

WATERMARK UNIVERSITY

2021

Spring Semester
JANUARY THROUGH APRIL

 **THE HACIENDA[®]**
AT THE CANYON

ÉLAN COLLECTION



Dear Canyon Members,

Every semester I worry we don't have enough Watermark University classes and then, without a doubt, I find we are chock full of opportunities! Spring 2021 will be no exception. We have some longer series classes including the return of **Great Decisions** and a new **Compassion Integrity Training**. I'm happy to report that **Karen Reb Rudel** is coming back with more virtual tours of Paris, **Norah Booth** will continue her popular writing workshop, and **Fosse/Verdon** is back by popular demand but this time with paired movie screenings chosen by yours truly.

I am proud to welcome guest speakers like the founder of **Ben's Bells Jeannette Mare** to launch Kindness at the Canyon and **UA Historian Aengus Anderson** to teach us how to make our own Oral Histories. We are also going to screen the **Tucson Jewish Film Festival** along with some of their more exciting special events (anyone interested in a **live Zoom with Billy Crystal?!**)

Make sure not to miss classes taught by your neighbors. **Ann Jones** will be leading a Garden Sculpture Workshop and **Sheldon Clare** will brush up your Yiddish!

You'll notice some locations say Channel 77/in-person or Meet/in-person. We're planning on virtual classes but will update to in-person (or a mix of the two) if and when it's safe to do so. Always refer to LifeLoop for location updates closer to the date and for Zoom and Google Meet links.

Yours in learning,

Missy Paschke-Wood

Community Resource Director

Semester Series
These classes are scheduled on a weekly or monthly basis.

COURSES	FACULTY	DAY AND TIME	LOCATION
In Motion Online	Karenne H. Koo & Sabrina Geoffrion	Mondays • 2-3pm	Zoom/In-person when allowed

These movement classes are designed to unlock our creative potential through Creative Group Dance. We will explore monthly themes through guided, structured improvisation to build movement vocabulary and to create group dances. Remember, *everyone* has the ability to dance!

No prior dance experience needed. Class begins Jan. 4th.

Joyful Movement in the Gardens (Class Thru Glass!)	Karenne H. Koo & Sabrina Geoffrion	Thursdays • 10am	Gardens Courtyard
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Everyone can dance and everyone can receive benefit from moving their body in a creative way! Join us for a new theme each month.

This class is only available to members of the Gardens.

Telling Tales: Memoir Writing Workshop	Norah Booth	Fridays • 10am	Google Meet
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Telling Tales is a weekly one-hour class. First time writer or accomplished author, all are welcome. We work from prompts, but the writer is always free to choose a topic. Writing techniques are explained and students develop skills for providing useful feedback to others. We all enjoy listening as the writing improves. Attendees will find themselves sharing life stories with family, new friends, and beyond.

Consult LifeLoop for Google Meet link. Class begins Jan. 8th.

Fosse/Verden Expanded	Tuesdays in Feb. & March • 1pm & 2pm	Channel 77
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Last Spring we screened the Emmy-award winning mini-series *Fosse/Verdon* and were immediately bombarded with requests to show it again. Instead of simply replaying it, we'll be screening an episode and pairing it with a film relevant to the episode. Join us for the series, the films, or both.

Episodes at 1pm, films begin at 2pm. Don't forget your bowler hat and jazz hands!

Semester Series
These classes are scheduled on a weekly or monthly basis.

COURSES	FACULTY	DAY AND TIME	LOCATION
Compassion Integrity Training	Mara Burghard	Tuesdays Feb. 2 - April 6th • 1-3pm	Zoom

Have you ever seen someone deal with any situation that comes their way calmly, with care and consideration? Have you ever looked at them and wondered how they accomplished that? What about an individual who has a sense of gratitude for all things around them? did you ever wonder if you could learn how to do those things as well? When we learn how to calm our bodies and minds, deal effectively with our emotions and treat others with kindness, dignity, and compassion, we have the ability to create a better world. How can we learn these skills? Compassionate Integrity Training (CIT) is a great place to start!

CIT is a resilience-informed program that cultivates human values as skills, so we can thrive as individuals, and as a society, within a healthy environment. By learning skills to calm our bodies and others, as well as engaging with compassion in complex systems, we can build toward compassionate integrity: the ability to live one's life in accordance with one's values with a recognition of common humanity, our basic orientation to kindness and reciprocity.

This course will include both large and small group discussions, experiential learning activities, reflective writing activities, mindful dialogues and contemplative practices.

There is a recommended donation of \$250 for all 10 sessions but a sliding scale is available to anyone who requests it. For more information on Compassionate Integrity Training visit www.compassionateintegrity.org .

Great Decisions	Thursdays Feb 18 - April 8 • 9am	Channel 77
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The Great Decisions programs will be screened for everyone. When/If we are able to gather, a meeting space will be identified for group discussions. If not, we hope these programs will give you many topics to discuss with your neighbors.

An optional book is available for purchase by visiting the Foreign Policy Association at www.fpa.org.

Sight Seeker's Delight	Karen Reb Rudel	2nd Tuesdays • 9am	Zoom
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This English speaking artist and performer will guide us on a 'virtual' journey through Paris *from Paris* each month. Look at each month's date for descriptions. *Class begins Jan. 12th.*

Semester Series
These classes are scheduled on a weekly or monthly basis.

COURSES	FACULTY	DAY AND TIME	LOCATION
Opera Club		4th Sundays • 2pm	Channel 77

Opera lovers at the Canyon can nominate and then vote on which operas are screened for our spring "season"! Watch for a survey in January.

January

COURSES	FACULTY	DAY AND TIME	LOCATION
In Motion Online	Karenne H. Koo & Sabrina Geoffrion	Mondays • 2-3pm	Zoom/In-person when allowed

January's theme is *Embracing the Virtual Space*.

