

WATERMARK UNIVERSITY

2020

**Spring Semester**  
JANUARY THROUGH APRIL

 THE WATERMARK  
AT CONTINENTAL RANCH



**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,**

*Our Community Life Team*

The Watermark at Continental Ranch

## JANUARY

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Who Durnit? How Art Detectives Find Forgeries, Missing and Hidden Art</b>	<b>Carlye Dundon</b>	<b>Thursday, January 2 10:00 am</b>	<b>Theatre Room</b>
How do art detectives recover stolen art, determine authenticity, and discover what lies beneath a masterpiece?			
<b>Weekly News at a Glance</b>	<b>Roxanne Cooke</b>	<b>Saturday, January 4 10:00 am</b>	<b>Theatre Room</b>
Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.			
<b>What's the Buzz About Bees?</b>	<b>Roxanne Cooke</b>	<b>Saturday, January 4 1:30 pm</b>	<b>Theatre Room</b>
There are over 20,000 bee species worldwide, including the honey bee, which originated in Eurasia and has been imported around the globe as a domesticated species. Did you know that there is only one bee that produces food eaten by man? Find out why they are so important.			
<b>Gourmet Coffee Day- 20 Different Global Variations</b>	<b>Roxanne Cooke</b>	<b>Sunday, January 5 1:30 pm</b>	<b>Theatre Room</b>
This is definitely for Coffee Lovers. A simple cup of drip coffee with milk and sugar is the norm in the US, although coffee is served in more ways than you can imagine all over the world. We will be sampling coffee from Costa Rico, Kenya, and Brazil.			
<b>Western Line Dancing</b>	<b>Brenda Davis Roxanne Cooke</b>	<b>Tuesday, January 7 2:00 pm</b>	<b>Rincon Room</b>
Join the line for a great time. Learn simple steps to a variety of western songs. Put those steps together with other dancers and let the good times roll.			
<b>Bayada Health Presentation</b>	<b>Marianne Ryberg</b>	<b>Wednesday, January 8 10:00 am</b>	<b>Rincon Room</b>
Helpful hints, facts, and the latest news/updates on health related concerns. A different monthly topic will be presented.			

## JANUARY

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Remembering ELVIS**

**Roxanne Cooke**

**Wednesday, January 8  
2:30 pm**

**Rincon Room**

Happy Birthday, Elvis! "The King" was born in Tupelo, Mississippi, on this day in 1935. Find out more about his life and get a tour of Graceland.

**Weekly News at a Glance**

**Iris Crespo**

**Saturday, January 11  
10:00 am**

**Theater Room**

Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

**"Oh Honey"!**

**Iris Crespo**

**Saturday, January 11  
1:30 pm**

**Theater Room**

How many types of honey are there? Different types of honey are used for different health issues. What are the best brands? How many bees make a kilo of honey?

**National Tea Day  
History/Variations**

**Roxanne Cooke**

**Sunday, January 12  
at 1:30 pm**

**Theater Room**

Tea is nearly 5,000 years old. On any given day, more than half of the American population drinks tea. Learn about the use of tea in different cultures, such as the Japanese tea ceremony.

**Passport Travel to  
TEXAS**

**Brenda Davis &  
Roxanne Cooke**

**Tuesday, January 14  
10:30 am**

**Theater Room**

Come and saddle up for a visit to the Lone Star State of Texas. The word Texas is derived from teysha, which means "friends" or "allies" in the language of East Texas natives, including the Hasinai and Caddo tribes. The word was sometimes used as a greeting. There is so much more to learn about this great state.

**Food Demonstration**

**Ben Dezso**

**Tuesday, January 14  
4:00 pm**

**Dining Room**

Each month Chef Ben will share his talents and show us how certain foods are prepared. How to prep the food, what spices to use, proper cooking temperatures, and so much more.

# JANUARY

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Weekly News at a Glance**

**Iris Crespo**

**Saturday, January 18  
10:00 am**

**Theatre Room**

Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

**Mindful Grocery  
Shopping**

**Iris Crespo**

**Saturday, January 18  
1:30 pm**

**Theater Room**

What does “All Natural”, “Cage-Free”, “Organic” mean. Natural foods and all-natural foods are widely used terms in food labeling and marketing with a variety of definitions, most of which are vague.

