

# The Breakwater Buzz

Independent Living Rocky River

Issue 3

March 2024

## Campus Directory

Main Number 440-333-5401

Breakwater ext. 3

Fax - 440-356-9039

Lakeside Assisted Living ext.4

Care Center Rehabilitation ext 5

## Department Heads

Kelly Riley - Executive Director

Kim Zdanowicz - Marketing Director

Amr Khedr - Resident Accounts

Ignacio Tellez- Executive Chef

Nicole Gulak- Dining Services Manager

Ashlee Wilson- Business Office Manger/

Housekeeping Manager

Tracey Swisher- Life Enrichment

Coordinator

## Breakwater Hair Salon

Tini Filippi - Stylist

Gloria Gonzalez - Nails

440-356-6659

March

Forward, March  
And welcome Spring,  
When bunnies  
bounce  
And birds all sing!



When March winds blow  
The winter away,  
They get the world  
ready for  
April and May.

By: Helen H. Moore



Our mission is to encourage the active, vibrant and independent lifestyle of our residents while providing a homelike atmosphere to enrich our community and the lives of those we serve.



# Normandy Logistics

Listed on calendar

## Westwood Lane

### “A Building Rooms”

WTR: Theater Room

WP: Westwood Pub

WGR: Game Room

### Avalon

#### “New Atrium Section”

ADR: Avalon Dining Room

APD: Avalon Private Dining

AVH: Avalon Hall

AH: Avalon Hearth (in Atrium)

## Riverwood Lane

### “B Building Rooms”

RKA: Riverwood Kitchen & Arts

RWS: Riverwood Studio

RS: Riverwood Salon

### 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

7 days a week

4:30pm & 6:00pm

First and foremost I need to thank our residents who lead activities, your service does not go unrecognized, you help make our calendar thrive. A shout-out to a very busy Nicole for creating some of the content for the Buzz, she has a computer program that works magic creating fun ads. Residents Barb Palumbo and Rose Mary Zverina contribute monthly articles, thank you ladies for your dedication.

My goal is to continue efforts finding new interesting speakers, gifted entertainers and making reservations here there and everywhere!

**Happy Spring Everyone**

Tidbits  
By  
Tracey

We  
Like To  
Party

## St. Patrick's Shenanigans

Friday, March 15th, 2024 - 1:30PM to 3:30PM - Avalon Dining Room

Join us to celebrate St. Patrick's Day with appetizers, drinks, and music!  
DJ Hank will play from 1:30-3PM. Bagpipes will be from 3-3:30PM.

For 2 drink tickets, delicious appetizers, dessert & music will be \$15 to attend

*\*Dinner will be starting at 5:30pm this evening\**

## Easter

Join us for Easter Brunch on Sunday, March 31st.  
There will be two seatings available  
11:00am-12:30pm -OR- 1:00pm-2:30pm

Pick-up & Delivery times will be 11:00am or 1:00pm.

The invitation will be sent out the beginning of  
March with all the details and pricing.

*NOTE: If attendance is low then Easter  
will be changed to one seating*



MUSIC  
feeds the soul



**MONTHLY MUSICAL**  
**ENTERTAINMENT**

**Avalon Hall**

***Thursday, March 7th 7:00 pm***

**Debbie Darling & David Strieter**  
**Musical Talk on the Life of Johnny Mathis**

***Thursday, March 14th @ 7:00pm***

**Cindy Smith and Doug Day**  
**Great American Songbook**



# Lectures

Avalon Hall

No registration required



## **Tech with Tak**

**2:00pm Friday 3/1**

### **Learn tips to Zoom**

Tak has over 30 years of experience. Holds a Bachelor of Science in Computer information Science and Executive MBA.

## **Rocky River Library**

**2:00pm Tuesday 3/5**

### **Spring Book Review**

Outreach Librarian Carol O'Keefe will enlighten us on good reads for Spring! Bring a notebook to take notes.

## **Nature Pam**

**2:00pm Friday 3/8**

### **Mammoth Cave**

Nature Pam's Slideshow Presentation uses photo journalism to capture beauty and history of out national parks.

## **John O'Brien Jr.**

**7:00pm Thursday 3/21**

### **An Irish American Journey**

John is the founder, Publisher and Editor of iIrish newsmagazine, a monthly print publication serving people of Irish decent in and around Ohio and is author to 5 books.

