

The Breakwater Buzz

Tidbits by Tracey

Chorus

The first Breakwater Choral meeting with Jenny Zapfe will be Wednesday September 7th at 7:00 pm in the Avalon Hall . We will collaborate on logistics and create a practice schedule .

Here ye Here Ye

*Mark your calendar for a **Town Hall Meeting Thursday September 8th;** complimentary buffet breakfast at 8:30 am followed by news and updates from Normandy Executive Director Kelly Riley at 9:30am.*

Schedule Change

Our excursions will now occur on Tuesdays and lunching out has moved to Thursday in order to allow time for me to call Bingo . With this being said , Thursday Wii at 11am has been moved to Saturday .

Volunteers

Please welcome Bailey ! You already know her as one of our wonderful servers in the dining room. Bailey is a Rocky River High School Honors Student who requires volunteer hours so she will be helping with Monday Corn Hole and Wii Bowling on the Saturday's at 11am when her schedule allows. (See calendar)

Rocky River Chamber Music Society is live!

*First concert of the 64th Season is **Monday September 26th at 7:30pm** and every other month to follow, next concert November 14th. We will need to depart at 7:00 pm , sign up sheet in Activities Book.*

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

SCAM

Current Scams Targeting Seniors

How to protect against tech support scams

It is important to keep the following in mind:

- Microsoft does not send unsolicited email messages or make unsolicited phone calls to request personal or financial information, or to provide technical support to fix your computer. If you didn't ask us to, we won't call you to offer support.
- If a pop-up or error message appears with a phone number, don't call the number. Error and warning messages from Microsoft never include a phone number.
- Microsoft will never ask that you pay for support in the form of cryptocurrency like Bitcoin, or gift cards.
- Download software only from official Microsoft partner websites or the Microsoft Store. Be wary of downloading software from third-party sites, as some of them might have been modified without the author's knowledge to bundle malware and other threats.
- Use [Microsoft Edge](#) when browsing the internet. It blocks known support scam sites using Microsoft Defender SmartScreen. Also, Microsoft Edge can stop pop-up dialog loops used by these attackers.

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



*Held in the Avalon Hall and Westwood Pub

Wednesday , September 14th @ 7:00 pm

Joel Keller Musical Talk , The music of Carole King: AVH

Friday, September 16th @ 3:30 pm

David Strieter plays all the hits on the keyboard: WP

Wednesday , September 21st at 7:00 pm

Debbie Darling & David Strieter take requests: AVH

Friday September 23rd @ 3:15 pm

Singer Greg Piscura : AVH

Monday , September 26th @ 3:30 pm

David Strieter on the Keyboard : WP

Look Who's Talking !

Speaking Engagements

in Avalon Hall

Rocky River Historical Society

presents :

Rocky River Then and Now

Friday 9/2 at 2:00pm

*Bob Wills tells tales of Confederate
Female Spies.*

Friday 9/9 at 2:00pm

Women in History

present a

theatrical portrait of

1920's & 30's

singer and actress

Ruth Etting

Wednesday 9/14 at 2:00pm

*Our furry friends with the non- profit
organization Canine Companions
return to show us their trained skills.*

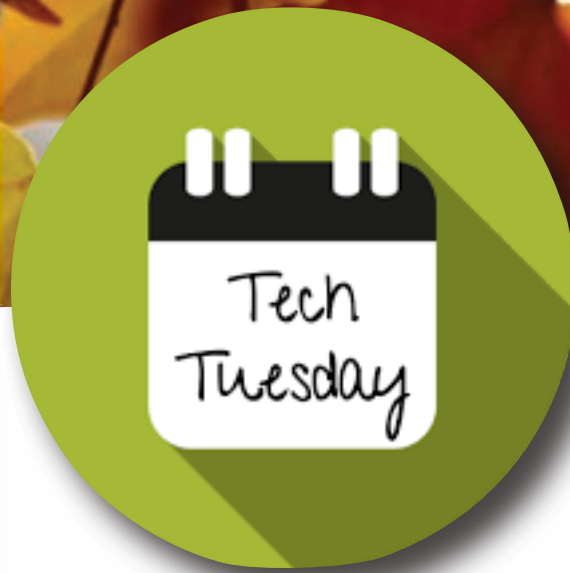
Thursday 9/15 at 7:00pm

Susan Murnane

presents

*LTV's Bankruptcy ; What is meant for
Cleveland and for America*

Thursday 9/22 at 7:00pm



The Help Desk is here ! Tuesday , September 2nd

Tom Hlavin, President at Simply Virtual , Inc. will be at your service the first Tuesday of every month to help with all of your tech questions.