**Happy Birthday  
Dolly Parton**

**Roxanne Cooke**

**Sunday, January 19  
1:30 pm**

**Theater Room**

Dolly Rebecca Parton (born January 19, 1946) is an American singer, songwriter, multi-instrumentalist, record producer, actress, author, businesswoman, and humanitarian, known primarily for her work in country music. Following the presentation enjoy watching the movie “Coat of Many Colors” which is about Dolly’s life as a child.

**Martin Luther King Jr.  
Remembered**

**TBA**

**Monday, January 20  
2:00 pm**

**Theater Room**

Since 1986, America has celebrated the life and legacy of Dr. Martin Luther King Jr. with a national holiday on the third Monday in January. As we prepare to honor this great leader on January 20, we will remember his eloquent and widely published open letter known as the Letter from Birmingham Jail.

**Western Line Dancing**

**Brenda Davis  
Roxanne Cooke**

**Tuesday, January 21  
2:00 pm**

**Rincon Room**

Join the line for a great time. Learn simple steps to a variety of western songs. Put those steps together with other dancers and let the good times roll.

**Weekly News at a Glance**

**Iris Crespo**

**Saturday, January 25  
10:00 am**

**Theater Room**

Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

## JANUARY

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Foods that Help Ward Off Age Related Diseases</b>	<b>Iris Crespo</b>	<b>Saturday, January 25 1:30 pm</b>	<b>Theater Room</b>
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Learn how colors provide clues to foods that can protect your heart, bones, brain, and eyes. Learn what to eat to help ward off diseases that are often associated with aging.

<b>Marsh Mallow Plant</b>	<b>Roxanne Cooke</b>	<b>Monday, January 27 2:00 pm</b>	<b>Theater Room</b>
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"Nineteenth century doctors extracted juice from the marsh mallow plant's roots and cooked it with egg whites and sugar, then whipped the mixture into a foamy meringue that later hardened, creating a medicinal candy used to soothe children's sore throats. What has happened since?"

<b>Time Travel &amp; Technology</b>	<b>Karen Rorke</b>	<b>Tuesday, January 28 2 pm</b>	<b>Theater Room</b>
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Journey back into the past to rekindle the fashions, automobiles, lifestyles, actors, movies, commercials. Or look to the future fashions, trends, gadgets, cars, etc... Discover billions of possibilities for every part of your life.

<b>The History of Chinese New year</b>	<b>Brenda Davis</b>	<b>Tuesday, January 28 2:00 pm</b>	<b>Theater Room</b>
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Chinese New Year is a lunar holiday that begins at sunset on the day of the second new moon following the winter solstice. This is usually between January 21 and February 20 and lasts for 15 days. Find out more about this Chinese Holiday!

## FEBRUARY

COURSES	FACULTY	DAY AND TIME	LOCATION
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### Weekly News at a Glance

Iris Crespo

Saturday, February 1  
10:00 am

Theater Room

Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

### Super Bowl Sunday

Roxanne Cooke

Sunday, February 2  
1:30 pm

Theater Room

The history of Super Bowl Sunday-Who were the first teams, what did the uniforms look like & how they have changed over the years. Which team has won the most Super Bowls. What was the cost of a commercial in past years till now. Worst and Best Halftime Performances.

### Things are Humming at Continental Ranch

Brenda Davis

Tuesday, February 4  
10:30 am

Theater Room

Learn the true meaning of humming behavior's and many amazing facts. Did you know, hummingbirds use spider's silk to build their nests? Enjoy Jamaican Hummingbird Cake named in honor of Jamaica's national bird, the swallow-tailed hummingbird.

### The Proper way to Trim a Rose Bush

Peggi Andersen

Tuesday, February 4  
2:00 pm

Catalina Room

Roses are an ever-popular flower, and they're a powerful symbol of love, romance and friendship through a variety of different cultures all over the world. There are more than 100 different varieties of roses. What is the proper way to trim a bush to make them flourish?

### Happy Birthday Hank Aaron

TBA

Wednesday, February 5  
2:30 pm

Theater Room

Henry Louis Aaron was born on this day in 1934. The baseball slugger was the first to beat Babe Ruth's home-run record, and he held onto the record for 33 years. Learn more about this legend.

## FEBRUARY

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Ride Em Cowboy; Exciting Moments in Rodeo Photography</b>	<b>Carlye Dundon</b>	<b>Thursday, February 6 10:00 am</b>	<b>Theater Room</b>

Rodeo photographers capture the danger and thrilling moments of this fast-paced contest between man and beast.

