

WU
WATERMARK UNIVERSITY

2018

Summer Semester
MAY THROUGH AUGUST



THE FOUNTAINS
AT CRYSTAL LAKE



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,

Gina Alessi

Gina Alessi
Community Life Director
815/477-6582
galessi@watermarkcommunities.com

COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

A Taste Around the World with Chef Ray	Ray Shaughnessy	3rd Tuesdays • 10:00am	Lounge
---	------------------------	----------------------------------	---------------

Get a “Taste” of the world, in the comfort of our Fountains community. Join Chef Ray, as he treats you to some delicacies from such places as, Europe and Asia. Not only will your tummies be satisfied, but your lives will be enriched by the history that will be shared as well.

May 15: "Mexico"

June 19: "Switzerland"

July 17: "Jamaica"

August 21: "Poland"

A Taste of the Vineyard	Mike Gamache	Last Thursdays • 3:30pm	Lounge
--------------------------------	---------------------	-----------------------------------	---------------

Do you enjoy wine? Studies suggest that moderate wine consumption can have some health benefits! Promising studies show that drinking a good glass of vino can lower your risk of heart disease and can slow brain decline. Throughout the course of the class, Mike will teach you about the art of wine tasting, including the sensory evaluation of mouth feel, aroma, and color, as well as taste!

May 31 June 28 July 26 August 30

Adult Coloring with Resident Meg	Resident, Meg Cordell	Wednesdays • 10:00am	King Arthur Room
---	------------------------------	--------------------------------	-------------------------

Adult coloring books are becoming the latest craze. It’s even making its way to the Fountains! Adult coloring books have many benefits including stress relief and relaxation, that utilizes both sides of your brain! There are many diverse coloring pages, from Mandalas to Mosaic Animals. You can even share your own pages with others! Bring your colored pencils, books, and your creativity and spend the morning with Meg.

Baseball in Chicago	Patty Mills	Sunday, May 13 • 1:00pm	Lounge
----------------------------	--------------------	-----------------------------------	---------------

Cubs vs Sox, who's it going to be? You'll have to come to find out! Come join Patty as she shares with you her knowledge and passion for baseball, while watching a cross town classic game. She will also have some history, trivia and scorecards for all of you. May the best team win!

COURSES	FACULTY	DAY AND TIME	LOCATION
Bible Study with Resident Nancy	Resident, Nancy Doyle	Every Monday • 5:15pm	2nd Floor (T.V. Room)

As stated in Timothy 3:16-17, *All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.* Come join Nancy weekly as she helps you all stay connected to God and His teachings.

Billiards 101	Ed Jaske	Wednesday, May 30 • 10:00am	Library
----------------------	-----------------	---------------------------------------	----------------

Are you a person who enjoys playing pool or interested in learning the game for the first time? In this class, you will learn how to take control of the balls without missing a shot and increasing your accuracy. So, come join Ed for a game of billiards and learn the techniques and tips on playing this fun game.

Body Thrive with Kailey	Kailey Johnston	3rd Wednesdays • 9:30am	Gardens
--------------------------------	------------------------	-----------------------------------	----------------

As it is stated in the Watermark Philosophy, stimulating your mind and strengthening the body helps at any age and it may even slow the process of memory loss. With that being said, come join Kailey as she puts that to the test. She will be doing fun activities that are sure to get not only your body moving, but your brain as well.

May 16 June 20 July 18 August 15

Brain Fitness with Donna	Donna Chavez	Thursdays • 2:00pm	Lounge
---------------------------------	---------------------	------------------------------	---------------

Are you looking for something fun and engaging to do to enhance your brain power? Well, you are in luck! Donna will offer a variety of activities that are sure to capture your attention. Come join her with some fun activities, such as, trivia and crafts. Donna's course will be a great way to meet your mental and physical needs, in order to help you Thrive!

May 24: "Horse Derby"

June 14: "Ice Cream Social and Movie Trivia"

July 12: "Beach Volleyball"

August 9: "Chair Baseball"

COURSES	FACULTY	DAY AND TIME	LOCATION
Card Making with Pat	Pat Barnes	3rd Tuesdays • 2:00pm	Lobby

Come and put your best wishes, thoughts, and cheer onto paper. In this class, Pat will help you create a personalized greeting card, that is sure to make your friends and family smile.

May 15 June 19 July 17 August 21

Computer 101	Haley Flores	Saturday, July 21 • 1:00pm	Lobby
---------------------	---------------------	--------------------------------------	--------------

With technology changing so rapidly, it's hard to keep up with it. Come learn the basic skills that will allow you to communicate with your friends and families. Haley will guide you through learning how to email, play games, search the web and much more!

