

WU
WATERMARK UNIVERSITY

2017

Fall Semester
SEPTEMBER THROUGH DECEMBER



PACIFIC REGENT
BELLEVUE



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,

Erin Sattler

**Erin Sattler
Community Life Director**

COURSES	FACULTY	DAY AND TIME	LOCATION
Season Kick-Off: Seahawks v Packers	Community Life	Sunday, September 10th, 1:25pm	Regency Room
<p>Join us in the Regency Room on September 10th to cheer on the Seahawks as they start their 2017-2018 Fall Season against the Green Bay Packers! Wear your favorite Seahawks gear, crack open a beer, and snack on some quintessential tailgate finger food! Go Seahawks!</p>			
Let's Talk Politics	Shauna Tuller	Sept 15th - 2:00pm Oct 13th - 2:00pm Nov 17th - 2:00pm Dec 15th - 2:00pm	Regency Room
<p>It's a good thing we are not all sitting around the dinner table with family and extended family... This four-part course will give all participants and opportunity to speak openly, without judgement, and express his or her own feelings about what's going on in our government today. Each course will have a specific focus and will last one hour.</p>			
5-Minute Healthy Meals	Suzanne Parcels	Tuesday, September 19th, 1:00pm	Regency Room
<p>One of the keys to eating well is to make it easy. Join Chef Suzanne Parcels for a demonstration of snacks that can be made in 5 minutes or less and some yummy samples!</p>			
Bible Study	Helen and David Belvin, Ilene Garland, Denise Hance	Thursdays beginning September 28th - 3:00pm	Regency Room
<p>Each week, with the help of their daughter, Ilene Garland, David and Helen Belvin spend one hour talking about various books in the Bible. Videos and other presentation material is often used in effort to help explain, or bring to life the discussion. Participation is welcomed as the class offers you a place to discuss your feelings as they relate to the books studied.</p>			
Uber 101	Community Life	Tuesday, October 4th 1:00pm	Regency Room
<p>What is the best way you get around the city? Is it your personal vehicle? Maybe you take a taxi. Uber is a relatively new application that is accessible on any smartphone, is much cheaper than taking a taxi, and is very convenient! Come learn just how easy it is to use, and don't forget to bring your Smartphone! (iPhone or Android)</p>			

COURSES	FACULTY	DATE	LOCATION
Origami with Susanne	Susanne Ross	Wednesday, October 11th, 1:30pm	Regency Room
<p>Who says folding paper can't be fun?! Join our resident art teacher, Susanne Ross, in the Regency Room to fold some paper. Who knows what you will make - a rose, a crane, a tiger, oh my!</p>			
Nature Hike with Marty	Marty Bradbury	Wednesday, October 18th, 10:00am	Golden Creek Pond Trail
<p>Stop and smell the flowers ... Literally! Golden Creek Pond is nestled in the hills of the Snoqualmie Pass. With its paved, ADA-accessible walking path circling around the Pond for about one mile, this hike is accessible for any and all mobility levels. Join Marty on a hike, bring a camera, and stop to smell the flowers. Lunch will be provided.</p>			
Mini Succulent Garden	Nicole Hallen	Friday, November 3rd, 3:30pm	Regency Room
<p>We all know keeping a green thumb while living in an apartment can be challenging. Succulents are a great supplement to keeping plants in the house! They are low maintenance, yet they look great. With all of the supplies provided, join our Café Manager, Nicole in planting your own garden!</p>			
Recipe Exchange	Community Life	Thursday, November 30th, 3:00pm	Regency Room
<p>In the middle of the holiday season, we are often reminded of wonderful family recipes that are made for special occasions. We will gather in the Regency Room as a big group to exchange recipe ideas and maybe even a few homemade treats! Ask your family for copies of those old recipe cards (or make a copy of the card you have), and come ready to share your famous family dishes!</p>			
Book Club	Brenda West	1st Wednesdays - 10:30am	Regency Room
<p>Come join the literary fun as we read and discuss a new book each month. As a member of the book club, you will take part in planning which books you would like to read and discuss in the future. Each book club meeting is one hour long with the majority of that hour spent talking about character developments, plot settings, and overall interpretation.</p>			
Color Me Calm: Adult Coloring Class	Barbara Keenan	2nd and 4th Thursdays - 3:30pm	Atrium
<p>Coloring isn't just for kids anymore! Coloring can help soothe anxiety, stress, and help your brain take a break. No need to be an artist or have ANY artistic talent - just bring your hands and your brain and feel like a kid again!</p>			