These movement classes are designed to unlock our creative potential through Creative Group Dance. We will explore monthly themes through guided, structured improvisation to build movement vocabulary and to create group dances. Remember, *everyone* has the ability to dance!
No prior dance experience needed.

Joyful Movement in the Gardens (Class Thru Glass!)	Karenne H. Koo & Sabrina Geoffrion	Thursdays • 10am	Gardens Courtyard
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January's theme is *Dance through the Decades*.

Everyone can dance and everyone can receive benefit from moving their body in a creative way! Join us for a new theme each month.

This class is only available to members of the Gardens.

Tucson International Jewish Film Festival	Dates Below	Channel 77 / Zoom
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Jan 4 at 1pm Picture of His Life

AMOS NACHOUM, a world renowned Israeli wildlife photographer, has photographed the most fearsome predators on earth, face to face. His one wish is to photograph a polar bear while swimming with it in open water. In this gorgeous film, Nachoum also reflects upon the rapidly vanishing Inuit culture and the difficult moments of his life that drove him to the ends of the earth.

Jan 7 at 1pm Standing Up, Falling Down

Starring BILLY CRYSTAL as Marty; When Scott (BEN SCHWARTZ, "Parks and Recreation") loses hope of becoming a stand-up comedian in L.A. he moves back home with his tail between his legs. He begins to feel his existence is soul-crushing until he meets Marty, an eccentric dermatologist with boundless charisma, who is also a charming, karaoke-loving barfly.

Jan 10 at 4pm Standing Up, Falling Down *Post-Film Program - with Billy Crystal! on Zoom***Jan 11 at 1pm Douze Points**

In this campy, hilarious spy thriller, a young French Muslim man gets entangled in an ISIS plot to blow up the stage at a European singing contest in Tel Aviv. The heroes will delight you, as you prepare for lots of suspense, laughter and plot twists.

Jan 14 at 1pm Crescendo

Based on a true story; a famous conductor travels to Israel to create an Israeli-Palestinian youth orchestra. The music they produce is glorious but emotions run high. Can the harmony of their instruments overcome their lifetimes of prejudice and fear?

Jan 17 at 4pm Crescendo *Post-Film Program on Zoom***Jan 18 at 1pm Aulcie**

In 1976, basketball player AULCIE PERRY is the last to be cut from the N.Y. Knicks when he is discovered by a scout for Maccabi Tel Aviv. Aulcie dates famous Israeli model Tami, converts to Judaism, and becomes an Israeli superstar--but behind the scenes there is a dark side.

Jan 21 at 1pm Those Who Remained

Aldo, a 42 year-old doctor, and 16 year-old Klara both survive the Holocaust and return to Hungary. Theirs is a lyrical story of the healing power of love and family, revealed through the eyes of young Klara.

Jan 22 at 10am Those Who Remained *Post-Film Program on Zoom***Jan 25 at 1pm The Samuel Project**

Eli, a high school senior, truly gets to know his grandfather Samuel (HAL LINDEN) for the first time when he makes Samuel the subject of an animated art project for school. Grandpa may run a dry cleaning store now, but his childhood was anything but dull.

Jan 25 at 7pm The Samuel Project *Post-Film Program on Zoom***Jan 28 at 1pm The Keeper**

Based on the true story of BERT TRAUTMAN, a German soldier and POW who becomes the goalkeeper of Great Britain's Manchester City's Soccer team. Although he encounters post-war prejudice from thousands of fans, he receives unexpected support from Rabbi Alexander Altman, who himself had fled the Nazis.

January

COURSES	FACULTY	DAY AND TIME	LOCATION
TMA Docent Talk: Ukiyo-e: Japanese Woodcut Prints of a Floating World	Adrienne O'Hare	Mon., Jan. 11 • 10:30am	Zoom
<p>Ukiyo-e, are "Pictures of The Floating World", an evanescent world, a world of fleeting beauty, divorced from the responsibilities of the mundane, everyday world; a hedonistic world of Kabuki, Courtesans and Geisha.</p>			
Sight Seeker's Delight: French Food Frenzy	Karen Reb Rudel	Tues., Jan. 12 • 9am	Zoom
<p>Join award-winning Parisian tour guide and entertainer Karen Reb Rudel to learn about and drool over the ABC's of French cuisine. From savory to sweet we discover the history and importance of food in France with unforgettable and hilarious anecdotes. <i>Check LifeLoop for Zoom login information.</i></p>			
How to Stream (and more!)	Kristin Gambardella	Wed., Jan. 20 • 10am	Channel 77
<p>You've heard of streaming services like Netflix, Amazon Prime, Hulu, Disney Plus, HBO Max and more but HOW DO YOU ACTUALLY DO IT?! Kristin will go into detail about the types of streaming services, how to watch them on your devices, how to subscribe and unsubscribe, and more!</p>			
Opera Club		Sun., Jan. 24 • 2pm	Channel 77
<p>Opera lovers at the Canyon can nominate and then vote on which operas are screened for our spring "season"! Watch for a survey in January.</p>			
How does memory change in older adults and why?	Dr. Matt Grilli	Wed., Jan. 27 • 9am	Channel 77
<p>How can we promote a healthy memory and brain? In this talk, Dr. Grilli will describe the relationship between memory and the aging brain, and he will present emerging science revealing promising ways to promote cognitive and brain health in older age.</p>			

February

COURSES	FACULTY	DAY AND TIME	LOCATION
In Motion Online	Karenne H. Koo & Sabrina Geoffrion	Mondays • 2-3pm	Zoom/In-person when allowed

February's theme is *In Motion with Valentine's Day and Chinese New Year*.

These movement classes are designed to unlock our creative potential through Creative Group Dance. We will explore monthly themes through guided, structured improvisation to build movement vocabulary and to create group dances. Remember, *everyone* has the ability to dance!