<b>Weekly News at a Glance</b>	<b>Iris Crespo</b>	<b>Saturday, February 8 10:00 am</b>	<b>Theater Room</b>
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Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

<b>Passport Travel to Niagara Falls</b>	<b>Roxanne Cooke 7 Brenda Davis</b>	<b>Tuesday, February 1 10:30 am</b>	<b>Theater Room</b>
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The word Niagara comes from the Neutral Native American word Onguiaahra, which means “thunder of waters” or “the strait.” Niagara Falls is comprised of three falls—Niagara Falls Ontario, known as Horseshoe Falls (the largest); Niagara Falls New York; and Bridal Falls (the smallest).

Come and take the tour with us!

<b>Western Line Dancing</b>	<b>Brenda Davis Roxanne Cooke</b>	<b>Tuesday, February 11 2:00 pm</b>	<b>Rincon Room</b>
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Join the line for a great time. Learn simple steps to a variety of western songs. Put those steps together with other dancers and let the good times roll.

<b>Food Demonstration</b>	<b>Ben Dezso</b>	<b>Tuesday, February 11 4:00 pm</b>	<b>Dining Room</b>
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Each month Chef Ben will share his talents and show us how certain foods are prepared. How to prep the food, what spices to use, proper cooking temperatures, and so much more.



## FEBRUARY

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Bayada Health  
Presentation**

**Marianne Ryberg**

**Wednesday, February 12  
10:00 am**

**Rincon Room**

Helpful hints, facts, and the latest news/updates on health related concerns. A different monthly topic will be presented.

**How is Chocolate Made?**

**Roxanne Cooke**

**Thursday, February 13  
10:00 am**

**Theater Room**

Not only will we discuss the process from the tree to the chocolate bar but also questions that come up a lot about this delicious delight. Can dogs have chocolate? Is chocolate good for us? Selecting the best chocolate. Have you ever tried chocolate wine? Samples to try!

**The History of  
Valentines Day!**

**TBA**

**Friday, February 14  
10:00 am**

**Theater Room**

Valentine's Day. The holiday has origins in the Roman festival of Lupercalia, held in mid-February. The festival, which celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery. At the end of the 5th century, Pope Gelasius I replaced Lupercalia with St. Valentine's Day. Come and find out more about this romantic holiday.

**Weekly News at a Glance**

**Iris Crespo**

**Saturday, February 15  
10:00 am**

**Theater Room**

Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

**Campfire Sing-A-Long**

**Roxanne Cooke**

**Sunday, February 16  
2:00 pm**

**Theater Room**

Dust off those boots and put on your cowboy hat! Get ready for a great afternoon. Come and cozy up to the fire as we sing a few campfire songs.

## FEBRUARY

COURSES	FACULTY	DAY AND TIME	LOCATION
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**President's Day**

**TBA**

**Monday, February 17  
10:30 am**

**Rincon Room**

How much do you know about our US Presidents? During this presentation you will discover more about a Presidents outside interests, about Presidents pets, and understand more about the "First Ladies" of our country.

**Western Line Dancing**

**Brenda Davis  
Roxanne Cooke**

**Tuesday, February 18  
2:00 pm**

**Rincon Room**

Join the line for a great time. Learn simple steps to a variety of western songs. Put those steps together with other dancers and let the good times roll.

**Low Vision  
Presentation**

**Janet Dylla  
Vision Specialist**

**Wednesday, February 19  
at 1 pm**

**Theater Room**

Vision is the most complex of our senses; made up of acuity (sharpness of detail), color sense, the ability to see contrast, and the ability to locate objects in space. Loss of vision at any time can be a terrible disability. Low vision specialists reinforce the individual's responsibility to advocate for themselves and learn successful ways to achieve independence at home.

**Weekly News at a Glance**

**Iris Crespo**

**Saturday, February 22  
10:00 am**

**Theater Room**

Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

**Mardi Gras Masks**

**Iris Crespo**

**Saturday, February 22  
1:30 pm**

**Rincon Room**

The original purpose for a Mardi Gras mask was to protect the identity of revelers, men who went door to door to sing, dance and beg for offerings to make a communal gumbo. Today, Mardi Gras masks are worn by "Krewes" (the term for party organizers) to protect the identity of Krewe members, and by revelers and ball attendees. Learn more fun facts about Mardi Gras Masks as you enjoy putting together textures, beads, and embellishments on your personalized mask. Be ready for Fat Tuesday!

