

WATERMARK UNIVERSITY

2019

Spring Semester
JANUARY THROUGH APRIL

WOODBURY MEWS

© 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,

Susan Sacks

Community Life Director
Woodbury Mews

COURSES	FACULTY	DAY AND TIME	LOCATION
There are a lot of changes to our community.	During this time, some of locations may be changed due to the construction of the building.	Please check your daily sheets and calendars for any changes.	All Locations are subject to change due to the renovation project.
Ancient Discoveries	Sabrina Costantino	First Tuesday Every Month • 3:15 p.m	Inn 2nd Floor

A new Watermark University offering, Ancient Discoveries will be about discovering the secrets and mysteries of ancient times. Beginning in January, this new class will be looking back at the secrets of Noah's Ark. Searches for Noah's Ark have been made from at least the time of Eusebius (c. 275–339 CE), and believers in the myth continue to search for it in modern times. Many searches have been mounted for the ark, but no confirming physical proof of the ark has ever been found.(Or Has it??)

February we will be presenting The Greatest Archaeological Mysteries of All Time.

In March and April, we have a special 2 part presentation "UFO Sightings, Special Area 51". The base's current primary purpose is publicly unknown; however, based on historical evidence, it most likely supports the development and testing of experimental aircraft and weapons systems. The intense secrecy surrounding the base has made it the frequent subject of conspiracy theories and a central component to unidentified flying object (UFO) folklore. Although the base has never been declared a secret base, all research and occurrences in Area 51 are Top Secret/Sensitive Compartmented Information. On 25 June 2013, following a Freedom of Information Act (FOIA) request filed in 2005, the CIA publicly acknowledged the existence of the base for the first time, declassifying documents detailing the history and purpose of Area 51. This intriguing 2 part series will either have you believing or debunking but with so many years of documented and undocumented claims, you be the judge..

COURSES	FACULTY	DAY AND TIME	LOCATION
Art & Culture	Community Life Team	Every 3rd Wednesday • 3:15 p.m.	Town Center 3rd floor
		Every 2nd Tuesday • 2:00 p.m.	Inn 2nd Floor
		Last Thursday • 3:00 p.m.	The Gardens

We are pleased to be continuing our Art & Culture program in honor of our presenter Pauline Jonus who sadly passed away at the end of 2017. Her love of the arts and sharing a variety of different types of programs will be continued and presented by our community life staff members.

In January African Tribes Traditions & Rituals.

Coming in February , participants will be " Exploring Street Food Cultures Around the World".

March, we will delve into the cultures of Amish living, "A Simple Life".

And lastly in April, we will be exploring the Jewish cultures featuring a documentary entitled "Strictly Kosher - Real stories of the Kosher Jewish community.

Art of Candy Making	Kim Williams	Every 3rd Thursday • 2:00 p.m.	The Gardens
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Join Kim to create sweet treats we can all enjoy. Each month we will create new confections that are sure to satisfy your sweet tooth. In January, participants will be making home made fudge. In February, some special heart shaped chocolate lollipops will be featured. March participants will making mint chocolate covered cookies. And Finally, April will be homemade cream Easter eggs. This is sure to be a delicious way to learn!

Ballroom Dancing	Gene LaPierre/ Krista Bradley	Every 4th Friday Jan/March • 3:15 p.m.	Inn Lobby
		Every 4th Friday Feb/April • 3:15 p.m.	Town Center Bottle Club

Dust off those dancing shoes and get back on the floor! Each month, Gene shares his fancy footwork with us and encourages us to dance our cares away and explore some new steps. Some of the dances already introduced at the Mews are: Tango, Foxtrot, Waltz and the ChaCha. Over the next four months, Gene and his crew will be introducing some new dancing. Some new dancing this month will include Big Band and Line Dancing.

* Beginning in January, Ballroom dancing will be offered by monthly to the Town Center and the Inn communities and has been switched to Fridays at 3:15 p.m.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Baking at its Best	Cindy Hibbard	Every 3rd Tuesday • 2:00 p.m.	Town Center Bottle Club
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We are pleased that Cindy is continuing her crowd pleasing class on baking this semester. Her classes this semester will include many home made family recipes. In January participants will learn how to make white chocolate cranberry Biscotti. In February, participants will learn how to make triple chocolate brownies and in March will be some traditional Irish Soda Bread. And finally in April, Cindy will be teaching participants how to make chocolate cake without using flour. This cake could be made during Passover as it does not contain any unleavened bread ingredients. Please join her for these great programs.

