

The Breakwater Buzz

Summer is officially here and now that days are longer you might want to spend an evening sitting around the fire-pit with friends and visiting guests. If you want the fire turned on please let us know, we are happy to to start the glow!

Resident Marilyn Smith kindly donated a giant wooden Jenga (tower puzzle) meant to be played outdoors. If you would like to borrow it, ask the front desk.



With so many new faces, it's time to throw a NEW RESIDENT MIXER in the WESTWOOD PUB. Join us for light hors d'oeuvres and good company. Monday, July 17th 3pm-5pm.

PLEASE WELCOME NEW RESIDENTS

Patricia Forkas 310B

Mary Lou Gallagher 403A

Dody Schneibel 516B

Normandy Logistics

Westwood Lane

"A Building Rooms"

WTR: Theater Room

WP: Westwood Pub

WGR: Game Room

Riverwood Lane

"B Building Rooms"

RKA: Riverwood Kitchen & Arts

RWS: Riverwood Studio

RS: Riverwood Salon

Avalon

"New Atrium Section"

ADR: Avalon Dining Room

APD: Avalon Private Dining

AVH: Avalon Hall

AH: Avalon Hearth (in Atrium)

Other

LC: Lakeview Cafe

FC: River Fitness Center

L: Lobby

CMC: Cove Media Center

TL: Thurber Library

Daily Dining Schedule

Lakeview Cafe

Breakfast (LC)

7 days a week

7:30am to 10:30am

Lunch (LC)

7 days a week

11:30am - 1:30pm

Avalon Dining Room

Dinner (ADR)

5:00pm to 7:00pm

Pick Up (ADR) &

Delivery Times

4:30pm & 6:00pm

Kenny's Corner



FRIENDLY REMINDER: RENTAL PAYMENTS

If you do not have miscellaneous charges on your account; you will NOT receive a MONTHLY STATEMENT. The contracted monthly rental amount is written on your lease paperwork that was signed at move in .Payment is due on the 1st of the month, after the 11th you will be assessed a late fee. If you need a copy of your lease or further explanation, please let me know. Miscellaneous charges consist of Pub ,guest meals or extra services. You can drop your rent check off to the front desk or hand to me directly. Please call to schedule an appointment should you need more explanation. I am available at 440-333-5401 x3 .

Current Scams Targeting Seniors



Text Message Scams PSA

Have you received unsolicited mobile text messages indicating that a USPS delivery is awaiting your action, with an unrecognized web link to click in the body of the message? Don't click the link! This type of campaign is a scam called smishing.

How To Spot Scammers on a Dating Site: 9 Warning Signs

1. You can't find information about them online.
2. They quickly tell you they love you (i.e., "love bombing")
3. Too perfect — especially in photos.
4. Always traveling or live far away from you.
5. Refuse to video chat (or always cancel)
6. Constant family or personal emergencies.
7. Asking for financial help or talking about investments
8. Pushing for your personal information
9. Try to move the conversation off the dating site or app

Sunday Church Outings

Every Sunday | Departure in Front Lobby

8:15 AM: St. Christopher

8:45 AM: Bay Presbyterian

9:00 AM: Rocky River United Methodist

9:45 AM: St. Peters Episcopal



Monthly Musical Entertainment

Avalon Hall and Westwood Pub

Saturday, July 1st @ 3:30pm AVH

Peter Tavens & James Love :AVH

Tuesday, July 4th @ 4:00 pm

The Escape, Around the USA :AVH

Thursday, July 6th @ 4:00 pm

Guitarist and Vocalist Rey Rangle:WP

Monday, July 10th @ 3:30 pm

Keyboardist David Strieter:WP

Thursday, July 13th @ 7:00 pm

Debbie & David: The Music of Richard Rogers:AVH

Tuesday, July 25th @ 3pm

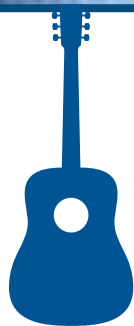
DJ HANK Christmas in July : WP

Thursday, July 27th @ 7:00 pm

Pianist Adam Bergeron :WP

Friday, July 28th @ 3:30pm

Keyboardist David Strieter: WP
(Birthday Celebration)



THE NORMANDY
PRESENTS ...