## FEBRUARY

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Time Travel &  
Technology**

**Karen Rorke**

**Tuesday, February 25  
10:30 am**

**Theater Room**

Journey back into the past to rekindle the fashions, automobiles, lifestyles, actors, movies, commercials. Or look to the future fashions, trends, gadgets, cars, etc... Discover billions of possibilities for every part of your life.

**Mardi Gras Celebration  
History, Traditions &  
King Cake**

**Roxanne Cooke**

**Tuesday, February 25  
2:00 pm**

**Catalina Room**

The phrase Mardi Gras is French for "Fat Tuesday." The term recalls the tradition of feasting on rich, fatty foods for one final night before Ash Wednesday, which marks the beginning of the ritual fasting of the Lenten season. What are the traditions? What is the King Cake all about?

**Weekly News at a Glance**

**Iris Crespo**

**Saturday, February 29  
10:00 am**

**Theater Room**

Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

## MARCH

COURSES	FACULTY	DAY AND TIME	LOCATION
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**"In The Mood"  
Glenn Miller**

**Roxanne Cooke**

**Sunday, March 1  
1:30 pm**

**Theater Room**

Born in 1904 in Iowa, bandleader and musician Glenn Miller inspired the World War II generation. He was one of the most popular bandleaders in the late 1930s and early 1940s with such songs as "Moonlight Serenade" and "Tuxedo Junction." In 1942, Miller enlisted in the U.S. Army and was assigned to lead the Army Air Force Band. He boosted the morale of the troops with his many popular songs before mysteriously disappearing on a flight from England to Paris, France. Find out more information on his life and by watching "The Glenn Miller Story".

## MARCH

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Western Line Dancing</b>	<b>Brenda Davis Roxanne Cooke</b>	<b>Tuesday, March 3 2:00 pm</b>	<b>Rincon Room</b>
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Join the line for a great time. Learn simple steps to a variety of western songs. Put those steps together with other dancers and let the good times roll.

<b>Those Dangerous Women: Femme Fatales of the Art World</b>	<b>Carlye Dundon</b>	<b>Thursday, March 5 10:00 am</b>	<b>Theater Room</b>
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At the turn of the century, artists gave women the new role; they became seductive vamps plotting the downfall of the men.

<b>Painting with Iris Learning Techniques</b>	<b>Iris Crespo</b>	<b>Friday, March 6 10:15 am</b>	<b>Rincon Room</b>
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Fridays art classes are not just for beginners. Learn different techniques at each class. You will be experimenting with Dot Painting, Alcohol Painting, Painting on Glass & Plastic, and Sea Sponge painting. Paints & materials are furnished. No Experience is necessary to have fun and being creative.

<b>Weekly News at a Glance</b>	<b>Iris Crespo</b>	<b>Saturday, March 7 10:00 am</b>	<b>Theater Room</b>
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Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

<b>What Happens on Purim?</b>	<b>Roxanne Cooke</b>	<b>Monday, March 9 10:30 am</b>	<b>Rincon Room</b>
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Purim is a celebratory Jewish holiday that has an entertaining and interesting story behind it. This is a quick Purim primer especially for people who aren't familiar with the holiday. Enjoy a Hamantaschen while we find out more about this holiday.

## MARCH

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Gardening in Tucson**

**TBA**

**Monday, March 9  
1 pm**

**Patio Area**

With signs of Spring in the air we will fill our garden beds with color to enjoy throughout the season. Come and find out what flowers & herbs will work best in the location of our patio areas.

**Passport Travel to  
Silly Name Places**

**Brenda Davis &  
Roxanne Cooke**

**Tuesday, March 10  
10:30 am**

**Theater Room**

In this month we will be traveling to more than one destination, six to be exact. This month will really be different and in a fun way. You won't want to miss this. I will give you one of our destinations to get you started, "Chicken, Alaska"? Ever heard of it? Come and find out the other five.

**Food Demonstration**

**Ben Dezso**

**Tuesday, March 10  
4:00 pm**

**Dining Room**

Each month Chef Ben will share his talents and show us how certain foods are prepared. How to prep the food, what spices to use, proper cooking temperatures, and so much more.

