

WATERMARK UNIVERSITY

2018

Spring Semester
JANUARY THROUGH APRIL

LEGACY[®]
AT FAIRWAYS
A WATERMARK RETIREMENT COMMUNITY



Hello and thank you for your interest in Watermark University!

The foundation of Watermark University (WU) is to provide meaningful opportunities to learn, teach and grow, resulting in a life of overall well-being. Research shows that learning and keeping our mind active and sharp supports healthy aging.

At Watermark Retirement Communities® we are committed to encouraging our residents and associates to lead balanced lives, full of meaning and purpose, grounded in self-awareness and infused with curiosity. Our Watermark University courses help achieve this goal.

By focusing on the Seven Dimensions of Well-being: Physical, Social, Intellectual, Spiritual, Emotional, Environmental, and Vocational we offer the opportunity to achieve a balanced life and we see the benefits across the country in every class, every day.

Sincerely,

Cassie DeLeys

Cassie DeLeys
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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All Natural Skin Care and Home Remedies	Julia Goyette	Tuesday, March 13th • 2:30pm	Media Room
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Join Julia as we learn all new ways to take care of our skin and make all natural remedies at home. We will explore mostly the use of coconut oil and tea tree oil in making these products. It's amazing how many different ways you can use these two to replace things that you use everyday.

And The Oscar Goes To...	The Gentlemen of Song: Tom Cometa and Tony Ferra	Friday, March 9th • 3:00pm	Media Room
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In 1929, the Academy of Motion Picture Arts and Sciences (AMPAS) began awards for artistic and technical merit in the American film industry. In 1934, the Academy included Best Original Song as an award category. While many of the movies and some of the actors are forgotten, these songs live on. Tom and Tony have selected 20 of the songs (winners and a few notable nominees) for a special presentation of this "Oscar" music. Listen to the song and learn about the composers, the movie, the actors and some interesting back stories.

Art History Comes Alive	Barb Messina	Fridays, January 5th & March 2nd • 3:00pm	Activity Room
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Do you have an interest in art? Would you like to learn more about art history, artists, artistic time periods, styles, techniques, and more? Join Barb as we explore these aspects of art that we may not be as familiar with. She will begin the class with some history and verbal instruction, and then we will get the opportunity to try out the styles and techniques she has demonstrated. We will create beautiful art in this class, as well as learn some history and hone our artistic abilities.

Author Talk: The Write Solutions	Jim Albright	Friday, April 27th • 3:00pm	Media Room
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Jim Albright launched "The Write Solutions" in 1993, where he has been able to foster his love for writing. In this course he will discuss the books he's written, how he has done so, and more. Books written include, "Krazy Kodak Moments," fictional "Reverent Revelations About Roostercrowing, Old York," and photography books "Gallopig Toward Gone" and "Three Tint World." "Krazy Kodak Moments" cover humorous topics from his experiences in the golden years, particularly for sports promotions, from 1970 to 1993 at Eastman Kodak. "Reverent Revelations About Roostercrowing, Old York" consists of episodes that take place in this fictional town, one of which outlines the story of William S. "Daffy" Dafford who has pitched for the Roostercrowing Red Tufts Baseball Team for 80 years. Come to find out more!

COURSES	FACULTY	DAY AND TIME	LOCATION
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Balance, Gait, and Strength	Robin Barclay	Friday, April 13th • 2:30pm	South Exercise Room
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Join licensed Physical Therapist Robin Barclay as we explore our balance, gait, and strength. In this course we will spend the afternoon learning about the importance of these three things and Robin will show us great exercises to help improve them. Come and learn these and other ways to reduce your risk for falling.

Beer 101	Debbie Metzger	Last Wednesday of Every Month • 3:00pm	Activity Room
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Do you enjoy beer? Would you like to learn more about it? The beer industry has taken off in recent years, creating more styles and flavors to suit people who were never traditional "beer drinkers." Join Deb for her month beer series. We will start with an introduction to beer, what it is, how it's made, and the common styles. We'll discuss Pilsners vs. Lagers, explore IPAs, dark beers, and seasonal varieties to expand your knowledge and palate. Each class we will do tastings so you can see the differences between the styles and see what kinds you like best. It may surprise you! As the class grows and develops we will begin to learn how to make our own beers too.

