

WATERMARK UNIVERSITY

2018

Spring Semester
JANUARY THROUGH APRIL



THE HACIENDA[®]
AT THE RIVER
A WATERMARK 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,

Kathy Sawyer

Kathy Sawyer
Community Life & Visionary Programming Director
The Hacienda at the River
Tucson, Arizona

COURSES	FACULTY	DAY AND TIME	LOCATION
Intro to Tiny Houses	Debbie Williams	Wednesday, January 3rd at 3:30 pm	Springs Vitality Room
<p>Have you ever wondered what this "tiny house" idea is all about? Join Debbie Williams as she discusses what constitutes a "tiny house" and tells us about this unusual, new architectural and social movement.</p>			
Back to Basics: Exercise our Mental Muscles!	Phyllis Naber & Sue Rein	Thursday, January 4th at 2:30 pm	Mesquite Dining Room
<p>As we continue to learn more about the neuroscience of the brain, we are finding that new pathways and neurons can be enhanced and even created all throughout our lives...not just in our younger years! Studies show that going 'back to the basics' and refreshing your mental patterns in some of the very basic things like simple math, reading out loud and basic handwriting are excellent methods that are easy and fun to build up the muscles in our brain and sharpen the "mental saw." This class is for anyone who would like to participate in getting back to the basics, have fun and refresh their memory and capacity for basic reading, writing, arithmetic and even more topics that we all want to enjoy.</p>			
Aging with Vitality Series: Getting Your Green on at Any Age!	Gina Murphy Darling	Thursday, January 4th at 4 pm	Springs Vitality Room
<p>Gina Murphy-Darling, the creator and voice of Mrs. Green's World Network, has transitioned from a local radio personality in Tucson, Arizona, to a trusted national voice and educator on global sustainability efforts. Launching her debut book in February 2015, <i>Your Mother Called (Mother Earth)</i>...<i>You'd better call her back</i>, she is a sought after speaker and green team trainer.</p>			
Nutritional Round Table	John Luzader	Wednesday, January 10th at 3:30 pm	Mesquite Living Room
<p>Our Hacienda Dining Services Director, John Luzader, will discuss how we can creatively make healthy eating choices that taste great and are good for us at the same time.</p>			
How to make sleeping mats for the homeless out of plastic bags	Al Huda (next door) Students	Thursday, January 10th at 10:45 am	Mesquite Dining Room
<p>All are welcome to join this class in combining working intergenerationally (Al Huda is our next door neighbor Kindergarten through Grade 8 Elementary School) and doing something great for the environment and our community. There will be conversations around the harm that plastic bags cause our planet as well as the importance of helping those less fortunate. A win-win all the way around.</p>			

COURSES	FACULTY	DAY AND TIME	LOCATION
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Aging with Vitality Series: Take Charge: Wellbeing and You	Mary Koithan	Thursday, January 11th at 4:00 pm	Springs Vitality Room
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Mary is an Associate Dean and Anne Furrow Professor of Integrative Nursing and Health at the University of Arizona College of Nursing. A clinical specialist focused on chronic care management in adults, Dr. Koithan has over 45 years of experience guiding patients and health care professionals to harness their own body's capacity to promote wellbeing and heal. Her approaches to lifestyle and symptom management supports empowering the public to find solutions that are accessible and cost effective. She is the author of one of the definitive books in the field entitled, *Integrative Nursing*.

<i>Back to Basics: Exercise our Mental Muscles!</i>	Phyllis Naber & Sue Rein	Thursday, January 18th at 2:30 pm	Mesquite Dining Room
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Mother-daughter team Phyllis Naber and Sue Rein (Phyllis is a Mesquite resident) are pairing up to help us explore how we can have fun studying the "basics" from simple math to handwriting to basic history, expanding our brain and memory at the same time!

Watercolor 101	Eliza Craig	Wednesday, January 17th at 10:30 am	Mesquite Sun Room
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This class is open to all...those who have taken art courses before and have some artistic ability, as well as those who have never taken an art class and would just like to enjoy learning something new in a relaxed, fun and creative atmosphere.

The Power and Influence of Music and our Memory	Danielle Filo-Jones & SAACA Team	Wednesday, January 17th at 2:30pm	Springs Vitality Room
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This course, taught by Danielle from SAACA (Southern Arizona Arts and Cultural Alliance) will focus on the *why* and the *how* regarding music and its impact on cognition and memory. Research is showing that music can provide a unique and somewhat revolutionary approach to cognitive health. She will focus on the SAACA Music and Memory Program/Method which has been introduced to some of our Desert Willow residents this fall.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Aging with Vitality Series: Mutual Choosing: Engage the Power of the Horse through an Invitational Approach

Barbara Rector

Thursday, January 18th at 4:00pm

Springs Vitality Room

Can we actually learn communication and intimacy skills through interacting with horses? Find out how Barbara Rector of The Hacienda's In the Presence of Horses program discusses the development of clarity of intention and focus through a process she calls "mutual choosing" as humans learn to make a friend of a horse. In her book, *Adventures in Awareness: Learning with the Help of Horses* she weaves stories with insight and sheds great light on the power of human/horse bonding.

