs Dining Room
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Learn some simple and easy recipes from the Philippines as well as a brief history of cooking in the Philippines. Sample the food after the class and Maricel will surely make you come back for the next time. You can also request a copy of the recipes to share with your friends and families.

Flow-Motion	Kathy Zwicker	Mondays • 1:30 pm	Fitness Center
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This class will help you improve your muscle tone and balance, exercise your brain, and practice mindfulness. After a warm-up, we'll exercise for 15 minutes to moderately paced fun music. The rest of class, we'll practice slow, meditative movements based on Qigong, the ancient mind/body practice from China.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Flow Yoga	Katie Jett	Wednesdays • 3:30 pm	Fitness Center
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For the more active Yogi, this class combines flowing yoga postures, movements, and breathing techniques with music. There will be a combination of standing and seated exercises to bring the body and mind together in order to create balance. Flow yoga is an excellent way to increase mental and physical balance and flexibility.

Gardening 101	Priscilla Lotsberg Chuck Hucka	Mar.27, Apr. 24 • 1:00	Off-Campus
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Learn the basics of flower and vegetable gardening from our very own Garden Club members and visit beautiful and interesting gardens within the greater Washington area. Guided tours are provided. Learn interesting facts from professional master gardener.

Gluten-free diet	Saba Barkneh	March 5 • 2:30 pm	Art Room
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This is an introductory class on learning what gluten-free diet is all about and how it affects our body. Saba will share quick and easy menus that outline what to eat on a gluten free diet.

Great Decisions	Frank Regan	January 17 • 2:30 pm	Sky Room
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Learn about and discuss some of the most significant issues facing our country and the world today. We use a text developed by the Foreign Policy Association, along with a DVD, which explores topics of concern regarding international affairs, such as Egypt, Iran, and NATO. The group reads the material provided then meets to view the DVD and discuss what we've learned. Join us for good conversation.

Health and Wellness Lecture Series	Joann Garcia, Katie Jett & Diovonne Barlow	Monthly • 2:30 pm	Inn-2nd, 3rd & 4th Martha Hall
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Throughout the year we generate awareness around specific conditions and physical problems that people struggle with daily. Topics include Glaucoma awareness (January), Healthy Heart (February), Nutrition month (March), and Occupational Therapy (April). Come join us and learn more about these health awareness months, weeks, and days.

COURSES	FACULTY	DAY AND TIME	LOCATION
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History Alive I Grace O'Malley The Pirate Queen	Mary Ann Jung	March 12 • 2:00 pm	Sky Room
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Wake up and join your captain, yes WOMAN, Captain Grace O'Malley (of Ireland) as she teaches about sailing on a ship. Pirates? Not only pirates are discussed in this fast-moving and exciting show, but ye will learn about all types of sailing information - ships, 16th century history, even how to climb the rigging. However, Captain Grace isn't really a pirate: she's the daughter of clan chieftain Dub O'Malley -- so instead of capturing her audience, she chooses to teach them instead.

This adventure encourages the audience to learn words from across the world, small bits of information from many cultures -- details that only a 'pirate queen' (woman sailing adventurer and explorer) can bring to little 'sailors'. An interactive show for all ages - A chance to clap, move, shout and have fun - like all sailors and pirates want to do.

History 101	Katie Jett	1st & 3rd Wednesday • 2:30 pm	The Inn - 3rd
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Come and join Katie as she discusses timelines and major figures who affected that moment in history. During the class, you will be able to share your ideas with other residents, discover unknown facts and hear personal accounts of historical events. Topics include:

January 3 - Emancipation Proclamation

January 17 - Martin Luther King, Jr.

