

WATERMARK UNIVERSITY
WU

2018

Spring Semester
JANUARY THROUGH APRIL

PARKVIEW
IN FRISCO

 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,

Kristy Gallaher

Kristy Gallaher
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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Around the Piano	Karis Ann Noland, Pianist, Age 14	Monthly, 4th Sunday • 1:30pm	Balcony
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Join Karis around the piano for an inter-generational experience of favorite hymns.

Baking Made Easy	Jackie Johnson	Monthly, 3rd Fridays • 1:30pm	TBA
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Learn shortcuts and easy recipes for baking artisan breads, cookies, desserts, and much more in this fun class! Jackie has been baking all her life, and is enthusiastic about passing on her love for it.

Bible Study	Jim Cassity	Weekly, Thursdays • 10:00am	Multipurpose Room
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The Parkview Bible Study is a non-denominational group of Christians who gather weekly for Bible Study, prayer, and fellowship. It is led by Jim Cassity, who joins us from the Church of Christ.

Billiards	Resident J.D. Ashabranner	Weekly, Wednesdays • 2:00pm	Pool Table Area, Bldg. Four
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Whether you're a novice or a seasoned pool player, guy or gal, you are welcome to join our Billiards group. J.D. Ashabranner brings his years of experience to the table, challenging those who are avid players, and instructing those who are beginners. Every game is different and no two weeks are the same, but it is always a lot of fun.

Bible Study/ Reflections	Ulrika Gustafson	Every Sunday • 1:30pm	Assisted Living
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Ulrika has a weekly study of the Bible, including discussion and reflection. She will take a specific passage and then take time to talk about, reflect, and discuss it. She will then give ideas how to keep the passage fresh all week long. It is a good program with good structure. It will provided plenty of opportunity for dialogue, fellowship, reflection, and growth.

Blood Pressure Checks	Encompass Home Health	Weekly, Tuesdays • 10:00am	Game Room
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We encourage all of our residents to take charge of their health—and for many, this means staying aware of their blood pressure numbers on an ongoing basis. Encompass Home Health helps us with that goal by providing free blood pressure checks on a weekly basis.

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Code Words with Ed	Resident Ed Morrison	Weekly, Mondays • 11:00am	Game Room
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You've probably heard that a healthy mind promotes a healthy body--and it's true! Every week, Ed holds a class on word games, including code-breaking, riddles, brain-teasers, and many more. The group, also known as "The Bletchley Park Annex", welcomes new members, experienced wordsmiths, or novices. So if you're up for a challenge and some mental aerobics, come join them!

Communion & Readings	Christi Lacey	Weekly, Fridays • 9:30am	Movie Theater
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This weekly session is a special time for Catholics to receive communion and listen to meditative readings. It is led by Christi Lacy from St. Francis of Assisi Catholic Church, who has served at Parkview for many years and has demonstrated great dedication to our residents.

Crafting	Kristy Gallaher	Monthly, 3rd Fridays • 2:00pm	Assisted Living
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Have you ever wanted to create special crafts? Whether you're a novice or an experienced crafter, you'll have a chance to do just that in this fun class. Kristy has many exciting projects in store, so come and join her! No experience necessary; all materials are provided.

Crafting with Christianne	Christianne Martineau	2nd and 4th Saturdays • 11:00am	Lounge/Bistro
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Our very talented Christianne Martineau leads a crafting class twice a month, always in keeping with the season and always a time of enjoyment. You do not need to have any crafting or art experience to come, just give it a try! All supplies and directions are provided at the beginning of the class.

Dancing	Cyndi Dorber	Weekly, Thursdays • 11:00am	Aerobics Studio
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You may not know it, but dancing is good for the mind, body, and soul. We are fortunate to have an expert instructor who comes weekly to help residents learn all styles...line dancing, ballroom, country, and swing! According to Cyndi, even a brief amount of practice each week is enough to learn the steps. The music is inviting and the group is a lot of fun. There's no better way to get yourself moving!

Friends & Family	Rhonda Luker	Monthly, 2nd Mondays • 1:00pm	Movie Theater
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Everyone has certain people who are precious and important to them. These sessions will be a time to bring photos of your favorite family members and friends, and spend time sharing about some of those moments that make these relationships so special.

COURSES	FACULTY	DAY AND TIME	LOCATION
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French 101	Christianne Martineau	Monthly, 2nd Fridays • 11:00am	Lounge/Bistro
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Have you ever wanted to learn a new language and become familiar with another culture? This course will allow you to do just that. Designed with the beginner in mind, Christianne's course will take you on a journey covering the language, food, and traditions of France...you'll learn not only how to speak and understand basic French, but also what makes that country as great as it is, through the eyes of someone who grew up there.