## **Felicia Zavarella Stadelman**

**7:00pm Wednesday 3/27**

### **Andrew Wyeth**

*"Through the Eyes of the Artist"* is an artistic biography lecture series that offers an exclusive view into the lives and times of our favorite artists. Each program is enhanced with music, print and images. Handouts include an overview of the Artist and a notecard memento.

## **Rocky River Superintendent**

**7:00pm Thursday 3/28**

### **School Address**

Dr. Michael G. Shoaf brings us up to speed on the state of our schools in Rocky River.

### Sit and Knit

Bring your projects to the Cove Media Center every **Saturday at 11am** for inspiration and encouragement!

### Wii Bowling

Select Saturdays  
11am in the WTR  
3/2  
3/12  
3/23

### Grab a Donut Day!

Cafe  
Friday 3/8  
7:30am-10:00am  
Fragapane Bakery  
Resident Sponsor  
Ann Moore

### Girl Scout Cookie Sale

Saturday 3/9  
11am-1pm  
Table set up near Thurber Library  
\$6 per box **CASH ONLY**

### Cannon Irish Dance

Saturday 3/9  
11:30 am  
Riverwood Studio  
Junior Dance Students perform a little jig for us to get us ready for St.Patrick's Day!

### Photo Shoot

Monday 3/11  
3:30-4:30  
New Residents, we want your mug for the Pictorial Directory. Example book in Cove Media.

### WATERCOLORS

SUNDAYS  
2PM-4PM  
Riverwood Kitchen & Arts Room  
Resident Kaye Mesaros shares her talent with you. Come prepared with supplies.

### Book Club

3rd Saturday of the month.  
1PM-2PM  
Nooks available for members. Please inquire at meeting.



# Weekly Grocery Shopping

Please write your apartment number on your shopping totes.



## Departure Times:

11:00 AM

1:30 PM

Wednesday, March 6th

Wednesday, March 13th

Wednesday, March 20th

Wednesday, March 27th

\*Sign up sheets in Activities Book



## Departure Times:

11:00 AM

Friday, March 8th

Friday, March 15th

Friday, March 22nd

Friday, March 29th

\* Sign up sheets in Activities Book



**Westlake  
Location**

Departure Time: 11:00 am

Wednesday, March 13th

Wednesday, March 27th

**KOHL'S**

**Spring Shopping**

**Tuesday, March 26**

**Depart at 11:30am**

**Shop for 2 hours!**

**Health, Wellness  
&  
"Independent Service Providers"**

Housecall Nurse Practitioner  
Marie Grosh, DNP  
LNHA Board Certified in Adult and Geriatric  
Primary care.  
To register as a patient, please call 440-427-5077

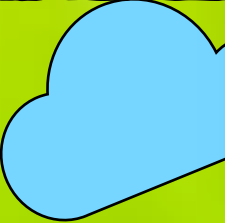


**Blood Pressure Checks**  
Mondays at 2:30 pm  
Thurber Library

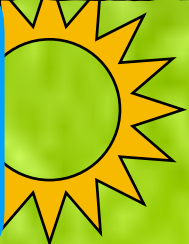
**Podiatry - Dr. Kane**  
Sign up in Activities Book  
If not covered under Medicare -\$60  
*Next Visit - April 10th*

**Hearing-Connect Hearing**  
Sign up in Activities Book  
Checks hearing aids and batteries  
*Next Visit- March 15th*

**Therapy Services - Always Best Care**  
**440-202-1706**  
Most insurance accepted



*Under the Weather ?*  
Call and order a complimentary  
**"Get Well" tray** - soup, crackers & ginger ale.  
No delivery fee!





# Happy Birthday to you!

Join us on March 22nd

3:30-5 to CELEBRATE with cake and  
a performance by David Strieter.

Mary W.	3/4
Irene L.	3/4
John L.	3/7
Helen C.	3/7
Patricia K.	3/17
Joy M .	3/19
Betty B.	3/24
Margaret S.	3/25
Lynn L.	3/25
Herb H .	3/26



## Staff

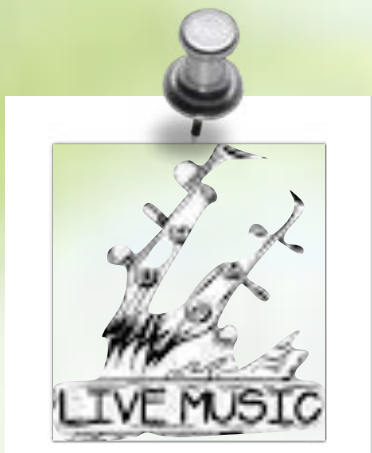
3/12 Mike - Maintenance  
3/12 William- Server  
3/21 Faustino- Maintenance  
3/23 Cody- Cook  
3/27 Isabelle- Server  
3/30 Libby- Server