February 7 - Mexican-American War

February 21 - 1942 Japanese-American Internment

March 7 - Andrew Johnson's impeachment

March 21 - Exxon Valdez

April 4 - Falkland Islands War

April 18 - Bay of Pigs Fiasco

Jewish Education Series	Gideon Frishman	Fridays • 2:00 pm	Conference Room
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Come down and join Gideon to discuss the Jewish holidays and other related topics during our Shabbat services. During the Shabbat, Gideon will incorporate different Jewish holidays to learn the basics - why and how they are celebrated. All residents are invited to attend.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Jewish Talk 1 "15 Shevat"	Gideon Frishman	January 26 • 2:00 pm	Conference Room
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Learn about the 15th of Shevat on the Jewish calendar that marks the beginning of a "new year" for trees. This is the season in which the earliest-blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle. Learn from Gideon what is the Jewish view on ecology and environmentalism.

Jewish Talk 2 "Purim"	Gideon Frishman	February 23 • 2:00 pm	Conference Room
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Purim celebrates the deliverance of the Jewish people from the wicked Haman in the days of Queen Esther of Persia. Learn from Gideon what to expect at a Purim celebration.

Jewish Talk 3 "Passover"	Gideon Frishman	March 30 • 2:00 pm	Conference Room
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Passover (Pesach) celebrates the deliverance of the Jewish people from slavery in Egypt. Learn more about the history of Seder, the preparations, what is a Haggadah and Passover messages.

Line Dancing	Dennis Del Rosario	Mondays • 3:30 pm	Fitness Center
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Come join us in learning the basics of line dancing-how to grapevine, do a Jazz box, and a cha-cha step. After we master the basics, we'll put it all together and dance to a country line dance. It's a great exercise and promotes memory training.

Media and Foreign Policy	Frank Reagan	April 25 • 2;30 pm	Sky Room
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This is a continuation of our Great Decisions series of classes focusing on different issues facing our country and world today.

State and non-state actors today must maneuver a complex and rapidly evolving media landscape. Conventional journalism now competes with user-generated content. Official channels of communication can be circumvented through social media. Foreign policy is tweeted from the White House and "fake news" has entered the zeitgeist. Cyberwarfare, hacking and misinformation pose complex security threats. How are actors using media to pursue and defend their interests in the international arena? What are the implications for U.S. policy?

COURSES	FACULTY	DAY AND TIME	LOCATION
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Meet the Chef	Chef Darnell	April 16 • 2:30 pm	Main Dining Room
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Enjoy Chef's demonstration of the joy of making easy meals and have a taste of his delicious cooking and a copy of his recipe.

Music Appreciation	Jerry Roman	Feb. 9 & Apr. 13 • 3:00	Sky Room
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Join Jerry Roman for an afternoon of musical learning experiences on different genres of music. He will make you remember all those good old tunes as he brings you back to memory lane.

Music Therapy	Cheryl Conway	Every 1st Tuesday of each month • 3:30 pm	The Springs - DR
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In her music therapy sessions, Cheryl encourages participation. Residents are invited to play instruments (such as drums, bells, and shakers), move to the music, sing, share memories and learn about the music. Most of the sessions are based on themes (i.e., the seasons, holidays or topics of interest, or songs by a particular composer). As a music therapist, Cheryl seeks to use music familiar to her audience. Cheryl is personable, easy to approach, and loves to be of any service to her audience.

Nutrition 101	Saba Barkneh	January 22 • 3:00 pm	Art Room
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This is a class on basic nutrition and learn the importance of healthful and mindful eating. Saba will also focus on different nutritional meals available with each food groups.

Raptor's Talk	Kent Knowles	April 17 • 2:00 pm	Sky Room
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The Raptor Conservancy of Virginia will bring four raptors as part of their education birds that reside permanently at RCV to educate the public about raptors, their habitat, and living with our native wildlife. RCV educational programs present information about the need to preserve habitat, the value of predators in the balance of nature, the characteristics of native Virginia raptor species. Don't miss this exciting class!

