

WATERMARK UNIVERSITY

2018

Spring Semester
JANUARY THROUGH APRIL

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,

Ashley Wiederin

Ashley Wiederin
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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Art Presentation and Discussion with Tingting Shao	Tingting Shao	January 2nd • 2 pm	Theatre Room
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Interested in learning about art? Waukee Community Chamber Member Tingting Shao is an accomplished artist as well as an art instructor. She will be presenting a slide show of her art as well as discussing potential art classes to be held here at The Village at Legacy Pointe.

Senior Helper's Blood Pressure Clinic	Renee LaPera	January 4 • 11:30 am-1:00 pm	Exercise Room
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Senior Helper's, Renee LaPera, will be here to check blood pressures for residents.

Technology Q&A	Miranda Christenson	January 5, 12, 19, & 26 • 1:30 pm	3rd Floor Independent Living Conference Room
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Have questions about your smart phone, computer, tablet, or Ipad? Our volunteer from Drake University, Miranda, is happy to assist in anyway she can answering your technology related questions!

Essential Oils Presentation	Ariana Beach	January 9th • 2 pm	Community Room
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Would you like to learn more about essential oils? Young Living's Ariana Beach will stop by for an hour long discussion which will include a "make and take" to teach us about the benefits, types, and uses of essential oils.

Current Events with Dick Hudson	Dick Hudson	January 10 & 24 • 2 pm	Family Room
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Join Dick, a Legacy Pointe townhome resident, as he peruses through a variety history topics twice monthly.

Alzheimer's Disease Support Group	Tonya Anderson	January 11 • 4 pm	Assisted Living Library
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The Village at Legacy Pointe's own Tonya Anderson will hold the monthly Alzheimer's Support Group in the Assisted Living Library.

Senior Helper's Informational Discussion	Renee LaPera	January 24 • 11:00 am	Community Room
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Senior Helpers' Renee LaPera will visit The Village at Legacy Pointe to discuss the options that Senior Helpers offer.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Blood Pressure Clinic	Leann Uhlenhopp	January 25 • 2 pm	Community Room
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Join Legacy Pointe's, Leann, as she discusses blood pressure and gives blood pressure readings to those who are interested. This will be very informative, questions and comments are welcome!

Book Club	Ashley Wiederin	January 31 • 3 pm	Family Room
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Like to read? Join the Book Club at Legacy Pointe! Each month there will be a meeting led by the Community Life Director, Ashley. At the meeting a new book will be selected and a discussion will take place for the book that was just read. This is an enjoyable event for all!

Senior Helper's Blood Pressure Clinic	Renee LaPera	February 1 • 11:30 am-1:00 pm	Exercise Room
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Senior Helper's Renee LaPera will be here to check blood pressures.

Technology Q&A	Miranda Christenson	February 2, 9, 16, & 23 • 1:30 pm	3rd Floor Independent Living Conference Room
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Have questions about your smart phone, computer, tablet, or Ipad? Our volunteer from Drake University, Miranda, is happy to assist in anyway she can answering your technology related questions!

Alzheimer's Disease Support Group	Tonya Anderson	February 8 • 4 pm	Assisted Living Library
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The Village at Legacy Pointe's own Tonya Anderson will hold the monthly Alzheimer's Support Group in the Assisted Living Library.

Valentines Baking with Traci	Tracey	February 9 • 2 pm	Assisted Living Dining Room
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Join Legacy Pointe's favorite baker, Traci, as she holds a baking session with residents to create wonderful Valentine's Day treats!

Parkinson's Disease Support Group	Renee LaPera	February 13 • 3:30 pm	Community Room
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The Village at Legacy Pointe will host a Parkinson's Disease Support Group in the Community Room.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Book Club	Ashley Wiederin	February 28 • 3 pm	Family Room
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Like to read? Join the Book Club at Legacy Pointe! Each month there will be a meeting led by the Community Life Director, Ashley. At the meeting a new book will be selected and a discussion will take place for the book that was just read. This is an enjoyable event for all!