Crafty Corner	Claudia Aquilina and Natalie Bednarek	Tuesday, July 3 • 10:00am	Lobby
----------------------	--	-------------------------------------	--------------

If you like making things with your hands, this is the class for you. You don't have to be skilled, or a professional, in order to enjoy the crafts that Claudia and Natalie will help you create. You will not only leave with a masterpiece, but you will also have a fun time socializing with others.

Cricut Craft Creations	Krys Van Alstyne and Noel Fischer	Tuesdays • 2:00pm	Lounge
-------------------------------	--	-----------------------------	---------------

We know what you're thinking... no, we aren't teaching you about crickets, the bugs. Krys and Noel will help make your crafting easier by teaching you about the "Cricut" machine, and what it can do for you! Whether you're new to crafting or an experienced maker, Cricut smart cutting machines gives you the freedom to make DIY magic happen anywhere, any day. Soon you'll be designing and cutting projects that wow even the pros.

May 22 and June 26

Dominoes with Resident Mary Alice	Resident, Mary Alice Traeder	Mondays • 1:00pm	King Arthur Room
--	---	----------------------------	-------------------------

Dominoes are believed to have originated in China in the 12th century before coming to America as a popular game to play. People of all ages enjoy playing games, such as Dominoes and we are excited to bring the opportunity here to the Fountains! Come join Resident Mary Alice, as she shares her knowledge of this great game with all of you!

COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

Embarking on a Journey through Italy	Shelley Puckett	Sunday, August 19 • 2:00pm	2nd Floor (T.V. Room)
---	------------------------	--------------------------------------	--

Everyone thinks of Pasta, the Pope and Rome when they hear anyone say ‘Italy”, but did you know that The Republic of Italy has the highest mountain peak in Europe? Monte Blanc (White Mountain) is part of the Alps and is also over 15,000 feet high. Tourism accounts for 63% of the nation’s income where over 50 million tourists come to visit. Come join Shelley as she shares her experience as a tourist of the beautiful country of Italy.

Embossing Card Making	Zita Doersam	Friday, August 31 • 10:00am	Lobby
------------------------------	---------------------	---------------------------------------	--------------

The days of cutting and pasting your decorations on homemade cards are long gone, with the help of the Embossing Machine. Now some may ask, "What is that?" Well, Zita will be here to show you the wonders this machine can do. Not only can it emboss, but it can die cut and foil too! So come join Zita, as she shows you how a simple technique can create a memorable treasure!

Exercise Your Body: Yoga	Denise Yager	1st and 3rd Mondays • 2:00pm	2nd Floor (T.V. Room)
---------------------------------	---------------------	--	--

Relax your body and mind through this ancient Indian technique. Yoga will make you more aware of your body, as you are guided through soft gentle poses, to ease away the stress.

May 7 & 21 June 4 & 18 July 2 & 16 August 6 & 20

Fountains Music Hour	Gina Alessi	Mondays • 2:00pm	Gardens
-----------------------------	--------------------	----------------------------	----------------

Are you a music lover? Well, during this hour, it’s all about expression through music. Gina will sing along with you to the best oldies, as well as the holiday favorites we all know and love. We do have the lyrics, but the rest is up to you! So, come bring your voice and sing along.

Gardening Basics	Resident, Jean Reedy and Sam Sutalski	Wednesdays • 1:00pm	Patio
-------------------------	--	-------------------------------	--------------

The warm weather is finally here! Bring your green thumb and join Jean and Sam as they guide you through creating the perfect garden. They will be planting some of your favorite seasonal flowers, as well as vegetables. Come and watch your garden grow this summer.

May 23 June 13 & 27 July 11 & 25 August 8 & 22

COURSES	FACULTY	DAY AND TIME	LOCATION
Get Inspired with Pinterest	Noel Fischer	Saturdays • 10:00am	Lobby

The Pinterest Company is a “catalog of ideas”, that inspires users to, “go out and do that thing”. The website allows users to upload, save, sort and manage images- known as pins- through collections, known as pinboards. Noel has picked some fun things for you to make and take home, all gathered from The Pinterest site. She looks forward to helping you feel creative and accomplished.

June 2: "Terra Cotta Ladybug Craft"

August 4: "Beach Bottle Craft"

Guided Meditation	Amy Dunn	Wednesdays • 10:00am	Training Room
--------------------------	-----------------	--------------------------------	----------------------

Meditation is a holistic discipline to help you move beyond reflexive thinking and into a state of relaxation. Buddhist monks have been practicing meditation for many centuries. The goal of this class is to reduce stress and encourage positive thinking. It’s great for the body and soul to help you Thrive! Get away from the stress of everyday life and relax with Amy.

June 6 August 1

Hand and Foot Card Game	Resident, Nancy Shelton	Tuesdays • 5:45pm	King Arthur Room
--------------------------------	------------------------------------	-----------------------------	-------------------------

It’s a game for 4 or 6 or more...This popular North American game has been enjoyed by many nationwide. In this class, Nancy will teach you the easy and simple rules, so you can engage in a competitive game of Hand and Foot.