Senior Safety	Charlie Lloyd	February 6 • 2:00 pm	Sky Room
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Come and listen to Officer Charlie Lloyd's lecture on senior safety which will cover topics such as Current Crime Trends, Fraud and Identity Theft and give the latest information on how to protect yourself from being a victim.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Stabilization Endurance Training	Shawn Hallums	Tuesdays • 1:15 pm	Fitness Center
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This class will incorporate exercises that progressively challenge the body’s stability, as opposed to how much weight is being used. The objectives are accomplished through low-intensity, high repetition training, emphasizing core and joint stabilization.

Strength Resistance Training	Shawn Hallums	Thursdays • 1:15 pm	Fitness Center
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Come down and join our Strength Resistance Training class. Resistance training can improve circulation, coordination, balance, bone and ligament strength. Maintain your independence as you get older, improve your quality of life, allowing you to do the things you enjoy with less effort.

Stress Management	Colin Snow	Monthly • 3:15 pm	The Springs Martha
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Learn from our Social Worker, Colin Snow, different techniques to cope with issues such as grief and loss, depression, emotional stress, anxiety and adjustment to life challenges.

Russia's Foreign Policy	Frank Reagan	February 28 • 2:30 pm	Sky Room
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This is a continuation of our Great Decisions series of classes focusing on different issues facing our country and world today.

Under President Vladimir Putin, Russia is projecting an autocratic model of governance abroad and working to undermine the influence of liberal democracies, namely along Russia’s historical borderlands. Russia caused an international uproar in 2016, when it interfered in the U.S. presidential contest. But Putin’s foreign policy toolkit includes other instruments, from alliances with autocrats to proxy wars with the U.S. in Georgia, Ukraine and Syria. How does Putin conceive of national interests, and why do Russian citizens support him? How should the United States respond to Putin’s foreign policy ambitions?

Tai-Chi	Connie McKenna, Ph.D	Tuesdays and Thursdays • 9:30 am	Fitness Center
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A mind and body practice that originated in China as a martial art. Tai Chi incorporates slow, gentle movements with deep breathing and meditation. Sometimes called “moving meditation,” many practitioners believe that Tai Chi helps the vital flow of energy throughout the body, promoting spiritual, emotional, mental and physical well-being.

COURSES	FACULTY	DAY AND TIME	LOCATION
"The Waning of Pax Americana?"	A.J. Ossman Frank Regan	January 31 • 2:30 pm	Sky Room

This is a continuation of our Great Decisions series of classes focusing on different issues facing our country and world today.

During the first months of Donald Trump’s presidency, the U.S. began a historic shift away from Pax Americana, the liberal international order that was established in the wake of World War II. Since 1945, Pax Americana has promised peaceful international relations and an open economy, buttressed by U.S. military power. In championing “America First” isolationism and protectionism, President Trump has shifted the political mood toward selective U.S. engagement, where foreign commitments are limited to areas of vital U.S. interest and economic nationalism is the order of the day. Geopolitical allies and challengers alike are paying close attention.

Travel to Exotic Places	John Niebauer	March 7 • 2:00 pm	Sky Room
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Come and join our Executive Director, John Niebauer for his amazing stories of his travels around the world. He will talk about his recent experiences visiting unusual places with unique food and sights.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Saba Barkneh

Basic Nutrition

Saba is a Registered Dietician here at The Fountains at Washington House. Saba enjoys teaching the residents and family members about healthy eating. She is looking forward to sharing her knowledge on various topics of nutrition.

Diovanne Barlow

Health and Wellness

Diovanne is the newest Community Life Associate who works in The Springs (health care floor). She is originally from the Philippines and has lived in Bangladesh with her husband and her 8-year old son Mikhail. Prior to working at Washington House, Diovanne was a teacher at Grace International School which is a mission school in Bangladesh. Diovanne loves cookin and making arts and crafts.