Down to Earth in our Hacienda Therapy Garden

Jason Welborn

Monday, January 22nd at 3:00 pm

Hacienda Garden

How can a garden be therapeutic? Jason will take us on a tour of the newly finished Hacienda Therapy and Meditation Garden and show us all the delights our garden has to offer us!

History of the Catalina Mountains and Key Foothills Destinations

Kathy Sawyer with Lluvia Peralta

Tuesday, January 23rd at 2:00 pm

Travelling Classroom: Hacienda Van

Interested in finding out more about the beautiful mountain range that we can see right outside of our Hacienda front door? Or maybe some of the interesting landmark destinations that are nestled into the foothills that surround us? Come on a Scenic Travelling tour in the Hacienda van with Kathy Sawyer narrating and Lluvia Peralta steering the way as we take time to drive by and take in the beautiful scenery, sites and points of interest in the Catalina Foothills.

Aging with Vitality Series: Sleep and Aging Well

Wayne Peate

Thursday, January 25th at 4:00 pm

Springs Vitality Room

Why is the link between aging and sleeping getting so much attention? Find out how we can learn ways to enhance the aging process through better sleep with Wayne Peate, MD, MPH, HMDC. Wayne is a Harvard trained physician and researcher and is the author of six books including the regional best seller *Listening with Your Heart*.

COURSES	FACULTY	DAY AND TIME	LOCATION
Sensory Circle	Serena Gabriel & Kep Taiz	Tuesday, January 30th at 3:30 pm	Mesquite Living Room

Often referred to as medicine music, Sensory Circle is a unique form of combining sound with healing. Using various techniques involving the lyre, kalimba, flute, drum and didgeridoo as well as dancing/movement, Serena Gabriel and partner, Kep Taiz will create an experience not soon forgotten with their Sensory Circle WU class. This interactive presentation stimulates the senses for therapeutic recreation and memory care and is beneficial for those with neurodegenerative disorders such as dementia and Alzheimer's. Here is a brief overview of how the senses are stimulated in the Sensory Circles: **Sight** - brightly colored textiles, flowers, fascinating musical instruments... **Hearing** - live music...**Smell** - essential oils...**Taste** - organic hydrosol sprays (water based botanical infusions) for tasting...**Touch** - textural objects.

Growing your own Avocados!	Stephanie Santos	Wednesday, January 31st at 3:30 pm	Mesquite Dining Room
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Why are some people so passionate about the avocado?? Find out why our very own Hacienda "Chef Steph" loves the avocado so much *and* will provide bulbs and instructions on how to grow your own. Though many call it a vegetable due to its deep green skin and healthy flavor, it is technically a fruit, and even more specifically, a single-seeded berry.

February Classes

COURSES	FACULTY	DAY AND TIME	LOCATION
The Power of Pilgrimages The Camino de Santiago and movie The Way	Kathy Sawyer	Friday, February 2nd at 3:00 pm	Mesquite Living Room

We will watch the Martin Sheen movie "The Way" as a first part to our "Power of Pilgrimages" course with brief introduction about the particular pilgrimage known as the Camino de Santiago which begins in the French Pyrenees and traverses across all of northern Spain.

February Classes

COURSES	FACULTY	DAY AND TIME	LOCATION
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The Power of Pilgrimages Part II on The Camino	Kathy Sawyer/Frank Bouchard	Wednesday, February 7th at 11 am	Mesquite Living Room
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Personal pilgrimages have been a part of the fabric of culture for hundreds of years in Europe as well as many parts of the world. Learn about the history of pilgrimages and especially the allure, history and recent popularity of the Camino de Santiago in Spain. Kathy and husband, Chuck Sawyer along with Frank Bouchard were part of a group from Tucson to go on the "Camino" in May of 2015. Hear about why it was not only remarkable as far as beauty of the land and culture, but also life-changing from a personal and spiritual point of view.

Power of Meditation: Moving into Stillness	Marianne Schloss	Thursday, February 8th at 4:00 pm	Mesquite Living Room
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This class will offer an exploration of gentle movement designed to calm and quiet the mind and body. There will be instruction in basic meditation practices as well as dialogue on ways to calm and quiet the mind, body and spirit.

Vive L'Amour: A Trip to Province and a Passion for all Things French!	Jason Welborn	Friday, February 9th at 11:00 am	Springs Vitality Room
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Join us for a Trip to Province with our Friday Travel Club and Acacia Café dining experience! Jason will tap into his passion for all things Français and offer a "part II" to his WU course from December on the wonders and delight of the French culture. We got to hear about Paris from Jason and this time he will discuss Province, one of the global centers for lavender production as well as many other facets of the French countryside and culture.