Beading it Up	Tara Wojciechowski	February 20th • 10:30 a.m.	Inn 3rd Floor
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Tara will be "Beading It Up" with her jewelry making skills. Participants will learn how to create jewelry using various beads. This is Tara's first introductory Watermark University program. She will also be including her biography to her participants and how she started her hobby of jewelry making.

Behind the Stove	Anna Catando	February 6th • 3:15 p.m.	Town Center Bottle Club
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Anna will surprise her audience and class participants with a recipe that was inspired by her grandfather. In February, Anna will be making one of her grandfather's favorite desserts, Chocolate covered Moscato strawberries. Soaking fruit in wine is an old Italian tradition. Participants will learn how this got started and all the different varieties of fruits that were used and the different types of wine/alcohol used.

Celebrity Bio	Community Life	Every 2nd Monday • 10:00 a.m. Every last Monday • 2:00 p.m. Every 2nd Friday • 3:15 p.m.	The Gardens Inn 2nd Floor Town Center 3rd Floor
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The lives of the rich and famous have, and always will be, fascinating to those less glamorous. Stars are idolized around the world for both their good and bad qualities. This course will highlight some of our most beloved celebrities from the past. We will discuss what their life is or was like in the limelight, and reminisce memories we all share from their public appearances. Celebrity Corner is a great way to learn about your favorite celebrities. From Lucile Ball to Liza Minelli, Laurel and Hardy to Johnny Carson this class will evoke memories and intrigue you with these fascinating life stories. Since the program starts off with a who's who, the featured celebrity will always be a surprise.

COURSES	FACULTY	DAY AND TIME	LOCATION
Chairobics	Patti Lindstrom	Every Last Thursday • 10:30 a.m.	Town Center 3rd Floor
		Every 2nd Thursday • 10:30 a.m.	Inn Lobby

Certified fitness instructor Patti will take her class to their highest fitness potential. Focusing on balance, strength training, breathing techniques and more, participants get a full body workout in this class. Patti can modify her classes to all fitness levels. Combined with music, her classes are a crowd favorite.

Christmas Card Origami	Betty Adams	January 17th • 10:45 a.m.	The Inn 2nd Floor
		January 17th • 2:00 p.m.	Town Center 3rd Floor

During Betty's class, participants will learn the ancient art of origami by turning their holiday cards into trinket boxes. The boxes are perfect for holding small items and also for giving small item gifts. They are another way of keeping the memory of their sender with you all year round. (You could even, perhaps use them to present a gift card or small gift to the person the card was originally from) There's all sorts of different uses for these treasure boxes.

During the class, Betty will talk about Origami history and it's origins. Betty will also be supplying cards if participants do not have any. You may also bring any type of greeting card if you do not wish to make a Christmas box.

COURSES	FACULTY	DAY AND TIME	LOCATION
Compelling Conversations	Community Life	1st Thursday • 3:15 p.m.	Town Center 3rd Floor
		Every 4th Friday • 10:15 a.m.	Inn 2nd Floor
		1st Wednesday • 10:15 a.m.	Gardens

For it's 2nd term, Compelling Conversations has some great new topics!

In January participants will learn about the mysteries and the history of Stonehenge. Stonehenge is a prehistoric monument in Wiltshire, England. It consists of a ring of standing stones, with each standing stone around 13 feet high, seven feet wide and weighing around 25 tons.

February, participants will learn all about the Alamo. The Alamo Mission in San Antonio is commonly called The Alamo and was originally known as Misi3n San Antonio de Valero. It was founded in the 18th century as a Roman Catholic mission and fortress compound.

March, participants will be learning about the fascinating Bermuda Triangle. The Bermuda Triangle, also known as the Devil's Triangle or Hurricane Alley, is a loosely-defined region in the western part of the North Atlantic Ocean, where a number of aircraft and ships are said to have disappeared under mysterious circumstances.

And in April, participants will be learning about the Ark of the Covenant. The Ark of the Covenant, also known as the Ark of the Testimony, is a gold-covered wooden chest with lid cover described in the Book of Exodus as containing the two stone tablets of the Ten Commandments.

Cooking for Life, Culture & Health	Sue Sacks	Every 3rd Tuesday • 3:15 p.m.	Inn 1st Floor (Gardens Joining)
		Every 2nd Wednesday • 3:15 p.m.	Town Center Bottle Club

To bring good luck into the new year, Sue will be making Pork and Black Eyed Peas, a traditional New Year's Dish. During this class she will be teaching you all of the superstitions. February's culture cooking will feature the country of India. During February's class, Sue will be collaborating her Watermark class with Leela from the Town Center. Together they will be preparing one of Leela's recipe's, Mango pie. Participants will learn about Indian culture and traditions. In March, Participants will be learning about Ireland and working with corned beef, a traditional Irish meat that was used . Participants will be able to create their own corned beef Pannini's. April, Sue will be teaching participants how to make her famous Bruschetta. Bruschetta is traditionally an Italian appetizer. During this class, participants will also learn about different types of red wine and get to do a small tasting which compliments the taste of the Bruschetta.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Cultural Creations	Community Life Staff	Every Wednesday • 2:00 p.m.	Gardens
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The creations in this class are more than just crafts, each has a cultural significance. Every month will learn how to make new and creative crafts that have a cultural meaning. One example would be the Dream Catchers that were first created by Native Americans. Each creation has its own story to tell. We hope you'll join us every Wednesday in the Gardens for this program.