## Wedding Anniversary

Couple

March 4th

Wally & Paloma  
Armstrong



# WESTWOOD PUB

Monday-Friday 3-6 pm

## FOOD MENU

<b>CHICKEN WINGS</b>	6 WINGS \$6.00
PLAIN, GARLIC PARMESAN, BBQ, MILD CELERY, RANCH OR BLEU CHEESE	12 WINGS \$10.00
<b>ALL BEEF HOT DOG WITH KETCHUP &amp; ONIONS WITH KETTLE CHIPS</b>	\$6.00
<b>CHEESE QUESADILLA</b>	\$4.00
WITH SALSA & SOUR CREAM	
<b>CHEESE STICKS (5) WITH MARINARA</b>	\$5.00
<b>PEPPERONI FLATBREAD</b>	\$9.00
<b>LOADED FRIES</b>	\$6.00
FRIES TOPPED WITH CHEESE, BACON, RANCH AND GREEN ONIONS	
<b>BASKET OF FRIES</b>	\$4.00
FRENCH FRIES -OR- SWEET POTATO FRIES -OR- ONION RINGS WITH KETCHUP	
<b>CHIPS &amp; SALSA</b>	\$3.50

## BEER & WINE

PINO NOIR	\$7.00
MERLOT	ALL
CABERNET SAUVIGNON	WINE
CHARDONNAY	
PINO GRIGIO	
REISLING	
WHITE ZINFADEL	
<b>CRAFT BEER</b>	\$6.00
BUDWEISER	\$4.00
BUD LIGHT	
COORS LIGHT	
COORS BANQUET	
MILLER LITE	
CORONA	



**3/5 3:30-5 Pat Daley**

**3/12 3:30-5 Freddy Hill**

**3/18 3:30-5 David Strieter**

**3/19 3:30-5 John Person**

**3/22 3:30-5 Birthday  
Celebration with David Strieter**

**3/29 3:00-5 John Lucic**

you asked.  
we listened.



**Monday-** \$ 1 off all

Martini's including Chocolate

**Tuesday -** \$3 Corona &

\$5 Margaritas

**Wednesday -** \$1 off Wine

**Thursday -** \$1 off Domestic

Bottled Beer

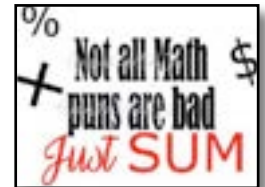
**Friday-** \$1 off Craft Beer

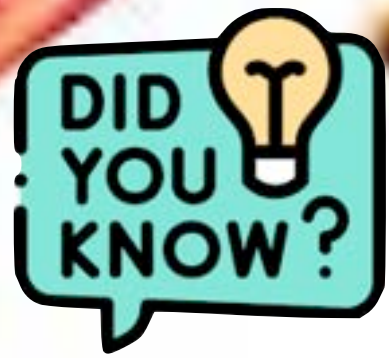
Pub Fare can now be used as your "included dinner" for the day. Stop in to see what we are serving..BEST WINGS IN TOWN!

\*\*\* ALL ORDERS MUST BE IN BY 4:30\*\*\*

# COMEDY CORNER

1. What do you look for in a math tutor? *Someone far greater than you*
2. I used to brag about my math skills, but then I realized that it's just sum game.
3. Parallel lines have so much in common; it's a shame they'll never meet.
4. Why did the math book go to therapy? *It had a lot of problems.*
5. Why are obtuse angles always frustrated? They never have a point.
6. How does an upbeat mathematician plow a field? *With a pro-tractor*
7. Where do math teachers celebrate New Year's Eve? *Times Square*
8. Why wouldn't the circle date other shapes? *It found them too square.*
9. What do you call a number that can't sit still? *A roamin' numeral*
10. Why did the math book look so worried? *It had an irrational number of fears.*
11. Why did the hairdresser take math classes? *To learn how to square roots*
12. I used to think math class was silly, but when we got to decimals, I could see it had a point.
13. What's a mathematician's favorite snack? *Pi!*
14. Why should people learn math? *It has a lot of plusses.*
15. How often do you look at the table of elements? *Periodically*
16. What's the quickest way to warm up after skiing? *Stand in a corner. It's always 90 degrees.*





### Prescription Drop Box

Located at Rocky River Police Station  
Drop off old and unused or expired scripts.