Reverse Painting on Glass: A Unique & Beautiful Art Style	Bonnie Pisik	Saturday, February 10th at 2:00 pm	Mesquite Dining Room
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In this class, Bonnie will teach us her unique style of glass painting, utilizing the technique of reverse painting under acrylic glass. By meticulously applying over several layers of bold, iridescent colors under glass, the finished artwork product *which anyone can do* will take on a multidimensional, shimmering and reflective aura.

February Classes

COURSES	FACULTY	DAY AND TIME	LOCATION
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**For the Love of Singing
Love Songs**

Brenda Ritter

**Tuesday, February 13th
at 3:30 pm**

Mesquite Sun Room

We will gather all together in the Mesquite Sun Room by the piano and participate in the singing of favorite love songs in honor of Valentine's Day.

History of Valentines Day

Lluvia Peralta

**Wednesday, February
14th at 3:30 pm**

Mesquite Living Room

If you're curious about how Valentine's Day got started and some of the interesting history around this "heartfelt" holiday, come join Lluvia as she shares some stories and anecdotes about this popular day.

**In the Presence of
Horses:
Be Seen and Be "Herd"**

Barbara Rector

**Tuesday, February 27th
at 9:00 am**

Hacienda Stable

Barbara and her team of both two and four legged equine specialists will discuss and demonstrate the 'power of the herd' and how important placement, connection and communication are for every sentient being...horses and humans alike!

March Classes

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Creative Cocktail
Creations**

**Chef de Cuisine
Christina Frias**

**Friday, March 2nd
at 3:30 pm**

Acacia Café

Join Chef de Cuisine Christina as she shares some of her inside secrets for making fun, creative & easy cocktails...and yes you can participate in the tastings (both alcoholic and non-alcoholic versions available!).

The Power of Meditation

Marianne Schloss

**Thursday, March 8th at
4:00 pm**

Mesquite Living Room

This class will be a continuation of her previous class, offering further exploration of gentle movement designed to calm and quiet the mind and body. There will be instruction in basic meditation practices as well as dialogue on ways to calm and quiet the mind, body and spirit.

March Classes

COURSES	FACULTY	DAY AND TIME	LOCATION
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Art of Decorating Small Spaces	Meghan Bradford	Wednesday, March 14th at 3:30 pm	Mesquite Living Room
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Meghan will share her wisdom in an interactive and fun way showing us how we can decorate small spaces in truly innovative ways...showing a before and after of some of her work and guiding us in how we can do the same!

Significance of St. Patrick	Lluvia Peralta	Saturday, March 17th at 3:00 pm	Mesquite Dining Room
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So who was St. Patrick and how did he get to have a holiday named for him? What is the significance of St. Patrick's day and how is it celebrated in interesting ways throughout the U.S. and beyond? Join Lluvia as she sheds some "lucky" light on the subject as well as brings some fun St. Paddy's fare to test as well!

Native American Flute: History & Demonstration	RuthiE Neilan	Tuesday, March 20th at 4:00 pm	Desert Willow Courtyard
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RuthiE is a certified Music Practitioner who teaches the traditional Cherokee method of Native American Flute playing. She will communicate to us an understanding of the healing properties of the flute, respect, and care for the instrument, correct holding and fingering techniques, and using breath to "speak" with the flute as one's "second voice."

The Joy of Hot Air Ballooning	Steve Pelphrey	Friday, March 23rd at 3:30 pm	Mesquite Dining Room
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"Would you like to fly in my beautiful balloon...way up in the sky in my beautiful balloon?" These were the words to a very popular song that created an interest for many in this unique and colorful sport and pastime. Join Steve who is a hot air balloonist--an owner of a balloon and an aficionado as he talks not just about the up in the air experience but also in the fun and camaraderie of the crew and the (in)famous tailgate celebrations after a flight is over!

In the Presence of Horses: Harness your Energy	Barbara Rector	Tuesday, March 27th at 9:00 am	Hacienda Stable
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In "Harness your Energy" Barbara and her team will have participants learn about the calming effect on both horses and humans as she illustrates mindful grooming techniques and ways to increase and 're-set' energy through a method she uses frequently called "Con su Permiso."

March Classes

COURSES	FACULTY	DAY AND TIME	LOCATION
Thrifting with the Thrifty: A Creative Shopping Outing	Tammy Farris	Tuesday, March 27th at 2:00 pm	Travelling Classroom: Hacienda Van

Tammy Farris is Watermark's Director of Strategic Innovation by day but outside of work, she enjoys time scanning thrift shops for treasures to add to her collection ---of furniture, furnishings and interesting clothing. The love of "Thrifting" is embedded in Tammy's DNA as she grew up shopping with her mother, a frugal woman raising 5 children on a limited budget. Now, though the cost isn't as much a factor, the thrill of the hunt is! Come learn some well developed tips for turning this style of shopping into a fun hobby of shopping for style!

Easter Hymns of Praise	Brenda Ritter	Friday, March 30th at 3:30 pm	Mesquite Sun Room
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Brenda will be with us all in the Mesquite Sun Room as together we "sing in" the hymns and beauty of the Easter spirit and holiday.