Drinks Around the World	Annette Simmons	Thursdays or Mondays TBD • 4:00 p.m.	Town Center Bottle Club
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During this fun, happy hour inspired Watermark class, participants will learn about drinks from around the globe. From countries, cultures and kitchens, different recipes and their origins will tempt the taste buds and the intrigue the curious as we learn about and sample some of these exotic, fun concoctions. The dates for this class will vary so you will need to check your monthly calendars for this event. Annette's busy schedule does not always allow for her to plan so far in advance, so to avoid any possible changes, we have chosen to keep this on as an added event that will be held during one of our normal happy hour times.

Drum Circle with Deke	Deke Kincade	Every 1st Monday • 10:00 a.m.	Gardens (Inn Joining)
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Music Therapist Deke Kincade is a crowd favorite in the Gardens. Deke brings an array of instruments with him for all to participate during his monthly drum circle. The magic of music and rhythm fill the room during Deke's 1 hour sessions. Residents from assisted living also join in the fun. Every month Deke will teach a new rhythm and incorporates stories and much more during each program.

Evolution of the Hearing Aid	Sabrina Costantino	February 21st • 10:15 a.m.	Inn 2nd Floor
		February 21st • 3:15 p.m.	Town Center 3rd Floor

13th century to 19th century: From animal horns to ear trumpets. Ear trumpets were invented in the 18th century. ... It wasn't until the 18th century that the more "modern" ear trumpet was invented. Funnel-shaped in design, ear trumpets were man's first attempt at inventing a device for treating hearing loss. Participants will learn how the technology of the hearing aid has changed over the years.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Famous Celebrities	Community Life	Every 3rd Thursday • 2:00 p.m.	Town Center 3rd Floor
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Rose will share her interest in learning about the intriguing lives of a variety of celebrities in this class. Some of the people she plans to highlight this semester include . Join our Community Life team as we celebrate the lives and careers of these memorable stars of the screen.

Inside the Free Masons	Community Life	Friday, February 3rd • 3:15 p.m. Friday, April 12th • 3:15 p.m.	Town Center 3rd Floor Inn 2nd Floor
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Participants will learn the all about the "secret society", better known as, The Freemasons. Freemasonry or Masonry consists of fraternal organisations that trace their origins to the local fraternities of stonemasons, which from the end of the fourteenth century regulated the qualifications of stonemasons and their interaction with authorities and clients.

Gentle Yoga with Maria	Maria Lodge	Every 2nd & 4th Tuesday • 2:00 p.m.	Town Center 3rd Floor
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Gentle yoga classes are typically described as appropriate for those who want a softer, nurturing, slow-paced, well-supported and relaxing practice. Gentle yoga is designed to revitalise the body, relax the mind and reduce stress, this slow moving Yoga class synchronises movement with breath for the perfect mind and body connection. Great for beginners and anyone wanting to restore their internal balance.

Grief Share Program	Steve Bruce	Every 2nd Saturday and through end of each month • 3:00 p.m.	Town Center 3rd Floor
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Steve Bruce, our Town Center resident will be conducting a class on how to cope with grief after losing a loved one/family member. Steve began this program in November to help show participants how to cope with grief during the holidays. Due to the great turn out, Steve has asked if we would continue this program to help anyone who is struggling with the loss of a loved one.

COURSES	FACULTY	DAY AND TIME	LOCATION
Health Tips with A.J. from Bayada	AJ Gizzi	Every 3rd Monday • 2:00 p.m.	Inn 2nd Floor
		Every 3rd Monday • 3:15 p.m.	Town Center 3rd Floor

Each month, Bayada brings a different health and wellness topic to our community. The topics vary and are posted in the Town Center main lobby and next to the elevator at the Inn. Participants will gain insight and knowledge of a variety of different wellness themes. A.J. also is available every 2nd and 3rd Monday in the Town Center library for his Ask the Bayada Therapist hour. Residents can visit and bring any questions and concerns that they may have. John is now also bringing healthy snacks to his talks for those in attendance to enjoy.