Did you know that you can drop off your old electronics at the Library? Bring your small electronics and printer cartridges and recycle them sustainably in the collection bin in the Lobby.



### Bella Mio Cat Grooming

info@bellamiocatgroom.com  
281-671-7020  
Nail cutting & Grooming  
[www.BellaMioCatGroom.com](http://www.BellaMioCatGroom.com)

### Tech Support

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

Daniel Anderson

440-364-3194

[dan@technologyllc.com](mailto:dan@technologyllc.com)



Brian Toth

440-823-7068

## HOTELS and 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

Don't have an Uber Account?

**Tri-City Cab - Rocky River**

216-214-7530





## Breakwater Book Club

Come join us in March for our discussion of James Patterson's new series starring

### **HOLMES, MARPLE & POE.**

Our Book Club meets on the **fourth Saturday of every month at 1:00 PM in the Private Dining Room behind Avalon Dining Hall.** Our next meeting is March 23.

There are a number of options for reading the book. A hard copy is available from the Rocky River and surrounding area libraries. Some people download the book on their tablet or Kindle. The Normandy has purchased a number of Nook e-readers which are available on loan to residents. Please let the front desk know if you are interested in borrowing one of them.

Please feel free to come and join us, even if you haven't read the book. We are always open to suggestions for a good read.

### **HOLMES, MARPLE & POE**

By

James Patterson and Brian Sitts



*A brand new series from James Patterson! Three detectives, three famous names, three mysterious pasts – and they're here to solve crimes. It's puzzles within puzzles and it's a certified page-turner with so much more to come.*

In New York City, three intriguing, smart and stylish private investigators open Holmes, Marple & Poe Investigators. Who are these detectives with famous names and mysterious, untraceable pasts?

**Brendan Holmes** – The Brain: Identifies suspects via deduction and logic.

**Margaret Marple** – the Eyes: Possesses powers of observation too often underestimated.

**Auguste Poe** – The Muscle: Chases down every lead no matter how dangerous or dark.

The agency's daring methodology and headline-making solves attract the attention of the NYPD Detective Helene Grey. Her solo investigation into her three unknowable competitors rivals the best mysteries of Sir Arthur Conan-Doyle, Agatha Christie and Edgar Allen Poe.

# Library News



## **March Library Newsletter 2024**

March is the month to celebrate the Green. Green Sprouts will soon be popping up all over our beautiful campus as the weather continues to warm up. Even if you're not Irish, many of us bring out the Green as we celebrate St Patrick's Day. Our Breakwater Library has an assortment of books about Ireland and wonderful Irish tales. We have put some of these Irish Books out on our Feature Table, as well as many New Large & regular print books.

You do not need to sign out books that belong to the Breakwater Library BUT RETURN OUR BOOKS TO THE AREA NEXT TO THE BROWN RR SIGN OUT BOOK.

Most importantly, Rocky River Library Books do need to be RETURNED & signed out in the "Brown Sign Out Book". The RR Library Outreach Program continues to switch out 30 older books for new current releases every 3 weeks.

### **PLEASE DO NOT RE-SHELF ANY BOOKS!!**

We thank all our readers for their support and are always open to your questions & suggestions.

Librarians,  
Barb Palumbo, Laurie Soc & Rose Mary Zverina

Happy St Paddy's Day to all our wonderful library friends

# Worship



## Catholic Mass



Father Keller

Avalon Hall

Saturday 3/9 4pm

Saturday 3/16 4pm

Palm Sunday  
3/24 11am



## ST. PETER'S EPISCOPAL CHURCH

*Avalon Hall*

*Last Tuesday of the Month*

*Father Mike Lager*

## Rosary

Held in the

***Cove Media Center***

(Resident Lead)

Wednesday's at 4:00pm

## Sunday Church Outings

*Every Sunday | Departure in Front Lobby*

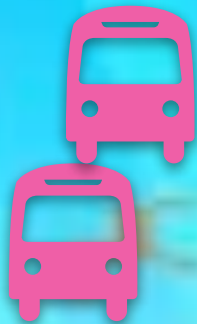
Please schedule in advance at Front Desk

