

The Breakwater Buzz

Management would like to extend an enormous **thank you** to our resident volunteers. Your participation helped make our open house a smooth flowing success! We had well over 150 people and couldn't be more proud to show off our community.

On a different note; if you would like to purchase an updated **Resident Directory** for \$10.00, please sign up at the front desk. The money will be donated to a charity we will pick in the coming months. If you choose not to purchase, we will keep a copy in the Cove Media Center. Because we are starting from scratch, I would suggest purchasing vs. updating what you already might have in your possession. We will continue to update quarterly at which time you will not be assessed a charge for new page inserts.

(Not pictured, Nancy Hogan)



PLEASE WELCOME NEW RESIDENTS

Jean Uhle 208A

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

Warning signs of smishing



You receive notice about a problem with the delivery of your USPS package when you haven't made a tracking request (or haven't even mailed one). Unless you explicitly sign up for status alerts on a package, you won't receive a text from USPS, says Donna Harris, public information representative with the United States Postal Inspection Service (USPIS). "That's not how the Postal Service connects with the customer," she says. And if you never signed up for a USPS tracking request for a specific package, a text message citing one is certainly a fake.

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

Thursday, August 3rd @ 7:00pm

Violinist Mary Beth Ions :AVH

Saturday, August 5th @ 3:30 pm

Soprano Singer Claire Connelly :AVH

Monday, August 7th @ 3:30 pm

Keyboardist David Strieter:WP

Tuesday, August 8th @ 4pm

Guitarist Rey Rangel:WP

Thursday, August 10th @ 7:00 pm

Debbie & David Play Hits :AVH

Thursday, August 17th @ 7:00 pm

Diane Palmer Musical Cocktail:AVH

Tuesday, August 22nd @ 3:30pm

(Birthday Celebration)

Keyboardist David Strieter: WP

Thursday, August 24th @ 7:00 pm

Singer Debra Rose : The Eyes Have It : AVH

Tuesday, August 29th @ 3:30pm

Singer Greg Pascura : WP



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](#)

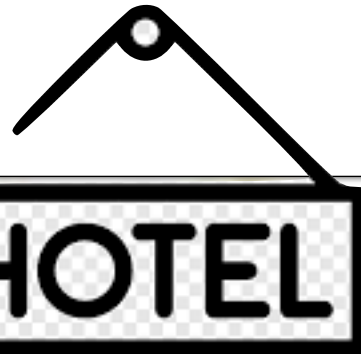
\$59 Per Night

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, August 22nd 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!!

Save
the
Date

Wine Down Wednesday

Wine Tasting with Elizabeth

Wednesday October 11th at 3:00pm in the WP

We will sample wines to pair well with upcoming holiday gatherings .

Wine enthusiast and former Wine Shop owner Elizabeth Grady will bring her skill and expertise to the Breakwater Westwood Pub.

“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. “ Quoted by Elizabeth

Thursday Morning Netflix Series

***“Crash Landing “ 16 episodes every Thursday at 10:00 am in the WTR
Synopsis, “A paragliding mishap drops a South Korean heiress in N.
Korea- and into a life of an Army officer, who decides he will help her.***

THIS SERIES IS SUBTITLED IN ENGLISH

Weekly Grocery Shopping



**GIANT
EAGLE**

Every Wednesday

Giant Eagle

Departure Times:

11:00 AM

1:30 PM

Wednesday, August 2nd

Wednesday, August 9th

Wednesday, August 23rd

Wednesday, August 30th

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, August 4th

Friday, August 11th

Friday, August 18th

Friday, August 25th

* 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

JCPenney

Departure Time : 1:30pm

JC Penney Avon (one floor)

Friday, July 21st

Please sign up in the Activities Book

Podiatrist



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

Next Visit:

September 27, 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

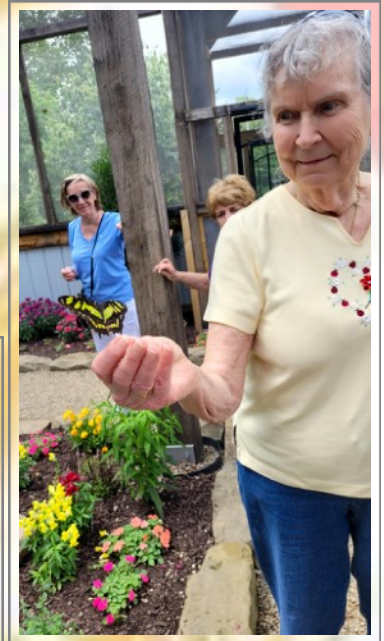
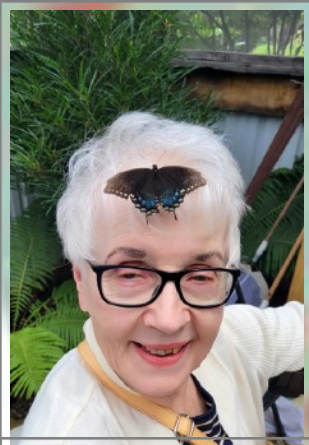


***If you are under the weather please
call the front desk and order a
complimentary Wellness Tray that
include Gatorade, Broth, Crackers
and Jello .***

Photo Gallery



Miller Nature Preserve Butterfly House in Avon, Christmas in July



LIVE LIFE TO
THE FULLEST

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

Tuesday, August 22nd in the Westwood Pub for a celebration!

Happy Birthday!!

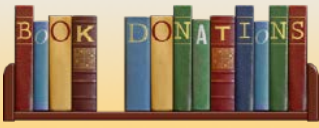


111A Charlotte Rodriquez 8/2
403A Mary Lou Gallagher 8/3
205A MaryLou McCarthy 8/4
209A Mary Sankovich 8/5
310A Wadia Salah 8/5
114A Ann Hogan 8/13
109A Barbara Ebright 8/17
117B Carol Lenneth 8/20
301A Victoria Hunt 8/25
206A Charlotte Robida 8/27



Staff

Jack McGinty 8/18



Library News

August Library News

With all these beautiful Summer days, our Library might be the last thing on your mind this month. We just want to remind you if you're looking for some company for an afternoon or a friend to spend an evening with...

Our Feature Table continues to be filled with NEW donations of both regular & LARGE print. You just might find a favorite author or story waiting for you. Also be on the lookout for hard copies of the books our Breakwater Book Club has been reading on their Nooks. Thanks to all of you who have been leaving us the most wonderful current mysteries & fiction, and the Large Print versions. New book donations with publication dates of 2017-2023 are so welcome!

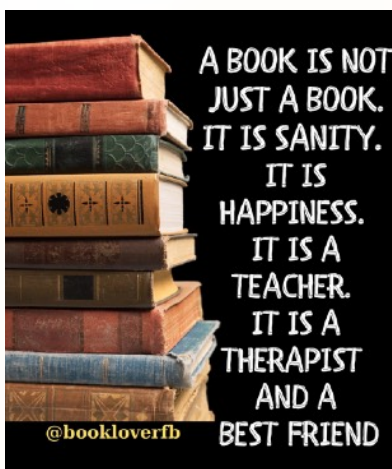
If you are still looking for a favorite Author or Title you have heard about, our awesome Rocky River Library comes about every 3 weeks with new titles. You'll find both new Large & regular print books just waiting for you!

Our team of Volunteer Librarians Barb Palumbo , Laurie Soc, & Rose Mary Zverina are happy to familiarize new residents with our library & how it works. Make sure you say

"Hi" when you see us in the Library.

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!



Do you have a talent you would
like to share or an idea for a
program?

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, ew residents
encouraged to join, just show up.



Useful Phone Numbers

Breakwater @ The Normandy



440-333-5401 x3

440-356-9039 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 Book Club meets on the **fourth Saturday** of each month at 1:00 PM in the Private Dining Room at the back of the Avalon Dining Room. Our next meeting will be on August 26.

Books are chosen from selections on the Barnes & Noble best seller list and from recommendations by Book Club members.