**Bayada Health  
Presentation**

**Marianne Ryberg**

**Wednesday, March 11  
10:00 am**

**Rincon Room**

Helpful hints, facts, and the latest news/updates on health related concerns. A different monthly topic will be presented.

**Painting with Iris  
Learning Techniques**

**Iris Crespo**

**Friday, March 13  
10:15 am**

**Rincon Room**

Fridays art classes are not just for beginners. Learn different techniques at each class. You will be experimenting with Dot Painting, Alcohol Painting, Painting on Glass & Plastic, and Sea Sponge painting. Paints & materials are furnished. No Experience is necessary to have fun and being creative.

**Weekly News at a Glance**

**Iris Crespo**

**Saturday, March 14  
10:00 am**

**Theater Room**

Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

## MARCH

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Potato Chip Day**

**Iris Crespo**

**Saturday, March 14  
1:30 pm**

**Rincon Room**

Potato chips are the nation's favorite snack food. George Crum invented potato chips in 1853. One day, a picky customer kept sending his fried potatoes back to the kitchen, complaining that they were too thick and soggy. Crum responded by slicing the potatoes so thin that they couldn't be eaten with a fork. The customer was so pleased with Crum's crispy creation that they became a regular item on the restaurant's menu. Have you seen the varieties that are out there now? Come and sample a few of the latest ones while listening to more information on potato chips.

**National Bubble Week**

**Roxanne Cooke**

**Sunday, March 15  
1:30 pm**

**Patio Area**

Come outside and enjoy reliving those good ole days blowing bubbles. Grab a wand and blow. We will be using different devices to make different sizes as well as a different ingredient to see if they will last longer. Can't forget those favorite bubble songs; "I'm Forever Blowing Bubbles" and "Tiny Bubbles".

**St Patrick's Day  
Why is it Celebrated?**

**Brenda Davis &  
Roxanne Cooke**

**Tuesday, March 17  
2:00 pm**

**Rincon Room**

Distinguish St. Patrick's Day myths from reality and find out why this holiday is celebrated by millions of Irish people around the world. Soda Bread, Shamrocks, Blarney Stones, Rainbows, & Green Beer.

**Western Line Dancing**

**Brenda Davis  
Roxanne Cooke**

**Tuesday, March 17  
2:00 pm**

**Rincon Room**

Join the line for a great time. Learn simple steps to a variety of western songs. Put those steps together with other dancers and let the good times roll.

**Painting with Iris  
Learning Techniques**

**Iris Crespo**

**Friday, March 20  
10:15 am**

**Rincon Room**

Fridays art classes are not just for beginners. Learn different techniques at each class. You will be experimenting with Dot Painting, Alcohol Painting, Painting on Glass & Plastic, and Sea Sponge painting. Paints & materials are furnished. No Experience is necessary to have fun and being creative.

## MARCH

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Weekly News at a Glance**

**Iris Crespo**

**Saturday, March 21  
10:00 am**

**Theater Room**

Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

**Edible Wild Foods**

**Brenda Davis**

**Tuesday, March 24  
10:30 am**

**Theater Room**

Learn over 50 common wild edible food plants and their uses, such as pure survival. Did you know every part of the Mesquite tree is useful? The flowers may be eaten raw or made into a nutritious tea.

**Painting with Iris  
Learning Techniques**

**Iris Crespo**

**Friday, March 27  
10:15 am**

**Rincon Room**

Fridays art classes are not just for beginners. Learn different techniques at each class. You will be experimenting with Dot Painting, Alcohol Painting, Painting on Glass & Plastic, and Sea Sponge painting. Paints & materials are furnished. No Experience is necessary to have fun and being creative.

**Weekly News at a Glance**

**Iris Crespo**

**Saturday, March 28  
10:00 am**

**Theater Room**

Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

**Jeopardy!**

**Roxanne Cooke**

**Monday, March 30  
1:00 pm**

**Theater Room**

One of the most popular game shows of all time, Jeopardy! debuted on NBC on this day in 1964. Art Fleming hosted the show until 1975. After a nine-year hiatus, Jeopardy! was revived by CBS in 1984 and hosted by Alex Trebek. Let's Play!!