8:15 AM: St. Christopher

8:45 AM: Bay Presbyterian

9:00 AM: Rocky River United Methodist


9:45 AM: St. Peters Episcopal



# Adventure IS OUT THERE

**Sign up required  
BOOK IN CMC**

**Severance Hall Matinee**  
**Kanneh-Mason Plays Schumann**  
Friday March 1st  
Depart at 9:30am  
Concert at 11:00am  
**\$35.00 - 13 tickets available**  
**The Cleveland Orchestra**  
Susanna Malkki, Conductor  
Isata Kanneh-Mason, piano  
  
C.Schumann Piano Concerto  
Hindemith *Mathis der Maler*

 **MUSEUM of AMERICAN  
PORCELAIN ART**  
**2 HOUR PRESENTATION TO INCLUDE A  
VIDEO AND TOUR \$5.00 PER PERSON**  
  
**DEPART TUESDAY MARCH 5th at 10:00am.**  
**Lunch to follow at Coopers Hawk Winery &  
Restaurant in Orange Village**  
  
The only museum of its kind, the Museum of American Porcelain Art (MAPA) is dedicated to preserving and sharing the porcelain art produced by the studios of Edward Marshall Boehm, Boleslaw Cybis, Laszlo Ispanky, Burgues, and Bronn Fine China, Ltd. Each of these studios rose to prominence in the mid-20th century and had closed its doors by the early 2000's.

**Casey's Irish  
Imports, Inc.**  
Tuesday 3/12  
Depart at 1:00pm  
Family owned Irish Gift Store  
located in Rocky River that  
has. Been serving the needs  
of the Irish community over  
30 years.



**SPRING SOCIAL**  
**Lakeside Assisted**  
**Living**  
**March 19th**  
**Depart at 1:30**  
  
Visit with friends old and  
new on the official first  
day of Spring!



**Biryani Hut Indian  
Restaurant**

Thursday, March 14th  
Depart at 11:30am

Biryani, tandoori dishes,  
curries & other Indian  
classics offered in simple  
surrounds.



## 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.

### The Harp

Thursday, March 21st  
Depart at 11:00am

Pub featuring a menu of  
traditional Irish & American  
fare plus live music & a  
patio with lake views.

## Men's Group

### **Crawford Auto-Aviation Museum**

Thursday, March 28th  
Depart at 11:30am

Cost: \$13.00

The Crawford Auto-Aviation Museum is a transportation museum in Cleveland, Ohio, United States. It is part of the Western Reserve Historical Society's Cleveland History Center in University Circle, and its collection includes about 170 cars. It was founded by Frederick C. Crawford of TRW, and opened in 1965.( Elevator and Ramps available. )

# Active for Life Wellness Classes

## Riverwood Studio

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

### Thai Chi Easy Practice

Monday only 10:00am

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

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

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

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

Friday Only 10am-10:45

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 Westwood Theater Room**

### **March 2nd "Made in Italy" 2020 R Comedy/Romance**

**Starring: Liam Neeson**

A London artist and his estranged son try to mend their relationship as they work together to repair a dilapidated house in Italy.



### **March 9th "The Wonderful Story of Henry Sugar" 2023 Comedy/Adventure**

**Starring : Benedict Cumberbatch, Ben Kingsley, Dev Patel**

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.



### **March 16th "The Wind that Shakes the Barley" 2006 War/Drama**

**Starring : Cillian Murphy, Pdraic Delany, Liam Cunningham**

Set during the Irish War of Independence in the early 1920s. Damien, an Irish medical student, is about to leave Ireland to complete his training in London, but before doing so witnesses atrocious brutalities carried out by the Black and Tans which leads him to join his brother Teddy in the Irish Republican Army. Soon however, the peace treaty is signed, and the brothers are pitted against each other.



### **March 23rd "Poor Things" 2023 R Comedy/Fantasy**

**Starring : Emma Stone, Mark Ruffalo, Willam Dafoe**

Brought back to life by an unorthodox scientist, a young woman runs off with a lawyer on a whirlwind adventure across the continents. Free from the prejudices of her times, she grows steadfast in her purpose to stand for equality and liberation.



### **March 30th "Rustin" 2023 PG-13 Drama/Documentary**

**Starring : Colman Domingo, Gus Halper, Jeffrey Wright**

Bayard Rustin, advisor to Martin Luther King Jr., dedicates his life to the quest for racial equality, human rights and worldwide democracy. However, as an openly gay Black man, he is all but erased from the civil rights movement he helped build.





