

The Breakwater Buzz

Happy Fall ya'll! We have A LOT in store to keep you busy and entertained this month. First, let's start with the addition to our expanding list of games; we have added Pinochle every Wednesday evening at 7:00pm in the WGR. Resident Hank Lieber will take the lead, all are welcome to play.

Mark your calendar for the Donauschwaben German-American Club Kindergruppe (Children) and Jugendgruppe (Youth) dance groups that will perform for us on MONDAY OCTOBER 7th at 7:00pm in the Riverwood Fitness Studio.

For those of you who missed getting a flu shot, Marie Grosh will be onsite Friday, October 6th starting at 2pm, please sign up at the front desk to secure your appointment.

Outdoor putting on Saturday will soon come to end but until the temps are below 55, try to get outside and enjoy the last of beautiful warm weather we have!

If you recall, last year we carved pumpkins only to find out the hard way, if left inside, they rot quickly; so instead this year art instructor Rebecka has a faux pumpkin project, this way you can display the pumpkin year after year! Registration is required.

WELCOME NEW RESIDENTS

Jim Anderson 207B

Lynn Loftus 216B

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 seating & 6:00 seating

Pick Up (ADR) &

Delivery Times

4:30pm & 6:00pm

Current Scams Targeting Seniors

Tech support scams

How it works:

In this type of fraud, the scammer masquerades as a tech support representative from a company you trust like Apple or Microsoft. They'll claim that your computer or device is at risk of being infected by viruses and then trick you into granting them remote access or paying for software that you don't need.

Sometimes, the goal is to trick the victim into downloading what they think is helpful software. But when they do, it's actually malware that opens up the potential for [cyber attacks](#) that target the victim's banking information.

This scam often happens through phone calls, but it's also common to see pop-up ads on websites targeting seniors.

According to FBI's most recent report, tech support scams have cost seniors over \$200 million in losses .

Warning signs of tech support scams:

- You receive unsolicited phone calls about tech support. Companies like Apple will never proactively call you about these issues.
- A pop-up ad on a website claims that your device has viruses or promises to "speed up" your computer.
- The caller uses fear tactics to trick you into downloading software or clicking on links in emails.

Sunday Church Outings

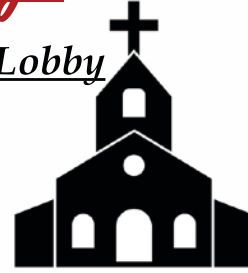
Every Sunday | Departure in Front Lobby

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

Monday, October 9th @ 3:30 & Friday October 27th

Keyboardist David Strieter: WP

Wednesday, October 11th @ 7:00 pm

Scimitar's Swing Band : AVH

Saturday, October 14th @ 3:30 pm

Singer Debbie Darling and Pianist David Strieter

Fall Concert : AVH

Tuesday, October 17th @ 4:00 pm

Guitarist Rey Rangel: WP

Saturday, October 21st @ 2:00 pm

Abraham Sings the Classics including the music of Elvis:AVH

Tuesday, October 24th @ 4:00 pm

Vocalist Linda Weiss and Mike Daley:WP

Thursday, October 26th @ 7:00 pm

Blue Water String Quartet : AVH



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

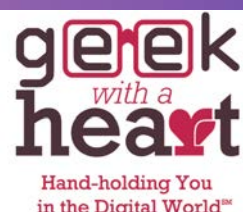
Internet Street Smarts(TM)

November 3

Gmail: its not only email

December 1

Tech Device Shopping



BREAKWATER



BEER • FOOD • MUSIC

Join us for Oktoberfest on Tuesday, October 3rd in the Avalon Dining Room. Cocktail hour will be from 4:00PM - 5:00PM. Served appetizers will be at 4:30PM. Plated dinner will start at 5:00PM. Pick-up and delivery meals will be at 4:30PM & 6:00PM. And of course we will have the Polka Pirates playing from 4:00PM till 6:00PM! Please return your RSVP to the front reception by Thursday, September 28th. Thank you and hope to see you there! *Prost!*

Served Appetizers:

Pretzel with Cheese & Potato Pancakes with Sour Cream

Plated Meal Options:

Pork Schnitzel with Spaetzle, Sausage, Red Cabbage
& German Potato Salad

-or-

Chicken Paprikash with Spaetzle, Sausage, Green Beans

Dessert:

Warm Apple Strudel with Ice Cream

Beer (Included):

Oktoberfest, Budweiser, Bud Light

Men's Group

**Wanted : Ideas for future programs and activities !
Please leave a note at the front desk if you have an idea**



Wine Down Wednesday



***Wine Tasting with Elizabeth - Registration Required
Wednesday October 11th at 3:00pm in the WP***

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

Elizabeth will take orders for Purchase.

Wine enthusiast and former Wine Shop owner Elizabeth Grady will bring her skill and expertise to the Breakwater Westwood Pub. We will sample 4 .

1st wine is a Riesling from Washington State. Maryhill Riesling good match for Thanksgiving as it's matches the weight of the Turkey while imparting fresh fruits flavors. **Retail \$18.00**

2nd wine a New Zealand Sauvignon Blanc. Rain Sauvignon Blanc from Marlborough. Great wine to help clean and refresh palate between bites of turkey and stuffing. **Retail \$20.00**

3rd Pinot Noir from California, Thomas Henry. Pinot is very good friendly with a nice mix of fresh fruit and spice. Always a hit with Thanksgiving dinner. **Retail \$20**

4th Zinfandel from northern California. Bliss Family winery. Zinfandel a true American wine to complement a American celebration. Zinfandel amplify Thanksgiving spices and often adds a touch of smokiness. **Retail \$18.00**

Weekly Grocery Shopping



GIANT EAGLE

Every Wednesday

Giant Eagle

Departure Times:

11:00 AM

1:30 PM

Wednesday, October 4th

Wednesday, October 11th

Wednesday, October 18th

Wednesday, October 25th

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, October 6th

Friday, October 13th

Friday, October 20th

Friday, October 27th

* Sign up sheets in Activities Book

Marc's
Fresh Savings. Smart Living.

**Westlake
Location**

Departure Time: 11:00 am

Wednesday, October 25th

Please sign up in the Activities Book

Podiatrist

*Dr. Kane will be visiting
EVERY OTHER month*

*Next Visit:
OCTOBER 4TH*

Please note.. if your visit is not covered by Medicare, there is a \$60 charge to see Dr. Kane.

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

Connect
Hearing 

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 12/12
@ 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***

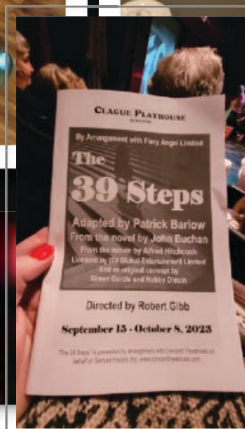
Wellness Tray



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

Cleveland Clinic Concert Band, Grandparents Day, Clague Playhouse



LIVE LIFE TO
THE FULLEST

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

Friday, October 27th in the Westwood Pub for a celebration!

Happy Birthday!!



303B Emily Adams 10-1
304B Pam Pitchford 10-8
114B. Betty Bloom 10-12
511/13 B. Jean Ban 10-13
214A Flo Andrews 10-22
212B Rosemarie Kolenich 10-22
301B Jay Hoffman 10-29
409B Judy Henderson 10-29
505/7B Carol Moore 10-30



Staff

Cierah Redd 10/6 , Melissa Renner 10/15 ,
Kathleen Curtis 10/16, Sam Richardson 10/24,
Kasandra Siegmyer 10/30



Library News



It's hard to believe October is upon us and with it comes cooler shorter days, Fall colors and of course, Halloween. Hopefully most of us are over our fears of things that go bump in the night but you may still enjoy a Thriller or Mystery on a dark October Lake Erie Evening.

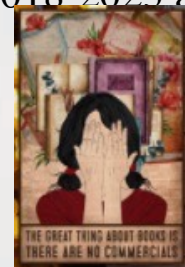
If you're not totally familiar with our library we have a very up to date Mystery Section labeled with Red Dots, including Large Print with a Yellow & Red Dot. We continue to add new books to our Fiction Section, including some Historical Thrillers & a few Spooky Stories. Look for the section labeled with White Dots and Large Print with White and Yellow Dots.