Books are available in print from public libraries and on e readers such as Nook, Kindle and tablets. A number of Book Club members have Nook e readers of their own or ones provided by the Normandy. They are currently in the process of purchasing several more Nooks, so please let us know if you are interested in borrowing one.

The Book Club is an opportunity to read a good book and enjoy a lively discussion.

AUGUST BOOK CLUB SELECTION

The Bookshop of Second Chances

by Jackie Fraser

A woman desperate to turn a new page heads to the Scottish coast and finds herself locked in a battle of wills with an infuriatingly aloof bookseller in this utterly heartwarming debut.

Thea Mottram is having a bad month. She's been let go from her office job with no notice—and to make matters even worse, her husband of nearly twenty years has decided to leave her for one of her friends. Bewildered and completely lost, Thea doesn't know what to do. But when she learns that a distant great uncle in Scotland has passed away, leaving her his home and a hefty antique book collection, she decides to leave Sussex for a few weeks. Escaping to a small coastal town where no one knows her seems to be exactly what she needs.

Almost instantly, Thea becomes enamored with the quaint cottage, comforted by its cozy rooms and lovely but neglected garden. The locals in nearby Baldochrie are just as warm, quirky, and inviting. The only person she can't seem to win over is bookshop owner Edward Maltravers, to whom she hopes to sell her uncle's book collection. His gruff attitude—fueled by an infamous, long-standing feud with his brother, a local lord—tests Thea's patience. But bickering with Edward proves oddly refreshing and exciting, leading Thea to develop feelings she hasn't experienced in a long time. As she follows a thrilling yet terrifying impulse to stay in Scotland indefinitely, she realizes that her new life may quickly become just as complicated as the one she was running from.



**Let's get together for a server send
off and wish them well as they
embark on their next chapter.**

Wednesday

August 2nd @ 2:00 pm

Westwood Pub

No gifts please, cards welcome.

Luau
FRIDAY, AUGUST 18TH

HULA DANCERS AS ENTERTAINMENT
COCKTAIL HOUR 4:00-5:00PM
DINNER BUFFET WILL START AT 5:00PM

MAIN ENTREES WILL INCLUDE:

PULLED PORK SLIDERS WITH COLESLAW
PINEAPPLE CHICKEN TERIYAKI OVER RICE
HAWAIIAN GARLIC SHRIMP
APPETIZERS & SIDE DISHES
DESSERTS: PINEAPPLE UPSIDE DOWN CAKE
& COCONUT CREAM PIE

BEVERAGES ARE INCLUDED IN PRICE
FORMAL INVITATION TO FOLLOW

RESIDENT UP-CHARGE \$9.00
GUEST CHARGE \$25.95

Religious Services



Father Keller

August 12th and 19th
4:00pm in the AVH

Rosary Every Wednesday

4:00 pm in the CMC



St. Peter's Episcopal Service

Welcome Pastor Mike Lager

Tuesday, August 29th at 3:00 pm in the AVH

All denominations welcome.

Adventure IS OUT THERE



*Sign up sheets located in
Cove Media Center*

**Cleveland Metropark Zoo
presents Asian Lantern Festival
Drive Thru Tour**

Wednesday, August 9th

Depart at 6:30 pm Lobby

Cost : \$10 per rider billed to account

*Only 13 spots available on the bus. If you
joined last year, please be considerate by
allowing a new resident to go.*



Slots and Lunch

Depart at 10:00am

Penny Slots and More!

**Lunch at 1pm TAG Sports Bar inside the
MGM.**

SLOTS TAKE COINS AND BILLS

Gallucci's Italian Foods & Market

Thursday August 24th

Depart at 10am

Fresh prepared Italian Foods

Imported Grocery Items

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, August 10th

Depart at 11:30am

Debonne Vineyards was established during the third generation of the Debevc family's viticulture history. Anton Debevc, a 1914 immigrant from the Slovenian State of Yugoslavia, purchased a general fruit farm in Madison, Ohio in 1916. Anton's son, Tony Sr., helped expand the vineyard in the late 1960's.