Carolyn Bliss

Bible Class

Carolyn was born in Washington D.C. in 1944 but lived in Arlington, Virginia all her life until she moved here to Washington House in 2013. She graduated from college in 1964 with an associate in Science degree. Carolyn worked as a secretary with the Federal Government for almost 35 years and also worked in full-time Christian ministry for a few years. She loves to sing in harmony and has sung in choirs and special singing groups. Carolyn has been involved with horses for most of her life and started riding at age 6. She loves to paint and draw horses with oils or acrylics. She is grateful to the Lord for all His blessings in her life and for His unconditional love for her.

Winoka Clements

Fashion through the ages "1960s"

As an "Army Brat" born in Fulda, Germany, Winoka traveled quite a bit as a young child and hopes to continue traveling now that her children are grown. She is a grandmother of two and the owner of a 4-year old Shi-ba Inu, a Japanese dog breed she fell in love with while living in Colorado. Winoka holds a Professional in Human Resources (PHR) certification, a Bachelor's degree in Human Resources and a graduate degree in Instructional Design. She is currently our Health Care Administrator. As an avid reader she enjoys a wide range of authors. Some of her favorites are: Alice Walker, Lee Child, Jodi Picoult, and May Angelou. Winoka started with The Washington House in July 2014 and hopes to share her openness to new ideas while embracing different cultures through workforce development topics as well as diversity and inclusion celebrations.

NAME OF INSTRUCTOR

CLASS NAME

Cheryl Conway**Music Therapy**

Cheryl is a board-certified music therapist. She has a bachelor's degree in music education from Baldwin-Wallace College. After teaching music, servicing group health insurance policies, and taking care of her mother who had Alzheimer's Disease, Cheryl discovered music therapy. It was a perfect match of her musical abilities and her dedication to making a difference in this world. She earned a graduate certificate in music therapy from Shenandoah University in Winchester, VA. She lives in Springfield, VA and for 7 years has been the owner and operator of MusiCapability, LLC. The mission of this business is to provide superior music therapy to the elderly in Northern Virginia. Cheryl leads music therapy sessions with groups and individuals in nursing homes, adult day-care centers, assisted-living facilities, and in client's homes.

Sonja Creech**Favorite Book Review**

Sonja is our Director of Marketing. She worked as a Retail Store manager for 27 years before recently transitioning into the senior living community. She is married to her husband Carlton with one daughter and two very spoiled cats "Maggie Mae and Patches." Sonja is passionate about helping families make the transition to senior living smooth and easy. In her spare time she is an avid reader who enjoys all genres. In addition Sonja loves to work on cross-stitch projects for friends and family.

Darnell Davis**Meet the Chef**

Darnell is our Executive Chef at Washington House. He has an associate degree in culinary arts from Johnson & Wales in Charleston, SC. Before coming here at Washington House, Darnell has an extensive working experience in a retirement home setting and different hotel group. He will be continuing our Watermark Class "Meet the Chef" cooking show.

Dennis Del Rosario**Line Dancing**

Dennis possesses a unique blend of education, creative planning abilities, and related work experience in recreational programming for seniors. He has Bachelor's degrees in Nursing and Zoology from the University of the East in Manila, Philippines. Dennis enjoys singing and is currently a member of The Washington Chorus. He also loves dancing, gardening, traveling, cooking and taking care of his red-bellied parrot "Rita."

NAME OF INSTRUCTOR

CLASS NAME

Pat Dowd**Great Decisions**

Pat grew up in Worcester, Massachusetts and came to Washington D.C. in 1959. She worked with the government for few years until she decided to be self-employed and work as a court reporter for 30 years. Pat moved here to Washington House in September of 2015 with her long time friend Barbara Gallagher. She manages the Washington House library to make it easier for the residents to find their interesting books to read. Pat also serves in the Washington House Resident Council as At-Large Representative. She enjoys singing with our Skytones chorale, playing piano and participating in many activities.