No prior dance experience needed. Class begins Jan. 4th.

Yiddish Class with Sheldon	Dr. Sheldon Clare	Mon., Feb. 1 & 15 • 10am	Google Meet/ In Person
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Learn a little Yiddish and have a lot of laughs with member Sheldon Clare. No experience necessary!

This class will meet online until we have approval for in-person classes.

Fosse/Verden Expanded		Tuesdays • 1pm & 2pm	Channel 77
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Last Spring we screened the Emmy-award winning mini-series *Fosse/Verdon* and were immediately bombarded with requests to show it again. Instead of simply replaying it, we'll be screening an episode and pairing it with a film relevant to the episode. Join us for the series, the films, or both.

Episodes at 1pm, films begin at 2pm. Don't forget your bowler hat and jazz hands!

February 2 - Cabaret (1972)

February 9 - Damn Yankees (1958)

February 16 - Can-Can (1960)

February 23 - Liza with a Z (1972)

February

COURSES	FACULTY	DAY AND TIME	LOCATION
Compassion Integrity Training	Mara Burghard	Tues., Feb. 2, 9, 16, 23 • 1-3pm	Zoom

Have you ever seen someone deal with any situation that comes their way calmly, with care and consideration? Have you ever looked at them and wondered how they accomplished that? What about an individual who has a sense of gratitude for all things around them? did you ever wonder if you could learn how to do those things as well? When we learn how to calm our bodies and minds, deal effectively with our emotions and treat others with kindness, dignity, and compassion, we have the ability to create a better world. How can we learn these skills? Compassionate Integrity Training (CIT) is a great place to start!

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This course will include both large and small group discussions, experiential learning activities, reflective writing activities, mindful dialogues and contemplative practices.

February's Classes will cover

Series I: Self-Cultivation

1. Calming Body and Mind
2. Ethical Mindfulness
3. Emotional Awareness
4. Self-Compassion

There is a recommended donation of \$250 for all 10 sessions but a sliding scale is available to anyone who requests it. For more information on Compassionate Integrity Training visit www.compassionateintegrity.org .

February

COURSES	FACULTY	DAY AND TIME	LOCATION
Joyful Movement in the Gardens (Class Thru Glass!)	Karenne H. Koo & Sabrina Geoffrion	Thursdays • 10am	Gardens Courtyard

February's theme is *Valentine's Day and Chinese New Year*.

Everyone can dance and everyone can receive benefit from moving their body in a creative way! Join us for a new theme each month.

This class is only available to members of the Gardens.

TMA Docent Talk: <i>Shadows and Light:</i> <i>Visions of the East</i>	Martin Randall	Mon., Feb. 8 • 10:30am	Zoom
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In the 19th century, artists from the West, Europe and America, started to venture to the Far East, which had been a forbidden and mysterious region for centuries. These artists brought back images of people, cultures and traditions unlike anything they or their fascinated audiences had ever seen. We'll be looking at the world of these artist-travelers, who became known as the Orientalists, and journeying with them throughout North Africa, the Middle East, and even Persia and India, exploring their lives and the extraordinary legacy of art that they left us.

Sight Seeker's Delight: Pere Lachaise Cemetery	Karen Reb Rudel	Tues., Feb. 9 • 9am	Zoom
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Join award-winning Parisian tour guide and entertainer Karen Reb Rudel on a tour. Get away from the hectic rush of the city and enjoy some peaceful time wandering the cobblestone paths of Pere Lachaise: one of the most famous, beautiful, and mysterious cemeteries in the world. *Check LifeLoop for Zoom login information.*

February

COURSES	FACULTY	DAY AND TIME	LOCATION
Great Decisions		Thurs., Feb. 18 & 25 • 9am	Channel 77

FEBRUARY 18

Global supply chains and national security: by Jonathan Chanis

The shutdown of global supply chains due to the Covid-19 pandemic brought to the fore an issue with the high level of global economic interdependence: what happens when one country is the main source for an item, say face masks, and then can no longer supply the item? Countries suddenly unable to meet the demand for certain supplies are faced with growing calls for economic nationalism. What are some of the lasting effects that the pandemic could have on global supply chains and trade? How would this affect national security?

FEBRUARY 25

Persian Gulf security issues: by Lawrence G. Potter

The Persian Gulf remains tense as the rivalry between the regional powers of Saudi Arabia and Iran continues. Tensions escalated in early 2020 as the United States began to intervene in the Gulf, launching an airstrike that killed two Iranian military commanders. What are the historical influences that have led to these tensions? What role, if any, should the United States play? Is using military force a viable foreign policy option for 2021 and beyond?

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Print Making Workshop	Ami Dalal	Thurs., Feb. 25 • 2pm	Makerspace
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Monoprinting w/gelli plates is a quick, intuitive method of printing, well-suited to exploring color theory, materials, layering, and pattern. Create beautiful monotypes without a press! No experience necessary.

You'll learn how to apply bands of color and texture, develop your images with stencils, stamping and drawing, and experiment using textured objects as a means of 'drawing'. *Warning: Gelli Plate Printmaking is addictive.*

This class may occur in shifts depending on current CDC recommendations. Please register ahead of time as limit may change.

February

COURSES	FACULTY	DAY AND TIME	LOCATION
Opera Club		Sun., Feb. 28 • 2pm	Channel 77

Opera lovers at the Canyon can nominate and then vote on which operas are screened for our spring "season"! Watch for a survey in January.

March

COURSES	FACULTY	DAY AND TIME	LOCATION
In Motion Online	Karenne H. Koo & Sabrina Geoffrion	Mondays • 2-3pm	Zoom/In-person when allowed

March's theme is *In Motion with Folktales*.

These movement classes are designed to unlock our creative potential through Creative Group Dance. We will explore monthly themes through guided, structured improvisation to build movement vocabulary and to create group dances. Remember, *everyone* has the ability to dance!

