

WU
WATERMARK UNIVERSITY

2019

Fall Semester
SEPTEMBER THROUGH DECEMBER

 **FREMONT HILLS**
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,

Izzy Tigno

Isabela Tigno
Community Life Director

CREATIVE ART

COURSES	FACULTY	DAY AND TIME	LOCATION
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Watercolors	Jessica Doerr	September - December Tuesdays 2:00 pm - 3:00 pm	The Inn Activity Room
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Join Jessica for this exciting art class and discover the creativity of working with watercolors. She will show you how to study lights, shades, shapes and colors. The class is for artists of every level.

Mixed Arts Class	Jessica Doerr	September - December Saturdays 11:00 am - 12:00 pm	The Inn Activity Room
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Join Jessica for these art classes to learn about silhouettes, different types of painting, collages and mixed media. Look forward to working on projects in groups. It'll be so much fun!

Jewelry Art Class	Isabela Tigno Jessica Doerr	September - December Tuesdays 12:00 pm - 2:00 pm	The Inn Activity Room
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Join us in creating your very own art masterpiece with assorted jewelry that has been taken apart from broken necklaces, earrings, rings and pendants. It will be interesting to see all the beautiful and fun creations. They will make really nice gifts for family and friends for every occasion!

Flower Arranging	Jessica Doerr	September - December Every Friday 3:00 pm-4:00 pm	The Inn Activity Room
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Classes for flower arranging teaches practical skills & designs working with seasonal flowers. Residents enjoy creating lovely center pieces for our dining room for all the enjoy.

EDUCATIONAL

COURSES	FACULTY	DAY AND TIME	LOCATION
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Mahjong	Sandy Leung Winnie Palmari	September - December Thursdays 2:00 pm - 3:00 pm	The Inn Activity Room
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Originating in China, Mahjong is a tiles (like dominoes) game that consists of three or four players using 136 numbered tiles. The aim of the game is to collect the maximum number of sets to be crowned the winner. Winnie and Sandy will teach this fun game to anyone who wants to learn.

EDUCATIONAL

COURSES	FACULTY	DAY AND TIME	LOCATION
Chinese Calligraphy	Sandy Leung Winnie Palmari	September - December Thursdays 2:00 pm - 3:00 pm	The Inn Activity Room

Our Chinese Calligraphy Class introduces the art of Chinese writing with pen, brushes and ink taught by our wonderful instructors, Sandy & Winnie.

Vacation in Antarctica	Sandy Stabile RN	December 10th 2:00 pm - 3:00 pm	The Inn Activity Room
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We are very excited to welcome back Sandy Stabile to Fremont Hills as she will share with us her vacation to Antarctica.

Vacation in Europe	Janice Gombio	December 13th 2:00 pm - 3:00 pm	The Inn Activity Room
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It's always nice to see different parts of the world through the eyes of others especially when we are not able to travel. Janice has offered to come and share her photos and stories of her amazing vacation to Europe.

HEALTH & WELLNESS

COURSES	FACULTY	DAY AND TIME	LOCATION
Nurse Chat Pain Management	Hitexa Desai	September 10th 2:00 pm-3:00 pm	The Inn Activity Room

Pain management is the medical specialty born out of the need for treating all types of pain like muscular, skeletal, spinal and neuropathy pain disorder. Learn how to manage your pain with non-surgical treatment with our nurse and her special guest.

Nurse Chat Personal Hygiene & Health	Hitexa Desai	October 8th 2:00 pm - 3:00 pm	The Inn Activity Room
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Hygiene is not always a personal issue. Body odor can lead to less visitors and can be a health issue. Join our nurse Hitexta in a lively discussion about personal hygiene and how avoid health & social issues while living in assisted living.

HEALTH & WELLNESS

COURSES	FACULTY	DAY AND TIME	LOCATION
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Nurse Chat Dental Hygiene	Hitexa Desai	November 4th 2:00 pm - 3:00 pm	The Inn Activity Room
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As we age, there are some things that we let fall by the wayside. Dental health seems to be one of the personal hygiene steps that can be forgotten. Dental health is connected to whole body health and it is important that especially seniors make their oral health a priority. Learn how often you should see a dentist and ways to prevent infection, loss of teeth and what you can do to keep you gums healthy.