Broadway Show Stoppers	Bob Sagan	Thursday, March 15th • 2:30pm	Media Room
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Broadway Show Stoppers! That magical moment when the show stops and the audience erupts into thunderous applause and cheering. Call it spiritual or religious or just entertainment and fun! It is this moment that we want to hold on forever.... A Broadway Show Stopper! Come and join Bob Sagan, "Broadway Bob" and relive those magical moments from the Great White Way- Broadway. He will discuss the magical, incredible moments when the curtain comes down for many well known Broadway shows, accompanied by musical selections and video clips to enhance the presentation. If you are a lover of Broadway musicals, or just enjoy listening to music, you will not want to miss this fun filled and exciting presentation.

Conflict in Korea: Then and Now Three Part Series	Larry Britt	Wednesdays, January 10th, 17th & 24th • 3:00pm	Media Room
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Korea has been the scene of actual and potential conflict for more than 70 years. This course will examine the history of this divided nation leading up to the present time. The first session of the course will trace the developments that led to the division of the country at the end of World War II. In June, 1950 North Korea invaded South Korea. The United States, with UN backing, entered the conflict to stem this aggression. The second session will trace the course of the war over the next three years including the military and political developments. The final session will cover the succeeding 64 years of tensions between North Korea, South Korea the United States and other nations as political tensions and military threats continue to the present day.

COURSES	FACULTY	DAY AND TIME	LOCATION
Cooking at the Olympics: It Takes A Village to Feed A Village	Joan Bardossi	Wednesday, February 21st • 2:30pm	Activity Room
<p>Joan cooked at the Olympics in 2008 in Beijing, China. Come to this class, amidst this year's Olympics in South Korea, to hear about her experiences cooking for the Olympians and traveling to China, and sample a few of her dishes.</p>			
Dancing Through the Decades	Cassie DeLeys and Jenny Nunez	Monday, March 12th • 3:00pm	South Exercise Room
<p>Let's get moving in a fun way! With this class we will get exercise, while learning popular dance steps from different decades. Show off the moves you've done for years and learn some new ones too. Cassie and Jenny will demonstrate and teach both regular and modified chair examples of each dance.</p>			
Ebay Road Show: What's It Worth?	Jacky Kelly	Tuesday, March 27th • 2:30pm	Media Room
<p>Do you have an antique or special item that you've always wondered how much it's worth? With this class we will join Jacky, an experience Ebay Seller since 1999, as she shows us how to search Ebay to discover what your treasures are selling for! She will give tips on how to best sell your items too. Even if you're not interested in selling, come down to assess, it may just fascinate you to see how much your items are worth.</p>			
Everything Essential Oils Make and Take	Lisa Boughton	Sunday, February 11th • 1:00pm	Activity Room
<p>Join Lisa and her Mom, Kathy, as we learn all about Essential Oils. They have become increasingly popular in recent years as natural remedies for health problems, cleaning, relaxation, and much more. Lisa and Kathy will tell us about their benefits and how to use the different oils in different ways. After learning more they will show us a "make-and-take" gift that you can put together using oils and bring with you to use that day!</p>			
Gluten Free Goodies	Chris Pender	Monday, April 9th • 3:00pm	Activity Room
<p>Join Chris, alongside his uncle, one of the owners of Donna Marie's Gluten Free Bakery in Penfield. Learn more about what it means to be Gluten Free and how to make treats in this new way. We will discuss the differences in how to bake without using traditional flour and try some of the goodies from the bakery. See if you can taste the difference!</p>			

COURSES	FACULTY	DAY AND TIME	LOCATION
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Introduction to Broadway	Bob Sagan	Tuesday, January 30th • 2:30pm	Media Room
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"Broadway Bob" has a passion for theatre! He will be discussing the history of Broadway and some of its most famous shows. This lecture will kick off a series with Bob that will feature different shows and allow us to learn the ins and outs and everything in between about Broadway, how it's reached Rochester, and what is happening on the Great White Way today. It will also be open for discussion so we can hear stories about shows that you have seen and loved. Bob brings his passion and enthusiasm for the art form as he brings to life the sounds and excitement of the great American Musical in a lively and interactive presentation. Join him for an afternoon of Broadway Magic!

