

The Breakwater Buzz



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There are so many things I am thankful for this year, but at the very top of that list is you.

Wishing you a wonderful holiday filled with the warmth and happiness of the season.

WELCOME NEW RESIDENTS

Eleny Deamer 517B
Mike and Mary Bonsiewicz 506/8-B
Sally Hunter 214B

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

What to do if you get SCAMMED?

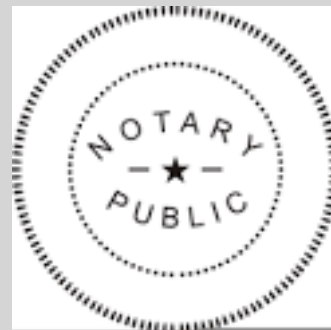
1. Contact the fraud departments of the three major credit bureaus.
2. Remove fraudulent info from your credit report.
3. Add fraud alert and freeze your credit report.
4. Close any accounts that have been compromised or opened by thief.
5. File a Police Report
6. Change all affected account passwords
7. File a report with the Federal Trade Commission (FTC) at IdentityTheft.gov or 1-877-438-4338

Kenny's Corner

Current Scams Targeting Seniors

4 Scams to Look Out for This Holiday Season

- Gift Card Scams, supply chain woes this year mean that many people will be turning to gift cards rather than purchasing items as gifts this year. Blackhawk Network, a global branded payments provider, forecasts gift card spending to jump 27% this holiday season-and scammers are taking note.
- Charity Scams
- Package Delivery Scams
- Fake Gift Exchanges



Did you know that Kenny is a Notary ?
Please call ahead if you need his service.



Daylight Savings Ends

Sunday November 5th

We FALL back one hour .

11/5 @ 2:00am

Monthly Musical Entertainment

Avalon Hall and Westwood Pub

Friday, November 3rd @ 3:30 pm

Tracy Marie Acoustic Singer Songwriter: WP

Saturday, November 4th @ 3:30 pm

Debbie Darling & David Streiter play Irving Berlin: AVH

Friday, November 10th @ 4:00 pm

John Thayer Music & Trivia : WP

Friday, November 17th @ 4:00 pm

Guitarist Freddy Hill plays the Delta Blues: WP

Saturday, November 18th @ 3:30 pm

Peter Tavens and James Love : AVH

Tuesday, November 28th @ 3:30 pm

David Streiter Birthday Celebration: WP

Thursday, November 30th @ 7:00p

Violinist MaryBeth Ions : 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

geek
with a
heart

Hand-holding You
in the Digital World™

© 2023 geek with a heart

Current Events

Stay in the know.
All are welcome .
We meet every Thursday at
10:00am in the RWS

Notes from Nicole Dining Room Manager

nicole@thenormandy.com

440-333-5401 x 3

The holiday season is upon us and I want to take a minute to tell you a bit about Room Rentals and Holiday Catering .

Breakwater has several spaces available to rent for your next family or club function. To reserve, simply call the main number or send me an email.

We have the Private Dining Room that is off the main dining room. This secluded quiet space can accommodate a large crowd that wants to be seated together at one or two tables in a peaceful setting. You can order off our menu or have a menu customized for your event.

In addition to the Private Dining Room, we have larger casual spaces such as the Westwood Pub and the Riverwood Kitchen and Arts Room.

***** All rentals must be arranged through me, Nicole, and approved no less than week in advance; room rates and conditions will apply.*

Catering Trays

Dessert trays are available to order as well as cookies and pie. Advance Notice Required .

SOUP

Visiting a sick friend? Take them a quart of our "soup of the day" or Chicken Noodle. \$12.00

Happy Holidays !!!

Saturday Series

1:00 pm in the Theater



NEW!