April Classes

COURSES	FACULTY	DAY AND TIME	LOCATION
Sensations on the Tongue	Leeann Ray	Wednesday, April 4th at 3:30 pm	Mesquite Dining Room

Exploring the six tastes: Sweet, sour, salty, bitter, pungent and umami. Discover your individual taste and learn why your drawn to a certain sensation.

History of Watermark Communities: The Company & the Vision	Rich Howell	Wednesday, April 11th at 3:30 pm	Mesquite Dining Room
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Rich will share one of his passions with us which is the history of Watermark Communities which he has been a part of for a good part of its existence. How did it get started? What are some of the inside stories? Where is it going and why is The Hacienda at the River such a key part of the future vision of the entire company? He will discuss these questions with us and have us participate in sharing some of our own stories that we have been creating here through our own experiences at The Hacienda!

April Classes

COURSES	FACULTY	DAY AND TIME	LOCATION
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Power of Meditation	Marianne Schloss	Thursday, April 12th at 4:00 pm	Mesquite Living Room
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This class will be a continuation of her previous class, offering further exploration of gentle movement designed to calm and quiet the mind and body. There will be instruction in basic meditation practices as well as dialogue on ways to calm and quiet the mind, body and spirit.

Origin of Friday the 13th & other Superstitions	Lluvia Peralta	Friday, April 13th at 11 am	Springs Vitality Room
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So why is Friday the 13th supposedly so questionable even to the point of being scary to some? Where do these superstitions come from and how do they continue to stick around? Lluvia will provide some history and background to these curious questions and possibly solve the mystery for all of us!

The History of Green Valley	Luanne Maxon- Provencher	Wednesday, April 18th at 3:30 pm	Mesquite Living Room
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Join Luanne as she shares with us her impressions and experiences of the "early days" of Green Valley and how much it has changed over time!

That's a "Rap!"	Leah Shoemaker	Thursday, April 19th at 4:00 pm	Springs Vitality Room
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Have you ever wondered what the rap is with "rap" music? Why and how has it become so popular? Leah has her own very unique style of creating rap for any occasion. It's like poetry with a beat. It's like words with movement. Whether you want to learn to "rap" or just have lots of fun, this is one not to miss!

In the Presence of Horses: Drawing on the Horse Side of Brain	Barbara Rector & Kathy Sawyer	Tuesday, April 24th at 9:00 am	Hacienda Stable
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Barbara and Kathy will discuss the ideas of left brain and right brain activity and how working with the horses can actually help integrate these two regions, sparking creativity and focus for those who want to explore the equine experience. We will do some sketching out in the Pony Paddock and generally enjoy the creative presence of our team of Hacienda horses and equine guides.

April Classes

COURSES	FACULTY	DAY AND TIME	LOCATION
Introduction to Teepa Snow	Shiela Womack	Wednesday, April 25th at 3:30 pm	Springs Vitality Room

Shiela will share with us some of the history and significance of the teachings and approaches of the world famous expert, Teepa Snow. Teepa is a dementia-care education specialist with a background in occupational therapy and over 30 years in clinical practice. As one of America's leading educators on dementia, **Teepa Snow** has a truly unique philosophy. It is reflective of her education, work experience, available medical research, and first hand caregiving interactions including elements like care partnering, sensation & movement, 'the brain tour,' hand under hand and more. Working as a Registered Occupational Therapist, her wealth of experience has led her to develop Positive Approach® to Care techniques and training models that now are used by families and professionals working or living with dementia or other brain changes throughout the world.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Debbie Williams

Intro to Tiny Houses

Debbie Williams, PhD, MPH, RN, is a Clinical Assistant Professor and an Integrative Fellow in the University of Arizona's College of Nursing. Her interests cross a wide range from all things having to do with integrative wellness to arts & crafts to avidly studying the Tiny House movement with hopes to design her own Tiny House one day.

Phyllis Naber

Back to the Basics: Exercise our Mental Muscles!

Phyllis Naber is a Mesquite resident, originally from the Midwest. She was a Pharmacist, going back to school after her three children were raised to start a new career in Pharmacology as well as getting her pilot's license. She came up with the idea of this class after noticing that her mind seemed to be getting increasingly sharper the more she did some basic math and handwriting, as well as becoming a vigorous student of the "Dummie Series" of books with a favorite being "History for Dummies."

Sue Rein

Back to the Basics: Exercise our Mental Muscles!

Sue Rein is Phyllis Naber's daughter who lives here in Tucson, AZ. Like her mother, she is an avid student of learning. She is co-teaching the Back to Basics course and also continues to demonstrate the power of continuous learning by many varied interests she has...one excellent for mental sharpening, as an example is that she is a devoted fan of the game Majong.

