

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,

Jarpcel Celmar

**Jarpcel Celmar
Community Life Director for The Springs**

The Springs

COURSES	FACULTY	DAY AND TIME	LOCATION
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Pastel Art Class	Jarpcel Celmar	September 11th & 25th, October 9th & 23rd, November 6th & 20th, December 4th & 18th at 11:00am	2nd Floor Dining Room
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A course focusing on different pastel techniques. Come join Jarpcel to explore and experiment with different ways to use this versatile medium. This is excellent for beginners to pastels, or for artists used to working in other media.

Holiday Card Making	Shirley Johns	December 10th at 10:15am	2nd Floor Dining Room
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Bring out your crafty side! In this class Shirley will be teaching all the fun and creative ways to create holiday cards for you to give and show your creative side to your loved ones this holiday season.

Aroma Therapy	Lise Moore-Stanner	September 9th & 23rd, October 14th & 28th, November 4th & 18th, December 2nd, 16th & 30th at 3:00pm	2nd Floor Dining Room
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This programs offers FREE SMELLS. Take a few moments for yourself. Regroup and focus on feeling good inside and out. From holistic health to new ideas in self enhancement, our Aroma Therapy program will help restore the basic balance between your mind and body.

Music Therapy	Patti Catalano	September 11th & 25th, October 9th & 30th, November 6th & 20th, December 4th & 18th at 10:00am	By appointment only
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Music Therapy is "An established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages." Music Therapists possess musical, clinical, therapeutic and professional skills. Patti is our Music Therapist who will be leading our one on one classes twice a month. See your Community Life Department for more details.

Interactive Storytelling	Kahty Murphy	September 7th & 21st, October 5th & 19th, November 2nd & 16th, December 7th & 21st at 11:00am	3rd Floor Dining Room
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Come and enjoy story time with Kathy Murphy. She read's out loud various of interesting, best-selling books, short stories, novels to a group of people. This program takes your mind and imagination to a whole new level, so come with an open mind!

Beading 101	Jarpcel Celmar	September 4th & 18th, October 2nd, 16th & 30th, November 14th & 27th, December 11th at 11:00am	2nd Floor Dining Room
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A comprehensive how-to beading class, this instructional class is filled with secrets, tips and techniques for beading projects. Come join Jarpcel as she teaches instructions for everything from using crimp beads and creating illusion jewelry to making loops, dangles and drops.

Seated Yoga	Jarpcel Celmar	October 8th & 22nd November 12th & 26th, December 10th & 24th at 10:15am	2nd Floor Dining Room
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Seated Yoga poses offer a wide range of benefits and the physical and emotional benefits vary depending on the specific pose. Yoga helps to relax the entire body. When the spine and surrounding muscles are relaxed, it's easy to release tension and relax the mind and body/ This is the reason meditation is performed in a seated position. If you want to release tension and relax your mind and body come and join Jarpcel in the morning for Seated Yoga class.

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Creative Writing	Lise Moore-Stanner	Every Thursday at 4:00pm	2nd Floor Dining Room
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This program actually has nothing to do with writing! So for anybody that does not like writing don't be afraid to come and join Lise for a little reminiscing class. During this course Lise will be asking some intriguing questions for you, so be ready to share some laughs and memories.

Music Appreciation	Lise Moore-Stanner	September 9th & 23rd, October 7th & 21st, November 11th & 25th, December 9th & 23rd at 11:00am	3rd Floor Dining Room
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Want to experience different ways to create music? During this course you will get to explore rhythm with hands, feet and different types of instruments. You even get to freestyle the instrument of your choice and show off the new skills you've learned to others at the end of each session. Get ready to "Rock out" with Lise!

Pet Therapy	Doug & Milo	Every Monday at 10:30am	By appointment only
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Here at The Springs at Pacific Regent we believe being around animals such as pets (dogs & cats) have so much benefits for our residents. Residents in Skilled Nursing Floor usually face a lot of physical challenges, and having a pet live with them is not an option. So we created this Program where Doug and his wonderful pet Milo goes from room to room visiting our residents for socialization to decrease the feeling of loneliness. This class is by appointment only, contact your Community Life Department to sign yourself up today.

Laughter Therapy	Sue Hart	October 12th & December 14th at 11:00am	3rd Floor Dining Room
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Research has shown that laughter strengthens the immune system and improves breathing, arterial blood flow digestion and sleep. It also adjusts blood pressure and blood sugar, relaxes muscles and even burns calories! This program will provide light-to-moderate exercise through various types of laughter. Come with an open mind and be ready to have some fun and laugh.

Travel Group	Lise Moore-Stanner	September 28th, October 26th, November 30th, December 21st at 4:00pm	2nd Floor Dining Room
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Have you always wanted to travel to a certain State or Country, but haven't had or got the chance to? This program taught by Lise, will show you all the beautiful scenery, food and amazing things to do in those places. You will learn so many fun filled things to do next time you travel out of State or Country. Come and enjoy this fun learning experience.

Scrapbooking	Jarpcel Celmar	November 5th, 12th, 19th & 26th at 11:00am	3rd Floor Dining Room
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Your guide to the basics of scrapbooking! Whether you are brand new to scrapbooking, or are just looking to master the basics, Scrapbooking 101 has all the information you need to get started creating your own scrapbook pages and albums! Scrapbooking 101 provides information about commonly used scrapbooking supplies, including adhesives and paper cutting tools. Scrapbooking 101 also has articles covering scrapbooking ideas and layouts, including general tips on how to use and combine your scrapbooking papers! The scrapbook albums you create will be treasured keepsakes for years to come!

Holiday Floral Arranging	Shirley Johns	December 10th at 10:15am	2nd Floor Dining Room
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Shirley's striking arrangements are easy to create at home for the holidays, and best of all, they work well with numerous sorts of blossoms, including tulips, roses, hyacinths, calla lilies, and dahlias. Shirley provides expert advice on creating flower arrangements, plus pointers on shopping and caring for flowers and tips for achieving a professional look.

Seated Workouts	Jarpcel Celmar	November 5th & 19th, December 3rd, 17th & 31st at 10:15am	Location
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Some people are unable to do standing exercises. Seated workouts can help people fulfill their physical activity needs without getting up. Seated workouts can reduce your stress, because stress plays a role in just about every illness, chair exercise can help improve your overall health. So, come and join Jarpcel for a good seated workout that will make you feel good mentally and physically.

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Winter Gardening	Jarpcel Celmar	December 3rd, 10th, 17th & 31st at 11:00am	Location
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Once the winter months hit, many people start packing in their garden for the year. Cold temperatures mean the end of the growing season. What if it didn't have to though? What if you could continue to grow year-round, even when the snow hits? With a little bit of sunshine and TLC, your garden can continue to produce year-round. Come join Jarpcel and find out what winter gardening is. This form of gardening has been around for nearly as long as people have been planting crops!



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REHABILITATION & SKILLED NURSING

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