Journaling for Beginners	Kerry Johnson	Monday, February 12th • 3:00pm	Activity Room
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Learn the basics about journaling by taking this inspirational class! Sales Director Kerry Johnson has a love for journaling and creative writing and wants to share it with you! See how easy, rewarding and comforting it can be to put pen to paper and give voice to your personal thoughts!

Learn to Make Chocolate Covered Strawberries	Jenny Nunez	Saturday, January 20th • 2:30pm	South Lounge
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Come on down to the South Lounge to join Jenny to learn how to make delicious chocolate covered strawberries. She will give tips and tricks on how to make the best tasting and looking treats. No cooking class would be complete without samples! We'll get to make, take, and taste some as well.

Leonardo da Vinci: A Renaissance Man Often Centuries Ahead of Himself	Rosemary Irwin	Tuesday, April 10th • 2:30pm	Media Room
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"The 15th century of Leonardo and Columbus and Gutenberg was a time of invention, exploration, and the spread of knowledge and new technologies. In short, it was a time like our own," -Walter Isaacson. In 2015, RMSC hosted the "Genius on Display" exhibition, featuring the incredible achievements of Leonardo da Vinci. Two years later, Walter Isaacson released his biography, focusing on the how and why of da Vinci's achievements. You have heard about Leonardo da Vinci all of your life, but what he did in his short lifetime still influences us. Come listen to and discuss this amazing man and how he still transforms the world to this day.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Microwaveable Mug Creations Series	Jenny Nunez	Tuesdays, January 9th, February 6th, March 6th & April 17th • 2:30pm	South Wing Lounge
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Sometimes you just want a sweet treat, but you don't have the time or ingredients to make a full batch of desserts. Or you don't want to be stuck with a dozen cookies when just one would do the trick! Join Jenny to try out this fun trend of Microwave Mug creations. You will learn recipes to make a single serving treat quickly and easily, so bring your own mug, or borrow one of ours! Throughout the months we will explore different recipes, from desserts, to quiche, to muffins, and more.

Mixology Class Series	Cassie DeLeys	Tuesdays, February 20th & April 3rd • 2:30pm	Activity Room
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Mixology is the art or skill of preparing mixed drinks. In this series we will learn how to make different drinks, and of course, sample them! February's class will feature a "Love Potion," which will be vodka based. April's class will be Moscow and Kentucky Mules, which will either be vodka or whiskey based depending on your preference. Learn a little more about these spirits and see how they pair well with other mixers. You'll get a chance to try something different, maybe you'll find your new favorite drink!

My Experience: Cruising the Open Seas	Lori Clement	Thursday, January 18th • 2:30pm	Media Room
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Let's get away with Lori! She has taken three great cruises over the years, visiting places such as Jamaica, Puerto Rico, Cozumel, St. Maarten, and more. Come on down to learn all about her adventures and excursions for these amazing trips. She will be showing pictures and videos from the sights, horseback riding, swimming with dolphins and zip lining. It will feel like we got away to the tropics too!

My Experience: Owning My Own Catering Business	Lianna Burgos	Saturday, January 13th • 2:00pm	Activity Room
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You've enjoyed her cooking here, but did you know our chef Lianna also owns her own catering business on the side? Come down to learn more about her business, how she runs it, and gain insight into the world of catering. Be sure to bring your questions!

No Bake Cookie Class	Lianna Burgos	Saturday, April 21st • 2:00pm	Activity Room
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Did you know you can make cookies without an oven? Join Lianna for the recipe and an interactive demonstration on how to make No Bake Cookies. It's an easy and fun way to make a sweet treat without having to go through the hassle of baking the dough, or is perfect if you're in a pinch and don't have access to an oven.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Osher Lifelong Learning: New Netherland: The Dutch Colony Which Became New York	Tom Lathrop	Thursday, April 26th • 2:30pm	Media Room
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The Dutch colony of New Netherland was first settled in 1624, and was surrendered to the English in 1664. This course presents a history of New Netherland, and examines how the Dutch legacy in New York influenced what America would become in the nineteenth century.

Painting with a Twist	Barb Messina	Fridays, February 2nd & April 6th • 3:00pm	Activity Room
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Learning to paint can be a lot of fun! Barb will be alternating months between Art History and Technique lessons and more free-form classes. Come learn to paint...with a twist! Everything's a little more fun when wine is involved. In this class Barb will teach you how to paint in a more informal way. She will provide subject options and help guide you into making a masterpiece. All while you enjoy a delicious glass of wine.