Nurse Chat Depression	Hitexa Desai	December 24th 2:00 pm - 3:00 p.m.	The Inn Activity Room
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Please join us for this very important and informative class. When you're depressed, it often feels like nothing in the world can make you feel better. Depression is a devious disorder, because the symptoms it creates can discourage you from completing the actions or seeking the help that would begin your recovery. Lack of energy, low self-esteem, and dwindling excitement are some of the symptoms that make it hard to get out of a depressed state. For anyone experiencing this stuckness, it's important to remember that depression is a very common and highly treatable disorder. By treating it like any other physical disease and taking the actions that will destroy the parasites infecting your mental state, **you can conquer your depression**. Find out the eight steps to do just that.

Tasteful Thoughts With Chef Dan	Dan Esposito	Every Third Tuesday September 17th-2:00 pm October 15th -2:00 pm November 19th - 2:00 pm December 17th - 2:00 pm	The Inn Activity Room
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Come and learn how Fremont Hills provides nutritious meals to our residents. Dan will answer any questions and concerns you may have and he is open to suggestions to make your dining experience always thrive.

PHYSICAL FITNESS

COURSES	FACULTY	DAY AND TIME	LOCATION
Around the World Exercise	Isabela Tigno	September - December Wednesdays 10:00am - 11:00 am	The Inn Activity Room

Dancing in your chair is a convenient and comfortable way to get aerobic exercise, tone muscles, improve flexibility and burn calories. Enjoy a variety of music like the Samba, Calypso, Waltz, Tango & Country. Definitely a fun and great way to receive physical benefits without having to stand.

Life's A Celebration Exercise Class	Jessica Doerr	September - December Fridays 10:00 am - 11:00 am	The Inn Activity Room
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With this class, there are several routines on three exercise levels. We encourage the residents to adapt the program to their current ability and challenge themselves as their endurance improves.

Music & Motion Exercise Class	Romeo Domingo	September - December Tuesdays & Thursdays 10:00 am - 11:00 am	The Gardens Activity Room
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Motion Exercise with songs to keep residents active both physical and mentally. Romeo also includes range of motion also known as ROM which is a type of exercise he has used in hospital settings.

Ball Toss Arm & Leg Exercise	Harwinder Kaur	September - December Sundays 11:00 am - 12:00 pm Mondays 10:00 am - 11:00 am	The Gardens Activity Room
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Ball Toss is a really good exercise to get our residents in Memory Care to move their arms and legs and they have fun while doing it. The bright colors of the ball are happy and cheerful which helps set the mood for the day.

Stretch & Toe Exercise	Rajinder Kaur	September - December Fridays 11:00 am - 11:00 am	The Gardens Activity Room
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With this exercise, Rajinder will help residents work every muscle in their body from head to toe. Keeping the muscles moving is key to better flexibility and stronger muscles.

PHYSICAL FITNESS

COURSES	FACULTY	DAY AND TIME	LOCATION
Tai Chi For Assistant Living	Master Fung	September - December Tuesdays & Thursdays 10:00 am	The Inn Activity Room

Tai Chi is a holistic system of coordinating body posture and movement, breathing and meditation for the purpose of a healthy spirit and mind. Tai Chi Increases Brain Size, Improves Memory, Combats **Alzheimer's**. Master Fung leads a very good class that leaves the residents feeling physically energized and their minds and souls light.

Tai Chi For Memory Care	Master Fung	September - December Tuesdays 11:15 am -11:45 am	The Gardens Activity Room
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Tai Chi is a holistic system of coordinating body posture and movement, breathing and meditation for the purpose of a healthy spirit and mind. Researchers have shown that regular practice of Tai Chi increases brain volume, augments memory and thinking skills, and may combat dementia. Exercise is important for people of all ages, but can be especially beneficial to people with memory problems, as well as their caregivers.

REMEMBER WHEN

COURSES	FACULTY	DAY AND TIME	LOCATION
Growing up Jessica	Jessica Doerr	September 17th 2:00 pm - 3:00 pm	The Inn Activity Room

Jessica is such an awesome and funny soul. Inquiring minds are interested about her childhood days and what things in her life contributed to her becoming the wonderful person she is.