Stop down to the Cove Media Center anytime between 10:30am-12:30pm bring your questions and bring your device.

"Simply Virtual is a nonprofit that focuses on making the maximum positive impact on the virtual lives of our senior clients."

Weekly Grocery Shopping

**GIANT
EAGLE**

Every Wednesday

Giant Eagle

Departure Times:

11:00 AM

1:30 PM

Wednesday, September 7th

Wednesday, September 14th

Wednesday, September 21st

Wednesday, September 28th 1:30

*Sign up sheets in Activities Book

heinen's
GROCERY STORE
since 1929

Every Friday

Heinens

Departure Times:

11:00 AM

1:30 PM

Friday, September 2nd

Friday, September 9th

Friday, September 16th

Friday, September 23rd

Friday, September 30th

* Sign up sheets in Activities Book



Marc's Grocery Store

Departure Time: 11:00 AM

Wednesday, September 28th

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

Marc's
Fresh Savings. Smart Living.

Podiatrist



****Dr. Kane will be visiting
EVERY OTHER month
starting January 2022.****

***Next Visit:
Wednesday, September 7th***

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



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 October 11th
Sign up sheet in the CMC***

Nurse Practitioner



Marie Grosh

***Board Certified Adult and Geriatric
Primary Care***

***Call for Appointment
440-427-5077***

marie@housecallsofthefalls.com

***Next Visit Thursday
September 2nd***



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

Lunch at Huntington Reservation



*Good
Times*



Happy Birthday!

We feel that birthdays are special days! If your birthday is this month, PLEASE join us on Friday September 16th in the Westwood Pub for a celebration !

Residents



104A	Nancy Oakley	9/2
415B	Joyce Chido	9/2
401A	Maria Hidalgo	9/12
316B	Louise Novak	9/14
212A	Sandy Ward	9/15
402A	Lois Reichert	9/17
511A	Cathie Noga	9/27
416B	Philip Czajkowski	9/29



Staff

None this Month

Library News



It's Back to School Time, so it seems an appropriate time to remind our readers of all our Nonfiction Books that fill the bookshelves in our Avalon Hall. If you've been in Avalon Hall for a concert or other presentation, you must have asked yourself about all the wonderful books lined up on every shelf. These Nonfiction books are an extension of our main library room and are also available for you to takeout. We have books on American History, Ohio History, Social History; books on most of the Wars Americans have fought in, as well as, biographies of our presidents & other famous people. There are also art, nature & sports books. Don't be afraid to turn on the lights and spend some time looking around. You do not need to sign these books out but just return them to the sign-in shelf and we'll put them away.

Our Feature Table continues to be filled with NEW donations of both regular & LARGE print. We are also trying to have 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 2017-2022 are so welcome!

Once again, our wonderful Rocky River Library was here the middle of August with 30 new books. You'll find both new Large & regular print books just waiting for you!

New Residents... We would love to help you find a book just right for you & give you a tour of our Library.



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Librarians

Barb Palumbo, Laurie Soc & Rose Mary Zverina

Monday Night Mingle at the Fire Pit

7pm-8pm EVERY Monday

*unless noted

We play CornHole and make
s'more! Rainy day; held in Avalon
Hall .



Current Events Every Tuesday 11:00 am New Room RWS



Tea with Tracey

*Join us for a variety of
teas and delicious finger
desserts.*

2:00 pm 9/20 - Cafe



Men's Group

hosted by Ken Penny

2:00 pm 9/20 -WTR

All men welcome!