Gideon Frishman**Jewish Educational Series**

Gideon is semi-retired and a proud grandfather. He has been a dedicated volunteer for many years and you can find him leading our community sing-alongs in The Springs. Gideon also leads our Friday Shabbat Services and Jewish high holy days.

Barbara Gallagher**Great Decisions**

Barbara is originally from Chicago and attended Xavier University. She used to work for American Chemical Society managing the college chemistry program for 32 years. Currently, she is the Vice-President of The Washington House Resident Council and enjoys line dancing, book reviews, current events and presenting for our Great Decisions class. Barbara also loves to travel to exotic places whenever she can.

Joann Garcia**Health and Wellness lecture**

Joann is our Program Director for Town Center and The Inn. She has been a registered nurse since 1982, working in long term care and sub acute rehabilitation. Positions held range from Charge nurse to Director of Nursing. She has also worked as an RN consultant in the area of nursing leadership and quality improvement. She has a passion for caring seniors and very much enjoys working at Washington House. She lives in Maryland, enjoys traveling and spending time with her sisters and her sister's two chocolate Labradors.

Shawn Hallums**Stabilization Endurance Training**

Shawn has been a Personal Trainer for 11 years. He graduated from the University of North Carolina at Wilmington with a degree in Physical Education major in Exercise Science. Shawn is a certified zumba and yoga instructor.

NAME OF INSTRUCTOR

CLASS NAME

Chuck Hucka**Gardening 101**

Chuck is the former President of the Resident Council and he helps create flyers for our garden club and Skytones concert. He also loves to paint and was featured as honorable mention on Watermark Expressions Calendar. Chuck's vision is to see a community where all residents have the chance to enjoy themselves and learn along the way.

Katherine "Katie" Jett**Famous Places, Events and People**

Katie is our Community Life Associate here at Washington House. She holds a degree in Equine Racing Management and has worked at racetracks across the U.S. before starting a family in 2006. Katie started dancing at a very young age and has taught ballroom dance for Arthur Murray dance studios and other dance forms (ballet, jazz, tap) for various Performing Arts Centers. She has a passion for fitness and holds certifications in group exercise instruction, aquatic exercise instruction, yoga, and personal training, as well as licenses for zumba and aqua zumba instruction. When she is not working, you will find Katie spending time with her 10-year old twins. Her favorite activities are anything creative or artistic and any outside physical activities.

Mary Ann Jung**History Alive I**

Ms. Jung is an award-winning actress and Smithsonian scholar. You have probably already seen this performer, scholar, writer, and director, but not in modern clothing! Ms. Jung has appeared on CNN, the Today Show, Good Morning America, and in newspapers around the world as famous women from history. She will be our newest addition to our Watermark University faculty portraying and presenting historical women such as Julia Child, Sally Ride, Amelia Earhart and many others.

Roshna Kapadia**Art Lecture series**

Roshna is our wandering docent who brings the museum to Washington House by a series of art lectures. She has a BA from Tufts University, an MA in South Asian Studies from the University of Pennsylvania and an MA in Art History from George Mason University. She has lived in the Washington DC area for 25 years.

Kent Knowles**Raptors Talk**

Kent is the president of the Raptor Conservatory of Virginia and ascribes his start as a wildlife rehabilitator to "a fit of insanity." He began as a generalist but became convinced that more could be done for raptors. "I was always fascinated by birds of prey," he says. "They're the wildest of the wild." Kent conducts educational programs with his unreleasable birds. He has been with the Raptor Conservatory for 20 years.

NAME OF INSTRUCTOR

CLASS NAME

Jane Lekus**Great Decisions**

Jane was born Brooklyn, NY and has come to Washington House after thirty years in western Massachusetts. She has a Bachelor of Science in Elementary Education from Queens College, and studied towards a Masters in Elementary School Science Education at City College of New York. She spent many vacations camping with her family, and spent an entire summer traveling from New York out to California, up into western Canada and home through the Rockies and plains states. Her greatest passion is working for peace and social justice in any way she can. Ask her to tell you about the fun she had at Woodstock! Currently, she is President of the Resident Council and Chair of the Food Committee. She enjoys the lively discussion at the Current Events group and tries to find time to read this month's selection of the Book Club. She loves spending time with her two sons and three grandchildren, and her two cats.