No prior dance experience needed. Class begins Jan. 4th.

Yiddish Class with Sheldon	Dr. Sheldon Clare	Mon., March 1 & 15 • 10am	Google Meet/ In Person
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Learn a little Yiddish and have a lot of laughs with member Sheldon Clare. No experience necessary!

This class will meet online until we have approval for in-person classes.

March

COURSES	FACULTY	DAY AND TIME	LOCATION
<i>Fosse/Verden Expanded</i>		Tuesdays in Feb. & March • 1pm & 2pm	Channel 77

Last Spring we screened the Emmy-award winning mini-series *Fosse/Verdon* and were immediately bombarded with requests to show it again. Instead of simply replaying it, we'll be screening an episode and pairing it with a film relevant to the episode. Join us for the series, the films, or both.

Episodes at 1pm, films begin at 2pm. Don't forget your bowler hat and jazz hands!

March 2 - Sweet Charity (1969)

March 9 - Lenny (1974)

March 16 - Chicago (2002)

March 23 - All That Jazz (1979)

March

COURSES	FACULTY	DAY AND TIME	LOCATION
Compassion Integrity Training	Mara Burghard	Tues., Feb. 2 - April 6 • 1-3pm	Zoom

Have you ever seen someone deal with any situation that comes their way calmly, with care and consideration? Have you ever looked at them and wondered how they accomplished that? What about an individual who has a sense of gratitude for all things around them? did you ever wonder if you could learn how to do those things as well? When we learn how to calm our bodies and minds, deal effectively with our emotions and treat others with kindness, dignity, and compassion, we have the ability to create a better world. How can we learn these skills? Compassionate Integrity Training (CIT) is a great place to start!

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This course will include both large and small group discussions, experiential learning activities, reflective writing activities, mindful dialogues and contemplative practices.

March's classes will cover:

Series II: Relating to Others

5. Impartiality and Common Humanity

6. Forgiveness and Gratitude

7. Empathic Concern

8. Compassion

&

Series III: Engaging in Systems

9. Appreciating Interdependence

There is a recommended donation of \$250 for all 10 sessions but a sliding scale is available to anyone who requests it. For more information on Compassionate Integrity Training visit www.compassionateintegrity.org .

March

COURSES	FACULTY	DAY AND TIME	LOCATION
Joyful Movement in the Gardens (Class Thru Glass!)	Karenne H. Koo & Sabrina Geoffrion	Thursdays • 10am	Gardens Courtyard

March's theme is *Dancing with Folktales*.

Everyone can dance and everyone can receive benefit from moving their body in a creative way! Join us for a new theme each month.

This class is only available to members of the Gardens.

March

COURSES	FACULTY	DAY AND TIME	LOCATION
Great Decisions		Thurs., March 4, 11, 18, & 25 • 9am	Channel 77

MARCH 4

Brexit and the European Union: by Harris LaTeef

With the “Brexit transition period” coming to an end this year, the United Kingdom will formally leave the European Union at the start of 2021. With negotiations between the two entities continuing to stall, what does the future of Europe and the UK look like? Will the UK survive a possible Scottish vote to leave? Who will step up and take command of Europe now that Angela Merkel is out of the spotlight?

MARCH 11

Struggles over the melting Arctic: by Stephanie Pezard

U.S. President Donald Trump left many scratching their heads when it was rumored that he was looking to purchase the large island nation of Greenland from Denmark. While any potential deal seems highly unlikely, the event shows the changing opinion within the U.S. government toward engagement with the Arctic region. Because of climate change, large sheets of arctic ice are melting, exposing vast stores of natural gas and oil. With Russia and China already miles ahead with their Arctic strategies, can the U.S. catch up?

MARCH 18

China's role in Africa: by Cobus van Staden

The Covid-19 crisis has put a massive strain on what was growing a positive economic and political relationship between China and the continent of Africa. As Chinese President Xi Jinping’s centerpiece “Belt and Road initiative” continues to expand Chinese power, the response to the spread of Covid-19, as well as the African government’s growing debt to China, has seen pushback. What are some of the growing economic and political issues between China and Africa?

MARCH 25

The Korean Peninsula: by Scott Snyder

The Korean Peninsula is facing a defining era. Attempts by South Korean President Moon Jae-in and U.S. President Donald Trump to repair the rift between North and South have lost any momentum as Pyongyang continues to test long-range missiles for its nuclear weapons program. As the rift between the U.S. and China grows further, South Korea may end up in the middle of the two superpowers. What does the future hold for the U.S. relationship with the ROK?

The Great Decisions programs will be screened for everyone. When/If we are able to gather, a meeting space will be identified for group discussions. If not, we hope these programs will give you many topics to discuss with your neighbors. An optional book is available for purchase by visiting the Foreign Policy Association at www.fpa.org.

Oral Histories: Why They're Essential to Understanding the Past

Aengus Anderson

Mon., March 8 • 10am

Google Meet

Learn more about oral histories: what they are, how they're used, and how to make your own. University of Arizona Libraries oral historian Aengus Anderson will talk about how oral history is increasingly being used to understand the past and how this is changing the nature of historiography. Unlike traditional archival material, which must be accepted by an archivist, oral history is an incredibly democratic medium where regular people can record the stories of their friends and loved ones, all while creating a document to help future historians understand our time. Anderson will discuss how to conduct an interview, from formulating questions and working with subjects to logging material and submitting it to an archive.

TMA Docent Talk: The Golden Couple: Robert Motherwell & Helen Frankenthaler

Patricia Waddell

Mon., March 8 • 10:30am

Zoom

After WWII, many artists living and creating in New York City struggled to find their next meal, while creating innovative, abstract art. Robert Motherwell and Helen Frankenthaler were often referred to as the "Golden Couple" since they experienced all the privileges of an excellent education and family money to pursue their artistic interests. Both were awarded high honors for their achievements and contributions to the evolution of modern art.