Health Talk with Nurse Lynn	Lynn Fredette	2nd Wednesday • 1:00pm	Lounge
------------------------------------	----------------------	----------------------------------	---------------

Arthritis, Osteoporosis, Diabetes... Diet and exercise are all a big part of our everyday lives. Nurse Lynn will help you find that perfect balance to help you live a long and healthy life. Come listen to her informative talks that are sure to guide you in the right direction.

May 9: "Your Circle of Friends"

June 13: "Vision Research"

July 11: "Chronic Heart Failure"

August 8: "Back Pain"

COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

Healthy Tips with Tracy	Nurse, Tracy Clauser	Wednesday, May 30 • 1:00pm	Lounge
--------------------------------	---------------------------------	--------------------------------------	---------------

With summertime ahead of us, we all love to be outdoors and enjoy the warm weather, but there are some concerns to be aware of. Come join Nurse Tracy as she shares with you some of her secret tips, sure to get you through the summer! She will be discussing everything from dehydration to skin protection.

Historical Tour Guide with Resident, Sheila	Resident, Sheila Groden	Sundays • 2:00pm	Meet in Lobby
--	------------------------------------	----------------------------	----------------------

Have you heard about the castle in Fox River Grove or the history of the Woodstock Opera House? Lucky for you, we have Sheila to be your Historical Tour Guide! Being a retired teacher, Sheila has a penchant for learning and teaching everyone about different fun facts about the historical markers that surround us.

May 27: "Union and the Illinois Railroad Museum"

June 10: "Fox River Grove"

July 29: "Woodstock Square"

August 26; "Moraine Hills State Park"

Home Electronics Basics	Rich Kabat	Last Thursdays • 1:00pm	Lobby
--------------------------------	-------------------	-----------------------------------	--------------

DVD, HDMI, Flat Screen TV's, and VHS: electronics have come a long way and are ever changing in our homes. Rich will take you through the basics of home electronics. You will learn how these various items work and what they do for us. It can be hard to figure out new electronics in your home, but Rich will be there to guide you through the wires and many buttons.

May 31: "DVD/VHS Players"

June 28: "Remotes/Room Phones/Small Appliances"

July 26: "The Do's and Don'ts of Extension Cords"

August 30: "Emergency Red Outlets"

Ice Cream Making 101	Sandi Buerger	Tuesday, August 7 • 2:00pm	Lounge
-----------------------------	----------------------	--------------------------------------	---------------

You scream, I scream, we all scream for ice cream! Did you know that ice cream has been around since the mid-1600's, however, it was only for the very wealthy. It was half of a days' labor to create ice cream for the nobles and wealthy to enjoy for five minutes. We are very fortunate that the process for ice cream making has been revolutionized and made readily available for everyone to enjoy. Join Sandi as she takes you through the steps of modern ice cream making right in your own home. The best part is, she will have samples for all!

COURSES	FACULTY	DAY AND TIME	LOCATION
---------	---------	--------------	----------

Jewelry Making 101	Sandy Poling	Saturday, August 18 • 1:00pm	Lobby
---------------------------	---------------------	--	--------------

Necklaces, bracelets and rings, oh my! In this class, Sandy will help you design a perfect piece of jewelry to take home. With guided instructions and an artful technique, you will surely enjoy your piece of art and so will everyone else!

Lessons From The Bible	June Guice	Every Saturday • 1:00pm	3rd Floor
-------------------------------	-------------------	-----------------------------------	------------------

Have you ever wondered how an ancient book can offer lessons for our modern times? Through its timeless counsel, the Bible can help all of us lead happy and satisfying lives. Come join June and learn how the Bible offers practical principles to live by. She will share Bible stories, videos, and discuss how the Bible can enrich lives.

McHenry County Historic Drive with Denice	Denice Moesch	Sunday, August 5 • 2:00pm	Meet in Lobby
--	----------------------	-------------------------------------	----------------------

Thanks to the McHenry County Landmark Commission, we have access to so many historical landmarks available for our viewing pleasure. Come see the sights with Denice and enjoy some history of our beloved McHenry County.

Microwave Sensations	Kailey Johnston	4th Saturdays • 10:00am	Gardens
-----------------------------	------------------------	-----------------------------------	----------------

Everyone has used the convenience of the microwave to reheat their leftovers, or for defrosting foods quickly. But, did you know that there are many delicious and easy recipes that can be made in the microwave? Join Kailey in creating quick and simple snacks that will surprise your taste buds. It only takes a few ingredients to enjoy these scrumptious recipes.