Charlie Lloyd**Senior Safety**

Officer Lloyd is a Crime Prevention officer for the City of Alexandria. He has been a police officer for 20 years, and is currently assigned to the Crime Prevention Unit.

Michael Lowe**Distillery Class**

Michael is the co-owner of the New Columbia Distillery. He spent a couple of years in a Navy submarine and a few more at private DC law firms. He retired from the law in 2008, bought himself several cocktail books and started investigating the art and science of distilling.

Connie McKenna**Tai-Chi**

Connie McKenna, PhD, tai chi leader. Dr. McKenna came to us in 1998 when, because of her professional experience in education and adult family care, and service on the Alexandria Commission on Aging, she was invited to serve on the Board of Directors for the Washington House Community Outreach Program. In that capacity, she proposed opening our Fitness Center to community participation and was gratified when the Board agreed to provide that opportunity. She immediately joined the Fitness Club and has been an active member of ever since. Connie learned tai chi in California many years before she moved to this area. She is enthusiastic about sharing the benefits of simplified tai chi for seniors Tuesdays and Thursdays at 9:30 - 10:00 am.

NAME OF INSTRUCTOR

CLASS NAME

Robert McKeon**Culinary Concept**

Chef Robert was introduced to the culinary arts by his grandmother. Like his grandmother, Chef Robert started cooking professionally as a teenager and has been sharing his appreciation of food and giving back to others ever since. Robert graduated from the Culinary Institute of America and has worked in: New York, New Port Beach, San Diego, and Washington, DC. Robert received the prestigious James Beard Award as part of the brigade of the Park Hyatt Hotel Washington and Top Instructor from the National Restaurant Association for his Food Safety Class he teaches. As a member of the ANFP, Chef Robert received the Dietary Manager of the Year award for excellence in the healthcare field.

Robert has been in healthcare for 10 years and has been taking simple and healthy food and preparing it in a way that is nourishing and satisfying. When Chef Robert is not cooking, he resides with his family on his 13 acre horse farm, right off the Potomac River. He calls it his sanctuary because he enjoys the opportunity to get away each night and decompress.

Mickey Moore**Great Decisions**

Mickey is one of our dedicated residents at Washington House who is actively involved with many of our programs. Before moving east, the Utah native worked with young people in summer recreation programs. In 1956, she left her home state for Alexandria to teach at the new Francis C. Hammond High School. Thus began a 32 year career in the Alexandria Public Schools – teacher, assistant principal, principal and assistant superintendent. Mickey earned her Bachelor’s Degree from the University of Utah and her Master’s Degree from The American University in Washington D.C.

Frederick Moyer**Classical Music Appreciation**

During nearly 30 years as a full-time concert pianist, Frederick Moyer has carved out a career characterized by an exacting approach to music-making and a wide variety of musical interests. Mr. Moyer began piano studies with his mother at age of seven. He received a full-scholarship to attend the Curtis Institute of Music in Philadelphia while still in high school. He later attended Indiana University. Mr. Moyer has appeared as piano soloist with major orchestras of Cleveland, Philadelphia, Minnesota, St. Louis, Pittsburgh, Houston, Boston, Singapore, Dallas, Buffalo, Hong Kong, Japan and Australia.

John Niebauer**Travel to Exotic Places**

John is the Executive Director and comes from the Minneapolis/St. Paul area of Minnesota. He has worked in management at two other communities with Independent Living, Assisted Living and Sub-Acute healthcare services, as well as run a Home Health, Hospice, and IV Care agency over the past several years. He loves the outdoors and has a passion for a variety of activities including camping, hockey, tennis and travel.