TECH FRIDAYS WITH TAK AT BREAKWATER

**PRESENTATION
STARTS
PROMPTLY AT
2 P.M.**

Tak has over 30 years of experience. Holds Bachelor of Science in Computer Information Science and Executive MBA from Cleveland State University.

Presentations

June 2

Curating Memories

August 4

There's an app for that!

September 1

Streaming

October 6

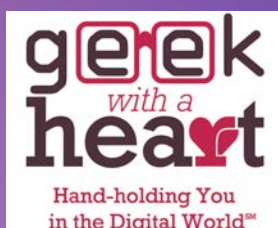
Internet Street Smarts(TM)

November 3

Gmail: its not only email

December 1

Tech Device Shopping





[Courtyard by Marriott Cleveland Westlake](#)

[25050 Sperry Dr, Westlake, OH 44145](#)

[\(440\) 871-3756](#)

\$109 Per Night

Must Book Stay with the Front Desk in order to receive promotional rate.

Promo code: The Normandy



About the [Extended Stay America Suites Cleveland Westlake](#) 30360 Clemens Rd, **Westlake**, OH 44145
Property Features Free breakfast is served daily. WiFi is free in public spaces. The business-friendly **Extended Stay America Suites** Cleveland **Westlake** also features barbecue grills, a picnic area, and coffee/tea in a common area. Self-parking is free.

[30360 Clemens Rd, Westlake, OH 44145](#)

[\(440\)899-4160](#)

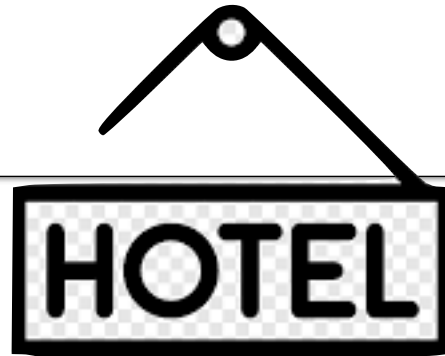
\$59 Per Night

Must Book Stay with the Front Desk in order to receive promotional rate.

Promo code: The Normandy

Do you have friends or family visiting from out of town?

The Normandy has a relationship with two hotels in Westlake at a discounted rate.





Men's Group

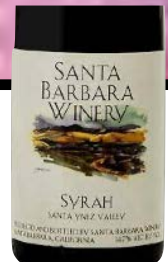
Tuesday, July 18th at 2:00pm in the WTR

If you haven't tried Wii Bowling, you haven't lived!
Beat Ken Penny and he will buy you lunch in the cafe!!



Wine Tasting with Elizabeth

Friday, July 14th 3:00pm in the WP



Wine enthusiast and former Wine Shop owner Elizabeth Grady will bring her skill and expertise to the Breakwater Westwood Pub. We will sample 3 different wines from ***Santa Barbara, CA.*** as well as perfectly paired cheese.

Don't miss out on this delicious experience !

(Cost is \$10.00 billed to account - Registration Required -sign up in Activities Book)

Bio as written by Elizabeth: "My last couple of years living in California, I spent time in the Napa Valley. It's fun living and working surrounded by Vineyards.

I have been actively involved in all aspects of wine for over 20 years. Working in restaurants, a catering company, to owning a wine shop (Grady's) Rocky River, and now working on the distribution side.

I enjoy learning the growers side, and truly enjoy tasting and passing my knowledge on to others.

