

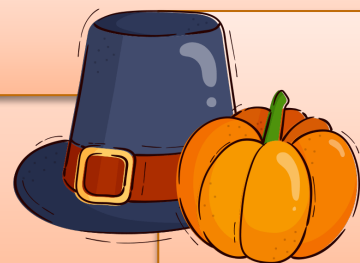


# Waterstone on High Ridge November 2022



| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   |
|---|---|---|--|--|---|--|
|   |   | 1<br>Aqua Aerobics Class – 10:00am<br>Mahjong Club – 10:00am<br>Fire Side Chat – 11:00pm<br>Resident Council - 2:00pm<br>Bingo – 4:30pm           | 2<br>Stretching Class – 9:30am<br>Bridge Club – 10:00am<br>Aqua Aerobics Class – 11:00am<br>Chair YOGA/ Carol – 2:30pm<br>The Stamford Symphony – 4:00pm<br>Beer & Wine Social Hour – 4:30pm                                 | 3<br>Aqua Aerobics Class – 10:00am<br>Poetry Writing - 11:00am<br>Travel the World - 1:00am<br>Giving Retrievers – 1:30pm<br>Good Mood Foods – 3:00pm<br>Trivia Night – 4:30pm | 4<br>Strength Class – 9:30am<br>Bridge Club – 10:00am<br>Fireside Chat – 1:00pm<br>Tai Chi Class – 1:30pm<br>Art History / Darby 3:00pm<br>Happy Hour "Live Music"–4:30pm                             | 5<br>Aqua Aerobics Class – 9:45am<br>Technology Tips – 10:00am<br>Learn American Sign Language 11:00am<br>Ball Room Dance – 2:00pm<br>Knitting Club - 3:00pm<br>Let's Play a Game / Vinny 4:00                                       |
| 6<br>Sunday Mass (Live Stream) - 10:15am<br>Chair YOGA / Carol 11:30am<br>Trip To the Theater / The Cemetery Club- 1:30pm<br>Scrabble – 3:00pm<br>BINGO- 3:30 | 7<br>Cardio Class – 9:00am<br>Current Events – 10:00am<br>Life Phone Education – 11:00am<br>Cardio Class – 1:00pm<br>Pilates Class – 1:30pm<br>Concordia Conservatory – 1:30pm                    | 8<br>Aqua Aerobics Class – 10:00am<br>Mahjong Club – 10:00am<br>Fire Side Chat – 11:00pm<br>Mahjong Lessons / Ronda 3:00<br>Bingo – 4:30pm        | 9<br>Stretching Class – 9:30am<br>Bridge Club – 10:00am<br>Aqua Aerobics Class – 11:00am<br>History of Armistice/ Veterans Day Mark Albertson – 11:00am<br>Chair YOGA / Carol – 2:30pm<br>Meet the Artist Reception – 4:30pm | 10<br>Aqua Aerobics Class – 10:00am<br>Hearing Workshop / Dr. Anne – 11:00<br>Travel the World – 1:00pm<br>Cooking Demo – 3:00pm<br>Trivia Night – 4:30pm                      | 11<br>Strength Class – 9:30am<br>Bridge Club – 10:00am<br>Fireside Chat – 1:00pm<br>Tai Chi Class – 1:30pm<br>Wines 101 / Wines of Italy – 2:00pm<br>Shabbat – 3:30<br>Happy Hour "Live Music"–4:30pm | 12<br>Aqua Aerobics Class – 9:45am<br>Technology Tips – 10:00am<br>Guitar lessons / Andrew 11:00am<br>Learn American Sign Language 1:00am<br>Knitting Club - 3:00pm<br>Let's Play a Game / Vinny 4:00                                |
| 13<br>Sunday Mass (Live Stream) - 10:15am<br>Chair Yoga / Carol 11:30am<br>The Survivors Swing Band – 3:00<br>Scrabble – 3:00pm<br>BINGO- 4:30                | 14<br>Cardio Class – 9:00am<br>Current Events – 10:00am<br>Walking Club – 11:00am<br>Cardio Class – 1:00pm<br>Pilates Class – 1:30pm<br>Opera Afternoon/ Dr. Jerry -2:00pm                        | 15<br>Aqua Aerobics Class – 10:00am<br>Mahjong Club – 10:00am<br>Fire Side Chat – 11:00pm<br>Winter