Growing up in Nukualofa	Dorinda Pasi	October 15th 11:00 am - 11:30 am	The Inn Activity Room
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Dorinda will share her life growing up in Nukualofa. It'll be fun to compare what life was like for her life there to her life now in California. No doubt that there will be so many stories to share. The good old fun days!

REMEMBER WHEN

COURSES	FACULTY	DAY AND TIME	LOCATION
Growing up in Hong Kong	Kiki Ho	November 12th 2:00 pm - 3:00 pm	The Inn Activity Room

Kiki is excited to share what her life was in Hong Kong. She says she has so many stories she can't wait to share. She says her family home was "haunted" This will be very interesting!

TRENDING THE SPIRIT

COURSES	FACULTY	DAY AND TIME	LOCATION
Thirsty Thursdays	Isabela Tigno Jessica Doerr Winnie Palmeri Sandy Leung	September - December Thursdays 4:00 pm - 5:00 pm	The Inn Activity Room

Thirsty Thursday is one of our resident's favorite activity. We bring in live entertainers who bring so much energy and joy to our residents. They can't help but dance in their seats (Some even get up to dance!) Community Life staff serve Wine, apple cider, cheese & crackers, summer fruits that are enjoyed by all.

Sing-A-Long	Tzi Chi Foundation	September - December Thursdays 11:00 am - 12:00 pm	The Inn Activity Room
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Music is such a great gift to those who share their talent for singing and for those who enjoy listening to it and singing along. Residents are given musical instruments to help keep the beat. A very much enjoyed activity they look forward to every week.

Field Trips	Jessica Doerr	September - December Wednesdays Departure Time 10:00 am	The Inn
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We take a lot of pride in keeping our residents active and happy with weekly field trips as it gives them something to look forward to. They truly enjoy helping with planning their trips, where it's nice to hear all their suggestions and ideas.

TRENDING THE SPIRIT

COURSES	FACULTY	DAY AND TIME	LOCATION
Field Trips	Janice Gombio	September - December Thursdays Departure Time 10:00 am	The Gardens

Our residents in Memory Care enjoy all of their outings whether it is just a scenic drive watching the comings and goings of the traffic while embracing the sunshine or watching the rain, eating at restaurants, trying new dishes, or going to the ice cream shop, they always come back with big smiles on their faces.

Alzheimer's Support Group	Janice Gombio	September - December Every 2nd Wednesday 6:00 pm	The Inn Activity
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Our goal is to support families with loved ones living with Alzheimer's Disease and Dementia. Getting together to provide compassion, sharing experiences and stories as this would help others feel that they are not alone. We also have Hospice Nurse Terry who volunteers her time to lead this very important and delicate support group.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Joan Newman

Games with Joan

Joan Newman is our Executive Director. She was born on an Army base in Stuttgart, Germany which is the home of Mercedes Benz (Joan's favorite model car) Joan is married and has triplet daughters. Joan worked at Fremont Hills when it first opened, but over the years she ventured out and worked for other communities before returning back to Fremont Hills and has been here for 8 years now. She enjoys gardening, flower arranging, an occasional cocktail and is a boxing fan.

Isabela Tigno

Community Life

Isabela Tigno (Izzy) is our Community Life Director. She was born and raised in Oakland, California with eight brothers and sisters. She attended Holy Names High School, then transferred to James Logan High School where she received her diploma. Isabela is married and has four children, eight grandchildren and six great grandchildren. She has a passion for music, dancing and people. A true "People Person". Her favorite pastime when not working at Fremont Hills is surrounding herself with family and friends. She believes that everyday is a gift and that everyone should embrace each day with good intentions, happy thoughts and keeping healthy & active. Brain Gymnastics is one of her favorite games to play with the residents.

Master Jeffrey Fung

Tai Chi

Master Fung was born and raised in Hong Kong in 1951. He moved to the United States in 1968 where he attended City College in San Francisco and Alameda. He is married and has two children and 2 grandchildren. Master Fung said he began Tai Chi in San Francisco China Town when he was 18 years old. He resides in San Jose with his wife and travels to Fremont twice a week to teach classes here at Fremont Hills.