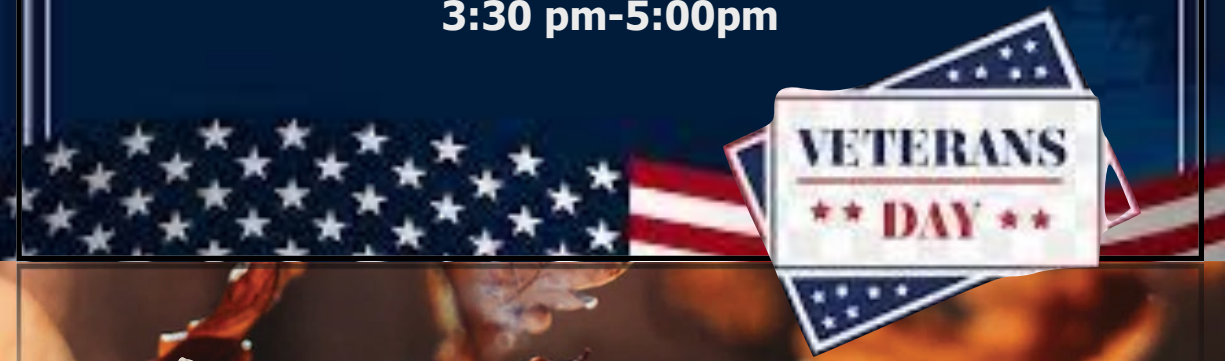
Set during the Cold War era, orphaned chess prodigy Beth Harmon struggles with addiction in a quest to become the greatest chess player in the world.

*Missed an episode?
Let us know
and we will
turn it on for
you.*



Join us as we pay special tribute to our Veterans.

**Saturday, November 11th 1:30 pm Avalon Hall
Pinning Ceremony and Music with Guests
Patricia Lawrence and Father Keller
Event will continue at the Westwood Pub with David
Strieter playing
3:30 pm-5:00pm**



Men's Group

Tuesday November 14th

12:00 pm Cafe

Just Lunch with Ken Penny

Sign-up in Book CMC

**Listen fellas, we know you are out numbered
so best to stick together around here, FIND A
BUDDY AND BRING HIM TOO!**

Weekly Grocery Shopping

IMPORTANT CHANGES

Please note; due to the Friday Severance Hall trip and Thanksgiving Holiday, some dates have changed.



Departure Times:

11:00 AM

1:30 PM

Wednesday, November 1st

Wednesday, November 8th

Wednesday, November 15th

Wednesday, November 22nd

Wednesday, November 29th

*Sign up sheets in Activities
Book



Departure Times:

11:00 AM

Friday, November 3rd

Wednesday, November 8th

Friday, November 17th

Wednesday, November 22nd

* Sign up sheets in Activities Book



**Westlake
Location**

Departure Time: 11:00 am

Wednesday, November 15th

Wednesday, November 22nd

**Now going
twice a month
per your
requests!**



**Podiatrist Dr. Kane will be
visiting
EVERY OTHER month**



Next Visit:

December 6th

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 at
2:30 in Thurber Library

Need Physical Therapy?

Contact Jenna Kodrin with
Freedom Therapy
440-363-3050

Feeling Sick ?
Wellness Tray Delivery

If you are under the weather please call the front desk and order a complimentary Wellness Tray that include GingerAle , Crackers, Chicken Soup and Jello.

**Getwell
SOON!**

Photo Gallery

Monday Night Cornhole, Donauschwaben's German Dancer Groups, Cuyahoga Valley Scenic Railroad



LIVE LIFE TO
THE FULLEST

Happy Birthday



Join us in the pub to celebrate with
cake and music on
Tuesday, November 28th starting at
3:30 pm. Friends and Family
Welcome !

| | | |
|------|--------------------|-------|
| 211B | Williard Carmel | 11-2 |
| 305B | Carolyn Schafer | 11-3 |
| 512B | Isabelita Tinjo | 11-3 |
| 410B | William Fitzgerald | 11-4 |
| 317A | Lois Maher | 11-8 |
| 510A | Lenore Rutti | 11-10 |
| 509B | Martin Dugan | 11-10 |
| 504A | Geoffrey Brown | 11-16 |
| 216A | Laurie Soc | 11-17 |
| 313B | Joanne Burns | 11-18 |
| 112B | Thomas Spooner | 11-20 |
| 517B | Eleny Deamer | 11-20 |
| 304A | Carol Lloyd | 11-26 |

Staff

11-2 Marilyn Gomez
11-7 Bailey Kurtz-Carney
11-22 Twila Fox



Library News



November 2023 Library News

November! Leaves are falling as fast as rain and we are squeezing in as much outdoor time as we can. We know it won't be long before a cozy afghan & a good book will have as much draw as our Indian Summer.