Wii Bowling



Community Spotlight

Rocky River City Schools
Superintendent

Dr. Michael G. Shoaf

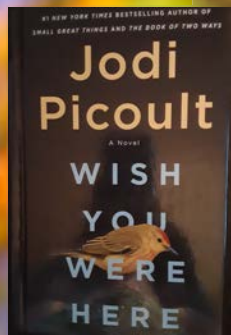
Presents:

“State of the Schools 2022”

Thursday, September 29th

4:00PM Avalon Hall





Nook Book Club



The Breakwater NookBook Club meets on the fourth Saturday of the month at 1:00 PM in the Cove Media Center. Our next meeting is Saturday, September 24th. All are welcome

Books are available immediately at no charge on Nook e-readers, can be downloaded from the library on Kindle e-readers and, of course, hard copies can be obtained at the library. Since many of the books chosen are best sellers, there is often a wait time through the library. If you are interested in obtaining a Nook e-reader, please let us know.

The book selection for September is Jodi Picoult's Wish You Were Here.

"A powerfully provocative story of resilience and the triumph of the human spirit."

Diana O'Toole is perfectly on track. She will be married by thirty, done having kids by thirty-five, and move out to the New York city suburbs, all while climbing the professional ladder in the cutthroat art auction world. She's an associate specialist at Sotheby's now, but her boss has hinted at a promotion if she can close a deal with a high-profile client. She's not engaged just yet, but she knows her boyfriend, Finn, a surgical resident, is about to propose on their romantic getaway to the Galapagos -- days before her thirtieth birthday. Right on time.

But then a virus that is felt worlds away has appeared in the city and on the eve of their departure everything goes awry -- her luggage is lost, the Wi-Fi is nearly nonexistent, and the hotel they'd booked is shut down due to the pandemic.

In the Galapagos Islands, where Darwin's theory of evolution by natural selection was formed, Diana finds herself examining the relationships, her choices and herself.....

Religious Services



Mass with Father Keller
Avalon Hall

September 10th & September 24th
4:00 PM

A black and white line drawing of a rosary, showing a string of beads with a small cross at the end.

Rosary

Every Wednesday

4:00pm in the Cove

Media Center.

Episcopal Service

St. Peter's of Lakewood

Last Tuesday of the Month

at 3:00pm in AVH...All

Denominations Welcome !

September 27th

Adventures
Out & ABOUT

SIGN-UP IN
ACTIVITIES BOOK
LOCATED IN CMC

TUESDAY ,SEPTEMBER 6TH
BAY ARTS COLLABORATES WITH
CLEVELAND PHOTO FEST AS A
PARTICIPATING GALLERY
"MIRRORS AND WINDOWS"

DEPART 1:00 PM
NO FEE

TUESDAY , SEPTEMBER 27TH
HOLDEN ARBORETUM
TRAM TOUR & GARDEN VISIT

DEPART 11:30 AM

FEE \$23 BILLED TO ACCOUNT



TUESDAY , SEPTEMBER 13TH
CLEVELAND CULTURAL
GARDENS DRIVING TOUR

UNIQUE OPPORTUNITY !
DEPART 10:00AM

NO FEE



Lunching Out

MOOSEHEAD HOOF & LADDER - OLMSTED FALLS

Casual tavern housed in an old fire station featuring pub grub, happy hour & a waterside patio. \$\$

THURSDAY, SEPTEMBER 1ST DEPART AT 11:30am



Don's Pomeroy House - Strongsville

An 18th-century mansion serving high-end fare in several posh dining rooms, plus a more casual pub. \$\$\$

Thursday , September 8th Depart at 11:30am

Olive Garden - N. Olmsted

Lively, family-friendly chain featuring Italian standards such as pastas & salads. \$\$

THURSDAY, SEPTEMBER 15TH DEPART AT 11:30am

Das Schnitzel Haus - Parma

An unpretentious place for German cuisine, also featuring a covered & heated patio. \$\$

THURSDAY, SEPTEMBER 22ND DEPART AT 11:30AM

RUSTIC - ROCKY RIVER

Old-fashioned restaurant serving traditional American dishes in a log cabin-style space since 1947. \$

THURSDAY, SEPTEMBER 29TH DEPART AT 11:30AM

Tap time Tuesday

Tuesday, SEPTEMBER 6TH at 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 m attached to the participants shoes. This class is not only fun, but a fant and body exercise! No dance experience is necessary.