Horticultural Expressions	Rachelle Hasenberg	Friday January 18th • 2:00 p.m.	Town Center 3rd Floor
		Monday, February 4th • 2:00 p.m.	Inn 3rd Floor
		Friday, March 15th • 2:00 p.m.	Town Center Community Room or 3rd Floor (TBD)
		Monday, April 1st • 2:00 p.m.	Inn 3rd Floor

Each month Rachelle provides participants with a different theme that is creative and beautiful. Residents find her instructions easy to understand and very educational. With her horticultural background, Rachelle teaches each person about all of the materials. Both natural and artificial products may be used for each project. In January, participants will be creating a winter bulb decor. Participants can plant some of their own to take with them to nurture. In February, Participants will be designing their very own Valentine's Day Bud Vases while learning how bud vases are an important part of our history and our culture. In March, participants will be creating a Spring Bud Vase. In April you will be creating your very own Fairy Garden. You will have your very own container and choose from a variety of fun items to make a unique miniature garden.

COURSES	FACULTY	DAY AND TIME	LOCATION
Juicing for Life	Community Life	March 6th • 10:30 a.m.	Inn Lobby
		March 6th • 2:00 p.m.	Town Center Bottle Club

Participants will learn how fruit/veggie smoothies are a nutritious and healthy snack. There are different varieties of smoothies that will boost your immune system and give your heart a healthy dose of vitamins and minerals. The smoothies can be made with various ingredients including, strawberries, blueberries, blackberries, bananas, coconut, almond milk, yogurt, the skies the limit.....

Learn to Play Wii Bowling	Community Life	Every 1st Thursday • 2:00 p.m.	Town Center 3rd Floor
		Every 1st Saturday • 3:00 p.m.	The Inn 2nd Floor

Wii Bowling is a fun alternative to going to an actual bowling alley. It really feels like you are actually bowling. Once a month, during our Wii practices, we invite new participants to learn. It takes a little getting used to, but once you get the hang of it, it is really fun! The Wii bowling teams from the Inn and the Town Center have a tournament every month and compete against each other for fun and bragging rights. If you want to learn a new, fun sport, come and join us. You won't be sorry!

Making it with Mag	Sabrina Costantino	Every 3rd Tuesday • 2:00 p.m.	Inn 3rd Floor
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This is not your every day craft class. Each month Sabrina will teach her participants spectacular ways of creating unique and creative and often useful crafting items. Sabrina's ideas are on the cutting edge as she uses Pinterest inspired ideas as well as her own. She is an avid crafter in her personal life and will prove that anyone can do it themselves and have fun. Check your calendars each month for the specific creation events for those months.

Masterpiece Studio	Carrol Stella	Every Last Wednesday • 3:15 p.m.	Town Center 3rd Floor
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Carrol is an Art Instructor at the Town Center. Her class is entitled Masterpiece Studio. Each month the Town Center folks are able to explore their inner artist's within. This class is multifaceted and includes a mini bio of a famous artist and their art styles. Participants will learn to create their own masterpieces. Carrol's featured artists this quarter include :

January-Leonardo da Vinci: artist, inventor, naturalist and more!

February-Frieda Kahlo and Diego Rivera: sweetheart artists of Mexico

March-Henri Rousseau- self taught artist of the jungles

April-Renoir- his famous umbrella painting and others

COURSES	FACULTY	DAY AND TIME	LOCATION
Men's Club	Community Life	Every Last Tuesday • 1:15 p.m.	Inn 3rd floor (Gardens Joining)

We are now offering a new event called "Men's Club". We will be introducing new games and learning new skills. Some of the various events will be: playing Poker, Bridge, Blackjack and Gin Rummy or just getting caught up on sports talk or learning about your favorite teams. This will be a good time for all the men to come together and enjoy an hour of activities of their choice. We hope to see you all there! All are welcome!

Music & Composers	Judy Godshall	Every Saturday Afternoon • 1:30 p.m. Every 3rd Wednesday • 10:00 a.m.	Town Center Library Inn 2nd Floor (Gardens Joining)
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Judy shares her love of music during this series. She plays piano music of all genres and shares her extensive musical knowledge about the composers behind each song in this interactive class.