Our Rocky River Outreach Librarian continues to bring us 30 new regular & Large Print books. You might find an October thriller or mystery on those shelves as well.

Our Feature Table continues to be filled with NEW donations of both regular & LARGE print books. You just might find a favorite author or story waiting for you. 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 2018-2023 are so welcome!

Librarians

Barb Palumbo, Laurie Soc & Rose Mary Zverina



Monday Night

Mingle

7pm-8pm

EVERY Monday in the
AVH

*unless noted
CORN HOLE, chatter and
contageous laughter please
join us. Even if you don't
play, it's fun to watch and
help us cheer each other on!

Tech



Support

Help that comes to your home;
set up, troubleshoot, repair ...

Daniel Anderson

440-364-3194

dan@technologyllc.com

Brian Toth

440-823-7068

**Independent Contractors*

Current Events

Every Thursday

10:00am 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
440-356-9039 FAX

Rocky River Senior Center
440-333-6660

www.rrcity.com/senior-center

Rocky River Civic Center
Indoor Pool/Track

Nook Book Club

Fall is upon us and what better way to pass the time than with a good book. The Book Club meets on the fourth Saturday of the month at 1:00 PM in the Private Dining Room at the back of Avalon Hall.

Our monthly book selection is available from the local libraries and on e readers such as Nook and Kindle as well as I pads and tablets.

Even if you have not read our latest selection, you are welcome to come and be a part of the discussion and learn what we will be reading in the next. We are always looking for suggestions for a good read.

OCTOBER BOOK CLUB SELECTION

The Night Ship

By Jess Kidd



Based on a true story, an epic historical novel from an award-winning author, that illuminates the lives of two characters; a girl shipwrecked on an island off Western Australia and, three hundred years later, a boy finding a home with his grandfather on the very same island.

1629: A newly orphaned girl named Mayken is bound for the Dutch East Indies on the Batavia, one of the greatest ships in the Dutch Golden Age. Curious and mischievous, Mayken spends the long journey going on misadventures above and below decks, searching for a mythical monster. But the true monsters might be closer than she thinks.

1989: A lonely boy named Gil is sent to live off the coast of Western Australia among the seasonal fishing community where his late mother once resided. There, on the tiny reef-shrouded island, he discovers the story of an infamous shipwreck.

With her trademark “thrilling, mysterious, twisted, but more than anything, beautifully written” storytelling (Graham Norton), Jess Kidd weaves “a true work of magic” (V. E. Schwab, about friendship, sacrifice, brutality and forgiveness).

**Ohio City Psychic 1pm-3pm
Sign-up for a Reading
In Cove Media Center**



October 31st 1pm-3pm

**Meet in Avalon Dining Room if you dare ,
we will have BITE size refreshments and a signature
cocktail to share .**

Mirror Mirror on
The wall, who is the scariest
Of them all ?

Costume Contest - Catagories are :

Most Creepy

Best Couple Costumes

Laziest Costume

DJ



Religious Services



*Father Keller holds Mass in the
Avalon Hall select Saturday's
4:00pm .*

He will be here :

Oct.7th

Oct.14th- In Riverwood Studio

Oct.28th

*Rosary Every Wednesday
4:00 pm in the CMC*



St.Peter's Episcopal Service

Welcome Pastor Mike Lager

Tuesday, October 24th 3:00 pm in the AVH

All denominations welcome.

Adventure IS OUT THERE



*Sign up sheets located in
Cove Media Center*

The most wonderful way to experience autumn in the Cuyahoga Valley National Park Scenic Railroad



Take in the beauty and wonders of the **Cuyahoga Valley National Park** while meandering through miles of nature and cityscapes in a vintage rail car. Discover local history while making lasting memories with family and friends on this leisurely, 30 mph, two-hour excursion. Be sure to visit the Café Car for snacks, beverages and, of course, souvenirs!