Gina Murphy-Darling

**"Getting Your Green on at Any Age"
Hacienda Aging with Vitality Series**

Gina Murphy-Darling, the creator and voice of Mrs. Green's World Network, has transitioned from a local radio personality in Tucson, Arizona, to a trusted national voice and educator on global sustainability efforts. Launching her debut book in February 2015, *Your Mother Called (Mother Earth)...You'd better call her back*, she is a sought after speaker and green team trainer. She travels extensively, engaging with sustainability leaders through participation in events such as the International Women of the Earth, and Climate Summit in New York, Social Venture Network, Bioneers, GreenBiz and BALLE – Building Alliance for Local Living Economies Conferences. In addition, she is a trained Climate Reality Project leader. Murphy-Darling also serves as a community advisor on the University of Arizona's President Council on Environmental Sustainability (PACES); board member of Food Recovery Network and board member of CEDO -Intercultural Center for the Study of Deserts and Oceans and national advisory board Post-Landfill Action Network (PLAN).

NAME OF INSTRUCTOR

CLASS NAME

John Luzader**Nutritional Round Table**

John Luzader is Director of Dining Services for The Hacienda at the River who is passionate about all things related to healthy cuisine and diet. John became interested in cooking at a very young age and pursued his interest in Culinary Arts as a baking and pastry apprentice while still in high school. Shortly afterwards he was certified in baking and pastry, while apprenticing in a 4th generation Italian pastry shop of Master Bakers. He continued his education, attending and graduating from the Culinary Institute of America, after which he had a unique opportunity to pursue his passion for developing healthy contemporary dining as the first fellow at CIA's St Andrews General Foods Nutrition Center. He was former Dining Services Director for our sister Watermark Community, The Fountains at La Cholla and we are happy to have him instruct all of us on nutritional but tasty eating habits and options.

Al Huda Elementary School Students**How to make sleeping mats
for the homeless out of plastic bags**

Al Huda is the elementary school that is located just next door to The Hacienda at the River on the east side of our campus. We will be enjoying several intergenerational initiatives with various grades of students and this class will be the first as we celebrate in January our *environment* as one of the "Seven Dimensions of Wellness."

Eliza Craig**Watercolor 101**

Eliza Craig is a local Tucson artist who has been teaching and creating art for 25 years. She began her career as a fine art photographer and later went on to get a second degree in art education. She taught art for 15 years in the classroom and then in 2005, she left the classroom and started a studio school in her home where she could "dabble with all sorts of things." Along with watercolor and other forms of painting and sketching, she is passionate about the art of making jewelry and gets much of her inspiration from her travels. She says "teaching is her passion."

Danielle Filo-Jones**Why and How Music is Becoming a Revolutionary
Approach to Cognitive Health--Focusing on the
SAACA Music and Memory Program/Method**

Danielle is the Events and Programs Manager for the Southern Arizona Arts and Cultural Alliance- (SAACA), a nonprofit organization dedicated to the creation, advancement, and preservation of the Arts which is partnering with The Hacienda on many arts and cultural fronts, including our Music & Memory Program that we are currently implementing with some of our Desert Willow residents.

NAME OF INSTRUCTOR

CLASS NAME

Mary Koithan

**Take Charge: Well-being and You:
Hacienda Aging with Vitality Series**

Mary Koithan, PhD, RN, CNS-BC, FAAN is an Associate Dean and Anne Furrow Professor of Integrative Nursing and Health at the University of Arizona College of Nursing. A clinical specialist focused on chronic care management in adults, Dr. Koithan has over 45 years of experience guiding patients and health care professionals to harness their own body's capacity to promote wellbeing and heal. Her approaches to lifestyle and symptom management supports empowering the public to find solutions that are accessible and cost effective. She is the author of the book, *Integrative Nursing*.

Barbara K. Rector

**Mutual Choosing: Engage the Power of the Horse
through an Invitational Approach
Hacienda Aging with Vitality Series**

Most known for her involvement with our Hacienda In the Presence of Horses program, Barbara is lead faculty member and founder of the Adventures In Awareness Internship Program. She has forty plus years working with horses and people therapeutically. She co-founded Therapeutic Riding of Tucson (TROT) in 1974 and developed the practice of psychotherapy with the help of horses at Sierra Tucson hospitals in 1990. She designed and implemented the Prescott College curriculum for master level students interested in working with horses in experiential education or clinical mental health. For the last five years Barbara has served on a core research team investigating the physiology of the horse and human bond. Barbara is a passionate and active member of the Tucson Dressage Club. Her most recent passion is "the significance of the horse's role influencing elders health and vitality" and how it is being lived weekly in the Haciendas Pony Paddock! She is author of the book *Adventures in Awareness: Learning with the Help of Horses*.

Jason Welborn

Down to Earth in our Hacienda Therapy Garden

Jason Welborn is our popular Hacienda Horticultural Guide. Before coming to us he was a former backcountry crew leader, outdoor guide, and park ranger. Since completing his master's degree in 2004, Jason has had a successful and exciting career that has taken him from the U.S.-Mexico border to Alaska as a biological science technician for the U.S. National Park Service. Although he majored in French as an undergraduate at the University of Southern Mississippi, he minored in geography, and his graduate studies at the University of Arizona focused on land management, quality of life and political ecology, reflecting his interest in the intersection of culture and land use. Prior to coming to The Hacienda, Jason was part of the natural resources staff at Tumacácori National Historical Park.

