

WATERMARK UNIVERSITY  
WU

2018

**Spring Semester**  
JANUARY THROUGH APRIL

HARVARD SQUARE

 A WATERMARK RETIREMENT COMMUNITY



**Hello and thank you for your interest in Watermark University!**

The foundation of Watermark University (WU) is to provide meaningful opportunities to learn, teach and grow, resulting in a life of overall well-being. Research shows that learning and keeping our mind active and sharp supports healthy aging.

At Watermark Retirement Communities® we are committed to encouraging our residents and associates to lead balanced lives, full of meaning and purpose, grounded in self-awareness and infused with curiosity. Our Watermark University courses help achieve this goal.

By focusing on the Seven Dimensions of Well-being: Physical, Social, Intellectual, Spiritual, Emotional, Environmental, and Vocational we offer the opportunity to achieve a balanced life and we see the benefits across the country in every class, every day.

**Sincerely,**

*Diana Beharic*

Diana Beharic  
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
<b>COPD</b>	<b>Jim Stoetzel</b>	<b>Friday • February 2nd</b>	<b>MPR</b>
<p>Chronic Obstructive Pulmonary Disease (COPD) is an umbrella term used to describe progressive lung diseases including emphysema, chronic bronchitis, refractory asthma, and some forms of bronchiectasis. Join Jim in the Multipurpose Room to find out more about this disease and how to prevent it from happening to you.</p>			
<b>Chef Demo</b>	<b>Justin Williams</b>	<b>3rd Friday • 2:30pm</b>	<b>MPR</b>
<p>Chef Justin will demonstrate a variety of dishes. Watch as the chef prepares a variety of dishes that are easy to make and everyone will enjoy.</p>			
<b>Wellness Round Table</b>	<b>Nursing</b>	<b>Last Fridays of the Month • 1:00pm</b>	<b>MPR</b>
<p>Our nursing staff will discuss controversial, interesting and important health topics relevant to residents today. Learn everything you ever wanted to know about wellness and what it means to you.</p>			
<b>History of Colorado</b>	<b>Erin Thatcher</b>	<b>Tuesdays • 10:00am</b>	<b>MPR</b>
<p>Erin will focus on different locations and their history in Colorado each week. Learn about the fascinating history of the many cities we have here in Colorado and share your memories and stories with the group.</p>			
<b>Spanish 101</b>	<b>Tomas Serrano</b>	<b>Wednesdays • 6:00pm</b>	<b>MPR</b>
<p>Have you ever wanted to learn a different language? Physiological studies have found that speaking two or more languages is a great asset to the cognitive process. The brains of bilingual people operate differently than single language speakers, and these differences offer several mental benefits. Please join Tomas as he goes over the basics of the Spanish language.</p>			
<b>Rick Steves' Travel</b>	<b>Daisy Hernandez</b>	<b>Fridays • 1:00pm</b>	<b>MPR</b>
<p>Rick Steves' is an American guidebook author and TV host for one of America's most popular travel series on television. Many of us remember watching his videos in our living rooms and now with the power of technology we can re-watch all of his classic shows here at Harvard Square. We will start off with a travel video and end with a fun discussion. This semester we will focus on Eastern European travel.</p>			

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
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<b>Golden Girls</b>	<b>Maddie Vincel</b>	<b>Tuesdays • 3:00pm</b>	<b>MPR</b>
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The Golden Girls is a classic TV show about four women who live together in Miami and experience the joys and angst of their golden years. Join the ultimate Golden Girls fanatic, Maddie, for some fun trivia followed by an episode of the show.

<b>Mexican Train Dominoes</b>	<b>Jim Stoetzel</b>	<b>Tuesdays • 10:00am</b>	<b>BFP</b>
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Mexican Train is a game played with dominoes. The object of the game is for a player to play all of their dominoes onto one or more chains(trains). If you are interested in playing please join Jim every Tuesday at 10:00am.

<b>National Parks</b>	<b>Jeromy O'Neil</b>	<b>2nd &amp; 4th Wednesday • 1:00pm</b>	<b>MPR</b>
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The United States has 59 protected areas, or national parks, that are operated by the National Park Service. Every second and fourth week out of the month Jeromy will focus and dig deeper in the rich history of our many national parks here in the United States, followed by a discussion afterwards.