Sight Seeker's Delight: PIÈCE DE RÉSISTANCE

Karen Reb Rudel

Tues., March 9 • 9am

Zoom

Join award-winning Parisian tour guide and entertainer Karen Reb Rudel to learn more about the French Resistance in Paris during WWII! This is a tour where you'll see a few Parisian monuments, but we focus more on obscure places that you would have never guessed were connected to the movement.

Oral History Practicum

Missy Paschke-Wood

Wed., March 10 • 10am

Google Meet/In-Person

We learned about the importance of oral history, now let's record our own stories using our smart phones or tablets! In this session Missy will teach you how to record yourself or others using technology you probably already own.

March

COURSES	FACULTY	DAY AND TIME	LOCATION
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**Kindness at the Canyon
Kickoff**

Janette Maré

**Tues., March 16 •
10:30am**

Channel 77 /in-person

Jeannette Maré is Ben's Bells founder and Chief Kindness Officer. Jeannette has been studying and teaching kindness for over two decades. In that time, she has done a lot of listening, observing, and learning and has developed a range of ideas and practices to help us increase kindness in our lives at home, school, work, and throughout our community.

We're thrilled with the opportunity to further develop an intentionally kind community here at the Canyon with guidance from Jeanette! **Coming soon:** we'll be making and decorating Kindness Coins for the Ben's Bells shop and create murals for the Canyon.

This event will be held virtually unless we are able to gather safely.

**Alzheimer's Disease &
Other Dementias**

Kelly Raach

Thurs., March 18 • 11am

Google Meet/In-Person

Alzheimer's disease is not a normal part of aging. Join Kelly Raach, Executive Director of Member Health Services, to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and community resources.

**Garden Sculpture
Workshop**

Anne Jones

**Sun., March 7, 14, 21 •
2pm-4pm**

In-Person

What?! An art class that requires NO artistic talent?! No drawing, NO painting, NO cutting?! Join member Anne Jones for a spring glass art class that will delight!

Choose from a vast variety of everyday glass pieces and transform them into a staked garden sculpture you can adorn with your potted plants or give as gifts. This is a three-session class that will allow for construction and drying time.

\$10 supply donation to PACC. All supplies are generously provided from Anne's stash. Maximum 8 participants. We will update on date changes if in-person classes are not permitted.

Opera Club

Sun., March 28 • 2pm

Channel 77

Opera lovers at the Canyon can nominate and then vote on which operas are screened for our spring "season"! Watch for a survey in January.

April

COURSES	FACULTY	DAY AND TIME	LOCATION
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Juggling with Chris

Chris Sabala

Thurs., April 1 • 1:30pm

Bocce Ball Court

Looking for the perfect activity for April Fool's Day? You all know Chris can juggle a busy schedule at Hacienda at the Canyon, but did you know he can juggle scarves, knives and flaming torches (that last one might be a *slight* exaggeration)? Chris will take you through the basics of juggling and hopefully by the end of class, you too will be ready for the circus! All props provided.

Great Decisions

Thurs., April 1 & 8 •
9am

Channel 77

APRIL 1

Roles of international organizations in a global pandemic: by Mara Pillinger

The Covid-19 pandemic has thrust the World Health Organization (WHO) into the limelight, for better and for worse. While some of the Trump administration's criticism of the organization is unfair, the response to the early stages of the pandemic left many experts wanting more from the WHO. What is the WHO's role in responding to international pandemics? What can be done to improve the WHO's response to future global health crises?

APRIL 8

The end of globalization?: By Anne O. Krueger

As the United States enters another election season, the merits and drawbacks of globalization are again being debated by the presidential candidates. With the passing of the Brexit vote and Donald Trump's America First doctrine, protectionist policies have become more prevalent, challenging globalization. What is globalization and how will it be affected by protectionist trade policies? How will the United States and the world be affected by such policies? Is globalization really at an end, or in need of a refresh?

The Great Decisions programs will be screened on Channel 77. When/if we are able to gather, a meeting space will be identified for group discussions. If not, we hope these programs will give you many topics to discuss with your neighbors. An optional book is available for purchase by visiting the Foreign Policy Association at www.fpa.org.

April

COURSES	FACULTY	DAY AND TIME	LOCATION
Joyful Movement in the Gardens (Class Thru Glass!)	Karenne H. Koo & Sabrina Geoffrion	Thursdays • 10am	Gardens Courtyard

April's theme is *Dancing through the Outdoor Environment*.

Everyone can dance and everyone can receive benefit from moving their body in a creative way! Join us for a new theme each month.

This class is only available to members of the Gardens.

Yiddish Class with Sheldon	Dr. Sheldon Clare	Mon., April 5 & 19 • 10am	Google Meet/ In-Person
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Learn a little Yiddish and have a lot of laughs with member Sheldon Clare. No experience necessary!

This class will meet online until it's safe to meet in-person.

In Motion Online	Karenne H. Koo & Sabrina Geoffrion	Mondays • 2-3pm	Zoom/In-Person
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April's theme is In Motion with *Sculptural Forms: Celebration of Sculpture Month*.

These movement classes are designed to unlock our creative potential through Creative Group Dance. We will explore monthly themes through guided, structured improvisation to build movement vocabulary and to create group dances. Remember, *everyone* has the ability to dance!

No prior dance experience needed. Class begins Jan. 4th.

April

COURSES	FACULTY	DAY AND TIME	LOCATION
Compassion Integrity Training	Mara Burghard	Tuesdays Feb. 2 - April 6 • 1-3pm	Zoom

Have you ever seen someone deal with any situation that comes their way calmly, with care and consideration? Have you ever looked at them and wondered how they accomplished that? What about an individual who has a sense of gratitude for all things around them? did you ever wonder if you could learn how to do those things as well? When we learn how to calm our bodies and minds, deal effectively with our emotions and treat others with kindness, dignity, and compassion, we have the ability to create a better world. How can we learn these skills? Compassionate Integrity Training (CIT) is a great place to start!