May 26: "Breakfast Burrito"

June 23: "Snickerdoodle Mug Cake"

July 28: "Broccoli and Cheese Rice Bowl"

August 25: "S'More Cake"

COURSES	FACULTY	DAY AND TIME	LOCATION
Music Appreciation	Sam Sutalski	3rd Wednesday • 10:00am	Lounge

We have all heard their music, but how much do we really know about the people behind the voices of our favorite songs? Sam is here to teach you about different artists' lives and rise to fame to become household names. Come and learn about your favorites each month and even sing along to some of their songs!

May 16: "Louis Armstrong"

June 20: "Nat King Cole"

July 18: "The Drifters"

August 15: "Hank Williams"

Music and Memories	Kim Zack and Sue Menolasino	1st Thursdays • 2:00pm	2nd Floor (T.V. Room)
--------------------	-----------------------------	---------------------------	--------------------------

In this non-denominational class, you will sing along with Kim and Sue to your favorite hymns and gospel music. Your heart will be blessed with lessons from the Bible. So, come get your spirits lifted with Kim and Sue's enthusiastic program!

May 3 June 7 July 5 August 2

Pinochle 101	Mark Curran	Every Tuesday • 1:00pm	King Arthur Room
--------------	-------------	---------------------------	------------------

This is a popular North American card game that has been enjoyed by card players for many years. In this class, you can learn the game or find other players who share the common interest of this hands-on-game.

Poets' Corner with Paula and Elaine	Paula Hauck and Elaine Shaw	Wednesday, July 18 • 1:00pm	Lobby
-------------------------------------	-----------------------------	--------------------------------	-------

Are you interested in writing or reading poetry? If so, come join Paula and Elaine as they help you put together the perfect poem. If you have ever written a poem, please bring it to share with others we would love to hear it!

COURSES	FACULTY	DAY AND TIME	LOCATION
Researching the Body and Mind	Chris Sherman	1st Thursdays • 1:00pm	Lounge

As we get older, our bodies starts to change. Whether it is our eyesight getting worse, or aches and pains that weren't there before, Chris with Bowes In-Home Care, will be hosting a class that covers different topics attributed to your Body & Mind. Together she will help you understand and deal with the 'growing pains', of getting older.

May 3: "Diabetic Foot Care"

June 7: "Summer Safety"

July 5: "Dehydration"

August 2: "Walker and Wheel Chair Safety"

Service Members Club	Richard Quick	2nd Saturdays • 1:00pm	2nd Floor (T.V. Room)
----------------------	---------------	---------------------------	--------------------------

Calling all Veterans! The Service Members Club started in October, 2008. The club was established so that each member could enjoy the company of other veterans, both men and women, who have served their country with pride. This is a group that knows that veterans come from all walks of life and have different experiences. The club is open to all who have served honorably in the Armed Forces of the United States of America.

May 12 June 9 July 14 August 11

Snackin' Around the World	Marty Vann	Tuesdays • 2:00pm	Lounge
---------------------------	------------	----------------------	--------

In America some common treats are pretzels, chips, or candy, but have you ever wondered what other cultures eat for a snack? Lucky for you, Marty will find the most interesting snacks and deliver them right to the Fountains! Each month features new and exciting places from around the globe that is filled with a delightful mix of sweet and savory goodies. Together, you will open one new crate each month to unveil exciting treats from areas such as the United Kingdom, Korea, France, and many others.

May 8 June 5 July 10 August 14

COURSES	FACULTY	DAY AND TIME	LOCATION
Strength Training with Dave	Dave Mehner	Every Tuesday • 3:00pm Every Saturday • 10:00am	2nd Floor (T.V. Room)

Like the doctors say: "if you don't use it, you lose it", so come build muscle strength with easy and repetitive movements. With these movements, you will improve your strength, balance and also reduce pain caused from arthritis.

Strength Training with Cathy	Cathy Traeger	2nd and 4th Mondays • 1:45pm Every Thursday • 3:00pm	2nd Floor (T.V. Room)
------------------------------	---------------	---	--------------------------

Like the doctors say: "if you don't use it, you lose it", so come build muscle strength with easy and repetitive movements. With these movements, you will improve your strength, balance and also reduce pain caused from arthritis.

Tai Chi	Allison Deputy	Every Friday • 10:00am	2nd Floor (T.V. Room)
---------	----------------	---------------------------	--------------------------

These slow, graceful, meditative movements are designed to help you find peace and calm. This method will not only relax you through deep breathing, but also improve your balance, coordination, and muscle strength.

The Beat Goes On	Kailey Johnston	2nd Wednesday • 10:00am	Gardens
------------------	-----------------	----------------------------	---------

Are you ready to clap, tap and stomp? Do you need to get some stress relief, laugh, and have some fun? Come join Kailey's drumming circle, which will provide an outlet to express emotions and explore inner rhythms. This is a form of musical therapy which addresses physical, emotion, cognitive and social needs of all ages!