Birds / Joe Warren – 2:00pm<br>Bingo – 4:30pm | 16<br>Stretching Class – 9:30am<br>Bridge Club – 10:00am<br>Aqua Aerobics Class – 11:00am<br>Piano Time / Marshall – 2:00<br>Art Class / Ellen – 3:00<br>Beer & Wine Social Hour – 4:30pm                                    | 17<br>Aqua Aerobics Class – 10:00am<br>Poetry Writing - 11:00am<br>Giving Retrievers – 1:30pm<br>Music with Gregory – 2:00pm<br>Cooking Demo – 3:00<br>Trivia Night – 4:30pm   | 18<br>Strength Class – 9:30am<br>Bridge Club – 10:00am<br>Fireside Chat – 1:00pm<br>Tai Chi Class – 1:30pm<br>Happy Friendsgiving 4:30  | 19<br>Aqua Aerobics Class – 9:45am<br>Technology Tips – 10:00am<br>Guitar Lessons / Andrew 11:00am<br>Learn American Sign Language 1:00am<br>Music with Emille s 2:00pm<br>Knitting Club - 3:00pm<br>Let's Play a Game / Vinny -4:00 |
| 20<br>Sunday Mass (Live Stream) - 10:15am<br>Chair Yoga / Carol 11:30am<br>Scrabble – 2:00pm<br>The Frank Porto Band - 2:00pm<br>BINGO- 4:00pm                | 21<br>Cardio Class – 9:00am<br>Current Events – 10:00am<br>Walking Club – 11:00am<br>Cardio Class – 1:00pm<br>Pilates Class – 1:30pm<br>Music With Cookie Thomas- 2:30pm                          | 22<br>Aqua Aerobics Class – 10:00am<br>Mahjong Club – 10:00am<br>Fire Side Chat – 11:00pm<br>Book Club 2:00pm<br>Bingo – 4:30pm                   | 23<br>Stretching Class – 9:30am<br>Bridge Club – 10:00am<br>Aqua Aerobics Class – 11:00am<br>Cary Grand / Mark Albertson – 11:00am<br>Chair YOGA / Carol – 2:30pm<br>Beer & Wine Social Hour – 4:30pm                        | 24<br>Aqua Aerobics Class – 10:00am<br>Thanksgiving Buffet 11:30 – 2:00<br><br>Happy Thanksgiving<br>Everyone at Waterstone!   | 25<br>Strength Class – 9:30am<br>Bridge Club – 10:00am<br>Fireside Chat – 1:00pm<br>Tai Chi Class – 1:30pm<br>Art History / Darby 3:00pm<br>Happy Hour "Live Music"–4:30pm                            | 26<br>Aqua Aerobics Class – 9:45am<br>Technology Tips – 10:00am<br>Learn American Sign Language 11:00am<br>Knitting Club - 3:00pm<br>Let's Play a Game / Vinny – 4:00  |
| 27<br>Sunday Mass (Live Stream) - 10:15am<br>Chair Yoga / Carol 11:30am<br>Scrabble – 3:00pm<br>BINGO- 3:30   | 28<br>Cardio Class – 9:00am<br>Current Events – 10:00am<br>Walking Club – 11:00am<br>Cardio Class – 1:00pm<br>Pilates Class – 1:30pm<br>Art Class with Rene 2:30pm<br>Music / Melody Men – 2:30pm | 29<br>Aqua Aerobics Class – 10:00am<br>Mahjong Club – 10:00am<br>Fire Side Chat – 11:00pm<br>Mahjong Lessons / Ronda 3:00<br>Bingo – 4:30pm       | 30<br>Stretching Class – 9:30am<br>Bridge Club – 10:00am<br>Aqua Aerobics Class – 11:00am<br>Ruth Bader Ginsburg Presentation – 2:00pm<br>Chair YOGA / Carol – 3:30<br>Beer & Wine Social Hour – 4:30pm                      |  | ** Car services within a 10mile radius is available for all residents.<br>Please schedule rides with the front desk concierge.  | ** Personal training available with Upper Deck Fitness<br>Monday – Friday<br>9:00am to 4:00pm  |