COURSES	FACULTY	DATE	LOCATION
SnackCrate: Snacks from Around the Globe	Community Life	1st Tuesday of the Month 2:30pm	Atrium
<p>SnackCrate is a snack-delivery service that sends a big box of international goodies from a different country each month. Each month's SnackCrate is filled with a delightful mix of sweet and savory goodies, hand-picked by SnackCrate's team of experts around the globe.</p>			
Theater Class	Karen Gath-McClain	1st and 3rd Tuesday - 10:45am	Regency Room
<p>Here is your opportunity to shine like a star! "As You Like it Acting" has been teaching students of all ages and skill levels for over 20 years. This class offers different acting opportunities that will best meet your personal needs as well as offering fun, light-hearted entertainment to the residents here at Pacific Regent!</p>			
Travel Around Scotland with Alyssa Hallen	Alyssa Hallen	TBD	Regency Room
<p>Alyssa Hallen, one of our fabulous dining servers, is taking a trip with her high school drama class to the land of the Celts! Join her in the Regency Room to see pictures, hear all about her "dramatic" trip around Scotland!</p>			
Total Brain Health	Community Life	TBD	Regency Room
<p>A research-based cognitive engagement program which provides kits that include turn-key programs. Unlike other programs, these are adult-appropriate and designed for our sophisticated, educated residents. The program is different every class, so you can drop in and out as needed - no need to register for the entire course!</p>			
Spanish 101	Georgina Razo-Urbe	TBD	Regency Room
<p>No matter your experience with learning Spanish - whether you are a brand new beginner or are nearly fluent, Georgina can help expand your mind through vocabulary! Join one of our wonderful housekeeping attendants in a Spanish class that will start at the very beginning or expand your knowledge! No sign-up necessary.</p>			
Beers of California	Bob Wright	Friday, October 27th 1:00pm	Atrium
<p>Join our Executive Director, Bob Wright, as he takes you around California via beer! Taste beer from North California, near Napa, all the way down to the border. Yum!</p>			

FITNESS, HEALTH, AND SAFETY

Aerobics	Jody Martin	Mon/Wed/Fri - 9:15am	Regency Room
Jody Martin joins us three times a week to get your body moving! Her energy and motivation keeps residents coming to class and enjoying every minute of it! This can be a seated class if you need a lower-impact workout.			
Defibrillator/CPR Class	Debbie Goeppeler	Tuesday, September 5th	Regency Room
Join our Wellness Nurse immediately after Roundtable for a brief but in-depth training class on how to use a defibrillator and an update on the newest research on CPR. You hope to never need the training in real life, but if you do need it, you could save a life.			
Disaster Group Training	Stuart Hood	3rd Thursdays - 10:00am	Regency Room
Are we prepared? Residents and associates come together each month to review our disaster preparedness. We will develop the skills necessary to utilize in the event of an emergency including trainings on first-aid, search and rescue, and radio communications. In October, we will put these skills to the test in our 2017 Great American Shakeout!			
Meditation 101	Erin Sattler	Tuesday, October 3rd, 2:00pm	Regency Room
Let your brain and body take a break and learn how to do easy meditations on your own. Learn about the benefits of practicing consistent mindfulness, gratitude, and even practice Progressive Muscle Relaxation in a quiet, happy, uplifting setting.			
Physical Fitness for Seniors	Erin Sattler and Debbie Goeppeler	Friday, December 3rd, 1:00pm	Regency Room
Do you already work out? Do you want to begin working out? Come listen to two experts lead a discussion about the benefits of physical activity! Erin is an American College of Sports Medicine-certified personal trainer and holds a seat on the National Exam Board. Debbie is our wellness nurse, and is well-versed on the benefits and outcomes of regular physical activity for seniors. Come ready to ask questions and learn about what you can do inside or outside, in a wheelchair or on two feet, to increase your activity!			
Strength Training with Debbie	Debbie Goeppeler	Tuesdays at 10:00am Thursdays at 2:00pm	Fitness Room
Strength training is a key factor in reducing falls and increasing balance and even cognition as we age. The stronger your body is, the better balance you have and the chance of falling decreasing dramatically. Get those muscles pumping with Debbie by signing up in the Atrium book!			
Walk for Life		Mon/Wed/Fri - 8:00am	Bellevue
Three times a week, we Walk for Life into Bellevue! Join your neighbors as they head outside to walk, not only for health, but for building lasting friendships. Bus transport to the walking location is provided.			
Walker Wise	Jody Martin	Thursdays - 11:30am	Regency Room
Do you currently use a walker or a cane to assist you with safer mobility? If so, this class might be a great fit for you! Along with balance and stability, Jody teaches you how to safely use your assistive walking device and how to maximize its effectiveness in a fun and supportive environment!			
WaterMotion	Marian Suda	Tuesdays & Thursdays - 10:00am	Pool
If "land aerobics" is too strenuous, water aerobics can be a wonderful alternative! The water keeps your workout very low-impact and provides an alternate (and fun) form of resistance. Come make a splash in the pool with your neighbors and get a fantastic workout at the same time!			