Music & Meaning	Steve Bruce	First Monday • 1:00 p.m. Every Thursday • 10:00 p.m. Every Friday • 6:15 p.m.	Gardens Inn Lobby Town Center Lobby
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Steve enlightens his audience and participants with songs of yesteryear which tell a story within themselves. Steve also teaches a bible study for the folks at the Inn and Town Center when he is able. He enjoys sharing his love of God and spirit with everyone.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Passports to the World	Stuart Liss	January and March • 2:00p.m. or 3:15p.m.	Town Center 3rd Floor
		February and April • 2:00 p.m.	Inn 2nd Floor

In January, participants at the Town Center will learn all about Coco Chanel. Gabrielle Bonheur "Coco" Chanel was a French fashion designer and business woman. The founder and namesake of the Chanel brand, she was credited in the post-World War I era with liberating women from the constraints of the "corseted silhouette" and popularizing a sporty, casual chic as the feminine standard of style. In February, participants at the Inn will be learning about dating and courtshipping through the times. The fascinating history of how courtship became 'dating'. In March, Stuart will teach the Town Center participants "All things Irish" and April, the Inn participants will learn all about the famous World's Fair.

Poems in the Parlor with Clancy	Clancy Jones	Every Wednesday • 3:00 p.m.	The Gardens
		Every 2nd Monday • 10:00 a.m.	The Inn at the Inn Lobby

Join Clancy and see the world through a poets eyes. Clancy will share his love of poetry while exploring the meaning behind the poets stories and their biographies as well. Did you know songs are poems too? You will discover the meanings of many old songs just by delving into the poetry of their writings.

Postcard Travels	Community Life Team	Every Tuesday • 3:00 p.m.	Gardens
		Every 1st Wednesday • 3:15 p.m.	The Inn 2nd Floor

Postcard Travels is a wonderful nostalgic and educational program that is performed by the community life team. Each week participants are engaged in a different adventure. From favorite vacation spots to exotic countries, each program takes the group on a different journey. Vintage postcards, items you'd need to pack, foods of the destination and costumes are often used as part of this informative, fun class.

The Environment and You	Joyce London	Every 1st Monday • 3:15 p.m.	Town Center (PDR)
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During this class, Joyce will be discussing a variety of topics relating to our environment and how it effects the mind, body and spirit. This class offers some great information with a holistic approach.

COURSES	FACULTY	DAY AND TIME	LOCATION
Travelocity - International	Community Life	2nd Monday • 3:15 p.m.	Town Center 3rd Floor
		2nd Monday • 3:15 p.m.	Inn 2nd Floor
		2nd Monday • 10:00 a.m.	The Gardens

We have changed our Travelocity program to "Travelocity International". Each month participants will now be learning about a new "International" destination and about their culture and religions. From Bangkok to Sydney,

Trending	Community Life or Guest Speaker	Every Last Friday • 3:15 p.m.	Town Center 3rd Floor
		Every Last Monday • 10:15 a.m.	Inn
		Every last Monday 4:00 p.m.	Gardens

Each month, participants will be intrigued by today's newest technologies. Not only will they learn about the amazing new things coming into our world, we will also do comparisons and the history of how many of them have evolved over time. This is a great group for round table discussions on how these new trends have changed and affected society as a whole. We may even come up with some new ideas of our own. In January we will be discussing Music methods. From 78's to MP3. February will be match making. From Yenta's to Match.com. March will be computers. From room size to the size of a cell phone. April we will be exploring schools and how our children learn. Did you know that cursive writing is going to be a thing of the past?? We hope everyone will join us for this new class offering because it should prove to be very enlightening.

COURSES	FACULTY	DAY AND TIME	LOCATION
Witch Trials of Salem Massachusetts	Sarah Simms	Thursday April 18th • 2:00 p.m.	Inn 2nd Floor
		Thursday April 11th • 3:15 p.m.	Town Center 3rd Floor

Participants will learn about an innocent woman named Sarah Good who was one of the first three women to be brought in at Salem on the charge of witchcraft, after having been identified as a witch by Tituba. She fit the prevailing stereotype of the malefic witch quite well. Good's habit of scolding and cursing neighbors who were unresponsive to her requests for charity generated a wealth of testimony at her trials. At least seven people testified as to her angry muttering and general turbulence after the refusal of charity. Particularly damaging to her case, was her accusation by her daughter. Four- year-old Dorcas Good (Sarah's only child) was arrested on March 23, gave a confession, and in so doing implicated her mother as a witch. At the time of her trial, Good was described as "a forlorn, friendless, and forsaken creature, broken down by wretchedness of condition and ill-repute." She has been called "an object for compassion rather than punishment."

Yoga for Life	Lois Viola	Every Saturday & Every 1st & Last Monday • 10:30 a.m.	Town Center 3rd Floor
		Every 1st Friday • 10:00 a.m.	The Gardens (Inn Joining)
		Every 3rd Wednesday • 1:30 p.m.	