Board at the Akron Northside Station or **Peninsula Depot**. See below for departure times and station locations.

SIGN UP DEADLINE

Friday October 6th

COST : \$16.00

Charged to account

Thursday, October 12th

(Some gravel to walk on)

Depart Breakwater 12:15

Board Train at Peninsula 1:40

Return to Breakwater around 5:00 pm.

WE WILL TAKE A RIDE TO THE
ORCHARD FOR FRESH AIR APPLES
AND CIDER.

TUESDAY, OCTOBER 10TH
DEPART AT 1:00PM

Hillcrest
Orchards



Dining Out

Sign up Sheet located in CMC



Cracker Barrel

Brooklyn

Cracker Barrel and Old Country Store is a favorite for home cooked comfort food all and the cutest little shop that sells everything from candy to fashion.

October 5th

Departing at 11:30am



Take 2 !

GUST GALLUCCI'S ITALIAN FOODS

CLEVELAND

OCTOBER 26TH

DEPART AT 11:30

CARRY OUT -PREPARED FOODS
IMPORTED ITALIAN FOODS
AND BEVERAGES .

Lee's Seafood Boil

N.Olmsted

Fall is the best time for a seafood
boil!

October 19th

Depart at 11:30

Cajun Seafood, Dinner Baskets, Po'Boy
Sandwiches AND MORE!
Great Wine Selection



Active for Life Wellness Classes

Riverwood Studio

First Friday of the Month One on One Instruction
Equipment in the Fitness Center

Thai-Chi

Monday Only 10:00am-10:55am

Instructor: Elizabeth

This class consists of low-impact, safe and gentle chair yoga stretching exercises, postures and breathing techniques. The benefits of traditional yoga can be attained all while staying seated. Seated yoga stretches can improve flexibility, circulation and energy levels as well as relief from hypertension, anxiety and chronic arthritis pain on limbs and joints.

Seated Yoga Stretch

M,W,F at 11:00am -11:40am

Instructor: Laura, Melissa, Shannon

This class consists of low-impact, safe and gentle chair yoga stretching exercises, postures and breathing techniques. The benefits of traditional yoga can be attained all while staying seated. Seated yoga stretches can improve flexibility, circulation and energy levels as well as relief from hypertension, anxiety and chronic arthritis pain on limbs and joints.

Brain and Body

M,W,F at 11:45am -12:30pm

Instructors: Laura, Melissa, Shannon

This is one class you don't want to miss! This class is not only great for fall prevention and improving your balance, but incorporates exercises to improve posture, body alignment, memory, mindfulness, strength and flexibility. Overall, this is a well-rounded class with a collective approach to strengthen both mind and body that everyone can benefit from.

Silver Strength

Wednesday Only 10:00am - 10:45am

Instructor: Melissa

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.

Seated Rhythm

M,W,F at 11:45am -12:30pm

Instructors: Laura, Melissa, Shannon

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

Saturday Night Cinema at 7:00pm in the WTR



October 2nd "The Full Monty" 1997 British Comedy
Starring : Robert Carlyle, Mark Addy, Lesley Sharp, Paul Barber

After losing his job at a steel factory, Gaz (Robert Carlyle) learns that his wife wants to sue him for missed child support payments. Desperate for money, Gaz and his friend Dave (Mark Addy) decide to create their own male strip-tease act. The two friends recruit four more men, including their former foreman (Tom Wilkinson) and a security guard (Steve Huison). The group promises that their show will succeed because they are willing to go "the Full Monty": completely naked.

October 14th" All the Beauty and the Bloodshed" 2022 Documentary
Starring : Nan Golden, Richard Slacker

From Academy Award winner Laura Poitras comes an epic, emotional and interconnected story about internationally renowned artist and activist Nan Goldin told through her slideshows, intimate interviews, ground-breaking photography, and rare footage of her personal fight to hold the Sackler family accountable for the opioid crisis. The film interweaves Goldin's past and present, the deeply personal and urgently political, from P.A.I.N.'s (Prescription Addiction Intervention Now) actions.