CIT is a resilience-informed program that cultivates human values as skills, so we can thrive as individuals, and as a society, within a healthy environment. By learning skills to calm our bodies and others, as well as engaging with compassion in complex systems, we can build toward compassionate integrity: the ability to live one's life in accordance with one's values with a recognition of common humanity, our basic orientation to kindness and reciprocity.

This course will include both large and small group discussions, experiential learning activities, reflective writing activities, mindful dialogues and contemplative practices.

April will wrap up the course with:

Series III: Engaging in Systems

10. Engaging with Discernment

There is a recommended donation of \$250 for all 10 sessions but a sliding scale is available to anyone who requests it. For more information on Compassionate Integrity Training visit www.compassionateintegrity.org .

April

COURSES	FACULTY	DAY AND TIME	LOCATION
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Greatest Olympic Moments	June Hussey	Wed., April 7 • 9am	Google Meet
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Some of us sports fans missed the 2020 Olympics this summer almost as much as the athletes did. We did not get to witness the thrill of victory or the agony of defeat that tends to captivate the world every four years. Gone was the pageantry of the opening and closing ceremonies, the cultural intrigue of the host country, and especially the sense of camaraderie and community that happens naturally when human beings meet and compete. But worry not, because in this class June Hussey will recreate that Olympic feeling by reliving some of the Greatest Olympic Moments of all time. What is your favorite Olympic moment? Email your thoughts to jhussey@watermarkcommunities.com and she'll add them to the show. Join the debate and discussion and at the end of the class, vote for the Greatest Olympic Moment of All Time. With enough input and interest, we may add more than one class.

Consult LifeLoop for Google Meet link.

TMA Docent Talk: What in the World is Environmental Art?	Nancy Jacques	Mon., April 12 • 10:30am	Zoom
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Come explore the interdisciplinary minds and works of artists whose creations are both timeless and ephemeral. See why they are so important for expanding the definition of art itself and joining hearts to science.

Sight Seeker's Delight: Paris Along the Seine Part Duex	Karen Reb Rudel	Tues., April 13 • 9am	Zoom
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Continue along the Seine for more famous sights and hilarious insights straight from an award-winning Parisian tour guide.

Wire & Wine!	Brit Wieland	Mon., April 19 • 5:30pm - 7:30pm	Buena Vista Grill
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Love jewelry? Love wine? Sip with other like-minded members in this easy and fun wire workshop! You will create a lovely, one of a kind, crocheted wire necklace. She will instruct you on everything you need to know to make your own fabulous necklace that will sure to awe! The bar will be open if you'd like to have something to sip.

No experience necessary. All supplies & tools will be provided but if you would like, you can bring your own crochet hook/s, beads and possibly a tabletop magnifier. Although it is not guaranteed, you can also request to reserve a specific color/s ahead of time. Supply fee \$35. Limit 8 participants.

April

COURSES	FACULTY	DAY AND TIME	LOCATION
Let's Get Social (Media)	Rachael Chesser	Tues., April 27 • 10:30am	Channel 77/in-person

Overwhelmed by "social media" in the news? Rachael will break down the basics and even teach us how to navigate Facebook and set up privacy controls so we can safely stay in touch with friends and family.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Aengus Anderson

Oral History Lecture

Aengus Anderson is an oral historian at the University of Arizona Libraries, where he spends his time interviewing people about all facets of life in 20th-century Tucson. In addition to history-related projects, Aengus is a freelance radio producer whose features have appeared on NPR's Latino USA, Snap Judgement, and numerous public radio affiliates. Prior to public radio and oral history, Aengus worked as a producer and editor for advertising agencies in San Francisco and Chicago.

Norah Booth

Telling Tales: Memoir Writing Workshop

Norah Booth created **Telling Tales Memoir Writing Workshop** for the University of Arizona's Extended University in the mid-90's. She renewed the course for The Fountains at La Cholla five years ago where it has been embraced by many residents. Norah is a published writer with many local and national writing credits. She earned an M.A. in Journalism from the U of A. She taught writing at Pima College and in Sunnyside School District. She is currently at work on a biography of the first, and almost the last, Catholic nun elected to public office in the U.S. About memoir writing she says, "I really enjoy teaching this class. My students are all bright, accomplished, and do their homework. The atmosphere cultivated in classes is based on mutual support, recognizing that writers are sensitive. Participants get to know each other through sharing important life experiences and offering thoughtful critiques."

Mara Burghard

Compassion Integrity Training

Mara has been involved in interfaith activities throughout her life. Mara has a varied background in business, education, church and interfaith activities. She has a B.A. in Education, and a Master's Degree in Curriculum & Instruction from the University of Missouri, Columbia. Mara and her husband worked together in a technology business for twenty years.

In 2018 she became involved with the Charter for Compassion. Mara has found the Compassion Integrity Training to be so transformational in her life that she is eager to share this course as a Certified Facilitator with as many people as possible across the country and the world.

NAME OF INSTRUCTOR

CLASS NAME

Rachael Chesser**Let's Get Social: Using Social Media & Facebook**

A native Houstonian, Rachael found her way to Arizona in 2006 while she was finishing her MBA in Marketing to pursue a position with JPMorgan Chase Bank as their Marketing Event Planning Manager for Middle Market Clients. Later, as the Sr. Marketing Communications Manager for HTG Molecular Diagnostics, Rachael managed the company's branding, customer communications, collateral, website, strategic marketing initiatives and more. Mid-summer of 2020, HTG was impacted by the COVID pandemic. While looking for new work, she decided it would be a nice break to pursue Bartending School which led Rachael to The Hacienda at the Canyon as part of their dining team and where she now serves as our Membership Services Liaison!