NAME OF INSTRUCTOR

CLASS NAME

Anna Nizhegorodtseva**Classical Music Appreciation**

Anna started her piano studies at the age of 6 and in 2000 she graduated from the Music School of Art in Nizhny Novgorod. She obtained her Bachelor of Music from Nizhny Novgorod Balakirev College of Music and her Masters from Nizhny Novgorod State Conservatory. Currently Anna is enrolled in the program of Doctorate in Musical Arts at The Catholic University of America in Washington DC.

Maricel Obanil**Filipino Cuisine**

Maricel is our Community Life Coordinator in The Springs who has been with the Washington House team for more than 7 years. She is very passionate about her job and always makes sure that every resident has a meaningful experience with her program. She enjoys being very creative and traveling around the world. Maricel is a graduate of The Far Eastern University in the Philippines with a degree in Management.

A.J. Ossman**Great Decisions**

A.J is a WWII veteran who serves in the Army for 4 years and the National Guard for 5 years. After the military life, A.J. taught International Relations for 35 years at Syracuse University, University of Rochester and Chatham University. A.J also served in the state department during the first Bush Administration and the Federal government and Reagan White House. A.J. moved here to the community in 2009 and continue to participate with our intellectual and social offerings.

David Pedrazza**Classical Music Appreciation**

Violist, born in Reynosa, Mexico, David started his musical studies at 14 in the OCJM under Jose Vazquez. Later on he received a full scholarship to study the Bachelor of Music at Shenandoah Conservatory. David holds a Professional Performance Certificate from Lynn University Conservatory of Music and recently he finished his Master of Music at the same institution with an award of full scholarship. He won the First Prize with Vitali String Quartet at the 2004 MTNA Virginia chamber music competition and also has received honorific mentions in 2005 and 2007 from the MTNA Viola competition in Florida. David has performed in many countries such as Mexico, Bahamas, Dominican Republic, Costa Rica, Panama, Ecuador, Colombia, Venezuela, Brazil, Uruguay, Argentina, Peru, Spain, France and the UK. Currently he is part of the Con Brio Quartet, Symphony of the Americas and he is on the faculty at the Prep Department of Palm Beach Atlantic University.

NAME OF INSTRUCTOR

CLASS NAME

Gena Photiadis**Basic Choral Music**

Gena is a local pianist/keyboardist in the DC Metro area. In 2011 she graduated from George Mason University with a Bachelors of Music degree with a Concentration in Piano Performance and a Jazz Studies minor. In 2009 she competed in the Schlern International Music Competition in Northern Italy, where she won first place. She currently performs several different styles of music, including jazz, classical, choral, funk, rock, and R&B. She accompanies soloists and choirs throughout the area and teaches regularly.

Kenneth Polk**Computer 101**

Ken has been working here at Washington House for more than year as a sales associate. Prior to his work here, Ken has 15 years of experience managing retail stores. Ken enjoys music, art, movies and reading.

Aref Rahman**Art with pencils**

Aref is our Medical Records Associate at Washington House. His real name is Khondokar but everyone knows him by his middle name "Aref". He is originally from Bangladesh in South East Asia. He received his MBA in finance from National University of Bangladesh. He came to the United States in January 2010, and started working at The Washington House in May 2011. Aref's hobbies include painting, photography, sports (especially cricket), shooting at the gun range, and riding motorcycles.

Frank Regan**Great Decisions**

Frank is one of our residents who is actively involved with several of our activities such as the Book Club, The Skytones, Great Decisions, and Battle of the Sexes. Frank was born in Washington D.C. grew up in Alexandria, VA where he was once a student of Mickey Moore (also a resident at Washington House.) Frank has a BA degree in history and political science. He taught US History and Government at Loudoun Valley HS in Purcellville, VA from 1963 to 1966. He then joined the U.S. Peace Corps from 1966 to 1969 where he fulfilled a longtime dream of seeing the world. He retired as a social studies teacher for Fairfax County in 1969 to 1995. Since his retirement, Frank has been in several bowling leagues and he is a big Washington Nationals baseball fan. Frank's belief that a life of continued learning is the best way to go...it takes a lifetime (and more!) to rid us of a mere part of our ignorance. At the same time we should not be in a mad race to get there! His favorite African proverb is "sannu, sannu, baya hanna zuwa" (Slowness does not prevent you from getting there!)