This is the time of year when we often find ourselves looking at all the things we are especially thankful for. We are reminded how blessed we are with our cozy home here at the Breakwater and all the friends we share it with. Health, family and the holidays ahead of us are on our list as well.

Our Rocky River Outreach Librarian remains on our thankful list as she continues to bring us 30 new books every month and takes away older books we've had a chance to read. This month again, there are some fantastic new books straight from the Best Sellers List to choose from.

Our Feature Table continues to have new Large & regular print Thurber Breakwater Library books. We continue putting BLUE sticker Dots on all our new donations so they will go right back out for the next reader looking for an exciting new book.

Have a Very Blessed & Happy Thanksgiving
Librarians, Barb Palumbo, Laurie Soc & Rose Mary Zverina



HOTELS - Rollaway Beds



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

Normandy has a relationship with 2 hotels in the area ready to help accommodate! If you would like them to stay with you, we also rent Rollaway Beds with fresh linens including the pillow for only \$15 per night, call Ashlee to reserve .

Courtyard by Marriott Cleveland Westlake 440-871-3756 \$109 per night

Call their front desk when scheduling and use PROMO CODE: NORMANDY

Extended Stay America Suites 440-899-4160 \$59.00 per night

Call their front desk when scheduling and use PROMO CODE: NORMANDY



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*



Helpful 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



Bella Mio Cat Grooming

info@bellamiocatgroom.com

281-671-7020

Nail cutting & Grooming

www.BellaMioCatGroom.com

Nook Book Club



Breakwater Nook Book Club

The Nook Book Club meets once a month on the fourth Saturday at 1:00 PM in the Private Dining Room at the back of the Avalon Dining Room. **Our next meeting is Saturday, November 25.**

Good News – we have four more Nook e readers available for anyone interested in joining the Book Club. When a book is selected, the Normandy purchases the book and it is downloaded on all our Nooks. Books are also available from the library and on other devices such as a Kindle, iPad or Tablet.

What better season to read a good book and have a spirited discussion. Days are shorter and much more conducive to curling up with a good read.

NOVEMBER BOOK CLUB SELECTION

First Ladies

by
Marie Benedict & Victoria Christopher Murray

A novel about the extraordinary partnership between First Lady Eleanor Roosevelt and the civil rights activist Mary Mcleod Bethune—an unlikely friendship that changed the world.

The daughter of formerly enslaved parents, Mary McLeod Bethune refuses to back down as white supremacists attempt to thwart her work. She marches on as an activist and an educator, and as her reputation grows, she becomes a celebrity revered by titans of business and recognized by U.S. Presidents. Eleanor Roosevelt herself is awestruck and eager to make her acquaintance. Initially drawn together because of their shared belief in Women's Rights and the power of education, Mary and Eleanor become fast friends, confiding their secrets, hopes and dreams—and holding each other's hands through tragedy and triumphs.

When Franklin Delano Roosevelt is elected president, the two women begin to collaborate more closely, particularly as Eleanor moves toward her own agenda separate from FDR, a consequence of the devastating discovery of her husband's secret love affair. Eleanor becomes a controversial First Lady for her outspokenness, particularly on civil rights. And, when she received threats because of her strong ties to Mary, it only fuels the women's desire to fight together for justice and equality.