Life In Frisco	Resident Bob Warren	TBA	Movie Theater
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Our very own Bob Warren, former mayor of Frisco, has written two books describing the past history and present day goings-on of Frisco, Texas, and will be speaking about the events and people that made this great city what it is today. Bob comes to us with a long list of credentials and accomplishments, including a remarkable contribution to the city he has grown to love-- this course will be a delightful opportunity to hear it all first-hand.

Music & Memories	Resident Les Burgman	Monthly, 2nd and 4th Tuesdays • 1:30pm	Movie Theater
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Join Les for a lively time of listening and discussing various styles and genre of music from the 40's, 50's, 60's, and beyond. For each piece, we talk about the artist, the lyrics, the genre, and the culture of the time. It's a great time with something for everyone!

Morning Exercise with Pat	Resident Pat Ferrell	Weekly, Mondays • 9:00am	Aerobics Studio
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Pat Ferrell will help you stay in shape with this great morning work-out, designed to work for varying levels of fitness. Most of the moves can be accomplished from a seated position. The music is invigorating and the group is very encouraging, so please come and give it a try!

Opera Lovers	Resident Carol Hamner	Tuesday & Thursday, First Week of the Month • 3:00pm	Apartment #2109
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Whether you're a novice or a seasoned opera fan, you'll enjoy this wonderful group of like-minded folks. Each month, Carol chooses an opera to listen to, and provides background information and commentary prior to playing the DVD. The group has enjoyed a wide variety of selections from "Madame Butterfly" to "Tosca" and many others in between.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Parkview Book Club	Resident Pat Gougenheim	Monthly, 3rd Tuesdays • 2:00pm	Library
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The Parkview Book Club is a group of avid readers who collectively choose a book for each month of the year, assigning a discussion leader for each meeting. The books are chosen from a variety of genres, according to the input of the group. They welcome new members at any time of the year! Please consider joining our club, where you'll learn new things and be a part of interesting discussions each month.

Scrapbook with Sheree	Sheree McKinley	Monthly, 2nd Thursdays • 2:00pm	Assisted Living
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Would you like to preserve your memories? If so, join Sheree's Scrapbook Club. It's a method, an art for preserving, presenting, arranging personal and family history in the form of a book, box and card. You will be glad you did!

Shirley's Tours & Travel	Resident Shirley Pope	Monthly, 3rd Wednesdays • 11:00am	Lounge/Bistro
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Do you like to travel? Are you interested in seeing things that you may have not have had time to see before you retired? Shirley Pope coordinates local trips, fascinating outings, and even long distance cruises for residents here at Parkview. She arranges all the details, including transportation, and all you have to do is come along. Stop in at her table in the Lounge/Bistro any third Wednesday of the month at 11:00 a.m.

Sports Legends	David Gustafson	Monthly, 3rd Wednesdays • 1:00pm	Movie Theater
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In this class, we'll be taking a look at some awesome sports legends, discussing their careers and what made them great. Come enjoy the conversation as we cover many favorites: Babe Ruth, Michael Jordan, Ted Williams, Troy Aikman, Walter Payton, Larry Bird, Bjorn Borg, Wayne Gretzky, and more, from many decades and sports.

Stonebriar Church Service: Parkview Fellowship	Various	Monthly, 1st Sunday • 2:30pm	Movie Theater
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The first Sunday of each month, our local Stonebriar Community Church comes to Parkview to bring us an on-site church service. It is a well-presented time of singing, worship, and learning together, open to all who would like to attend, regardless of denomination. If you are unable to get out to attend your own church, this group may be just what you're looking for! Please join us.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Seated Tai Chi	Grace Chiang	Weekly, Fridays • 11:15am	Aerobics Studio
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Tai Chi is a soft martial art that promotes balance, flexibility, and a wonderful relief from stiff, achy joints. It's a complete exercise, concentrating on helping the body and mind reach toward the highest potential of well-being, yet without causing pain or strain. It also slows the aging process, relieves stress, and prolongs life. Grace Chiang is a profession instructor!

3 Sheets	Russell Shields	Monthly, 2nd Wednesdays • 2:00pm	Game Room
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This monthly course will explore a wide variety of different spirits (drinks). Each session, Russell will select a different spirit and discuss its background, how and where it's distilled, and the traits for which it is known. Come learn how to recognize the subtle differences in taste and personality of these special labels.

You Be the Judge	Jackie Taylor	Monthly, 2nd Thursday • 10:00am	Assisted Living
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Have you ever had the chance to decide the fate of another person? What would you do? In the real-life cases presented to you in this book, you will be the judge and the jury - making the ultimate decision between right and wrong. Have you ever had the chance to decide the fate of another person? What would you do? In the real-life cases presented to you in this book, you will be the judge and the jury - making the ultimate decision between right and wrong.