## MARCH

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Time Travel &amp; Technology</b>	<b>Karen Rorke</b>	<b>Tuesday, March 31 10:30 am</b>	<b>Theater Room</b>

Journey back into the past to rekindle the fashions, automobiles, lifestyles, actors, movies, commercials. Or look to the future fashions, trends, gadgets, cars, etc... Discover billions of possibilities for every part of your life.

## APRIL

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>Ansel Adams' Western Landscapes</b>	<b>Carlye Dundon</b>	<b>Thursday, April 2 10:00 am</b>	<b>Theater Room</b>

Adam's technical mastery and sensitivity to nature created unforgettable photographs.

<b>Painting with Iris Learning Techniques</b>	<b>Iris Crespo</b>	<b>Friday, April 3 10:15 am</b>	<b>Rincon Room</b>
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<b>Weekly News at a Glance</b>	<b>Iris Crespo</b>	<b>Saturday, April 4 10:00 am</b>	<b>Theater Room</b>
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## APRIL

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Brown Bag Lunch to Catalina State Park**

**Roxanne Cooke**

**Monday, April 6  
10:30 am**

**Meet in Lobby**

Catalina State Park sits at the base of the majestic Santa Catalina Mountains. The park is a haven for desert plants and wildlife and nearly 5,000 saguaros. The 5,500 acres of foothills, canyons and streams invites camping, picnicking and bird watching — more than 150 species of birds call the park home. Learn the history and see the beauty of the park.

**Understanding The Color Wheel**

**Brenda Davis**

**Tuesday, April 7  
10:30 am**

**Theater Room**

What is the color wheel and why is it important? The color wheel provides a visual representation of which colors blend nicely together. People decide whether or not they like a product in 90 seconds or less. 90% of that decision is based solely on color.

**Bayada Health Presentation**

**Marianne Ryberg**

**Wednesday, April 8  
10:00 am**

**Rincon Room**

Helpful hints, facts, and the latest news/updates on health related concerns. A different monthly topic will be presented.

**Easter Egg Coloring It's Techniques & Designs**

**Iris Crespo**

**Friday, April 10  
10:15 am**

**Rincon Room**

It used to be, add a cup of vinegar to a coffee cup and drop a dye tablet into each cup until they were dissolved. Next add the boiled eggs. Now there are so many new techniques. Do you like the old or the new designs better. You be the judge!

**Weekly News at a Glance**

**Iris Crespo**

**Saturday, April 11  
10:00 am**

**Theater Room**

Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

## APRIL

COURSES	FACULTY	DAY AND TIME	LOCATION
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**History & Designing  
a Spring Bonnet**

**Iris Crespo**

**Saturday, April 11  
1:30 pm**

**Rincon Room**

Easter bonnets come in many different shapes, styles, and sizes. Normally, the hat is adorned with fresh spring flowers. Lilies, Azaleas, and daffodils are popular flowers. Also, the traditional Easter flowers of tulips, pussy willows, and hyacinths are worn. After the history of the bonnets we will be making one for spring but with artificial flowers for long lasting beauty. They also look great for home décor on your front door or even in a room.

**Passport Travel to  
Hawaii**

**Brenda Davis &  
Roxanne Cooke**

**Tuesday, April 14  
10:30 am**

**Theater Room**

It is the only state located in the Pacific Ocean and the only state composed entirely of islands. The state encompasses nearly the entire Hawaiian archipelago, 137 islands spread over 1,500 miles. Let's get ready to travel!! Aloha!!

**Food Demonstration**

**Ben Dezso**

**Tuesday, April 14  
4:00 pm**

**Dining Room**

Each month Chef Ben will share his talents and show us how certain foods are prepared. How to prep the food, what spices to use, proper cooking temperatures, and so much more.

**Painting with Iris  
Learning Techniques**

**Iris Crespo**

**Friday, April 17  
10:15 am**

**Rincon Room**

Fridays art classes are not just for beginners. Learn different techniques at each class. You will be experimenting with Dot Painting, Alcohol Painting, Painting on Glass & Plastic, and Sea Sponge painting. Paints & materials are furnished. No Experience is necessary to have fun and being creative.

**Weekly News at a Glance**

**Iris Crespo**

**Saturday, April 18  
10:00 am**

**Theater Room**

Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

## APRIL

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Making Leis For Luau Event</b>	<b>Iris Crespo</b>	<b>Saturday, April 18 1:30 pm</b>	<b>Rincon Room</b>
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Flower leis can be made out of so many other materials than delicate fresh flowers. Come and join us in making your own personal lei to be worn at our upcoming luau party.