Yoga is a holistic and healthy alternative to aerobic exercise and not only tones and helps to balance your body, it also relaxes and balances the mind and can lower your blood pressure. Lois will teach her participants the basic yoga poses and breathing techniques for the best possible workout.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

AJ Gizzi

Health Tips with Bayada

AJ Gizzi, Physical Therapist for BAYADA. With the goal of helping all residents to age in place, he offers ongoing education, in-services, and screening events for both Residents and Staff. AJ graduated from Arcadia University with his Doctorate in Physical Therapy in 2011. He currently resides in Washington Township, NJ with his wife and soon to be son.

Allison Plotts

Occupational Therapy 101

Born October 10th, in Woodbury, New Jersey. Allison grew up in West Deptford, New Jersey and graduated from West Deptford High School and currently attends Elizabethtown College in Pennsylvania majoring in Occupational Therapy. Allison also plays for the Elizabethtown College Women's soccer team. She enjoys hanging out with friends, family and likes to learn about science.

Anna Catando

Miscellaneous W.U.

Anna is a member of our Community Life team at the Mews. Anna also works part-time for an Elvis Tribute Artist. For the past 10 years, she handles all bookings and marketing for him. She enjoys photography and graphic design. She created her own business, A.R.T. Creations, using the initials of the three members of her family. She has a daughter in high school and has been married for 22 years. She also restores old photos and creates personalized products for individuals as well as organizations and works freelance with Partners in Learning, a non-profit organization creating posters, flyers and such for their annual events. She enjoys spending quality time with her family, loves to cook, loves the beach and loves animals.

Annette Simmons

Beverages Around the World

Annette is the Mews Administrator. Prior to her new position here which started last spring, Annette was the Director of Nursing at our Inn neighborhood. She is married with children and also has a new addition to her family. Netti the puppy. You may have seen her from time to time scurrying around. Annette and her husband enjoy traveling and spending time with family.

Ben Vukicevick

Music Therapy

Ben has been a board certified music therapist since 2001. He graduated from Immaculata University with a BA in music therapy. He implements music therapy techniques with a wide variety of individuals on a daily basis. Ben sings, plays guitar, piano, bass, harmonica, ukulele, and drums. He holds music therapy sessions regularly in over 12 assisted living facilities in the area.

NAME OF INSTRUCTOR

CLASS NAME

Betty Adams**Greeting Card Origami Boxes**

Betty is the sister of Community Life Director Sue Sacks. Betty is a retired Science teacher with many hobbies and interests that she enjoys sharing with others. She has been a butterfly enthusiast for many years. It is a passionate hobby of hers. Now that Betty is retired, she enjoys sharing her knowledge of science and her many hobbies with others. Some of her hobbies are ceramics, quilling, quilting and crocheting. She loves to find treasures at yard sales and thrift markets and collects many of her supplies when browsing them.

Bill Jensen**Poet's Corner with Bill**

Bill was born on March 23rd in South Philadelphia. He worked for 34 years as a labor expert in Human Resources. He was married to his wife for 62 years. He has two boys. His son passed away at the age of 50 years old and Bill's wife passed six months later of a broken heart. Bill's wife inspired him to write poetry. He started when he was 27 years old. All of Bill's poem's are based on life situations which also gave him the inspiration to write. He wrote a poem about a baptist minister and when he died the mayor used his poem as the eulogy. He also wrote a poem titled "Fat" that was published in Weight Watchers. Bill was also a member of the American Legion and President of Woodbury Heights Seniors.

Carol Wood**Travel Adventures**

Carol is a friend of one of our IL residents Jane Armstrong. Carol has traveled the world to many exotic places. She loves sharing her experiences with others about the different cultures and beauty of her travels. She isn't always easy to schedule due to her busy travel life but look for her programs in the monthly calendars. Carol and her companion always have the most wonderful stories and photos of their journeys.

Carroll Stella**Masterpiece Studio**

Carroll earned her BFA and studied creative arts at Drexel University. She brings to us her over 20 years of art and cultural experience. She loves yoga, going down the shore, exotic and healthy cooking, traveling and reading.

NAME OF INSTRUCTOR

CLASS NAME

Clarence "Clancy" Jones**Poems with Clancy**

Clarence "Clancy" Jones was born June 3rd in Philadelphia, PA. He moved to Gloucester New Jersey when he was 14 years old and graduated top of the class from Gloucester High School. He attended Drexel college for 7 1/2 with a sales / engineering degree. He was married 1947 to Lillian Hayes. He has four children and many grandchildren, great grandchildren and great great grandchildren. Clarence was also in the Navy for two years during the end of WWII. Some hobbies he enjoys are gardening, reading poetry, loves to sing and loves to travel. He has traveled to Japan, Taiwan, China and throughout Europe.