(All programming is subject to change please look for added and removed programming on lobby TVs)



# The Waterstone Newsletter

## November 2022



### From the Executive Director

Greetings Waterstone Residents and friends,

Very close to two years ago I was invited to the Epoch Senior Living team as Executive Director of Waterstone on High Ridge. In this role I would open the Welcome Center, meet many guests, develop our first group of residents, and develop partnerships within the health care community to assist us daily at Waterstone.

In July of 2021 I had my first tour of the community and was amazed to see the exquisite, beamed ceilings and stone fireplaces just as depicted in the architectural drawings. By the fall of 2021 I began hiring our current team. We currently have 70 team members working around the clock to make Waterstone operate efficiently. We are currently over 50% occupied and over 100 people are living in the community. The support from EPOCH Senior Living and National Development has been a catalyst in the success of the community.

I am grateful to all of you and what you bring to this community. You are the reason we all remain motivated to run Waterstone as efficiently as we do.

I wish you all a wonderful holiday season and look forward to our celebrations.

Wendy Kaufman

### WELCOME!!

Welcome to the first edition of the Tenant Councils' monthly newsletter whose mission is to portray life at Waterstone on High Ridge in the words of its residents. Contributions are welcome. We are also initiating a contest to name the newsletter and ask that you submit your suggestions to Bill Berkowitz, Unit 205. A prize will be provided to the creator of the final choice.

### Tenants' Council

by Barbara Finkel and Marilyn Liebman

The Waterstone Tenants' Council, chaired by Rica Spector, has been meeting regularly with the administration and together they have resolved several issues raised by residents:

In response to safety concerns, all outside doors are now locked and require a key fob to open. Entrance to the elevators from the garage requires a key fob, as well.

In response to complaints about salty foods, we are now receiving tasty meals with the use of less or no salt and more herbs and spices.

The morning texts, emails, and telephone announcements from Vinny and his Life Enrichment Team now remind us of the day's special activities and events and encourage us to take part.

The gym has been busier and the Council requests that users of the equipment wipe them down after use to prevent the spread of contamination.

The Council also strongly suggests that swimmers in the pool have a buddy with them.

In addition to checking each floor overnight, staff are delivering packages to apartment doors.

### Resident Highlight

by Betty Genter and Harriet Liss



Don was born and raised in a rented house in small town Aurora, IN, a stone's throw from the railroad tracks. While his education began in a two-room schoolhouse, he and most of his fellow classmates went on to excel in high school. In a nationwide competition Don won a full navy scholarship to the University of Louisville from which he graduated with a degree in mechanical engineering.

Following graduation and wedding his beloved Rosemary, now Ensign Rullman was assigned to the USS Pocono, an amphibious command ship that often-carried Admiral John McCain, the father of US Senator John McCain. In 1962, his ship joined an armada that blockaded Cuba and helped avoid the missile crisis set up by Russia's Khrushchev.

After leaving the navy in 1963, Don began a long career in environmental engineering, developing new emission control technologies. In 1979, Don joined an environmental consulting engineering firm and was voted a VP and Officer of ENSR where he worked for 22 years until his retirement.

### Staff Highlight

by Betty Genter and Harriet Liss

### Caterina Musilli

Caterina, Waterstone Dining Room Manager, is a native of Stamford and the youngest of four children. She has inherited her dad's work ethic and her mom's playful personality in a family that celebrates all holidays and special occasions.

Caterina is a graduate of Sacred Heart University where she studied marketing. She also spent three months studying in Italy. After working in an office for a few years she began her sojourn in the restaurant business as well as in tending bar. After just three months she was promoted to manager! She has honed her skills with each position she has held, which makes her the capable and confident manager she is today and a perfect candidate for her position at Waterstone. Caterina feels that some of the pluses of working at Waterstone include being appreciated by the residents as well as the positive feedback she receives from them. She also enjoys the many friendships she has formed with both staff and residents.



### The Veggie Killer

by Janice Richman



The truth revealed –

Did you ever wonder why our lovely Cat only wears boots?

Is it because she bought DSW before they went out of business? No.

Is it because she is madly in love with Johnny Depp? No.

Is it because "the cobbler" wears no shoes? No.

The truth is that she is a veggie killer.

My friend gifted me with a beautiful tomato.

The wait staff reported that the kitchen couldn't use food brought by residents. Cat said

"no problem" and off she went with my beloved tomato. When she came out of the kitchen

without my tomato, she confessed she accidentally dropped it and smooshed it with her killer boot.

Beware residents – there is a veggie killer

killer

### Library

by Debbie Neiman

We're happy to report that the library has added some large-print books to its collection and is in the process of finding more titles to include.

### "Going Bananas"

After reading this ongoing column, you'll never look at a banana in the same way again. Containing three natural sugars – sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide

enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

Watch for more ways bananas help us overcome a substantial number of illnesses and conditions in the next issue.



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