Jerry Roman**Music Appreciation**

Jerry is one of our excellent entertainers here at The Fountains at Washington House. He is knowledgeable of all the genres of music and keep our residents engage every time he performs. Jerry performs in many events around the DC Metropolitan area.

NAME OF INSTRUCTOR

CLASS NAME

Chris Scharles**Tour of the National Gallery of Art**

Chris is the Director of Engineering here at Washington House. He has been working here for 21 years. In between construction projects, he paints and builds motorcycle. He likes to go to art galleries and museums. Chris also has a passion for creating gardens.

Audrey Relene Schuster**Acrylic Painting**

Relene Schuster is an artist, and teacher creating multimedia works of art using watercolor, acrylic, pastel, charcoal and ink. Relene has taught at retirement communities in the area for several years and with Fairfax Co. Adult Education. She currently has a studio at The Workhouse Arts Center in Lorton, VA.

Kathy Shields**Book Review**

Kathy is a dedicated & active resident at Washington House. In her previous life she was a flight attendant with United Airlines for 18 years. After leaving the friendly skies, she became a legal secretary with Clifford Chance in Washington, DC. Currently, she is secretary of the Resident Council. As an avid reader of a wide range of authors, she will be taking the reins of the Book Club from Jeanne Graef with the monthly meeting.

Colin Snow**Stress Management**

Colin is the Social Worker for Washington House. He grew up the child of a career State Department Officer, and as a result was hauled around to Mauritania, France, Cote D'Ivoire before finishing out high school in Bethesda, MD. After a B.A. in Film Studies from Vassar College, he worked a variety of jobs including production assistant-ing, waiting tables, and ghost-writing memoirs before he discovered that he had an interest in Social Work. He completed an MSW at CUNY's Hunter College and worked in an adult day care center before coming to Washington House. His favorite things include watching movies, reading novels, listening to music, watching dance performance, going to museums, and talking about any of the above.

Duke Tang**Chinese Culture**

Mr.Tang is a long time member of the Chinese Music Society of Greater Washington (CMGW) which is a non-profit organization established in 1999 by a group of Chinese American professional musicians, dancers, artists and music/art educators in the Washington metropolitan area. The goal of CMGW is to promote traditional and contemporary Chinese music and art for the benefit of enriching the musical and art experience of its members, and fostering the mutual understanding and appreciation of cultural diversification in the communities we live and share.

NAME OF INSTRUCTOR

CLASS NAME

Susan Thompson, PhD

Intergenerational Fitness

Dr. Thompson is a professor and the Assistant Dean of Physical Education at Northern Virginia Community College Annandale Campus. She received her doctoral degree in Physical Education from George Mason University. Dr. Thompson has been bringing her physical therapy students here to The Fountains for many years. She started our class on Intergenerational fitness program and became popular to all our residents.

John Uselton

Distillery Class

John is one of the owners of New Columbia Distillery. From Houston to Boston to Washington, John has worked in all capacities of front-of-house restaurant work—from humble busboy to award-winning bartender to savvy manager.

Kathy Zwicker

Flow-Motion

Kathy has been a teacher for decades and a healthcare practitioner for 16 years. She is a certified Neuromuscular Therapist, Board Certified in Therapeutic Massage & Bodywork, and a certified Qigong instructor. Her greatest satisfaction comes from helping others improve their wellbeing. She has special compassion for those with chronic pain, illness, or recovering from trauma.



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