Cynthia Hibbard**Baking at it's Best**

Cindy is a Dining Room Supervisor in the Town Center here at Woodbury Mews. She got her culinary start as a professional baker in her father's restaurant. She has three wonderful children and is the proud Grandmother of a six month old baby boy.

Deke Kincade**Drum Circle**

Deke Kincade is a world-class musician sharing creativity and passion for rhythm through drum circle facilitation, workshops, and performance on hand-drum and drum-kit. He builds community through the power of music and drumming in schools and universities, residential and health care settings, and for community and private groups. Joining other music-loving performers, Deke shares his experience on drum kit, hand drums, and vocals in the studio and in clubs, festivals, and house-concerts.

Diane Carey-Stranko**Music,Me and My Twin**

Diane is a member of our Community Life Team. She is married and has one son named Tommy. She attended the American Musical and Dramatic Academy in New York City for the performing arts with her twin sister MaryAnn. She lived in Nashville TN with her identical twin sister where they landed a developmental deal with RCA records. Music has always been their passion.

Gene LaPierre**Ballroom Dancing**

Gene has been a private dance instructor for over 20 years. He owns a studio in Glassboro, NJ. Gene's motto reflects "Dance is more than just movement, dance can challenge your mind as well as your muscles". Some of the exciting dances that will be touched on in his class include Ramba, Mambo, Cha Cha and Swing. Gene has many other trained dance student instructors who often teach at the Mews as well.

NAME OF INSTRUCTOR

CLASS NAME

Janet Dougherty

Five Wishes

Janet has been a hospice liaison with Compassus since 2015. She is married with three children. She volunteers from time to time with the Senior Community and ties in her passion for helping others between her job and personal life. Some of her hobbies are gardening, cooking, exercising and going to the beach.

Judy Godshall

Music & Composers

Judy Godshall started the Senior Welcome Line 27 years ago at the age of 50 with her now deceased husband Luke. Seniors have been brought together once a month for a Dutch treat luncheon sharing senior issues. Married to her husband Luke, an Air Force veteran for 44 years, and living in four states, Judy attended Gloucester County College and studied several subjects over the years. Her music training was in Delaware playing the organ. Judy has two sons and helped raise a girl who lived on the streets. This child calls her mom and has even named her daughter after her. Judy enjoys her grandchildren and great grandchildren and gives the Lord prayers for the miracles in her life. Judy shares her love of music with our residents with her Watermark University program Music Appreciation. During her program she plays songs of reminiscence and discusses with her participants the song history and composer, while encouraging reminiscing participation from her guests.

Joyce London

The Environment and You

Joyce is a resident from the Town Center neighborhood. She is a native New Yorker who was born, bred, and educated in the city. Joyce has spent 10 years on cancer research and 20 years teaching chemistry and astronomy in high school. She was also an adjunct professor at Post College in New York. Reading, computer work and needlepoint are her relaxations.

Kimberly Williams

Art of Candy Making

Kim has been one of our dedicated nurses here at Woodbury Mews since 2003. In Kim's spare time, Kim enjoys volunteering at a local animal shelter or spending time with her own dogs. She also enjoys Bible Study and spending time at the beach.

Lois Viola

Fit For Life

Lois is a fitness instructor and personal trainer. She has been teaching a variety of classes for 18 years. Lois enjoys helping people. Her goal is to get everyone moving at their own pace, so they can feel good and have a better quality of life.

NAME OF INSTRUCTOR

CLASS NAME

Maria Lodge**Chair Yoga and Meditation**

Maria Lodge, PT, RYT has always been interested in wellness & exercise. In her 30 years as a Physical Therapist she has studied body structure, breath & movement. She began practicing yoga at a gym over 10 years ago. At that time she enjoyed the physical practice & the stretching that yoga provided to compliment more aggressive exercise. In 2012 after her father died of a prolonged illness she joined a yoga studio to get in shape & realized that yoga is so much more than a physical practice. The vigorous physical practice, along with breath work & medication allowed for peace in body, mind & spirit. She began using yoga as a modality in her Physical Therapy practice & saw how it benefited her patients in many ways. She is most thankful to have been able to attend Yoga Teacher Training at Vida Asana Yoga School in Costa Rica in the summer of 2017 & thanks her teachers, Alejandra Torres & Rosemarie Gonzales Gainza. Maria is proud to be a Resisted Yoga Teacher with Yoga Alliance. She is very thankful to Lynn Horan the owner of YogaTree for her support, guidance & for asking her to join their teaching staff. She strives to offer approachable, safe & fun classes to students of all levels. She enjoys swimming, traveling & practicing yoga with her husband, sons & their families!