Piano Lecture and Recital	George Warren	Monday, January 29th • 3:00pm	Main Living Room
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George, a recent graduate of the Eastman School of music, has a passion for piano, but also the behind the scenes of the beautiful music. Many people have listened to the music of Chopin, Mozart, Rachmaninoff, and Gershwin without know the nitty-gritty contextual elements of the compositions these artists created. In his lecture recitals he explores these details; talking about the composer's life, what their composition means to project and how it succeeds in doing so, historical influences on writing styles, and more.

Saving the Pictures of Our Past	Rosemary Irwin	Tuesday, February 13th • 2:30pm	Media Room
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The cinema was invented in the Victorian era, but for the first four decades of its existence almost no effort was made to preserve the millions of feet of celluloid that rolled through the cameras and projectors of the world. Instead, through a combination of accident, neglect and deliberate destruction, thousands of movies were lost forever. Then, in the 1930s, the first concerted attempts at film preservation were begun. The story of this film preservation is as thrilling, heartbreaking, and heroic as any major film storyline--and our local heroes at the Eastman house were and still are vital players in it. Come discover the story of how this part of history was and is still being created.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Start Off the Year Right! Tips to Stay Healthy and Strong	Robin Barclay	Friday, January 12th • 2:30pm	South Exercise Room
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Start your year off on the right foot! With New Years always comes with resolutions to exercise more and eat healthier. But it doesn't have to be a drag! Come to learn some techniques from licensed Physical Therapist, Robin Barclay, to keep you healthy and strong this year. She'll provide tips, tricks, and demonstrate some key exercises to get your year started off right!

Strength in Range of Motion	Alison Gilbert	Every Monday • 9:30am	South Exercise Room
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Come build strength and increase your range of movement through exercise with Alison. This class will use equipment such as resistance bands, weights, balls, and your own body to complete slow and deliberate exercises that will increase strength in your upper and lower body. All standing movements can be modified to a seated option as well. Strength building exercises are important, as muscle strength can benefit your balance.

Stretchercise	Amy Toth	Every Friday • 9:30am	South Exercise Room
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Join Amy for her energetic exercise class to finish off the week right! All exercises can be done standing or seated in order to encourage all levels of participants. Amy will make sure you are moving, stretching, and building strength in every class. All done to fun music to motivate you to want to keep on moving. There's no chance you'll be bored in this class!

Strictly Sinatra	The Gentlemen of Song: Tom Cometa and Tony Ferra	Thursday, January 11th • 3:00pm	Media Room
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Strictly Sinatra is a tribute to a man and his music in his 100th year. Join Tom and Tony, The Gentlemen of Song, for their newly created program all about Frank Sinatra. Their performance will include a compilation of Frank's most popular recording from his albums movies, all while sharing historical details of his career, songs, and performances since 1940.

COURSES	FACULTY	DAY AND TIME	LOCATION
Tai Chi	Lori Schime	Every Wednesday • 11:00am	South Exercise Room

Tai Chi is a martial art that combines gentle movements with breathing and mental focus to increase Energy or "Qi" flow through the body. Increasing the Qi flow has healing effects on the body. It can help with: arthritis, heart disease, cancer, improving longevity, increasing bone density, lowering blood pressure, helping with balance, and calming and focusing the mind, among other benefits. Qi gong is an ancient practice of cultivating energy within the body. The goal of practicing Qi gong is to learn to sense the energy, develop it, and control it. Like Tai Chi, Qi gong also has healing effects on the body. In this class we will learn some basic Tai Chi movements, as well as specific Qi gong exercises for the body. This class is suitable for people of all fitness and mobility levels. Exercises can be adapted based on participants' needs. Wear comfortable clothing and either bare feet or soft soled shoes.

The Facts/Truths About the "Failed" Policies of President Franklin Delano Roosevelt	Rufino Pabico	Thursday, April 12th • 3:00pm	Media Room
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On the anniversary of his death, come learn more about the policies of Franklin Delano Roosevelt during his Presidency. Some were considered very controversial. Join us as we learn more about how he was accused of conspiracy at Pearl Harbor and betrayal at Yalta.