May 9 June 13 July 11 August 8

COURSES	FACULTY	DAY AND TIME	LOCATION
The Life and Death of Princess Diana	Liz Zermeno	Sunday, July 1 • 2:00pm	2nd Floor (T.V. Room)

The world woke up, on August 31, 1997, to the news that Princess Diana had died at the age of 36, from a paparazzi-fueled car crash in Paris. Since then there have been hundreds of films, documentaries, biographies and tell-all memoirs about the shy young woman, who became a global celebrity after marrying into the British throne. 20 years after her death, her friend, a book writer, revealed to the world, a biography about Diana's Life. Come join Liz as she talks more in depth about Princess Diana's life as a mother, wife and the Princess of Wales.

The Wonders of Polymer Clay	Manda Fischer	Saturdays • 10:00am	Lobby
------------------------------------	----------------------	-------------------------------	--------------

Polymer clay is a type of hardenable modeling clay and employs a 2-step process. It is generally used for making arts and craft items. Manda looks forward to helping you create some creative things this semester, such as decorative pins and jewelry. Come and unwind with this fun craft time and show off your completed masterpieces.

May 5 & 12: "Flower Necklace"
July 7 & 14: "Beach Picture Frame"

Traditional Mexican Cuisine	Erika Johnson	2nd Mondays • 10:00am	Lounge
------------------------------------	----------------------	---------------------------------	---------------

Love authentic Mexican food, but don't have the time to travel down to Mexico? Well, you are in luck! We are bringing you a little taste of what Mexico is all about. During this class, you will get to sample authentic food and also learn the easy steps to preparing these tasty meals.

May 14: "Fresh Guacamole and Chips"
June 11: "Perros Calientes"
July 9: "Cerviche"
August 13: "Mexican Ice Cream"

COURSES	FACULTY	DAY AND TIME	LOCATION
Travel Series with Bob	Bob Schwarz	Last Tuesdays • 1:30pm	2nd Floor (T.V. Room)

Have you ever wanted to travel to different wonders of the world, but were not able to go? Bob Schwarz will take you on an adventure, with a narrated slideshow presentation.

May 29: "The Magic of Your Smile"

June 26: "A Trek through Berlin, Prague, and Warsaw"

July 31: "Ports and People on the Mediterranean " Part 1

Aug. 28: "Ports and People on the Mediterranean " Part 2

Yonanas with Katie	Katie Miller	Thursday, August 23 • 2:00pm	Lounge
--------------------	--------------	---------------------------------	--------

Yonanas is a new, easy to use ice cream maker that uses frozen fruit and other ingredients to make healthy, soft serve ice cream. So, come have fun this summer with Katie as she makes some tasty treats with this exciting new gadget! Your taste buds will thank you!

Zumba Gold For Seniors	Judy Brown	Wednesdays in May • 3:00pm	2nd Floor (T.V. Room)
------------------------	------------	-------------------------------	--------------------------

Zumba Gold is an easy-to-follow program that people of any age would be able to perform, even from a chair. Some of the featured dances in this program are Salsa, Cha-Cha, Rock 'n Roll, Merengue, the Twist, the Charleston, Flamenco, and Tango. So, come and join Judy as she gets you moving in a whole new way!

May 2, 9, 16, 23 and 30

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Gina Alessi

Fountains Music Hour

I am the Community Life Director at the Fountains. I have been here since August of 1999 and think of the Residents as part of my family. I believe that Watermark University is a fun way for Residents, and also the community, to engage in new ways to keep their minds and bodies active.

Claudia Aquilina

Crafty Corner

I was born and raised in California, but have been in Illinois for 33 years. I have been involved with our wonderful seniors in McHenry County, for over 15 years. I have 4 children and 4 grandchildren. I look forward to spending time with our residents, as well as the community.

Pat Barnes

Card Making with Pat

I was raised in Cary and graduated from Cary-Grove High School. My husband and I have 4 children and 10 grandchildren. I have always enjoyed crafts and I am a watercolor artist. I took classes at MCC and continue to do so at The Dole. I have volunteered at the Fountains doing card making for many years. I enjoy meeting the people who come to participate. It's fun for all of us.

Natalie Bednarek

Crafty Corner

I was born in Chicago and later moved to McHenry County. I raised 3 children and I have 1 grandchild and 2 great-grandchildren. I love to play Pinochle and socialize with other people. I enjoy making crafts and giving them away to my friends. I am very excited to share some of my favorite crafts with everyone.

Judy Brown

Zumba Gold for Seniors

I became certified as a group fitness aerobics instructor in 2003 and I taught a Latin Rhythm class for four years. In 2007 I became certified in Zumba Basic and then went on and received my Zumba Gold certification in July of 2008. I have been teaching Zumba four times a week for several years. I have also been certified in Zumba Basic II and Zumba Toning.