Dr. Sheldon Clare**Yiddish Class w/ Sheldon**

What's your Yiddish IQ, bubbeleh? Don't be too quick with your answer because truth is, lots of the *mamaloshen* (mother tongue) has entered into common English usage; think kibbitz, bagel, klutz, kosher and chutzpah. But should you want to think of more than the commonly known terms, then Sheldon Clare is your go-to *maven* (nu, you did know that "maven" is Yiddish for expert, *yo* (yes)?) Clare was born into a Yiddish-speaking home in New York City. He got his bachelor's degree in chemistry from New York University and continued his studies at the University of Pittsburgh where he obtained his master's degree, also in chemistry. Pitt offered him a teaching position on campus and that was the beginning of his college teaching career. Later, he moved to Tucson to earn his Ph.D at the University of Arizona and then returned to Pittsburgh where he taught another 30 years.

In 1990, while on summer break, Clare decided to enroll in Yiddish classes in Oxford, England. Asked why a native Yiddish speaker would need to formally study the language, Clare explains, "It was a good excuse to go somewhere I had never been. Plus, I wanted to learn more and be able to also write in Yiddish."

Ami Dalal**Print Making Workshop**

Ami Dalal is a museum educator and community arts facilitator who firmly believes that **everyone** is an artist. As a practitioner of social practice art, Ami is passionate about creating opportunities and access for all ages and abilities to enjoy the therapeutic benefits of all types of art making. Her artistic explorations speak to her inquisitive nature and curiosity about materials and processes, a multicultural upbringing and world travel. Ami grew up in a town called Liverpool (but not that Liverpool) and enjoys watching sports ball games with 90 minutes of continuous action. She can often be found trailing 6' behind a small but speedy dog named Roo.

NAME OF INSTRUCTOR

CLASS NAME

Kristin Gambardella**How to Stream (and more!)**

As one of Community Life's resident millennials, there is no one better to teach you the ins and outs of streaming! When she's not watching her favorite shows online Kristin enjoys hiking, exploring the United States in her adventure bus with her husband, and snuggling with her animals.

Sabrina Geoffrion**In Motion Online**

Sabrina Geoffrion, Co-Founder, Vice President, Assistant Secretary and Repertory Company Director, earned her Bachelor of Science degree in Psychology, with a minor in dance, and her Master's degree in Cognitive Psychology from the University of Arizona in Tucson. She has worked in various areas over the years, including teaching at the preschool and college levels, and academic research with the Program for Integrative Medicine at the University of Arizona (UA) with Dr. Andrew Weil, the Psychology Department at the UA, and the Psychiatry Department in the College of Medicine (also at UA). For the past 12 years, Sabrina has taught a variety of online Psychology classes for several universities. She currently holds an adjunct faculty position and teaches online for Grand Canyon University. Sabrina also works periodically as a childbirth educator and doula (helping moms during labor and delivery). Sabrina danced as a child and in college, and has studied ballet, jazz, contemporary, and African dance. She credits Zuzi! Dance Company for bringing her back to the studio and stage about 5 years ago, and she continues to look for ways to combine her passion for dance and movement expression with her love of teaching and helping others.

Dr. Matt Grilli**How does memory change in older adults and why?**

Dr. Grilli is the Director of the Human Memory Lab in the College of Science at the University of Arizona. His research interests are broadly focused on understanding how and why we store and retrieve memories. The clinical and cognitive neuroscience research conducted in his laboratory combines neuropsychological, cognitive, social psychological, and neuroimaging approaches. An emphasis of his current research is autobiographical memory, which refers to memories of personal experiences. Ongoing projects are investigating how autobiographical memory is affected in several populations, including older adults at risk for Alzheimer's disease and individuals with acquired brain injury. They also are interested in understanding how changes to autobiographical memory impact other aspects of cognition, and seek to develop new interventions to improve autobiographical memory and everyday functioning.

NAME OF INSTRUCTOR

CLASS NAME

June Hussey**Greatest Olympic Moments for WU**

One of Watermark's original team members, June has dedicated more than three decades of her professional life to *creating extraordinary and innovative communities where people thrive*. Immediately after graduating with a BA in Creative Writing from the University of Arizona in 1982, she got a job working for David Freshwater, Watermark's founder. From research analyst to sales and marketing director for the company's first retirement community, June's responsibilities continued to expand along with the company to include regional, national and consulting roles in sales, marketing, public relations, corporate communication and culture. June believes aging is a journey that, smooth or bumpy, is best experienced with good friends and compassionate service professionals by your side. As membership director for The Hacienda at the Canyon, June is having a ball getting to know prospective members and introducing them to Watermark and its most innovative community to date.

Ann Jones**Fun, Fanciful and Functional Crafting**

Join your neighbor Ann Jones, a fearless creator of something out of nothing gal. Her background in art and art history laid buried until retirement and the fun began. She is happy to share her many ideas and resources with you!

Karenne H. Koo**Joyful Movement**

Karenne H. Koo, Co-Founder and President of Dancesequences, is a dance artist committed to developing and practicing multi-disciplinary approaches to encourage and stimulate the art of inclusive dance as an instrument for building community. She was Co-Founder of Evolve Dance Inc., a NY-based nonprofit dance organization, and served as Executive Director from 2006 to 2017. While in New York, she managed the Y Dance Program at the Family YMCA at Tarrytown with Evolve Dance and was Co-Producer and performer in the YDance Festivals and Evolve Dance Festivals. In 2013 she relocated to Tucson, AZ and became immediately active within the local dance communities. She currently serves on the Board of Directors of Mettler Studios, Inc. and is a member of the International Association for Creative Dance. Karenne has conducted creative dance residencies in New York, San Francisco, Vietnam, Indonesia and Peru. In Tucson, she completed a 3-year dance residency at Arts for All, Inc., a nonprofit arts organization that provides art education for adults and children with diverse abilities and co-directed the Arts for All Adult Dance Ensemble, a performing group of dancers with diverse abilities that regularly presented original works at multiple venues. She facilitates workshops/residencies with Arizona TASH, Mettler Studios Inc., Pio Decimo Center, Satori School, Sister Jose Women's Center, ZUZ! Dance Company. Karenne continues to expand the potential of creative dance as an inclusive, communal experience by developing collaborative partnerships with multiple community organizations, both national and international. <https://karennekoo.net/>