Weekly Grocery Shopping



**GIANT
EAGLE**

Every Wednesday

Giant Eagle

Departure Times:

11:00 AM

1:30 PM

Wednesday, July 5th

Wednesday, July 12th

Wednesday, July 19th

Wednesday, July 26th 1:30 only

*Sign up sheets in Activities Book

heinen's
GROCERY STORE
since 1929

Every Friday

Heinen's

Departure Times:

11:00 AM

Friday, July 7th

Friday, July 14th

Friday, July 21st

Friday, July 28th

* Sign up sheets in Activities Book

NEW

Marc's
Fresh Savings. Smart Living.

**Westlake
Location**

Departure Time: 11:00 am

Wednesday, July 26th

Please sign up in the Activities Book

KOHL'S

Departure Time : 1:30pm

Friday, July 21st

Please sign up in the Activities Book

Podiatrist

*Dr. Kane will be visiting
EVERY OTHER month
starting January 2023.*

Next Visit:

July 19th , 2023

**Please note.. if your visit is not
covered by Medicare, there is a
\$55 charge to see Dr. Kane.**

*Please sign up in the Activities
Book located in the Cove Media*



Samantha with Connect Hearing will
be here every other month to change
batteries and clean hearing aids.

*Please sign up in Activities Book in
the Cove Media Center.*

*Next Visit is September 12th
@ 10:00-11:30 am in the
Wellness Center*

Nurse Practitioner

Marie Grosh

Board Certified Adult and Geriatric
Primary Care will make house calls .

To become a patient please call

440-427-5077

marie@housecallsofthefalls.com



Blood Pressure Checks

Every Monday @ 2:30

in the Thurber Library

Wellness Tray



*If you are under the weather please
call the front desk and order a
complimentary Wellness Tray that
include Gatorade, Broth, Crackers
and Jello .*

Photo Gallery



Weekly Current Events, Margaritaville Downtown, Goodtime III Boat Tour



LIVE LIFE TO
THE FULLEST

We feel that birthdays are special days! If your birthday is this month, PLEASE
join us on

Friday, July 28th in the Westwood Pub for a celebration!

Happy Birthday!!



211A David Saifman 7/7
112B Francis Stack 7/7
204A Mary Reinmann 7/14
202A Julia Rodriguez 7/19
202B Daniel Larson 7/21
217B Ethel King 7/22
309A Jane Gross 7/22
412B Marjorie Andres 7/24
315B Barbara Adams 7/26
215A Gerald Yarcusko 7/29
405B Phyllis Hanick 7/29



Staff

Nicole Gulak 7/4 , Elisa Torres 7/21,
Alexis Miller 7/27



Library News

This July, when I look at the wonderfully diverse selections of books we have, I am so grateful for the America we celebrate this month. I can find history-based fiction and non-fiction books in our library that tell all sides of much of American history. From early colonization, becoming a nation, wars on our soil and other nations, most of our Presidents, immigration, Black history, Women's rights and much more. We can find books in the Breakwater Thurber Library that tell all sides of the American story. Ask us about history-based fiction, take a look at all the nonfiction books in our Avalon Hall and refresh your memory.

This month you'll find new Current Published donations to our Feature Table once again. These new books will continue to have a Blue Dot on the cover. Although some are LARGE PRINT, many regular print books have larger print than others. Check them out. We want to thank Eileen Kanda and others for their donations of NEWLY PUBLISHED books. We love all the current books that you continue to donate.

Our RR Outreach Librarian continues to bring 30 new books every 3 weeks. Keep checking the RR shelves for new additions. The Rocky River Library books are the only ones that need to be signed out in the "Brown Sign Out Book". We also continue to ask that you only take one book at a time and return it in a timely manner, [Please don't shelf them.](#)

Thank you all so much for your continued support!



Librarians

Barb Palumbo, Laurie Soc & Rose Mary Zverina



Monday Night Mingle

7pm-8pm

EVERY Monday in the AVH

*unless noted

CORN HOLE, chatter and
contagious laughter please join us.

Even if you don't play, it's fun to
watch and help us cheer each other
on!

SMORES AFTER THE GAME



Do you have a talent you
would like to share?

If so, I'd love to hear from
you!

Jewelry Making, Painting,
Knitting, Crocheting, Story
Telling to include Travel, Baking,
Musical Talent...