Sandi Buerger

Ice Cream Making 101

I have worked at the Fountains since 1999. As the Business Office Manager, I love interacting with the Residents and their families. I'm looking forward to sharing a fun class with you!

NAME OF INSTRUCTOR

CLASS NAME

Donna Chavez**Brain Fitness with Donna**

I am an event coordinator at In-Home/Bowes services. I was born in the Philippines and my family moved to Gurnee, IL when I was four years old. I have two sons whom I love very much. I love crafting centerpieces and hosting events. Some things I like to do in my free time is spend time with my family and go shopping. I hope to see you at my Brain Fitness Class and keep our minds going strong!

Tracy Clauser**Healthy Tips with Tracy**

I became the Health and Wellness Director here at the Fountains in 2012. I received my nursing degree from Harper College. I am married and have 3 wonderful children. I can't wait to share my knowledge of ways to improve your health!

Meg Cordell**Adult Coloring with Resident Meg**

I was born in Mississippi and raised in Louisiana, until I went to high school in Chicago. I went to college in Missouri, majoring in art and photography. I raised my family in Colorado and was a homemaker. I also taught aerobics classes. I enjoy crafts and athletics and I feel that coloring is helpful with different types of therapy.

Mark Curran**Pinochle 101**

Hi, my name is Mark. I was born in Belvidere, IL in 1974. I have worked for the Fountains Maintenance Department since 2006. I always enjoy a good card game with family and friends and look forward to sharing this fun hobby with all of you!

Allison Deputy**Tai Chi**

I am a long time veteran of Tai Chi, and have been teaching Chair Tai Chi at the Fountains for many years. It is always so gratifying to see how good this exercise makes everyone feel by the end of the class, no matter how achy or tired they felt at the beginning. Tai Chi is slow, gentle and relaxing, and is medically proven to help blood pressure, flexibility, and bone density, as well as reduce pain, improve sleep, digestion and balance, and alleviate stress, anxiety, and depression.

Zita Doersam**Embossing Card Making**

I have been one of the beauticians here at The Fountains since 2002. I graduated from Cosmetology School in 1966. I live in Johnsburg. I am married and have 3 wonderful boys. In my spare time I love to keep busy doing crafts. I look forward to seeing you this semester!

NAME OF INSTRUCTOR

CLASS NAME

Nancy Doyle**Bible Study with Resident Nancy**

I have been a Resident since March, 2016. I was born and raised in Chicago. I have 7 children and 17 grandchildren. I love to read, make cards, garden and am very interested in genealogy. I make sure to go on the trips to the libraries around the area for the special offerings. I am also active in many church activities and can't wait to start my very own Bible Study for everyone here!

Amy Dunn**Guided Meditation**

I joined the Fountains team in May of 2008, as the Assisted Living Director. I have many years of experience working with seniors. I live in the Crystal Lake area with my husband and our 2 daughters, Ella and Abigail. I look forward to being a part of Watermark University!

Manda Fischer**The Wonders of Polymer Clay**

I live in Harvard and I have two wonderful sons. I have been working at the Fountains since 1997. I like coming to work and seeing all of the wonderful smiles that warm my heart. I can't wait to work with you this semester!

Noel Fischer**Get Inspired with Pinterest
Cricut Craft Creations**

I have been at the Fountains since 2000 and I am the Housekeeping Director. I was born and raised in Woodstock and keep close ties with my family. While growing up as a family, we always enjoyed spending family nights doing crafts, playing cards and board games. I can't wait to share my family's traditions with you through Watermark University!

Haley Flores**Computer 101**

I have been a server here at the Fountains since 2014. I was born and raised right here in Crystal Lake. I was into choir and theater in high school. I am very excited to be joining the Watermark University team and helping our residents with learning the computer. I am glad that the Computer Literacy class I took will be put to good use!

Lynn Fredette**Health Talk with Nurse Lynn**

I live in Crystal Lake and have two daughters, Nicole and Kellie. My experience with Senior Services goes back since I was 15 years old. I received my RN degree from Illinois State. This semester, I'm looking forward to sharing some great health tips with all of you!

NAME OF INSTRUCTOR

CLASS NAME

Mike Gamache**A Taste of the Vineyard**

I joined the Fountains at Crystal Lake in July, 2008. My grandparents sparked my interest in birding on our Centennial Michigan Farm. I also enjoy a good glass of wine from all over the world and can't wait to share my knowledge with all of you.

Sheila Groden**Historical Tour Guide with Resident Sheila**

I have been a Resident since September, 2017. I was born in South Bend, Indiana and have a daughter in Crystal Lake. I also have two grandchildren, who are cute and rambunctious. I am a retired teacher and I love to learn about the historic tidbits from around the area. I love to travel, read, exercise, work on puzzles and talk about anything especially learning.