NAME OF INSTRUCTOR

CLASS NAME

Jeannette Maré

Kindness at the Canyon Kickoff

Jeannette Maré is Ben's Bells founder and Chief Kindness Officer. Jeannette has been studying and teaching kindness for over two decades. In that time, she has done a lot of listening, observing, and learning and has developed a range of ideas and practices to help us increase kindness in our lives at home, school, work, and throughout our community.

In 2002, Jeannette Maré's life changed forever when her son, Ben, died suddenly just before his third birthday. In the months following his death, she and her friends and family began making ceramic wind chimes, the first Ben's Bells, in her backyard studio. The therapeutic effect of working with clay, and the power of being surrounded by people talking and working toward a common goal, helped Jeannette and her family begin to heal. She and her friends decided to make hundreds of the Bells and distribute them randomly in the community to encourage the kindness she had depended on to help her through each day. Jeannette had noticed how a small kind act from a stranger or a friend could be the thing that kept her going in any given moment, and she wanted to find a way to pass on that kindness and help others in the process.

Kelly Raach

Alzheimer's and Other Dementias

Long before earning her MBA at University of Arizona's Eller College of Management in 2015, Kelly began her career in health care in 2006 as a community relations manager at a residential setting for dementia care. There Kelly worked closely with her mentor Terri Waldman, MSW on every facet of day-to-day operations, developing a deep passion for helping families navigate their dementia journeys.

In 2012, Kelly channeled her energy, skills, experience and passion to serve a much larger customer base as Southern Arizona Regional Director for the Alzheimer's Association. There for 3.5 years, she further honed her skills in organizational leadership, greatly expanding the organization's volunteer base, public profile, funding sources, training and support services throughout Southern Arizona, ultimately improving the quality of care for those living with dementia and their caregivers.

In the ensuing four years, Kelly became the key strategic executive for Carondelet Health Network, utilizing her expanding skill set to produce results for the four-hospital network in physician recruitment, service line growth and clinical integration. Kelly's career came full circle when she joined The Hacienda at the Canyon to assume the position inaugurated by Kelly's original mentor, Terri Waldman who was called to serve elderly patients recovering from COVID at Harmony House.

Kelly's passion for serving those living with dementia; her ability to recruit, train, reward and continually inspire our Naya caregiving team; and her skill at orchestrating the wide variety of health and wellness partnerships that support our Hacienda family will surely bring lasting benefits to our members, families and colleagues.

NAME OF INSTRUCTOR

CLASS NAME

Karen Reb Rudel**Sight Seekers Delight Series**

Born and raised in Johnstown, Pennsylvania, Karen grew up with the aspiration to be a comedian, a musician, or both... She groomed these crafts from a young age by making everyone around her laugh and beginning a lifetime romance with the flute at the age of 9. She went on to study drama at Temple University in Philadelphia and played in a series of bands.

From the age of 30 until she got married, Karen was back and forth between Paris and Philadelphia, working on musical projects and touring (including being the flautist and singer in a Reggae band in Paris). One day her parents came to visit her and Karen, having learned a lot about Paris, was showing them around when her mother exclaimed, "Karen, you would make a great tour guide!" That was the light bulb moment, and as the French say, *voilà!*

Paris has been Karen's stomping ground for over 20 years, and her company is in a unique position to give you the historical background and underground cultural scoops that most walking tours leave out.

Missy Paschke-Wood**Oral History Practicum**

Until she joined The Hacienda at the Canyon her professional background had been entirely in the arts. This fertile training ground led to her landing her dream job as our Community Resource Director, a joint position with the Southern Arizona Arts & Cultural Alliance (SAACA). Missy is thrilled to be leading the Canyon Community Life team in programming a wide variety of life-enriching activities, classes, trips and events for the enjoyment of Canyon members. Missy was previously associated with the Festival International de Lousiane, the largest Francophone music festival in the US, the Tucson Jazz Festival, and Arizona Theatre Company. Before COVID she used to moonlight hosting Retro Game Show Night at Hotel Congress and was DJ Midtown Missy Tuesday afternoons on KXCI. Missy believes the arts make life worth living and is happiest when lots of people are having a great time together.

Chris Sabala**Juggling with Chris**

Chris Sabala grew up in Colorado. He moved to Arizona at 19 to come to school and never left! He worked in golf and hospitality for 20 years and made the move to Senior Living when Watermark was building the Hacienda at the Canyon. He met his wife in Arizona and has 3 beautiful children. He loves hiking, cycling, golf, music, BBQs, and, of course, juggling.

NAME OF INSTRUCTOR

CLASS NAME

Brit Wieland

Wire & Wine!

Brit Wieland has lived in the Arizona desert her whole life. She has always had a deep love for art, history and nature with the need to create and travel. She graduated from the University of Arizona with a BA in Art History and Studio Art and has worked in related fields since. Brit has been a working artist with her line La Lady Lune- you probably have seen her at artisan and craft shows over the last 10 years!

Brit specialized with several mediums, but have been consistently creating and collecting jewelry for several decades. Accessories have always been her favorite! She loves collecting treasures, whether it's a new strand of garnet beads or reclaimed chain from a vintage belt. She loves to hold their mysteries and to create and or recycle them into something new. It's her way of honoring nature and the past, while fulfilling her need to create, with hopes to give something meaningful back.



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