Travelogue with Beth: Life is a Festival	Beth Brancatio	Monday, January 15th • 3:30pm	Media Room
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Discovering religious festivals and cultural events is the best way to understand the vibrant cultural heritage of a country, state or city. The Indian subcontinent, which includes Nepal, Bhutan, Tibet, Sri Lanka and Bangladesh along with India, is regarded as a hub of festive occasions and cultural events. India alone is so rich in terms of festivals that people say – 'There are more Indian festivals than there are days in a year'.

Travelogue with Beth: Eight Flavors: The Untold Story of American Cuisine	Beth Brancato	Monday, February 19th • 3:30pm	Media Room
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America's culinary landscape is as diverse as its population, yet we see how American food is united by eight flavors-some familiar, others surprising... Flavor is a concentrated mixture of aromatic compounds that provide all or part of the sensory experience of a food or beverage. Eight flavors introduces unsung culinary heroes: the explorers, merchants, botanists, farmers, writers and chefs whose choices came to define the American palate.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Travelogue with Beth: The Arctic and Antarctic	Beth Brancato	Monday, March 19th • 3:30pm	Media Room
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The North and South Poles have lured explorers for over a century. While both of these regions are mysterious, fascinating, and of course cold, they have a number of important differences. The Arctic, where the North Pole is, is an ocean surrounded by landmasses. Here, you might find animal life such as polar bears, reindeer, and foxes. While many people think snow when they hear "Arctic," in fact much of the Arctic is tundra and boreal forest. By contrast, the Antarctic, where the South Pole is found, is a continent surrounded by oceans. While the Arctic is cold, the Antarctic is even colder. But many animals live here, such as penguins and many species of seals and whales, including the orca, or killer whale.

Travelogue with Beth: The Great Silk Road	Beth Brancato	Monday, March 16th • 3:30pm	Media Room
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The Great Silk Road is a system of caravan routes crossing in ancient and middle age time Eurasian continent from Mediterranean Sea to China and influencing the emergence and development of trade and cultural ties between people and statehoods located along the way.

Uncork New York Wine Tasting Experience Series	Cassie DeLeys	Fridays, January 26th, February 23rd, March 30th & April 20th • 3:00pm	Activity Room
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Are you a wine lover? Did you know that the Finger Lakes region right near us is world renown for their grape growing and wine making? Each of these classes will focus on a different winery in the Finger Lakes region. Cassie will start with a history and background on the featured winery, and then we will get to learn more about the four wines that she chooses, as well as sample each to see which styles are our favorites.

Woodworking Workshop	Denny Brunner	Tuesdays, January 16th & March 20th • 2:30pm	Activity Room
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Join craftsman Denny Brunner to create a beautiful wood project with your own two hands! He will teach you how to sand down the wood, varnish, and put together a piece you can be proud to display or give as a gift. January will feature a Winter Hanging Door Decoration and March we will be creating a Bud Vase. Keep an eye in that month's calendar for the price of the class, which covers the cost of supplies. Please sign up with the Concierge as space is limited.

COURSES	FACULTY	DAY AND TIME	LOCATION
Yoga	Alison Gilbert	Every Tuesday • 9:30am	South Exercise Room

Yoga is an increasingly popular form of gentle exercise. Join Alison from the YMCA for stretching, yoga poses, breathing, and more. All designed to increase flexibility, balance, and strength. Her class is easily modified for those that prefer to stay in their chair to perform the movements.

You and Your iPad	Anna Alger	Every Second and Fourth Thursday of the Month • 1:30pm	Activity Room
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In this course you will learn the basics of utilizing your iPad, sending and receiving emails, surfing the Internet, downloading and sharing Apps and taking and sharing your photos.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Alison Gilbert

**Strength in Range of Motion
Yoga**

Alison has been teaching exercises classes at the Legacy for over a year now! She is also an instructor at the YMCA in Victor just down the road. Not only does Alison enjoy teaching Yoga, but loves doing it herself in her free time too for both exercise and to center her thoughts.

Amy Toth

Stretchercise

Amy has been working for the YMCA for years, as well as coming here to the Legacy to teach a class once a week. You may recognize her last name, as she is related to our friends Sam and Dottie Toth!