June Guice**Lessons From The Bible**

I have been a CNA at the Fountains since 2014. I'm originally from California and moved to Illinois in 1997. I've had an interest in the Bible since childhood, that has led me to study it and share what I've learned with others. In the past, I've taught the Bible to people one-on-one, so I'm excited about this opportunity to share its practical lessons in a group setting.

Paula Hauck**Poets' Corner with Paula and Elaine**

I am the Marketing Director at the Fountains at Crystal Lake. This is "my home away from home" and I am excited about Watermark University and how much all of us are going to learn and thrive from joining in. I have two awesome boys, Tyler and Brent. When I am not reading, you might catch me throwing a baseball or football with Tyler, or listening to a new song Brent is playing on his guitar. So join us and have some fun!

Ed Jaske**Billiards 101**

Hi! I'm Ed, the bus driver. I have been here since 2010 and love what I do, very much. I have been married to my wife Patricia since 1974 and have 2 kids and 3 grandchildren. I look forward to spending some quality time with all of you... outside the bus!

Erika Johnson**Traditional Mexican Cuisine**

Hi there! My name is Erika. I was born in Monterrey Nuevo Leon, Mexico. I have been part of the Fountains since 1995. I truly enjoy working here and hope to share with you a little taste of Mexican Cuisine.

NAME OF INSTRUCTOR

CLASS NAME

Kailey Johnston**Microwave Sensations
The Beat Goes On**

I am excited to be a member of the Community Life team since June 2017! I grew up in both Grayslake and Wonder Lake. I am full of spunk and am glad to share my enthusiasm with all of you. I enjoy card games, nature walks, music, baking and watching baseball. I have been a volunteer at multiple places and am happy to be hired on with such an amazing team.

Rich Kabat**Home Electronics Basics**

As most people know, I'm Rich, the Maintenance Director. I have been at the Fountains since 2002. My family is from Poland and I am 1st generation born in the U.S. I had the opportunity to live in Poland for a year when I was 18. Now I am happily married with 3 wonderful kids. I can't wait to share some of my hobbies with you!

Dave Mehner**Strength Training with Dave**

I've been a Personal Trainer now for many years. My program is designed to work all the muscles in the body from head to toe. It also helps with cognitive and fine motor skills. If you have ever had any life threatening ailments such as a stroke or Parkinson's disease, exercise can aid in restoring muscle movement.

Sue Menolasino**Music and Memories**

I have been a volunteer at the Fountains since 2007. I have always loved volunteering ever since I was a child. I used to visit nursing homes with my Father. I went to Grand Rapids School of Bible and Music in Michigan, where I majored in Music. I play the piano and the organ. I love to share the Gospel of God through my music and I'm looking forward to sharing it with all of you!

Katie Miller**Wonders of an Air-Fryer**

I have been here at the Fountains since May 2015. Many of you know me from working the Front Desk on the weekends, but now I'm part of the Marketing Team! I have lived in Crystal Lake all my life and just love it. In my free time I can be found outside spending time with my family and friends. I love having them over to watch the Cubs and make some delicious snacks. I look forward to spending this semester with all of you.

NAME OF INSTRUCTOR

CLASS NAME

Patty Mills

Baseball in Chicago

I have been the Human Resource Director at the Fountains at Crystal Lake since May 2002. I share a love of reading, knitting, crocheting and spending time with my husband and 4 wonderful children. I'm looking forward to sharing some of my passions with all of you.

Denice Moesch

McHenry County Historic Drive with Denice

I have been a part of the transportation department since 2017. I was born in Aurora, IL, but I had grown up in the Upper Peninsula of Michigan! I love art and have my own art studio at home. I am the mother of 3 children and a grandmother of 5. My husband and I love to travel and we have almost hit 3 decades of being married to each other! I am happy to be here and to take all of you out on the scenic tours around the area!

Sandy Poling

Jewelry Making 101

I have been with the Fountains at Crystal Lake since October of 2006. I wear many hats from working at the front desk, to helping out in Human Resources. I am married and have 4 children. I'm looking forward to spending time with all of you while we make jewelry together!

Shelley Puckett

Embarking on a Journey Through Italy

I have worked with the Dining Service Staff since 2010! I was born and raised in Lake in the Hills. I love music and enjoy going to concerts. I also have a passion for traveling, but that doesn't stop me from having time for my favorite dog, Simon. I hope to see you all for my travelogue class this semester.

Richard Quick

Service Members Club

I have been volunteering here at the Fountains for a number of years. I served our country proudly for almost 22 years, until I retired as a Senior NCO in the army. When I started coming to the Fountains, I found that there was a need for the "Greatest Generation" to be able to maintain the camaraderie they had with the ones with which they served.

Jean Reedy

Gardening Basics

In 2013 I moved into the Fountains from Indiana. I was born in Michigan and raised on a farm. I love gardening and working with my hands. You can always find me walking around and helping out. I am the proud mother of 2 children, grandmother to 4, and great-grandmother to 2 little ones. I can't wait to share my knowledge of planting with everyone.

