

WU
WATERMARK UNIVERSITY

2017

Summer Semester
MAY THROUGH AUGUST

The Village
AT LEGACY POINTE

 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,

Mary Tapps

Mary Tapps
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
Munchies in the Morning	Mary Tapps	Thursdays at 9:00am	Community Room
Independent Living and Assisted Living residents join together to eat donuts and get to know each other			
Current Events	Dick Hudson	2nd/4th Wednesday 2:00pm	Community Room
Learn and discuss what is going on in the news every other Wednesday			
Men's Club	Doug Glenn	3rd Friday at 2:30pm	Village Grounds
Join Doug as he and the men discuss topics ranging from old time stories to today's sporting events. The group enjoys a plate of homemade cookies and tea.			
Ladies Coffee Group	Lavonne Davis	Monday at 9:00am	Family Room
Join us every Monday morning for coffee in the Family Room. This easy going social is time for the ladies to get to know each other in a relaxed environment. Coffee will be provided, bring your own snack if you wish.			
Beanbag Baseball Practice	Jerry Mills and Jim Mitchell	Tuesday at 10:30am	Community Room
Interested in joining a team? Join beanbag baseball and travel with us to win the championship.			
Town Hall Meeting	Amy Barth	2nd Tuesday at 2:00pm	Community Room
This is a time for residents to speak with Amy Barth, our administrator, on a one on one basis to share ideas.			
Alzheimer's Caregiver Support Group	Abigail Logan	2nd Thursday at 6:00pm	AL Library
Join this group to talk, support and listen. Abigail along with the Alzheimer's Association hold this in house group to support our loved ones.			
Senior Medicare Patrol	Sheryl	May 2nd/3:00pm	Community Room
Sheryl is reaching out to teach us of the ins and outs of Medicare and how to use it properly.			
Afternoon Music	Alice Cooper	1st Wednesday at 3:00pm	Skilled Nursing 300 Hallway
Listen to themed musical entertainment by Town Home Resident Alice Cooper. First Wednesday of the month at 3:00pm			

COURSES	FACULTY	DAY AND TIME	LOCATION
IPhone/ iPad User Group	Paul Woodard	Friday at 10:30am	3rd Floor Computer Lab
Want to learn something new on your iPhone or iPad? Join Paul on Friday mornings to join something ever interesting!			
Resident Art Show	Community Life	May 16th/ 3:00pm	Community Room
Show case your talent at the Resident Art Show. All are invited to participate or view. Accepting painting, woodwork, quilting, photography and crafts!			
Balance Exercise	Mary Tapps	Thursdays at 11:00am	IL Exercise Room
Do you feel off balanced or a little shaky on your feet? Join Community Life Director Mary Tapps for Balance Exercise every Thursday. This is a sitting chair exercise that will work you core and legs to make you stronger!			
Planting Wildflowers	Earl May	May 3rd/ 3:00pm	The Gardens
Earl May will be at our Memory Care to teach us a little about Wild Flowers and how they grow.			
Happy Hour	Michelle Smith	1st/3rd Thursday 3:30pm	Community Room
All are welcome to join us for a drink and appetizers at 3:30!			
Homemade Baking	Traci Meyers	2nd Friday at 3:00pm	AL Dining Room
Tracy wants to start making the things that we made at home! Bring your favorite baking recipe to share with the group!			
National Nursing Home Week	Legacy	May 14th-20th	Skilled Nursing
This is a week to celebrate. National Nursing Home Week has themed days and we want you to participate. Monday: National Pajama Day. Tuesday: Favorite Sports Team Day. Wednesday: Spirit of America Day. Thursday: Crazy Hair Day. Friday: Carnival Day.			
Food Truck Round Up	Stuart Scholz	June 14th at 6:00pm	Employee Parking Lot
The West Des Moines Community Band and food truck options will be here to entertain you! Join us on the summer evening for great music and food.			
American Legion Presentation	Post 737	July 20th at 7:00pm	Community Room
The American Legion will be joining us for a presentation. We invite all Veteran's to join us for this meeting.			

COURSES	FACULTY	DAY AND TIME	LOCATION
UnityPointe Ensemble	UnityPointe	May 18th at 6:30pm	Community Room
UnityPointe Ensemble will be joining us to give a bit of a music education. Join us to hear the classics and to learn their history.			

Meet the Faculty

Mary Tapps

Mary Tapps is the Community Life Director at Legacy Pointe. She enjoys doing a variety of things such as exercise, socials, and music activities. She also loves to learn new things.

Doug Glenn

Doug Glenn is the Maintenance Director at Legacy Pointe. He likes hanging with the guys and spending time with his dog. He also teaches a great Bird Carving class.

Dick Hudson

Dick Hudson is a resident that lives in the Town Homes. He is a retired teacher and knows a lot about current events and history.

Lavonne Davis

Lavonne Davis is an Independent Living resident that came to us from Illinois. She missed morning coffee so asked for assistance from Community Life to start this ladies group on Monday mornings. This is an easy going social where ladies can get together to support one another.

Amy Barth

Amy Barth is The Village at Legacy Pointes, Executive Director. She offers a monthly Town Hall Meeting so that the residents can be involved and informed. She enjoys spending her free time with her children and husband.

Paul Woodard

Paul Woodard is an Independent Living resident that has a lot of knowledge on Apple products. He enjoys sharing his knowledge with other and thought this class would be that perfect opportunity. Paul offers weekly assistance with iPhone and iPad.

Traci Meyers

Traci Meyers is a Dining Services associate that does most of our baking at Legacy! She enjoys talking about recipes, especially ones that the residents like the most. Join her to share some ideas.

Michelle Smith

Michelle Smith is a Community Life Associate at Legacy Pointe. Her specialty is in getting to know her residents and creating events where residents can thrive. Join in many of her Watermark University classes.

Stuart Scholz

Stuart Scholz is the Sales Director for Legacy Pointe. He enjoys putting together events where people can meet and network with others. Look for many of his marketing events at Legacy Pointe.

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