Anna Alger

You and Your iPad

Anna Alger is the Executive Director at Legacy at Fairways since 2007. She has a Bachelor's Degree in Health Care Administration, and shares a home with her husband of 30 years along with their two dogs, Sidney & Lucy. She enjoys traveling, and volunteering and supporting Veterans through a number of venues including Honor Flight Rochester. She also volunteers for Big Dogs Big Hearts Rescue, and is a lifelong Girl Scout.

Barb Messina

**Art History Comes Alive
Painting with a Twist**

Barb is a passionate teacher who has made art her life's work. She earned an MFA from Tyler School of Art in Philadelphia, Pennsylvania and has taught many students throughout her 30 years here in Rochester. Her resume includes teaching high school art for 25 years and adult ed classes at local art centers. Barb's stoneware pottery can be found in many cupboards on the east and west coasts. The pots she creates are meant to be useful and enjoyed by everyone. When Barb is not in the studio she can be found teaching art to students of all ages. Her focus is to enhance people's lives while learning about art.

Beth Brancato

Travelogue with Beth

Beth Brancato has been traveling since she was an AFS student in Greece at the age of 16. Since then, she has traveled to dozens of countries, has a small tour company and is starting a project called-Before we disappear...connecting with cultures that have not yet embraced the Western world. She lives in Victor with her 2 pups, 11 chickens and 2 gold fish and when not traveling, shares the world with people via photos, demonstrations, and cultural artifacts.

NAME OF INSTRUCTOR

CLASS NAME

Bob Sagan

**Introduction to Broadway
Broadway Show Stoppers**

Bob Sagan spent 34 years as a dedicated teacher of English and Performing Arts and Artistic Director for school and community Theatre groups in Rochester and Henrietta. Since his retirement in 1998, he served as the Director of Education and Community Engagement for RBTL where he continued to bring his passion for education and theatre arts to the schools in the greater Rochester area. In July 2015, Bob retired from his "retirement job" - the curtain came down on a very successful seventeen year fun for Bob at the RBTL. Today, Bob continues to share his passion for the arts with audiences ranging from elementary school to senior independent living communities and proudly serves as the Chair for the CenterStage at the JCC Advisory Council.

Cassie DeLeys

**Dancing Through the Decades
Mixology
Uncork New York Wine Tasting Experience Series**

Cassie DeLeys is the Community Life Director here at the Legacy at Fairways. She has worked here since she was in high school, starting in Dining Services and interning in both Marketing and Activities while in college. Cassie graduated from SUNY Geneseo in 2015 and immediately came back to the Fairways to work full time. When not at the Legacy, Cassie loves being active outdoors (when there's nice weather!) and spending time with family and friends.

Chris Pender

Gluten Free Goodies

Chris is the Head of Maintenance and Housekeeping at the Legacy. Before he worked here he was a contractor for twenty years. He currently lives in Victor with his wife, two sons, two dogs, and two cats! He has a big barn out back that he loves to go out to work on different projects in his spare time.

Debbie Metzger

Beer 101

Deb has been working in Senior Living for about 20 years, and before that she worked in the Restaurant Business including being the Head Chef at The Penfield Tavern for 8 years. She has a Bachelor of Science degree in Food Service Administration from Mansfield University in Pennsylvania. She has always had a passion for cooking, which began at a young age watching her grandmother cook. She was raised in East Rochester and currently lives in Henrietta. Deb just returned from her third Cruise and is planning her fourth! She spends time in the summer on her boat and enjoys reading and "Craft Beer". She is also a "Parrothead" and attends a Jimmy Buffet concert every summer!

NAME OF INSTRUCTOR

CLASS NAME

Denny Brunner**Woodworking Workshop**

Making useful and decorative wooden items for family and friends has been a passion for Denny since he was a young adult. Denny spent 36 years at General Motors as a Mechanical Engineer designing “car parts”, while woodworking in his spare time. After retiring in the fall of 2008, he was asked to demonstrate his woodworking skills at a local senior living center. Believing that a “hands-on” approach is better than just watching a demonstration, he developed a project for the participants to build under his supervision. That was the beginning of ArborArt Workshops. Since March of 2009, ArborArt has been conducting workshops for 4-H groups, schools, senior centers, scout troops, recreation departments and libraries on weekly, monthly or one-time bases. Each session has been created to give participants the opportunity to build useful items from wood, using a variety of skills in assembling, sanding, drilling, nailing, gluing, staining and finishing. The workshops promote sense of accomplishment from building attractive and useful projects, of which now the number has grown to over thirty.