Call me ... 440-333-5401, ask for
Tracey or email
tracey@thenormandy.com

Current Events

Every Tuesday

11:00am in the RWS

Stay up to date on news, politics
and more. Participate or listen,
new residents encouraged to join,
just show up.



Useful Phone Numbers

Breakwater @ The Normandy



440-333-5401 x3
-356-9039 FAX

Rocky River Senior Center

440-333-6660

www.rrcity.com/senior-center

Rocky River Civic Center

Indoor Pool/Track

440-331-0600

Senior Transportation

Thru the Senior Center

440- 333-6665



Nook Book Club



Breakwater Nook Book Club

The open house at the Normandy has been scheduled for July 22, which would be our usual meeting day. Fortunately, there are five Saturdays in July, so our meeting to discuss ***Lessons in Chemistry*** will be Saturday, **July 29** at 1:00 PM in the Private Dining Room at the back of the Avalon Dining Room.

Members of the Club have been suggesting books for us to read. If you have a favorite author and would like to share, please consider joining us. Even if you have not read the current selection, you are welcome to drop in and see if it is something you would enjoy.

The book for July is a charming new novel of self-discovery and second chances by a best selling, Pulitzer Prize-winning author.

Clock Dance

By Anne Tyler

Willa Drake can count on one hand the defining moments of her life. In 1967, she is a schoolgirl coping with her mother's sudden disappearance. In 1977, she is a college coed considering a marriage proposal. In 1997, she is a young widow trying to piece her life back together. And in 2017, she yearns to be a grandmother, but isn't sure she ever will be.

Then, one day Willa receives a startling phone call from a stranger. Without fully understanding why, she flies across the country to Baltimore to look after a young woman she's never met, her nine-year-old daughter, and their dog, Airplane. This impossible decision will lead Willa into uncharted territory - surrounded by eccentric neighbors who treat each other like family, she finds solace and fulfillment in unexpected places.

A bewitching novel of hope and transformation. ***Clock Dance*** gives us Anne Tyler at the height of her powers.

Let's celebrate
JULY 4TH
INDEPENDENCE DAY

***** RED, WHITE & BBQ *****

Please join us in the Avalon Dining Room on Tuesday, July 4th from 11:30AM - 1:30PM for our 4th of July 'Cook Out' Buffet! If you cannot join us in the Dining Room, you can pick up or have a meal delivered either at 11:30AM or 1:00PM.

Our menu will be:

Potato Salad
Macaroni Salad
Watermelon
Hot Dog
Bratwurst with Peppers & Onions
BBQ Ribs
Hamburgers & Cheeseburgers
Corn on the Cob & Corn off the Cob
Green Beans
Baked Beans
Mac & Cheese
Apple Pie & Cherry Pie

Annette and Diane better known as **THE**
ESCAPE are back to bring you;

4:00 pm AVH

Around the USA



Musical Program



Religious Services



Father Keller

July 8th, July 15th
4:00pm in the AVH

Rosary Every Wednesday

4:00 pm in the CMC



St. Peter's Episcopal Service

Welcome Pastor Mike Lager

Tuesday, July 27th at 3:00 pm in the AVH

All denominations welcome.


Adventure IS OUT THERE



*Sign up sheets located in
Cove Media Center*

The Butterfly Experience at Miller Nature Preserve in Avon

 **Tuesday, July 11th**

 **Depart at 12:30**

Complimentary Guided Tour

 **We will stop at Mitchell's Ice
Cream on the way back !**



**Come and walk among the
butterflies. Witness the life cycle
from caterpillar to butterfly,
learn which plants attract them,
and ideas for creating your own
backyard butterfly garden.**

Soldiers and Sailors Monument Public Square

Tuesday, July 18th

Depart at 10:30 am

Complimentary Guided Tour

**** Several Steps to Enter ****

The Soldiers' and Sailors' Monument commemorates the American Civil War; it consists of a 125' column surrounded at its base by a Memorial Room and esplanade. The column, topped with a statue of the Goddess of Freedom, defended by the Shield of Liberty, signifies the essence of the Nation for which Cuyahoga County veterans were willing to and did give their lives. Four bronze groupings on the esplanade depict, in battle scenes, the Navy, Artillery, Infantry and Cavalry.