Current Events with Dick Hudson	Dick Hudson	February 14 & 28 • 2 pm	Family Room
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Join Dick, a Legacy Pointe town home resident, as he peruses through a variety history topics twice monthly.

Tea and Recipe Exchange	Kari Owens Bahr	February 21 • 2 pm	Community Room
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Join Legacy Pointe's Kari, the Certified Dietary Manager, as she hosts a tea and recipe exchange. This is sure to be an enjoyable hour discussing residents favorite recipes!

Senior Helper's Blood Pressure Clinic	Renee LaPera	March 1 • 11:30 am-1:00 pm	Exercise Room
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Senior Helper's Renee LaPera will be here to check blood pressures.

Technology Q&A	Miranda Christenson	March 2, 9, 16, 23, & 30 • 1:30 pm	3rd Floor Independent Living Conference Room
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Have questions about your smart phone, computer, tablet, or Ipad? Our volunteer from Drake University, Miranda, is happy to assist in anyway she can answering your technology related questions!

Alzheimer's Disease Support Group	Tonya Anderson	March 8 • 4 pm	Assisted Living Library
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The Village at Legacy Pointe's own Tonya Anderson will hold the monthly Alzheimer's Support Group in the Assisted Living Library.

Legacy Pointe Grounds Discussion	Neal Fraser and Larry Brandt	March 13 • 3 pm	Community Room
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Want to learn more about our lovely building? Join The Village at Legacy Pointe's maintenance staff, Neal and Larry, as they discuss some of the fine details of the building, this is sure to be an interesting discussion!

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Parkinson's Disease Support Group	Renee LaPera	March 13 • 3:30 pm	Community Room
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The Village at Legacy Pointe will host a Parkinson's Disease Support Group in the Community Room.

Current Events with Dick Hudson	Dick Hudson	March 14 & 28 • 2 pm	Family Room
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Join Dick, a Legacy Pointe town home resident, as he peruses through a variety history topics twice monthly.

Book Club	Ashley Wiederin	March 28 • 3 pm	Family Room
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Like to read? Join the Book Club at Legacy Pointe! Each month there will be a meeting led by the Community Life Director, Ashley. At the meeting a new book will be selected and a discussion will take place for the book that was just read. This is an enjoyable event for all!

Easter Craft	Allison Fraser	March 29 • 2 pm	Community Room
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Join SS Coordinator Allison as she helps create a fun and exciting Easter Craft!

Senior Helper's Blood Pressure Clinic	Renee LaPera	April 5 • 11:30 am-1:00 pm	Exercise Room
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Senior Helper's Renee LaPera will be here to check blood pressures.

Technology Q&A	Miranda Christenson	April 6, 13, 20, & 27 • 1:30 pm	3rd Floor Independent Living Conference Room
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Have questions about your smart phone, computer, tablet, or Ipad? Our volunteer from Drake University, Miranda, is happy to assist in anyway she can answering your technology related questions!

Parkinson's Disease Support Group	Renee LaPera	April 10 • 3:30 pm	Community Room
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The Village at Legacy Pointe will host a Parkinson's Disease Support Group in the Community Room.

Current Events with Dick Hudson	Dick Hudson	April 11 & 25 • 2 pm	Family Room
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Join Dick, a Legacy Pointe town home resident, as he peruses through a variety history topics twice monthly.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Alzheimer's Disease Support Group	Tonya Anderson	April 12 • 4 pm	Assisted Living Library
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The Village at Legacy Pointe's own Tonya Anderson will hold the monthly Alzheimer's Support Group in the Assisted Living Library.

Fondue Social	Jessica Sellner and Ashley Wiederin	April 18 • 2 pm	Community Room
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Tried fondue? Not sure what it is? Stop by as Community Life team members Jessica and Ashley show off their fondue skills for residents!