***Fitness
with Melissa***

Silver Strength

Tuesday ,SEPTEMBER 13th 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, SEPTEMBER 20th 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,SEPTEMBER 27th 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 mood. From spicy Caribbean and Cuban-beats to Colombian-style and rhythmic ballroom dancing music - this upbeat workout is fun for everyone!

Westwood Pub & Lounge News

Please refer to calendar for more activities in the pub

Hours : Bar Service Monday-Friday 3pm-5pm

Martini Monday

Join us every Monday
for half price Martini
of your choice.



Wine Down Wednesday

Come down to the pub every
Wednesday to enjoy a 1/2
off a glass of wine.



Resident Birthday Celebration

Friday, September 16th
3 pm-5pm



Join us for cake!

Mixed Resident Social

Our pals from Lakeside
will be shuttled over to
reminisce over drinks .

Thursday August 8th
3pm-4:30 pm



Let's Play !



Monday

2:30 pm Practicing Your Bridge Game - WGR

7:00 pm Corn Hole - Outside front patio

Tuesday

7:00 pm Bridge -WGR

Wednesday

2:00 pm Cribbage - WGR

Thursday

3:00 pm Bingo - WGR

Friday

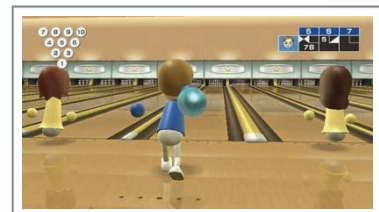
1:30 pm Mah Jongg - WGR

Saturday

11:00 am Wii Bowling (see calendar for dates)

1:00 pm Putting Outdoors

2:00 pm Dominoes: RKA



Saturday Night Cinema at 7:00pm in the WTR

Please write requests in Activities Book



September 3rd - "House of Gucci" (2021 Rated R)

Drama (2hrs 38 min)

Starring : Lady Gaga , Al Pacino, Jeremy Irons

When Patrizia Reggiani, an outsider from humble beginnings, marries into the **Gucci** family, her unbridled ambition begins to unravel their legacy and triggers a reckless betrayal revenge and murder .

September 10th "Flight/Risk" (2022 Rated PG)

Documentary (1hr 38 min)

Starring: Justin Green ,Dominic Gates, Zipporah Kuria

Not everyday people find themselves in the midst of a global tragedy when two Boeing 737 Max Planes crashed in 2018 & 2019. This documentary is told through the perspective of affected family members, their legal teams, and whistleblowers.

September 17th - "National Lampoon's European Vacation"

(1985 PG-13)

Slapstick /Comedy (1hr 50min)

Starring: Chevy Chase,Beverly D'Angelo, Dana Hill

The Griswold's win a European vacation where the usual havoc ensues .

September 24th - "Respect" (2021 PG-13)

Biography /Drama (2hr 25min)

Starring : Jennifer Hudson , Marlon Wayans, Audra McDonald

Following the rise of Aretha Franklin's career -- from a child singing in her father's church choir to her international superstardom -- it's the remarkable true story of the music icon's journey to find her voice.





\$4



DRINK
SPECIALS

Westwood Pub Drink Service

Monday-Friday 3pm-5pm

Crown Royal Apple Whisky and Ginger Ale
served on the rocks.

Angry Orchard Hard Apple Cider..refreshing !

Tito's Bloody Mary with Pimento Olive Garnish

~Hot Coffee Drinks~

Available with Regular or Decaf

Irish coffee with whipped cream
Coffee and Kahlua with whipped cream



Save The Date!

Join us on Thursday, October 6th for the Breakwater Oktoberfest!

Dinner and Live Entertainment by the Polka Pirates!

4:30p-6:00p

In the Avalon Dining Room

invitations to follow



Employees of the Month



This month we celebrate a job well done.

It proved too hard to choose just one!

Great Job Servers!

John Nanni

Employed at The Normandy since the age of 14

Attends The Ohio State University

Has two siblings, a brother and a sister

Family dogs are Molly and Frankie

Enjoys running, music and travel (recent trip to Argentina)

Mario Blazevic

Employed at The Normandy since the age of 15

Attends The Ohio State University

Enjoys swimming and working out

Speaks fluent Croation

Has traveled throughout Europe