NAME OF INSTRUCTOR

CLASS NAME

Kathy Sawyer**History of the Catalina Mountains and
Key Foothills Destinations**

Kathy is Director of Community Life & Visionary Programming at The Hacienda. Hailing originally from Kansas City, Missouri, she went to college at the University of Virginia with a Bachelors in Foreign Affairs and minor in Russian Studies and has an MBA from the Thunderbird School of International Management. She worked for several years at the Eastman Kodak Company in NYC and Chicago. Ever since visiting Arizona as a child, she fell in love with the Southwest and moved with her husband, Chuck and three children to Tucson in 2004, becoming a small business owner for several years. She has a passion for learning, her family, animals, languages, travel, art and the written word.

Lluvia Peralta**History of the Catalina Mountains and
Key Foothills Destinations**

Lluvia is the esteemed Hacienda Community Life Assistant who can be seen all across our Hacienda campus on any given day working closely with our Desert Willow and Mesquite residents, their families and our nayas. She is a native of Mexico, bi-lingual and passionate about her family, creativity, intercultural awareness and helping others in any number of capacities.

Wayne Peate**Sleep and Aging Well
Hacienda Aging with Vitality Series**

Wayne Peate, MD, MPH, HMDC is a Harvard trained physician and researcher. He is the author of six books including the regional best seller *Listening with Your Heart* and 26 articles. He served on the faculty of the University of Arizona for three decades, and continues as an adjunct faculty member and researcher on a federal "Cancer Prevention in the Fire Service" grant. His WellAmerica team includes a psychologist, dietician, RNs, physical therapists, lab technicians, orthopedist, cardiologist, physician assistant, hospice physicians and personal trainers providing holistic health combined with western medicine.

Serena Gabriel**Sensory Circles**

Serena Gabriel is a licensed acupuncturist in *Tucson, AZ*. She is also a great musician and a positive lifestyle enthusiast and student. Serena's music is a heart centered exploration. Her songs and soundscapes combine field recordings from nature with lyre, kalimba, flute, drum and didgeridoo.

Kep Taiz**Sensory Circles**

Kep Taiz has a multi-faceted background as founder of *Sensorium* (company), a Sound Specialist as well as creating the patent pending MüvFree collection to inspire movement and reduce the pain and fatigue from working in front of screens. Serena Gabriel works with Kep as part of the Sensory Circle duo.

NAME OF INSTRUCTOR

CLASS NAME

Stephanie Santos**Growing your own Avocados!**

Chef Stephanie (also known as "Chef Steph" or "Sous Chef Steph") works with the esteemed Hacienda Dining Services team along side Chef de Cuisine Christina Frias to create the excellent food and creative presentation that we are the beneficiaries of at The Hacienda. She has a passion for avocados and loves sharing not only how they are grown and why they are so unique but also how they can create amazing guacamole in many different versions. She is from Rio Rico, Arizona originally and attended the Art Institute of Tucson, focusing on Culinary Arts. She has worked at many high end Tucson establishments, most recently from the acclaimed Sullivan's Restaurant and The Lodge in the Catalina Foothills area.

Frank Bouchard**The Power of Pilgrimages Part II on The Camino**

Frank Bouchard, CQM, President of Bouchard Quality Management, Inc. has been a long time engineer, business owner, and consultant for a variety of engineering and quality control firms. He is a member of the Clerks of the Session for St. Andrews Presbyterian Church of Tucson as well as involved closely for years with the Boy Scouts of America. His interests are varied and most recently include a trip to Spain for the Camino de Santiago pilgrimage which then led him to pursue a certification as a Spiritual Director through the Tucson Tacheria program and SDI (Spiritual Direction International) qualification process. He is a frequent guest at The Hacienda, offering spiritual companionship, interfaith conversation and a fourth at our Wednesday bridge table quite often!

Marianne Schloss**Introduction to Meditation**

Marianne Schloss, RN, MDiv is an Education Coordinator with more than thirty years experience and clinical excellence in hospice, geriatric and psychiatric nursing as well as bereavement and spiritual counseling. She has been Educational Outreach Coordinator for Casa De La Luz as well as a student of meditation for years and a popular local lecturer on a whole range of topics.

Jason Welborn**Vive L'Amour: A Trip to Province and a Passion for all Things French!**

Jason is a very multi-faceted Watermark University instructor. His passion for all things French originated from his earlier days when he majored in French Studies at the University of Southern Mississippi and then went on to spend a year in France...living, breathing and experiencing France in a way that stirred passion and an excitement to share his memories and experiences with all of us.

NAME OF INSTRUCTOR

CLASS NAME

Bonnie Pisik**Reverse Painting on Glass**

Bonnie is a professional artist, specializing in the unique art form of **Reverse-Painting on Glass**. In just 18 short months **Bonnie Pisik** has truly become a creative force in Tucson (as she was previously in Chicago, New York, and Dallas). "I believe my work should capture the beauty and movement within nature." She is also an accomplished pianist and teaches locally to many students of all ages in the Foothills area. Her students most recently performed a recital in December for Hacienda residents...much to everyone's delight!