In 1971, Tony Sr. and his son, Tony, began their journey as commercial winemakers, establishing world class standards in the Lake Erie and Grand River Valley regions. **Debonne Vineyards** was founded as a winery in 1972 with the construction of a winemaking facility and a charming Chalet.



Thursday, August 17th

Depart at 11:00am

Nestled in the heart of Northeast Ohio's Amish Country, Mary Yoder's Amish Kitchen, Bakery, and Gift Shop is located in Middlefield, Ohio in Geauga County. Middlefield is the center of the fourth largest Amish community in the world! Mary Yoder's Amish Kitchen opened in 1987 and is owned by Dan and Rita Miller. We offer a full-service restaurant serving breakfast, lunch, and dinner; a bakery; a private banquet room; and a gift shop that features a wide selection of handmade items.

Fitness with Melissa

August 1st, 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, August 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, August 15th 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, August 22nd 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



August 5th "Unknown Killer Robots" 2023 TV-14 Documentary

A look at artificial intelligence in military applications, following military-funded scientists racing to build this technology and ethicists scrambling to awaken the world to its apocalyptic potential.



August 12th "Adventures of a Mathematician" 2020- PG-13 Drama/Biography **Starring : Robert Pattinson, Zoe Kravitz, Colin Farrell**

The story of Polish immigrant and mathematician Stan Ulam, who moved to the U.S. in the 1930s. Stan deals with the difficult losses of family and friends all while helping to create the hydrogen bomb and the first computer.

August 19th "Beau is Afraid" 2023 R Horror/Adventure **Starring : Joaquin Phoenix, Parker Posey, Patti LuPone**

A paranoid man embarks on an epic odyssey to get home to his mother in this bold and ingeniously depraved new film from writer/director Ari Aster.

August 26th "Joe Bell" 2020 R Drama **Starring: Mark Wahlberg, Reid Miller, Gary Sinise, Connie Britton**

The story of an Oregonian father who pays tribute to his gay teenage son, Jadin, embarking on a self-reflective walk across America to speak to heartland citizens about the real and terrifying costs of bullying.

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.



Prayers from Maria

Ice Cream Wagon

Onsite Thursday, August 3rd

2:00pm-3:00pm

Front of the Building

COMPLIMENTARY TREATS!!!

GRAB A DONUT DAY

FRIDAY AUGUST 11th

7:30-10:30 AM - LC

**Dual SPONSORED BY Marty
Dugan and Vera Stevovich**

**RR Library gives us the scoop
on good summer reads.**

FRIDAY AUGUST 11th

10:00am AVH



Post Office on Wheels

Monthly Visit

Buy Stamps, Mail Packages

Monday, August 14th

11:40am-12:00pm



Joel Keller PHD.

Baroque Instruments

A presentation. Origin and Style.

Friday, July 11th , 2:00 pm AVH



Art with Rebecka

Saturday's 11:00am - 12:30pm
in the RKA

No Experience Necessary - Drop in's Welcome

Upcoming project: Mylar Paper & Colored Pencils with
inspiration from nature and Mandalas



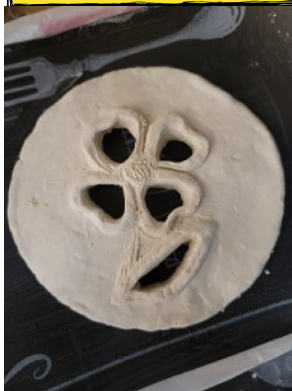
Class Dates:

August 5th

August 12th

August 19th

RKA is open for use anytime- Please clean up when finished .



WORKING WITH CLAY

Resident Projects





Resident Snapshot



Brenda Brown 504A

- Born in Torrington, CT
- Graduated from Connecticut College for Women
- Former Occupation: Director of Special Education
- Has known her husband Geoff over 60 years !
- Lived and traveled on a sailboat for several years.
- Has 2 children and 2 grandchildren

Geoff Brown 504A

- Born in New York City, NY
- Graduated from Dickinson College & University of Baltimore Law School
- Has known his wife Brenda over 60 years !
- Former Occupation: Consultant to Commercial Contractors
- Lived and traveled on a sailboat for several years.
- Served in the Army - VETERAN