Dining Out

Sign up Sheet located in CMC

Join us as we head out on the bus as we travel around town in search of tasty bites and great atmosphere.



Thursday, July 13th

Depart at 11:30am

Alley Cat Oyster Bar is a waterfront restaurant with all of the finesse and beauty of the Cleveland shore. We sit on the east bank of the Cuyahoga and feature beautiful views from our dining room, private dining room, and two patios. Our food is elegant and refined, paying an homage to the comfort food of a New England Shore restaurant while exhibiting the flair and excitement of Southern California.



Thursday, June 15th

Depart at 11:00am

Merwin's Wharf features spectacular views and seasonal, locally sourced menu items on the East Bank of the Cuyahoga River.

Fitness with Melissa

NO TAP TIME THIS MONTH 2:30 PM in the Riverwood Studio

Come on a musical journey with us as we tap through the ages where the young at heart come out to play! This unique class features a gentle and fun way of seated tap dancing to classic oldies hits using custom made taps that are manually attached to the participants shoes. This class is not only fun, but a fantastic brain and body exercise! **No dance experience is necessary.**

Silver Strength

Tuesday, July 11th at 2:30 PM in the Riverwood Studio

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement, activities for daily living and balance. Hand-held weights or elastic tubing with handles. A chair is used for seated exercises and standing support. This class can be adapted by the participant depending on their fitness level and abilities.

Modified Line Dancing

Tuesday, July 18th at 2:30 PM in the Riverwood Studio

Dancing is one of the best forms of exercise for brain and body. This class is not only an excellent form of exercise for the aforementioned, but for balance and your cardiovascular system. This class ranges from different line dances, but if modified to eliminate the turns and other moves that may have prevented individuals from participating in line dance classes.

Seated Rhythm

Tuesday, July 25th at 2:30 PM in the Riverwood Studio

This Ballroom Dancing inspired seated fitness class when attended regularly can help with muscular strength and endurance, flexibility, mental awareness and functioning, and even your mood. From spicy Caribbean and Cuban-beats to Colombian-style and rhythmic ballroom dancing music - this upbeat workout is fun for everyone!

Saturday Night Cinema at 7:00pm in the WTR



July 1st "A Beautiful Life " 2023 TV-MA Drama

Starring :Christopher , Inga Ibsdottir Lilleaas

Elliott, a young fisherman with an extraordinary voice, gets the opportunity of a lifetime when he is discovered by the successful and well-known music manager Suzanne. Suzanne soon pairs Elliott with her divorced daughter and music producer, Lilly. On his way to stardom, the struggles of his past threaten not only his big break, but also his budding love for Lilly.



July 8th" The Batman 2022- PG-13 Action/Adventure

Starring : Robert Pattinson, Zoe Kravitz, Colin Farrell

Batman ventures into Gotham City's underworld when a sadistic killer leaves behind a trail of cryptic clues. As the evidence begins to lead closer to home and the scale of the perpetrator's plans become clear, he must forge new relationships, unmask the culprit and bring justice to the abuse of power and corruption that has long plagued the metropolis.

July 15th " Judas and the Black Messiah (2021 R Drama/Crime

Starring : Daniel Kaluuya, LaKeith Stanfield, Dominique Fishback

Offered a plea deal by the FBI, William O'Neal infiltrates the Illinois chapter of the Black Panther Party to gather intelligence on Chairman Fred Hampton.

July 29th "The Trapped 13 (2022- PG) Documentary

The Trapped 13: How We Survived The Thai Cave is a 2022 documentary film directed by Pailin Wedel and produced by Netflix. It follows the Tham Luang cave rescue, a 2018 mission that saved a junior association football team from a flooded cave.