Book Club	Ashley Wiederin	April 25 • 3 pm	Family Room
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Like to read? Join the Book Club at Legacy Pointe! Each month there will be a meeting led by the Community Life Director, Ashley. At the meeting a new book will be selected and a discussion will take place for the book that was just read. This is an enjoyable event for all!

Wine and Canvas	Julia Benson and Ashley Wiederin	April 27 • 2 pm	Community Room
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Join Community Life team members Julia and Ashley as they help to lead a painting class! Wine and other beverages and snacks will be available during this event!

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Renee LaPera

Senior Helpers Informational Discussion

Renee, from Senior Helpers, will host a discussion about Senior Helpers, the services they offer, and how they can be of a benefit to residents.

Dick Hudson

Current Events with Dick Hudson

Dick Hudson is a Town Home resident at The Village at Legacy Pointe and quite the history buff. Dick enjoys coming over and hosting these discussions twice monthly.

Kari Owens Bahr

Tea and Recipe Exchange

Kari is the Certified Dietary Manager at The Village at Legacy Pointe. Kari loves every aspect of her job and enjoys helping the residents.

Ashley Wiederin

Book Club, Wine and Canvas, and Fondue Social

Ashley is the Community Life Director at The Village at Legacy Pointe. She likes to help diversify the offerings for the resident's to engage them in a more holistic wellness atmosphere.

Renee LaPera

Senior Helpers Blood Pressure Clinic

Renee, from Senior Helpers, will host a discussion a once monthly blood pressure clinic for residents.

Miranda Christenson

Technology Q&A

Miranda is a volunteer from Drake University. She enjoys helping the residents with their questions regarding their smart devices.

Tonya Anderson

Alzheimer's Disease Support Group

Tonya is the Outreach Coordinator for The Village at Legacy Pointe. Tonya works very hard to ensure the happiness of the residents once they arrive at Legacy Pointe for their therapy and checks on residents if they are in the hospital. She hosts the monthly Alzheimer's Disease Support Group.

Leann Uhlenhopp

Blood Pressure Clinic

Leann is the Program Director for The Gardens and The Springs. She enjoys taking care of the residents and their day to day needs.

NAME OF INSTRUCTOR

CLASS NAME

Tracey**Valentine's Day Baking**

Tracey is the preferred baker at The Village at Legacy Pointe and enjoys hosting cooking with Tracey classes for the residents.

Jessica Sellner**Fondue Social**

Jessica is one of the associates in the Community Life Department. She spends most of her time in The Gardens but comes over to help with various offerings in The Springs, The Inn, and The Town Center.

Neal Fraser**Legacy Pointe Grounds Discussion**

Neal is one of the Maintenance Staff. He enjoys keeping the resident's homes well maintained.

Larry Brandt**Legacy Pointe Grounds Discussion**

Larry is the Maintenance Director. He enjoys keeping the resident's homes well maintained.

Tingting Shao**Art Presentation and Discussion**

Tingting is a member of the Waukee Chamber of Commerce, is an artist, and owns her own art studio. She will host a presentation to display her art for the residents as well as to discuss the possibility of having a bi-weekly art class for residents at Legacy Pointe.

Allison Fraser**Easter Craft**

Allison is the Social Services Coordinator and an avid crafter. Allison enjoys hosting a crafting event a few times throughout the year for residents.

Julia Benson**Wine and Canvas**

Julia is an associate in the Community Life Department. Most of her time is spent in The Springs providing offerings for the residents in long-term care and skilled nursing.

Renee LaPera**Parkinson's Disease Support Group**

Renee, from Senior Helpers, will host the monthly Parkinson's Support Group at The Village at Legacy Pointe.

NAME OF INSTRUCTOR

CLASS NAME

Ariana Beach**Essential Oils Presentation**

Ariana is a Young Living Essential Oils distributor. She enjoys discussing essential oils and how individuals can use them in their day to day life.

The Village
AT LEGACY POINTE

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INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • SKILLED NURSING & REHAB
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