Patti Lindstrom**Fun, Fit and Fab**

Patti Lindstrom is an ACE certified personal trainer and registered dietitian. She is the owner of Patti Lindstrom LLC. She has been teaching group exercise classes for over eight years. Her senior classes include breathing exercises, range of motion and strength and stretching exercises. Her classes incorporate resistance bands, light weights and balls. Patti is passionate about the importance of moving the body and exercising the mind and soul as well. She practices yoga, runs and bikes in her spare time.

Rachelle Hasenberg**Inspirational Horticulture**

Rachelle grew up in Pennsylvania. She attended Rutgers University where she received her Bachelor of Plant Science. She has resided in New Jersey for over 20 years. Her passion for gardening started when she was eight years old where she had a garden made out of tinker toy sticks. She combined her passion of working with plants and people together and started her own business in 1989 called Inspirational Horticultural Therapy after becoming a registered Horticultural Therapist.

Rose Macarone**Miscellaneous W.U.**

Rose has been a Community Life team member since October 2017. She was raised in East Greenwich New Jersey. She was the captain of her tennis team at Kingsway High School and was also Prom Queen! She has 2 sons and 1 daughter that she raised in Gibbstown, New Jersey who are now grown with one married. Rose is also an experienced interior decorator and you can see her talents in some of our local restaurants. Carolina Blue, Arugula and many more. Rose enjoys singing, whistling and dancing with friends.

NAME OF INSTRUCTOR

CLASS NAME

Sabrina Costantino**Miscellaneous WU**

Sabrina is a member of our Community Life Team. She grew up in West Deptford and moved to Gibbstown. Sabrina has been married for 11 years and has twin girls. Her hobbies are creating crafts of all kinds, reading, taking care of her family and loves to relax to a great old movie. Sabrina is always seeking new adventures. Sabrina's childhood nickman was Mag hence the name of her signature Watermark University Class "Making it with Mag".

Sarah Sims**Miscellaneous W.U.**

Sara is a member of our Community Life Team. She was born in Philadelphia but moved to Wenonah/Deptford when she was six years old. She has 2 sisters (she is the middle child). She has two dogs, one boy and one girl. They are her furry babies. She is a natural witch born on Halloween. She loved to learn about the history of Salem, MA witch trials in the year 1692. Sarah also reads Tarot cards. She loves tattoos and going to concerts and of course putting a smile on others faces, that makes her smile!

Steve Bruce**Bible Study and Music**

Steve is a resident at the Town Center in the Mews. Steve volunteers in many ways by offering his musical talents on Friday evenings at Town Center, the 2nd Monday of the month at the Gardens and also Thursday mornings at the Inn. He graduated from Regents College with a major in sociology. He is recently widowed from his wonderful wife of 45 years Dee Bruce. They have three children together and three grandchildren. Steve is also retired from the US Navy. While in active duty, Steve was in charge of all of the music for the religious services on the ship. He became a certified Lay Servant in 2001 and gives various talks to walk to Emmaus. He has continued his passion for teaching the bible by doing weekly bible studies here for the residents. He is just an all-around great guy and a pretty good pool player as well. We are grateful for all he does at our community.

Stuart Liss**Life Long Learning**

Stuart is a native born Philadelphian. He currently resides in Cherry Hill, New Jersey. He is a retired Financial and Real Estate Entrepreneur and has a Masters in History. Stuart enjoys sharing his vast knowledge of historic events and creating intriguing programs to share with others. He is married with one daughter and enjoys golf, reading and photography.

NAME OF INSTRUCTOR

CLASS NAME

Sue Sacks

Cultural and Healthy Cooking

Sue has been the Director of Community Life at the Mews since January, 2017. She brings to us over 15 years of experience in the recreation field and also uses some of her 25 years of catering experience to add to her large events and programs. Sue has a love for cooking and health and brings both together in her healthy cooking programs. Sue also loves to bring different cultures to her cooking programs each month.

Tara Wadjakowski

Miscellaneous W.U.

Tara works in the Gardens Unit here at Woodbury Mews. She was born in Indiana and moved to New Jersey in 2005. Tara has traveled to many states including Texas, Minnesota, New York and Delaware. Tara has one son who is 18 months. She enjoys jewelry making, scrap booking, music, baking and spending quality time with her son.

Vicki Pine

Wines and Regions

Vicki is the head of transportation here at Woodbury Mews, but that does not limit where you can find her. This ever talented woman helps in whichever way she can. She is the mother of four children and loves being home and watching movies with them. She loves taking her family to the beach, or camping at her sister's where bonfires are a requirement. She and her sister will "chat" for hours on those days. She enjoys her job and spending time with all those that reside in the community.

WOODBURY MEWS

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