NAME OF INSTRUCTOR

CLASS NAME

Bob Schwarz**Travel Series with Bob**

I have been presenting professional, multi-media travelogues and documentary programs at the Fountains since 2001. I am a retired newspaper editor and workshop facilitator and believe in the combined value of entertainment and education, as well as tailoring programs to the needs and interests of this particular audience.

Ray Shaughnessy**A Taste Around the World with Chef Ray**

I was born and raised in McHenry, to a family of chefs and restaurateurs. I was trained under famous chefs, starting at 16 years old. I worked at Paramount Theaters and was a chef for movie stars, all around the world. I used to own 2 restaurants and a catering business. My hobbies include teaching bible history and writing books. I have a wonderful wife, 2 daughters and grandkids.

Elaine Shaw**Poets' Corner with Paula and Elaine**

I was so honored to be part of this great opportunity! Besides being a retired teacher, I also have had two books published! I currently teach a class at MCC called, "Writer Wannabees". I am so excited to bring my love of writing to the Fountains! I can't wait to help you put all your great memories onto paper!

Nancy Shelton**Hand and Foot Card Game**

I was born and raised in Cleveland Ohio, but have resided in Crystal Lake since the early 60's. I Have 3 children, 4 grandchildren and 2 great grandchildren. I was a Welcome Wagon Hostess for 25 years and I love to get everyone out and active. I love stamping, cards and games. I look forward to playing cards with you this semester!

Chris Sherman**Researching the Body and Mind**

I have worked for In-Home services as a Therapist, for many years. I also have the privilege of doing health talks and leading exercise classes at The Fountains. In my free time, I enjoy being with my family, traveling and being outdoors. I especially enjoy bike riding and hiking.

Sam Sutalski**Gardening Basics
Music Appreciation**

I've been a part of Community Life team since 2012. I enjoy singing and making everyone smile, which is why I love my job! I learned that I have a green thumb from working here and creating a Vegetable Garden. I can't wait to share my experiences with you and learn new things myself!

NAME OF INSTRUCTOR

CLASS NAME

Mary Alice Traeder

**Dominoes with
Resident Mary Alice**

I have been a Resident since October, 2017 and absolutely love it here! I was born and raised in Harvard, IL in which, I lived for over 60 years with my husband. I have 2 children and five grandchildren. I love photography, Bingo, Dominoes and many other activities! I try to stay as active as possible. One thing I am known for is loving everyone and getting to know their stories.

Cathy Traeger

Strength Training with Cathy

I was born and raised in Carpentersville, IL.. I have been a certified Physical Trainer for over 30 years and with Centegra health for over 9 years. I have 3 sons and 3 grandchildren. I have devoted my career and life to fitness activities and getting people to be healthy and well. I always try to make people happy through fitness and make them smile when they leave my class.

Krys Van Alstyne

Cricut Craft Creations

Hi, I'm Krys Van Alstyne and I am our Move-In Coordinator here at the Fountains. I am originally from Wisconsin, but have been living in Island Lake, with my husband, John, and our 3 wonderful children since the late 90's. I am also happy to have the opportunity to work in a wonderful community. I enjoy spending time with my family, crafting, and cheering on the Green Bay Packers.

Marty Vann

Snackin' Around the World

Hi! I'm Marty and I work at the front desk here at the Fountains. I have been here since March, 2004. I was born and raised in McHenry. My biggest accomplishments was losing 45 pounds. I also enjoy telling jokes, exercising and traveling.

Denise Yager

**Exercise Your Body:
Yoga**

I am currently a member of the Yoga Faculty at Healthbridge, a local health club, and have been teaching at the Fountains for several years. During my class, I will guide you through gentle poses from the chair. With these movements, your body will relax along with your mind.

NAME OF INSTRUCTOR

CLASS NAME

Kim Zack**Music and Memories**

I live in Cary, Illinois and have one grown son. I have been volunteering at Retirement Communities since 2004. I serve in this ministry with Sue Menolasino. She and I started making music together back in 2000. I attend Harvest Bible Chapel in Crystal Lake. Sue and I serve in this ministry because it is our heart's desire for all to know the depth of God's love for them. No one is ever too old to begin a relationship with Christ. We can't wait to see you this Semester!

Liz Zermeno**The Life and Death of Princess Diana**

I was born and raised in the beautiful city of Chicago until the age of 15, when we moved to McHenry. I started at the Fountains in April, 2011, in Community Life. What I enjoy most about my job is that everyday is a learning experience for me. I can't wait to see you this semester!



INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

965 N. Brighton Circle West • Crystal Lake, IL 60012 • **1-815-455-8400** • www.watermarkcommunities.com

A WATERMARK RETIREMENT COMMUNITY