George Warren**Piano Lecture and Recital**

George Warren is a classical pianist, lecturer, and composer based here in Rochester, NY. He's a recent graduate of the Eastman School of Music (2017), which is where he realized he had an extra passion, besides piano and composition: he loves to talk! George enjoys sharing what he knows about what he play with his audience. He's been performing in this manner for the past three years at several venues in Virginia, Florida, Rochester, NY and Long Island, NY. The types of venues he's performed at consist primarily of wineries, country clubs, nursing homes, schools, and retirement communities; as he enjoys these sorts of settings for their intimacy as well as their interested audiences.

Jacky Kelly**Ebay Road Show: What's It Worth?**

Jacky Kelly is a current resident of the Fairways Villas and a retired RIT Associate Professor. She has been an Ebay Seller since 1999 and is an expert on buying, selling, and assessing the value of items through Ebay sales.

Jenny Nunez**Dancing Through the Decades
Learn to Make Chocolate Covered Strawberries
Microwaveable Mug Creations**

Jenny has been working at the Legacy for almost two and a half years now. She first started as a Dining Room Server and then did Concierge and now is the Community Life Assistant. She loves where she is in life right now. She has a wonderful job, loving family and partner. She is a very dedicated person when it comes to her work and family.

NAME OF INSTRUCTOR

CLASS NAME

Jim Albright**Author Talk: The Write Solutions**

Jim Albright is a current resident of the Fairways Villas and avid writer. He worked at Kodak for 23 years in public relations in some of their technical areas as well as their spokesperson for local and national media and eventual part of the sports promotion group. After leaving Kodak in 1993, he formulated his own company, "The Write Solutions," which involved his writing of magazine articles, columns, writing and producing books, and taking hundreds of photographs.

Joan Bardossi**Cooking at the Olympics: It Takes A Village to Feed A Village**

Joan is passionate about travel and history. Cooking allows her to pursue those passions. Most of her career has been in hotels. She was fortunate to work at the Olympics in Beijing and London. Her career led her to Watermark Retirement Communities by way of the Rochester Legacy group. She feels everyday she is able to interact with incredible associates and residents and learns from their experiences and generous sharing of lifetime knowledge and wisdom. Her family and friends are great supports in all that she does. To say what she is passionate about, it is necessary to include her furry kids. Izzie, a sheep dog, and Emma, a mixture of all sorts, greet her every day with enthusiasm and a search for a treat. Hiking, swimming, kayaking and paddleball keep Joan busy as well.

Julia Goyette**All Natural Skin Care and Home Remedies**

Julia has been working at the Legacy for a number of years as the Lead Housekeeper. When she is not at work she enjoys spending time with her husband and 23 year old daughter. She also likes learning about skin care and ways to use natural products for health and in the home.

Kerry Johnson**Journaling for Beginners**

Kerry is a native of Rochester NY and a graduate of the Rochester Institute of Technology. Her major in Marketing Communications and her core study in Professional and Creative Writing has allowed her to further develop her natural ability and passion for the written word. Kerry finds much of her material in her daily life which includes her 2 teenage daughters, Katherine age 18 and Julia 16 - her fiancé Hans, her parents and siblings and newest family member - Snickers the cat.

NAME OF INSTRUCTOR

CLASS NAME

Larry Britt**Conflict in Korea: Then and Now Series**

Larry Britt is a resident of the Villas and has presented seven courses here at the Legacy, as well as 23 courses at Oasis over the past seven years. He is a published author on political and economic topics, as well as appearing on a variety of talk radio shows and participating in panel discussions at a number of well know Universities. Mr. Britt has also worked thirty years in international business, which involved contacts with many cultures and prominent personalities. He has had a life long interest in current events, economics, and history, especially World War I, World War II, the Cold War, and the associated political events of that era.

Lianna Burgos**My Experience: Owning My Own Catering Business
No Bake Cookie Class**

Lianna is one of our talented chefs here at the Legacy. She has been working in the food industry for three years, and actually got her first experience in the restaurant of our other chef, Ray Quinones. She's a big Washington Redskins fan and her special secret talent is that she can sing!