The Westwood Theater Room : "WTR"

Breakwater Subscribes to Amazon, HBO MAX and Netflix . If you see an ad for a movie and want to see it or missed the weekly series or Saturday show, ask the front desk to find an RA to turn it on for you, it's our pleasure!

Let's Play !



Monday

2:00 pm Practicing Your Bridge Game - WGR

7:00 pm Corn Hole - Avalon Hall

Tuesday

7:00 pm Bridge -WGR

Wednesday

2:00 pm Cribbage - WP

Thursday

3:30 pm Bingo - WGR

Friday

1:30 pm Mah Jongg - WGR

Saturday

1:00 pm Putting Outdoors - (WEATHER
PERMITTING)

2:00 pm Dominoes: RKA



A little of this ,a little of that.

**Nature Pam takes you to
The Everglades: Grassy Waters
July 7th @ 2pm -AVH**

Most believe the Everglades to be a scary, alligator filled swamp. This program uncovers the truth and beauty in this 1.5 million acre park.



GRAB A DONUT DAY

FRIDAY July 14th

7:30-10:30 AM - LC

SPONSORED BY Stan Doenecke

Women in History

Present:

*A Theatrical Portrayal of
Former first Lady-Betty Ford*

**Thursday, July 20th
7:00pm - AVH**



**Eclipse 2024 Cleveland
Task Force Member Jay
Ryan will visit to update us
on**



What is it? When is it? How will this affect
Cleveland ?

**Wednesday, July 19th
@ 7:00pm
AVH**

Art with Rebecka

Saturday's 11:00am - 12:30pm

in the RKA

No Experience Necessary - Drop in's Welcome

July 8th, 15th, 29th



We are excited to announce the new date for the **Breakwater Open House** *Saturday, July 22, 2023 from 1-4pm*. This event is to showcase our beautiful building and all of its amenities to the community. If you are interested in volunteering, please sign up with Kim by calling 440-333-5401 #3 or stop by her office located near the main lobby. If you are not volunteering, please try to avoid coming down to the main floor and common areas, as it will be very congested. Information regarding meals for the day will be announced.

Thank you for your assistance in making this event a success!





Food Truck Friday !

COME BY A TASTY TREAT to enjoy in the Cafe or to go.

Friday, July 21st, 11am-1pm

Truck will be parked at the front .All forms of payment accepted.

HOT DOGS

ALL BEEF HOT DOGS

Chicago Dog

\$8

Tomato, sport peppers,
onion, Chicago relish,
mustard, pickle & poppyseed

Danger Dog

\$7

deep fried dog wrapped
in bacon and topped
with cheese & BBQ sauce

ALL BEEF HOT DOG

\$4

Chili or Cheese Dog

\$6

Chili Cheese Dog

\$7

Add Fried Jalapenos

\$1

GYRO

Tomato, onion, cucumber sauce,
and french fries inside

\$9

Chicken Gyro Tomato, onion,
cucumber sauce, & french fries inside

\$9

WRAPS

Black Bean Veggie Wrap

\$7

Corn, black beans, onions, red peppers,
& lettuce with cilantro ranch

Add Chicken

\$2

Chicken BLT Ranch Wrap

\$9

Contact US

440 222 3632

Frankiebfoods@gmail.com

Follow US



Frankie B's



SIDES

Fresh Cut French Fries

\$4

Chili Cheese Fries

\$7

Cheese Fries w/bacon

\$7

Fresh Cut Potato Chips w/boom boom sauce

\$4

Onion Rings w/ boom boom sauce

\$6

Fried Mushroom

\$6

Fried Tortilla Points w/cilantro ranch

\$5

Kids Meal

\$6

Grilled Cheese, hot dog or chicken
nuggets Served with French fries



DESSERTS

Deep Fried Sweet Bread

\$7

topped w/strawberry
sauce, powdered sugar
& chocolate drizzle

Funnel Cake

\$7

Cotton Candy

\$3



DRINKS

Pop/Water \$1