Watermark University Faculty Bios

Barbara Keenan is the **Housekeeping Director** at Pacific Regent Bellevue. She has been working here since 2001 and is loving it! She enjoys reading, walking, and swimming. Her super dream vacation is to visit another country.

Bob Wright is the **Executive Director** at Pacific Regent Bellevue. He moved to the area in August 2016 with his wife and two boys. He is excited to be part of such a great community, and has been enjoying all the beauty Washington has to offer. He's been a Seahawks fan all of his life so he's happy to be in an area where he can be surrounded by fellow 12's!

Brenda West is the **Book Club** facilitator. Reading is a passion that allows her to escape into stories that enlighten and inform her, challenge her with new perspectives on life, and sends her on journeys, real and imaginary.

Chef Suzanne Parcels is the **Head Chef** at Pacific Regent. She grew up in Kirkland and graduated from Seattle Culinary Academy in 2007. Before coming to Pacific Regent, she worked for Lisa Dupar Catering, University House, and Trilogy at Redmond Ridge. She has four grown children and two grandchildren. When she's not working, she enjoys trying new recipes at home and being outdoors with her husband and two dogs.

Debbie Goeppelis is the **Wellness Nurse** at Pacific Regent. She has been a Registered Nurse for nearly 25 years. This position gratifies her love for nursing and passion for seniors in our community. She has lived in the Puget Sound area for over 30 years. In her free time, Debbie enjoys gardening and spending time with her teenage daughter, husband, and Cattle Dog, Willow.

Denise Hance is the **Director of Human Resources** at Pacific Regent. She's been here for 6 ½ years, starting in the Business Office and then become the Director of Human Resources in March of 2015. In her spare time, she enjoys walking her dogs, spending time with her husband of 32 years and hanging out with her family.

Erin Sattler is the **Community Life Director** at Pacific Regent. She grew up in Gainesville, Florida and moved to Seattle in May 2016. In her spare time, you can find her walking around Downtown Bellevue Park with her dog, kayaking, traveling, or in the gym!

Karen Gath-McCain teaches the **Theater Class**. She's been working in theater for over 30 years. She's a "jack-of-all-trades" in the theater community as she has acted, costumed, choreographed, sound-designed, stage-managed, taught, and directed. For the past 15 years, directing and acting coaching have been her passion. She's had success working with older adults by instilling the skills and confidence to perform at their varied age levels.

Marty Bradbury is the **Maintenance Director** at Pacific Regent. He's been at PRB since December 2014 and has loved his experience so far. He's married and they love to hike and be outdoors.

Nicole Hallen is the **Café Lead** at Pacific Regent. She's been here since February 2016 and she loves her job! She also works with Community Life planning and handling activities as needed. Before coming to Pacific Regent, Nicole worked for Starbucks. She has two children – Callen and Alyssa who she loves with all her heart. In her spare time, she loves to be outside and go camping.

Shauna Tuller is the **Move –In Coordinator** at Pacific Regent. She started my career at Pacific Regent in January 2012 in Community Life. When she's not at work, she loves hanging out with her family. She loves to travel and take in some weekend baseball and softball. She love all types of music and even plays the drums!



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