October 21st" The Haunting" 1999 Horror/Thriller
Starring : Catherine Zeta Jones, Liam Neeson, Owen Wilson,Lilli Taylor

This horror tale focuses on visitors to the secluded mansion of Hill House who have been called to the isolated location by Dr. David Marrow (Liam Neeson) as part of a study on insomnia. However, Marrow is really investigating fear, and he plans to scare the subjects, including the introverted Nell (Lili Taylor) and the seductive Theo (Catherine Zeta-Jones). Unfortunately for Marrow and everyone staying at Hill House, the manor is actually haunted by an evil spirit out to torment its guests.

October 28th "Steven King, " 1922 " 2017 Horror/Thriller
Starring: Thomas Jane, Mollie Parker

A farmer conspires to murder his wife for monetary gain, and convinces his teen son to participate. Wilfred and his son Henry soon become delusional as they continue on their lives.



Let's Play!



Monday

2:00 pm Practicing Your Bridge Game - WGR

7:00 pm Corn Hole - Avalon Hall

Tuesday

1:00 pm Scrabble -WP

7:00 pm Bridge -WGR

Wednesday

1:30pm Cribbage - WP

7:00 Pinochle-WGR

Thursday

3:30 pm Bingo - WGR

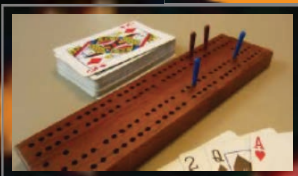
Friday

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.

Mary Warren will update us on who is running in November Election.

Monday, October 2nd
3:30 pm
Westwood Pub



GRAB A DONUT DAY

FRIDAY October 13th

7:30-10:30 AM - LC

SPONSORED BY Nancy Oakley



The Better Business Bureau
Sends a speaker to update us on the latest scams.

Friday, October 13th 2:00pm
Avalon Hall

Pumpkin Spice and Everything Nice

Let's snack on Pumpkin Roll and enjoy Coffee with Pumpkin Creamer, Apple Spice Tea and Cider over conversation.

Tuesday, October 17th
2:00pm in the Cafe

Fall Prevention Program
with Occupational Therapist Jenna Kodrin with Always Best Care

**Friday, October 2nd
2:00pm , Avalon Hall**



Women in History
Present
Rebecca Nurse
October 20th , 7pm AVH

Rebecca Nurse was a woman who was accused of witchcraft and executed by hanging in New England during the Salem Witch Trials of 1692. She was fully exonerated fewer than twenty years later. She was the wife of Francis Nurse, and had several children. Rebecca was a well-respected member of the community.

Art with Rebecka

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

in the RKA

No Experience Necessary - Drop in's Welcome

Upcoming project: Pumpkin Decorating with Faux Pumpkin

Class Dates :

October 14th, 21st & 28th

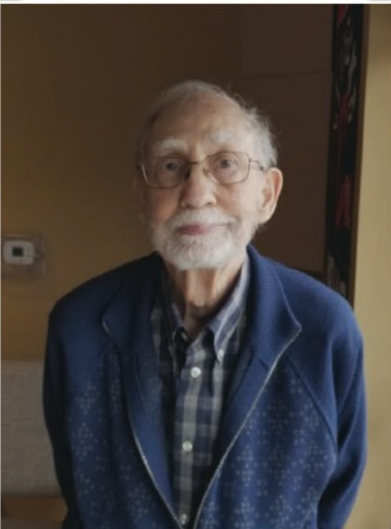
Registration Required

Cost \$18.00

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



SNAPSHOT



- James " Jim" Jackson
- Moved into 312A in January 2023
- Born in a farmhouse in Fayette County, PA.
- Graduated from Perdue University
- Former Consultant in the field of corrosion (casting metals)
- Bridge player
- Photography is his hobby and recorded his wife Barbara's recitals and shows.



- Barbara Jackson
- Married to Jim Jackson
- Resided in Dallas, TX 32 years before moving to Rocky River to be near family.
- Born in Pittsburgh, PA
- Graduated from Oberlin College
- Former homemaker and Piano teacher and performer.
- 3 children, David, Susan & Nancy
- 1 grandchild and 1 great on the way!