<b>Painting with Iris Learning Techniques</b>	<b>Iris Crespo</b>	<b>Friday, April 24 10:15 am</b>	<b>Rincon Room</b>
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Fridays art classes are not just for beginners. Learn different techniques at each class. You will be experimenting with Dot Painting, Alcohol Painting, Painting on Glass & Plastic, and Sea Sponge painting. Paints & materials are furnished. No Experience is necessary to have fun and being creative.

<b>Weekly News at a Glance</b>	<b>Iris Crespo</b>	<b>Saturday, April 25 10:00 am</b>	<b>Theater Room</b>
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Weekly nationwide new reports which are felt around the globe. Topics also include areas like entertainment, seasonal events, trends from the past, and so much more.

<b>Time Travel &amp; Technology</b>	<b>Karen Rorke</b>	<b>Tuesday, April 28 10:30 am</b>	<b>Theater Room</b>
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Journey back into the past to rekindle the fashions, automobiles, lifestyles, actors, movies, commercials. Or look to the future fashions, trends, gadgets, cars, etc... Discover billions of possibilities for every part of your life.

## Faculty Biographies

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**NAME OF INSTRUCTOR**

**CLASS NAME**

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### **Peggi Andersen-Concierge**

Peggi moved to Tucson almost 64 years ago. After retiring from the telephone company she found enjoyment in traveling, gardening, and spending time with family and friends. We are very fortunate to have Peggi a part of our Watermark at Continental Ranch family.

### **Roxanne Cooke-Community Life Director**

My childhood was growing up in Eau Claire WI. I am a diehard Green Bay Packer fan! I married and moved to Tucson in 1974. I worked for a printing company for 20 years before changing careers to work with seniors. The greatest decision I have ever made! What a great honor to help enrich the daily lives of residents. I am so thankful and can't imagine doing anything else.

### **Iris Crespo-Life Enrichment Assistant**

Iris was born and raised in Anaheim California. She just recently moved to Arizona. She loves the outdoors whether it's hiking, swimming, or yoga. Arts & crafts are hobbies she really enjoy.

### **Brenda Davis-Life Enrichment Assistant**

Brenda has been assisting adults and students with additional life enriching activities and educational support since 2002. She is excited to be a member of the Life Enrichment Team at The Watermark Community and looks forward to the skilled planned activities each day.

### **Adam Foster-Maintenance Director**

Adam was born in Lake Wales, Florida but has lived in Tucson for over 30 years. Maintenance Management has been my career for the last 10 years. Married with 4 wonderful children. He loves boating, camping, and fishing. He is very proud to be apart of The Watermark at Continental Ranch Community.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Gary Hughes-Executive Director**

I have served in Senior Housing Communities for over 20 years. I started out in the accounting department of a senior living provider. An opening to become an Assistant Executive Director became available, and I was promoted to that position. During my tenure in senior housing, I worked in Michigan, New York and my native state of Arizona.

**Yetive Laurie-Move-In Coordinator**

Yetive is a native of Tucson and lives with her husband and 4 beautiful children. She loves to garden and raises chickens. She graduated from the University of Arizona with a degree in education. Her husband is a high school earth science teacher.

**Karen Rorke-Membership Director**

Originally from the east coast, NY and Connecticut area and a Syracuse University Grad. She moved to Marana 4 years ago to be closer to parents. I found my passion for working with seniors and their families so they can continue to thrive through adventure, purpose, health and socialization. Karen has 3 adult children and her husband is an industrial designer. She loves to read, hike, and is a history buff.

**Maureen Saxer-Program Director**

Maureen was drawn to work with seniors at an early point in her life, and has been in this industry since 2011. Her experience includes home health, home care case management, and hospice. She loves working with not only residents but also assisting their families with caring transitions in life. She resides in Marana with her family and two dogs. She enjoys reading, watching soccer, and all things dark chocolate and coffee flavored

**Leslie Webster-Membership Associate**

Leslie moved to Tucson over 3 years ago. She was born in Hammond, Indiana, just 25 miles south of Chicago, IL. She worked for a law firm for 18 years before changing focus to the senior living community. She loves sports, but football is her favorite. Other interests are reading, hiking, and just enjoying being outdoors whenever possible.



**ASSISTED LIVING • MEMORY CARE**

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