Brenda Ritter

Originally from the Heartland, Brenda has been a career professional in the senior care industry for many years. When she is not wearing her Executive Director cape for The Hacienda at the River campus, she can be found hiking the mountains, spending time with her husband and/or cheering for Iowa State athletic teams. Sometimes, because she is so versatile, she can do all three of these at once. Another passion of hers since youth has been singing which she has done in the church setting as well as various cabaret venues and command performances requested by co-workers. She is a recent convert to the quiet beauty and lovely weather of the Sonoran desert and enjoys looking out at the Catalina mountains from her office window makes her want to "sing out" daily!

Lluvia Peralta**History of Valentine's Day**

Lluvia is the esteemed Hacienda Community Life Assistant who can be seen all across our Hacienda campus on any given day working closely with our Desert Willow and Mesquite residents, their families and our nayas. She is a native of Mexico, bi-lingual and passionate about her family, creativity, intercultural awareness and helping others in any number of capacities.

Barbara K. Rector**In the Presence of Horses: Be Seen and Be "Herd"**

Most known for her involvement with our Hacienda In the Presence of Horses program, Barbara is lead faculty member and founder of the Adventures In Awareness Internship Program. She has forty plus years working with horses and people therapeutically. She co-founded Therapeutic Riding of Tucson (TROT) in 1974 and developed the practice of psychotherapy with the help of horses at Sierra Tucson hospitals in 1990. She designed and implemented the Prescott College curriculum for master level students interested in working with horses in experiential education or clinical mental health. For the last five years Barbara has served on a core research team investigating the physiology of the horse and human bond. Barbara is a passionate and active member of the Tucson Dressage Club. Her most recent passion is "the significance of the horse's role influencing elders health and vitality" and how it is being lived weekly in the Haciendas Pony Paddock! She is author of the book *Adventures in Awareness: Learning with the Help of Horses*.

NAME OF INSTRUCTOR

CLASS NAME

Christina Frias**Creative Cocktail Creations**

A Tucson "original" herself, Christina is our Hacienda Chef de Cuisine who has studied her craft in great depth by not only attending the Cordon Bleu program in Scottsdale, AZ but also by gaining experience through working at the world renowned Loews Ventana Resort of Tucson plus many other celebrated restaurants in the Tucson and Foothills area. She enjoys creating her own signature versions of many of the tried and try dishes as well as designing her own unique creations as well. Designing fun and interesting cocktails is a past time of hers and she looks forward to sharing it with us!

Marianne Schloss**Power of Meditation**

Marianne Schloss, RN, MDiv is an Education Coordinator with more than thirty years experience and clinical excellence in hospice, geriatric and psychiatric nursing as well as bereavement and spiritual counseling. She has been Educational Outreach Coordinator for Casa De La Luz as well as a student of meditation for years and a popular local lecturer on a whole range of topics.

Meghan Bradford**Art of Decorating Small Spaces**

Meghan is our esteemed and energetic Director of Sales at The Hacienda at the River. She is originally from California yet loves the pacific northwest, especially the Portland Oregon area where she spends as much time as she can enjoying family who live there. Meghan has had an interest in Interior Design "as long as she can remember" and has taken many courses, structured as well as self taught, in this area. She gets her inspiration from her other passions which include hiking, being outdoors, skiing and being a loving mother to her wonderful pre-teen son!

Lluvia Peralta**Significance of St. Patrick**

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RuthiE Neilan**Native American Flute: History & Demonstration**

RuthiE Neilan, RN, MA is a certified Music Practitioner and is on the educational outreach team at Casa de la Luz. She teaches the traditional Cherokee method of Native American Flute playing, received from Sea Raven, her first teach of the flute. She also communicates an understanding of the healing properties of the flute, respect, and care for the instrument, correct holding and fingering techniques, and using breath to "speak" with the flute as one's "second voice."

NAME OF INSTRUCTOR

CLASS NAME

Steve Pelphrey**The Joy of Hot Air Ballooning**

Steve is the H.E.R.D. on campus. That is the Hacienda Environment Resource Director and is responsible for maintenance, housekeeping, safety systems, transportation, and dabbles in information technology. Prior to this he was the owner/operator of a Commercial General Contracting company in Tucson specializing in commercial remodeling projects for 26 years. Steve has been in Tucson for 52 of his 56 years and is the father of 2 children one 23 year old daughter and a 2 year old son. He has been involved in hot air ballooning since 1990 and became a pilot in 2014.