Happy THANKSGIVING



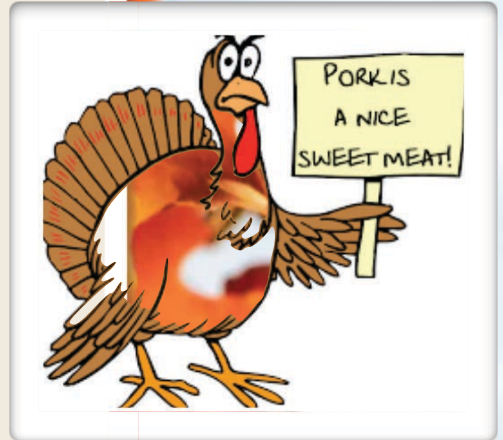
**23
NOV**

AVALON DINING ROOM

Thanksgiving Buffet 11:30AM-1:30PM

FORMAL INVITATION TO FOLLOW

Hope to see you there!



TREAT YOURSELF

11/24

10am-11am

ADR

Hand and Arm Massage with
Heather of, "Mist with a Twist"

Enjoy a 10 minute hand and arm
massage. First Come First Serve



Friday after

Thanksgiving 11/24

11:00am-3:00pm

Avalon Hall

Over the Moon Gifts

Mary Kay Cosmetics



Religious Services



*Father Keller will be here
SUNDAYS THIS MONTH*

*NOVEMBER 19TH at 11am
NOVEMBER 26TH at 11am*

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



**ST. PETER'S
EPISCOPAL CHURCH**

Open to all Denominations

Tuesday, November 28th

3:00pm

AVH

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

**Please sign up at the front desk no later than*

Adventure IS OUT THERE



*Sign up sheets located in
Cove Media Center*

Need a ride to the Polls ?
Tuesday, Nov. 7th
Depart at 1:00pm :L



Kent State University Museum

Tuesday, November 21st
Depart at 10:00 am : L
Cost :\$5.00 billed to account

Docent Led Tour

8 galleries showing important works in fashion & costumes, plus glass, textile & furniture pieces.

Then we will stop for lunch at ***The River Merchant in Kent .***

The River Merchant, which owner Cameron Thomas opened in March 2020, features a mostly casual menu with flatbreads, sandwiches, soups and salads ...

23/24 Season The Cleveland Orchestra
Friday Morning Matinee Concerts
\$36 BILLED TO ACCOUNT

FRIDAY NOVEMBER 10TH
Departure at 9:30am :L
HANNIGAN CONDUCTS STRAUSS



Dining Out/In

Sign up Sheet located in CMC



Outlet of a BBQ chain serving wood-smoked meats & sides in an American West-themed space.

November 9th
Depart at 11:30 : L

We will order Lakewood's Award Winning Pizza and Dine in the Pub
\$10.00 for Pizza and Soda billed to account

Friday November 30th at 12:00 pm



Active for Life Wellness Classes

Riverwood Studio

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

Easy Thai-Chi

Monday's Only 10:00am-10:55am

Instructor: Elizabeth

Tai chi is a gentle, low-impact form of exercise in which you perform a series of motions while focusing on deep, slow breaths. "It's sometimes called 'meditation in motion' because it's a series of exercises that can help harmonize your body's energy and mind."

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

Want to see something in particular? Drop a suggestion at the front desk.



November 2nd "The Fundamentals of Caring" Drama **Paul Rudd-Selena Gomez**

A writer (Paul Rudd) retires after a personal tragedy and becomes a disabled teen's caregiver. When the two embark on an impromptu road trip, their ability to cope is tested as they start to understand the importance of hope and friendship.

November 11th "American Sniper" Drama /War

Bradley Cooper- Sienna Miller

U.S. Navy SEAL Chris Kyle (Bradley Cooper) takes his sole mission -- protect his comrades -- to heart and becomes one of the most lethal snipers in American history. His pinpoint accuracy not only saves countless lives but also makes him a prime target of insurgents. Despite grave danger and his struggle to be a good husband and father to his family back in the States, Kyle serves four tours of duty in Iraq. However, when he finally returns home, he finds that he cannot leave the war behind.