Wii Bowling: The Strikers	Resident Twylia DuBois	Weekly, Mondays • 10:00am	Aerobics Studio
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For those of you who like to bowl, or for anyone who'd like to learn, we'd love to introduce you to Wii Bowling. We can demonstrate how to use the hand-held Wii device to help you bowl your best. It's an exciting way to spend time with a fun group of people. Come and join us! There is an additional group that meets in the evening, listed below.

Wii Bowling: The Thunder Balls	Resident	Weekly, Mondays • 6:00pm	Aerobics Studio
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This is the same exciting game as described above, but it meets in the evening.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

J.D Ashabranner, Resident

Billiards

J.D has spent most of his life in Burnet, TX. At the age of 15, he began running his own business....a Pool Hall. These days, he likes to play poker, gamble, and of course play pool (billiards.) He has been an active part of our Parkview community since moving here in February of 2015.

Les Burgman, Resident

Music and Memories

Les Burgman spent his early year on Long Island, New York. He and his wife Sylvia (married 69 years) lived and worked together in New York, after which they retired to Tucson, Arizona. After living there for 28 years, they moved to Frisco in 2013 to be closer to family. Les has loved music of all kinds for as long as he can remember, and enjoys helping other people to enjoy it, too.

Jim Cassity, Bible Study Instructor

Bible Study

Jim leads our weekly Bible Study group, which welcomes people of all denominations who are interested in learning more about the scriptures. Following a career in the group insurance business, Jim retired and resides in Frisco with his wife Louise. They have two grown children and two grandchildren who live in the DFW area. Jim and Louise worship at McDermott Road Church of Christ in North Plano where Jim served as an Elder for 11 years; he continues to teach Bible classes.

Grace Chiang

Seated Tai Chi, Seated Exercise

Grace is a professional instructor who has been working with Parkview for a few years. She is very well trained in Tai Chi and many other exercise classes. Check out her new class on Sundays.

Cyndi Dorber, Dance Instructor

Dancing

Cyndi Dorber is passionate about dance. For more than 30 years, she has taught ballroom, social dance, country western, swing, Latin, and line dancing. Making it fun and easy is her forte! She is an expert at putting together exciting and varied dance programs at communities just like ours.

Twylia DuBois, Resident

Wii Bowling

Twylia grew up in Kansas and Texas, and has been a resident at Parkview in Frisco for the past five years. She has been a leading participant in our Wii Bowling group for several years; three years ago, she placed first in our tournament. In her spare time, Twylia also plays bridge and works puzzles.

NAME OF INSTRUCTOR

CLASS NAME

Encompass Home Health**Blood Pressure Checks**

The Encompass care team provides a variety of specialty programs to meet the needs of seniors in communities like Parkview. Their home health services include Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Medical Social Work, and much more. Encompass provides blood pressure checks on a weekly basis, and gives presentations on various health topics once a month.

Pat Ferrell, Resident**Morning Exercise w/ Pat**

Pat was born and raised in Colorado. After marrying her wonderful husband, she moved to California. During her career, Pat was Vice President of a bank for over 15 years. Then, in 2016, she made the decision to move to Parkview in Frisco to be closer to her children. She really enjoys exercising and believes that it helps her in her overall health. She is very excited to be teaching exercise classes for our residents.

Kristy Gallaher, Community Life Director**Crafting**

Kristy grew up in Virginia; after getting married, she moved to Texas for six years, then to Chicago for 12 years, and recently moved back to Texas. She is very excited to be here. She and her husband have been married for 20 years and have two wonderful children. Kristy has been involved in providing care and compassion to seniors for over 20 years and is thrilled to be serving as our Community Life Director here at Parkview in Frisco.

Pat Gougeheim, Resident**Parkview Book Club**

Pat is excited to now be leading the Parkview Book Club. She loves to read and discuss books from a wide variety of genres, and appreciates the Book Club for the opportunity to become familiar with books and authors that are new to her.

David Gustafson, Executive Director**Sports Legends**

Ever since taking his first steps in Tuscaloosa, AL, Parkview's Executive Director David Gustafson has had a four-legged best friend following him around. While growing up in Lake Dallas, Texas, David had Beau to join him on forest and lake excursions. Beau was followed by several other beloved best buddies, and today David has two golden retrievers (Sandy and Felix) faithfully at his side or trying to sit in his lap. Apart from these two joyful goldens, David's family also includes his lovely wife Ulrika; together they live in north Carrollton.

NAME OF INSTRUCTOR

CLASS NAME

Ulrika Gustafson

Bible Study/Reflections

Ulrika, a native of Sweden, lives with her husband David and their two Golden Retrievers in Frisco, Texas. An attorney by trade, Ulrika enjoys spending her days off exploring the country with her family, developing her passion for photography, or trying out new, tasty baking recipes. She also has an extensive background in city management, which led her on an adventurous career path that eventually landed her in Texas.