<b>Spanish and Mexican Culture</b>	<b>Daisy Hernandez</b>	<b>Saturday, March 3rd • 3:00pm</b>	<b>MPR</b>
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Mexico is situated in North America, although culturally, it is identified more closely with Central and South American countries. The Mexican culture is perhaps one of the most fascinating cultures worldwide. The mixture of strong native legends, artistic expressions and Spanish culture elements make the Mexican culture unique.

<b>Behind the Scenes Tour</b>	<b>Mark Vogt</b>	<b>Friday, February 9th • 1:00pm</b>	<b>Meet in MPR</b>
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You've seen the halls and various rooms at Harvard Square but have you ever wanted to see what goes on behind the scenes? Mark, our Maintenance Director, will take us on an in depth tour of the building like we've never seen before!

<b>Kitchen Tour</b>	<b>Gregory Johnson</b>	<b>Friday, April 6th • 10:00am</b>	<b>Meet in Dining Room</b>
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Gregory, our Sous Chef, will take us on a tour of the kitchen. We'll be able to see the process of how the food is prepared for each meal and how the chef ensures the quality of food is up to standard.

## Faculty Biographies

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### NAME OF INSTRUCTOR

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### CLASS NAME

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#### Herb Hubbard

#### Bible Study

Pastor Herb Hubbard has been married to the love of his life for over 40 years. They have four children: their oldest son David, a daughter Jessica, another daughter Bonnie, and their youngest son Chris. They have lived in Aurora, Colorado since 1981. Herb has worked in the printing paper industry since arriving in Aurora and is currently the warehouse manager of Spicer's Paper. His wife, Amber, stays at home and cares for their son Chris who was involved in a car accident in 2007. Amber and Herb have been conducting non-denominational church services here at Harvard Square since September 2007 as well as a prayer breakfast on the second Saturday of the month. During that time they have had the pleasure of meeting many of the residents of Harvard Square. It has been both a rewarding and growing experience and he looks forward to the opportunity to meet even more residents of Harvard Square in the years ahead.

#### Preston Isom

#### Wii Bowling

Preston has been a resident at Harvard Square for 8 years. He serves on the Activities Committee and the Hospitality Committee. Besides that, he is the Wii Bowling coach at Harvard Square! He says he must be doing a good job, because many of his students outscore him in the game! Join him for Wii bowling.

#### Erin Thatcher

#### History of Colorado

Erin was the Resident Services Director at Harvard Square for 4 years. Unfortunately, she doesn't work at Harvard Square anymore, but comes in every week to conduct a Watermark University Class. She lives in Conifer, CO with her husband, Jimmy, and her twins, Maisie and James. Erin has a passion for learning and hopes to pass her knowledge and experience to you!

#### Mark Vogt

#### Behind the Scenes Tour

Mark is the Director of Building Operations. He has over 40 years of experience in residential and commercial construction. He has worked at Harvard Square for 7 years and loves his job because no day is the same! He has been married for 39 years and has two grown sons. Come take a walk around our beautiful building in his behind the scene operations tour!

#### Maddie Vincel

#### Golden Girls

Maddie is 24 years young, and a women of faith. She calls herself an old soul. Maddie is a native Coloradan and Harvard Squares Fitness Coordinator with a degree in Health and Fitness from Arapahoe Community College. She's an 80's music fanatic and Oprah Winfrey enthusiast. Join any of her classes and you will feel the burn.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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**Jim Stoetzel M.D.**

**COPD**

Jim has lived at Harvard Square since 2014. Jim is the chairperson of the Food Committee. Jim has been a doctor for many years and loves to discuss various health topics with everyone. Join Jim for one of his very informative discussion groups.

**Jeromy O'Neil**

**National Parks**

Jeromy was born in Chester, MT. He was raised on his family farm in north central Montana. On his farm his grandparents lived on one side of the road and his great grandparents lived on the other side of the road. He is the oldest son in his family and has two younger sisters. Jeromy went to Montana State University, Bozeman. He moved to Colorado in September of 2007 and has never been happier.

**Leilani Ayala**

**Wellness Round Table**

Leilani has worked at Harvard Square in the Health and Wellness Department for 19 years. Leilani is a very fun part of Harvard Square. She competes in the Harvard Square Sing Off and it is always so much fun. Join us twice a month in the MPR, ready to sing, dance and laugh.

**Daisy Hernandez**

**Rick Steves' Travel/Spanish and Mexican Culture**

Daisy is the Community Life Assistant. Daisy has worked at Harvard Square for 4 years. She enjoys hanging out with her niece on her spare time. Join Daisy for activities.

# HARVARD SQUARE

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**INDEPENDENT LIVING • ASSISTED LIVING**

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