November 18th "The Wonderful Story of Henry Sugar" Adaption/Adventure

Benedict Cumberbatch-Dev Patel-Ben Kingsley

Henry Sugar, a wealthy man, decides to take on an extraordinary challenge - he wants to master an extraordinary skill in order to cheat at gambling games.

November 25th Documentary "My Octopus Teacher"

A filmmaker begins diving in a kelp forest off the coast of South Africa, and meets a female octopus who casts a spell on him.



Let's Play!



Monday

2:00 pm Practicing Your Bridge Game -
WGR

7:00 pm Corn Hole - Avalon



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)

A little of this ,a little of that.



NASA Ambassador

Bill Reed Presents :

11/2 @ 7pm AVH

OUR PLACE IN SPACE
JOIN US AS WE EXPLORE THE VASTNESS OF SPACE AND SEE JUST HOW BIG OUR UNIVERSE REALLY IS. WE'LL TAKE A LOOK AT THE SUN, THE PLANES OF OUR SOLAR SYSTEM, OUR GALAXY AND WHAT LIES BEYOND IN AN ATTEMPT TO GAIN SOME COSMIC PERSPECTIVE.

National Nachos Day!!!!

11/6

Nacho Bar at lunch

11:30-1:30

LC

YUMM!

**Women in History Productions
Presents**

Debra Rose as

Ella Fitzgerald

11/9 @ 7pm in the AVH

One of our favorite performers returns as

the "First Lady of Song"

You won't want to miss !

Friendsgiving Potluck

Let's gather and share some good eats. You can make it, bake it, or buy it , doesn't matter .

Sign-up in Cove Media

11-14 @ 11:30-12:30

RKA

Nature Pam

Mesa Verde National Park

11/16 @ 2pm in the AVH

This program explores the best preserved cliff dwellings in North America, and the lives of ancestral Pueblo people who build them.

Pictorial Directory

Picture Day

**11/6 from 3pm-5pm in
the WP**

Newer Residents
Will receive notice.

Intro to Easy Thai Chi

11/7 @ 10:00 am in the RWS

Have you been interested in learning more about this mindful practice? Instructor Elizabeth will explain, we will also enjoy a cup of Chai Tea !

Rocky River Library introduces us to Virtual Bowling against players at the Library using a Nintendo Switch. No prior experience required, we will learn as go! Playing on the giant screens is sure to be a BLAST!

11/13 AVH 3-4:40

NorthPoint Ballet presents :

The Nutcracker

Dancers will swirl and twirl a great classic .

1:00pm in the AVH

Experiencing Christmas Bible Study

1st of 4 sessions

11/27 @ 1pm-2pm in the AVH

Look for more information to be distributed.

Art with Rebecka

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

No Experience Necessary -
Drop in's Welcome

Class Dates :

November 14th, 18th & 25th

*Nov. Project: Hand Painted
Christmas Cards*



Here ye Here Ye

Town Hall Meeting

Scheduled for the 16th day of
November. Your presence is
requested in the Avalon Dining
Room .

8:30 am Complimentary Hot Breakfast
9:30 Meeting

Please put questions and comments in the
Suggestion Boxes by Wednesday,
November 15th .
(Located next to mailboxes)



SNAPSHOT



Mary Reinmann
204A

- Has resided at Breakwater a little over 2 years
- Born in Cleveland and raised 9 children while residing in Rocky River
- Has 14 grands and almost 5 greats (one due any day now) most living remotely but keeps in touch with modern technology!
- Worked at both Lakewood and RR Libraries in the circulation departments for a total of 15 years
- Avid reader
- Feels a bit “spoiled” living at Breakwater



Michael Clay
403B

- Born in Santa Monica, California
- Resided in Idaho prior to moving to RR
- Truck Driver for 60 years
- Moved to Rocky River to be closer to granddaughter who resides in Avon Lake
- Dog Katy is 7 years old, she is an Irish Wolfhound Golden Retriever mix and has a very laid back temperament