## **Musical Monday's**

All Movies Start at  
1:00pm



### **My Fair Lady**

In this beloved musical, pompous phonetics professor Henry Higgins (Rex Harrison) is so sure of his abilities that he takes it upon himself to transform a Cockney working-class girl into someone who can pass for a cultured member of high society. His subject turns out to be the lovely Eliza Doolittle (Audrey Hepburn), who agrees to speech lessons to improve her job prospects. Higgins and Eliza clash, then form an unlikely bond -- one that is threatened by an aristocratic suitor (Jeremy Brett).



### **Oklahoma !**

Oklahoma! is the first musical written by the duo of Rodgers and Hammerstein. The musical is based on Lynn Riggs's 1931 play, Green Grow the Lilacs.



### **South Pacific**

South Pacific is a musical composed by Richard Rodgers, with lyrics by Oscar Hammerstein II and book by Hammerstein and Joshua Logan. The work premiered in 1949 on Broadway and was an immediate hit, running for 1,925 performances.



### **Carousel**

Based on the lauded Rodgers and Hammerstein stage musical, this film follows the romance of Billy Bigelow (Gordon MacRae), a charming carousel barker, and Julie Jordan (Shirley Jones), a pretty worker from a nearby mill. When the attractive young couple gets married, they also both find themselves unemployed, which puts a strain on their relationship. When Billy finds out that Julie is pregnant, he resorts to extreme measures to get money, a decision that leads to tragedy.

## **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

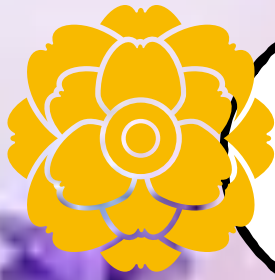
## **Saturday**

11:00 Wii Bowling (see calendar)WTR

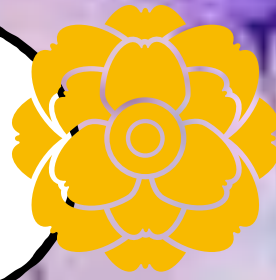
1:00 Outdoor Putting (seasonal)

2:00 pm Dominoes - RKA





## Breakwater Resident's Garden



### March 2024 Notes from our Breakwater Resident's Garden

As thoughts of Spring take over our hearts, the seed catalogs and garden planners come out. Tomato plants full of red ripe tomatoes, peppers & cucumbers ready for salads and annuals & perennials in full bloom fill our thoughts!! If you are also having the same thoughts and wondering if there is a place where you can get out your garden gloves and dig in some soil, our Resident's Garden has a place for you.

Last Fall Kelly and the Owners recognized our dedication in the garden and the need for more space for new gardeners. Consequently, this year all the garden plots have been switched to raised beds, making it easier for our gardeners. The majority of our gardeners are returning, but the addition of extra raised beds leaves lots of opportunity for new gardener's. New gardeners should plan on being responsible for their garden all summer, but we all try and help when other gardeners need it.

Our Butterfly Garden outgrew itself last year (year 3). We are looking forward to seeing what we can do this year to maintain more control & design and still stay with Native Ohio Plants. This is a group garden & Volunteers are an important part of it's success.

### **Our first Garden Meeting is Monday April 8th**

Residents who are interested in join in the garden and starting their own plot should sign up in the Sig-up Book in the Cove Media Room.

Plots will be assigned at our first garden meeting.





## CORNHOLE

Ilya

- . Senior at Hathaway Brown
- .Plays Lacrosse
- .Loves to Read
- .Longest Volunteer 1.5 years!*



## Bingo

Megan

- .Student at St. Joseph Academy
- .On the Crew team at school
- .Loves to ski with family & friends
- .Has Golden Doodle named Leia



## Wii Bowling

Samantha

- . Student at Case obtaining Nurse Practitioner License
- .Has a goal to hike every National Park
- .Worked at a Retirement Community in high school and loved the one on one connections!



## Knitting

Shirley

- .Has 2 cats, Ally & Theo
- .Loves crafting including knitting & crochet
- .Loves to bake
- . Favorite color is pink



# Resident Spot Light Needed!

## About You

Experiences

Family

Hometown

Goals & Values

Skills

Interests & Hobbies

Tracey is seeking  
out residents to  
share interests,  
history  
& experiences!

E-mail a 1 page Bio  
about yourself to  
[tracey@thenormandy.com](mailto:tracey@thenormandy.com)

Lets get to know  
our neighbors!

More info please  
contact Tracey