Lisa Boughton**Everything Essential Oils Make and Take**

Lisa has worked as Concierge at the Legacy for over a year. Her 15 year old daughter also works here in the Dining Room, and her grandfather, Walter lives at the Legacy too! She has a dog and a cat, but also loves larger animals! When she is not working she likes to distress by riding and caring for her two horses or sipping her favorite drink, a Gin and Tonic.

Lori Clement**My Experience: Cruising the Open Seas**

Lori has been working at the Legacy for four and a half years as the Business Office Manager, and has lived here for almost four years working on-call overnight. She enjoys spending time with her family, she has three children and eleven grandkids. Lori also loves traveling, especially taking cruises, because she gets to see new places, try new things, and get lots of sunshine!

NAME OF INSTRUCTOR

CLASS NAME

Lori Schime**Tai Chi**

Lori Scime has been teaching Tai Chi at the Qi Gong Institute of Rochester since 2013. She has been studying and practicing Qi gong since 2008. Her curiosity into how Qi gong healing works led her to pursue certification in Qi gong therapy. She received her initial certification through Lisa B. O'Shea and the Qi Gong Institute in 2011, and received her permanent certification in 2013. Lori studied elementary education at Bradley University in Peoria, IL, and received her Master's Degree from SUNY Brockport. Lori taught in Chicago and for the Rush- Henrietta school district before leaving the profession to concentrate on raising her family. She is active in her church as a Stephen Minister, helping individuals who are going through crises.

Robin Barclay**Start the Year Off Right! Tips to Stay Healthy and Strong
Balance, Gait, and Strength**

Robin Barclay has over 17 years experience as a physical therapist. She earned her Bachelor of Science degree in Exercise Physiology, from the University of Maryland and Bachelor of Science Honors degree in Physiotherapy, from The Robert Gordon University, Aberdeen, Scotland. She completed her training in clinics throughout Scotland. Experience includes working at George Washington University Hospital and the National Children's Center in Washington DC. Most of her time has been in Upstate New York. With some experience in orthopedic and pediatric fields, the majority of work spent providing home physical therapy to adult patients. She developed the "Keep on Moving"© classes to help people build strength and balance, reduce risk for falls, and continue an exercise regime when physical therapy is completed. She is a Certified Exercise Expert for Aging Adults.

Rosemary Irwin**Leonardo da Vinci: A Renaissance Man Often Centuries Ahead of Himself
Saving the Pictures of Our Past**

Rosemary Irwin lectures throughout our local area on topics as varied as health care, history, art, and technology. Over the past five years, she has facilitated classes created by Harvard, Stanford, and Humanities New York, translating complex material into lively non-academic discussions.

Rufino Pabico**The Facts/Truths About the "Failed" Policies of President Franklin Delano Roosevelt**

Rufino is a current resident here at the Legacy at Fairways with his wife Mary Jane. He retired from Academic Medicine, specifically Nephrology, in 1999 and has since then pursued his non-medical interests, history and literature.

NAME OF INSTRUCTOR

CLASS NAME

The Gentlemen of Song: Tom Cometa**And The Oscar Goes To...
Strictly Sinatra**

Tom started playing with local groups as a teenage in 1955. He was the original pianist with Vic Plati and the New Portrait in the 70's. He took a break from music for twenty seven years but after retiring from Xerox, he began playing and subbing with may local groups. Tom has worked with Ann Mitchell Jazz and continues to work with the Nostalgic Reunion Jazz Ensemble, the Rochester Metropolitan Jazz Orchestra, and this Gentlemen of Song collaboration with Tony Ferra.

The Gentlemen of Song: Tony Ferra**And The Oscar Goes To...
Strictly Sinatra**

Tony began singing 'professionally' at the age of five when he appeared on the Horace Heidt Amateur Hour. He has a wide range of music interests performing rock and roll, country, Sinatra, and much more. Tony sang with the Gateswingers Big Band for fifteen years and has been the vocalist with Nostalgic Reunion Jazz Ensemble for twelve years. His favorite gig these days is with a small combo because of the musical flexibility it provides.

Tom Lathrop**New Netherland: The Dutch Colony Which Became
New York**

Tom Lathrop is a retired software engineer who has taught several history courses at Osher. His interest in history has inspired him to teach others and share his passion through these classes.

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