Carol Hamner, Resident

Opera Lover's

Carol Hamner has had three great passions in her life: Robert Hamner, books, and music. She and Robert have been married for 54 years and figure that 54 more ought to be just about enough. After almost 30 years as a librarian, books continue to draw her even here at Parkview where she volunteers in our library and is in the Book Club. Only a mediocre pianist in her younger days, she has found her greatest joy in music as a listener. Most recently she has finally had time to study a few operas and loves sharing what she is learning with friends in the Opera Group.

Jackie Johnson, Sales Director

Baking Made Easy

Jackie Johnson has a passion for baking. Several years ago she turned her passion into a business by opening a bakery in Homer, Alaska. For 8 years she provided delicious baked goods, breakfast, and lunch to thousands of tourists and locals. Rated the #1 restaurant in Alaska for several years, her bakery became the subject of the award winning documentary, Baking Alaska.

Christi Lacey

Communion and Reading

Christi Lacey is a dedicated, active member of the St. Francis of Assisi parish here in Frisco. She has years of experience working with Parkview in Frisco, bringing communion, assisting with Mass, and providing special entertainment for various seasonal events.

Rhonda Luker, Business Office Manager/HR

Friends and Family

Rhonda has worked in the senior living industry for the past 34 years. She has a passion for seniors, and loves being able to get to know and serve the residents at Parkview in Frisco. She has been married for 35 years and has two sons and three grandchildren. When Rhonda isn't at work, she loves to spend time with her family and enjoys taking the grandchildren to the park or out to swim, cooking together, and having snuggling time at night. She's also a big fan of the Dallas Cowboys!

NAME OF INSTRUCTOR

CLASS NAME

Christianne Martineau, Community Life Assistant

Crafting with Christianne and Frech 101

Christianne was born in Fraipont, on the border of France and Belgium, and completed her undergraduate education in French language at the University of Paris, Sorbonne. She went on to study three more years to complete her doctorate in French, in Belgium. From her youth, Christianne was interested in genealogy, having researched back into 32 generations. For the past 18 years, she also has had a passion for crafting and home decorating (which she studied for two years), and loves to share her skills. She has worked here at Parkview for over six years, first in the restaurant and now as our Community Life Assistant. Christianne is grateful every day to be able to work with the residents at Parkview and she learns something from each of them. She likes to call Parkview “home”.

Sheree McKinney, Community Life Assistant

Scrapbooking

Sheree has worked here at Parkview for almost two years. Sheree has a wonderful husband and two grown children. Sheree really enjoys crafts and scrapbooking. Her passion for seniors is amazing.

Ed Morrison, Resident

Code Words with Ed

Ed has been doing this class for a little while now. Ed is a wonderful member of our community.

Karis Ann Noland, Pianist, Age 16

Around the Piano

Karis (a name which is Greek for “grace”) has been playing the piano since childhood. She has been a student of the much beloved local Steinway Artist, Mr. Stephen Neilson. Karis uses her music to minister to local retirement centers, bringing joy and inspiration. She composes and arranges many great hymns of the faith on her own, to the glory of God. If she is not playing the piano, she is practicing her violin or spending time on her home school lessons. She lives in Rockwall with her mother and father and her older sister Joy. Karis loves animals, like her dog Buttons, and she recently caught an opossum by the tail, bare-handed!

Shirley Pope, Resident

Tours and Travels

Shirley is a resident at Parkview who plans tours and travel and assists in activities for the Community Life Department. She was a Director of Sales & Marketing for Hilton Corporation in California, owned Advantages, (an advertising & marketing agency) and for the last 36 years she has traveled around the world -including taking part in over 250 cruises. She is now the owner of “Sail Away Cruises”. Shirley loves working with our residents, and loves to take them on outings.

NAME OF INSTRUCTOR

CLASS NAME

Russell Shields, Director of Dining Services

3 Sheets

Russell Shields has served at Parkview for six years as Dining Services Director. He learned his craft at Glen Eagles Country Club, and strives to set a standard of excellence for each resident's dining experience. Outside of work, Russell enjoys hunting, Scouting, and drawing. He has two sons, ages seven and nine.

***Jackie Taylor, Assisted Living and Memory Care
Director***

You Be the Judge

Jackie has worked at Parkview for almost two years. Jackie has worked with Assisted Living and Memory Care residents for many years. We are very lucky to have her. All of her children are grown. She enjoys spending her spare time with her fiancé and pets.

Bob Warren, Resident

Life in Frisco

Bob was born in Frisco in 1921. He left to fight WWII; then worked for Exxon for 36 years. In 1991, Bob retired and returned to Frisco, where he served on the City Council for 12 years; the last six of those years, he held the position of Mayor. Bob has been an avid golf player for years and loves to write in his spare time. He and his wife Beth have been residents at Parkview in Frisco for the past four years.

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