Jessica Doerr

Art with Jessica

Jessica Doerr is our Community Life Assistant. She was born in Chowchilla, CA. and was raised in the Bay Area. She attended Ohlone College in Fremont and North Park College in Chicago, Illinois where she studied art & history where she earned her AA degree. She has been married for 30 years and has two children. Her interests include art, gardening and hiking. Jessica will share her love for Art with residents using oil, pastels, water colors and mixed media that is appropriate for students of all levels. Jessica is always positive in everything that she does. A great team player.

NAME OF INSTRUCTOR

CLASS NAME

Dan Esposto**Sundae Mondays**

Chef Dan was born and raised in San Mateo, CA. He comes from a large Italian family in the restaurant catering business. He says he began his career in 1962 at the age of 8 peeling potatoes in the family garage which housed the family's catering business. His family's deli is still going strong with high end catering in San Mateo where he was born and raised. Dan is also a trained Guided Imagery Specialist and holds meditation sessions at Fremont Hills. He truly makes Sundae Mondays fun and for everyone!

Romeo Domingo**Music & Motion**

Romeo is a Fremont Hills "Naya" (one who guides) in our Memory Care Neighborhood "The Gardens" He has been in the music ministry for as long as he can remember. He worked in the entertainment business back in the Philippines serving liturgical music at church. His religious groups share their gift of song and music at hospitals, homes and care homes every three months. They very much enjoy serenading seniors during Christmas and other special occasions. He also does ROM (Range of Motion) for patients in hospitals, In-Care Home Facilities and with his parents who live at home with him. He loves keeping the residents active by having them participate in singing and exercise and intends to continue this as his life's work.

Janice Gombio**Vacation in Europe**

Janice is our Community Life Director in Memory Care. She was born in Guam and came to the states in 2002. She married her high school sweetheart in 2017 after 20 years. It was a beautiful wedding in Lake Tahoe. She and her husband have three sons. Janice enjoys traveling and taking adventurous trips with her husband and sons.

Gurbax (Gigi) Kaur**Stretch & Toe Exercise**

Gigi Kaur is one of our "Naya" (one who guides) in Memory Care. She was born and raised in Punjabe, India. She has been working for Fremont Hills for six years. She is a mother of two and resides in Fremont with her husband & children.

Winnie Palmeri**Chinese Calligraphy**

Winnie works as an assistant in the Community Life Department. She is a bilingual Chinese American who speaks Mandarin and Cantonese. She came to the United States when she was 17 years old and has worked as a CNA and caregiver in Nevada and California. Winnie and her husband have 2 children and live in Fremont. She enjoys music and dance. Once a week she leads a Chinese Calligraphy workshop in the Activity Room for anyone interested in learning this great art from China.

NAME OF INSTRUCTOR

CLASS NAME

Dorinda Pasi**Growing up in Nukualofa**

Dorinda is one of our Naya's (one who guides) in Memory Care. She was born on the island Kingdom of Tonga. She came to the United States in the 1980's and moved to Hawaii where she lived for three years. She has family in New Zealand, Australia and Tonga. She really enjoys sharing her stories of her family culture.

Tzi Chi Foundation**Sing A Long**

The Tzi Chi volunteers come every Thursday to sing with our residents. The group is from Taiwan and have been singing with our residents for seven years. Their purpose is sharing their love and compassion with people around them.

Harwinder Kaur**Ball Toss**

Harwinder is one of our Nayas (one who guides) in Memory Care. She came to the United States in 2014 from Punjabe, India where she worked as a cook. She and her husband have two children and they reside in Newark.

Sandy Leung**Mahjong**

Sandy has worked for Fremont Hills for several years. First as a caregiver, then she moved her way up to becoming the Asian Activities Director. Sandy now works part-time in our Community Life Department as an assistant and is a great help to our residents who only speak Mandarin or Cantonese. She is a proud mother of one son.

Hitexa Desai**Nurse Chats**

Hitexa is our community nurse. She came to the United States in 1994 from the west side of India called Gujarat. She is attending college working towards her Bachelors in Health Administration. She is married and the mother of a young son. Her hobbies are shopping, cooking and she loves scenic drives.

Sandy Stabile RN**Vacation to Antarctica**

Sandy is the daughter of one of our residents and we are very happy that she has offered to share her experiences with us as a registered nurse for 39 years. Sandy has traveled to different countries volunteering her time and care for those in medical need. She was born in Torrance California and now resides in Fremont, California.



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