Barbara K. Rector**In the Presence of Horses: Harness your Energy**

Most known for her involvement with our Hacienda In the Presence of Horses program, Barbara is lead faculty member and founder of the Adventures In Awareness Internship Program. She has forty plus years working with horses and people therapeutically. She co-founded Therapeutic Riding of Tucson (TROT) in 1974 and developed the practice of psychotherapy with the help of horses at Sierra Tucson hospitals in 1990. She designed and implemented the Prescott College curriculum for master level students interested in working with horses in experiential education or clinical mental health. For the last five years Barbara has served on a core research team investigating the physiology of the horse and human bond. Barbara is a passionate and active member of the Tucson Dressage Club. Her most recent passion is "the significance of the horse's role influencing elders health and vitality" and how it is being lived weekly in the Haciendas Pony Paddock! She is author of the book *Adventures in Awareness: Learning with the Help of Horses*.

Brenda Ritter**Easter Hymns of Praise**

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NAME OF INSTRUCTOR

CLASS NAME

Leeann Ray**Sensations on the Tongue**

Leeann is our Associated Executive Director for Mesquite and Desert Willow. She started her professional journey at the young age of 11 as a violinist and attended the prestigious Interlochen Arts Academy. She played professionally after graduating from the University of Illinois with Cleveland and St Louis Symphony Orchestras and at the age of 23 decided to "exit stage left" into the world of Hospitality. She has been managing luxury hotels and resorts for the 30 some years prior to joining Watermark in October, most recently Miraval Resort & Spa.

Rich Howell**History of Watermark Communities: The Company & the Vision**

Rich Howell has been a part of Watermark for 20 years. Currently he works with Tucson communities The Fountains at La Cholla and Hacienda at the River as well as on national products. He lives in Tucson with his wife and two kids.

Marianne Schloss**Power of Meditation**

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Lluvia Peralta**Origin of Friday the 13th and Other Superstitions**

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Luanne Maxon-Provencher**The History of Green Valley**

Luanne is originally from Dearborn, Michigan and moved to the Green Valley AZ area several years ago with her husband who was hired as golf pro for the main golf course in that area. She has lived in Tucson now many years but has fun stories to tell about the "early" days of Green Valley as it was just starting to grow and become what we know of it today.

NAME OF INSTRUCTOR

CLASS NAME

Leah Shoemaker**That's a "Rap!"**

Leah is our Springs Rehabilitation Director who has years of experience in physical therapy. She loves to bring entertainment to others in "the most unlikely manner" which is why she will be sharing her unique skill in creating a rhyming rap song in a very improvisational style to all of us.

Barbara Rector**In the Presence of Horses: Drawing on the Horse Side of the Brain**

Most known for her involvement with our Hacienda In the Presence of Horses program, Barbara is lead faculty member and founder of the Adventures In Awareness Internship Program. She has forty plus years working with horses and people therapeutically. She co-founded Therapeutic Riding of Tucson (TROT) in 1974 and developed the practice of psychotherapy with the help of horses at Sierra Tucson hospitals in 1990. She designed and implemented the Prescott College curriculum for master level students interested in working with horses in experiential education or clinical mental health. For the last five years Barbara has served on a core research team investigating the physiology of the horse and human bond. Barbara is a passionate and active member of the Tucson Dressage Club. Her most recent passion is "the significance of the horse's role influencing elders health and vitality" and how it is being lived weekly in the Haciendas Pony Paddock! She is author of the book *Adventures in Awareness: Learning with the Help of Horses*.

Kathy Sawyer**In the Presence of Horses: Drawing on the Horse Side of the Brain**

Kathy is Director of Community Life & Visionary Programming at The Hacienda. Hailing originally from Kansas City, Missouri, she went to college at the University of Virginia with a Bachelors in Foreign Affairs and minor in Russian Studies and has an MBA from the Thunderbird School of International Management. She worked for several years at the Eastman Kodak Company in NYC and Chicago. Ever since visiting Arizona as a child, she fell in love with the Southwest and moved with her husband, Chuck and three children to Tucson in 2004, becoming a small business owner for several years. She has a passion for learning, her family, animals, languages, travel, art and the written word.

Tammy Farris**The Joy of "Thrifty" Shopping**

Tammy Farris is Watermark's Director of Strategic Innovation by day but outside of work, she enjoys time scanning thrift shops for treasures to add to her collection ---of furniture, furnishings and interesting clothing. The love of "Thrifting" is embedded in Tammy's DNA as she grew up shopping with her mother, a frugal woman raising 5 children on a limited budget. Now, though the cost isn't as much a factor, the thrill of the hunt is! Come learn some well developed tips for turning this style of shopping into a fun hobby of shopping for style!

NAME OF INSTRUCTOR

CLASS NAME

Shiela Womack**Introduction to Teepa Snow**

Shiela Womack is a clinical nurse who has been advocating for senior care since she worked side by side with Fiduciaries Tucson ensuring individual quality care and dignity at end of life for each of her clients. This experience propelled her into becoming a RN working with the same goals but with more knowledge and tools. Shiela is ecstatic to continue this passion at the Hacienda as their Director of Health and Wellness, overseeing the care of the Assisted Living and Memory Care. Her vision parallels with that of the Hacienda's integrative mission for health and wellness.



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