

The Breakwater Buzz

Issue 4

Independent Living Rocky River

April 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



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



Phase Timeline
Partial 1:59 pm
Total: 3:13 pm

Join us for **“THE GREATEST SHOW ON EARTH”**

Glasses - We will have goodie bags with Nasa approved glasses. A table will be set up outside for you to grab your bag before the Eclipse. If you are not joining outside, we will have glasses available at the front desk.

LOCATION FOR VIEWING -2 pm -3:30 pm Parking Lot Behind Breakwater will be roped off and clearly marked.

Seating: We will have some seating available. At our request; if you have a walker with a built in seat, please plan to use it so we do not run out of chairs as we have a limited amount.

We will send out a reminder to include the map.

**Join us afterwards in the Pub for the Guardians
HOME OPENER**

Pub Opens at 4:00pm following Eclipse Watch Party

First pitch 5:10pm

\$5.00 Hot Dog Buffet

\$3 Domestic Beer



MUSIC
feeds the soul



Avalon Hall

Thursday April 11th

7:00 pm

Debbie Darling & David Strieter

Sunday April 14th

2:30 pm

Cleveland Clinic Band



April 18th at 7:00pm



3 Birds and the Wire

Diane Palmer, Cindy Smith and Debra Rose ,3 Birds and The Wire takes you from warm nostalgia to hot hits with love, heartbreak, whimsy and joy. And over it all lies an energy, synergy, elegance and charm that is thrilling fans and audiences alike.



Lectures

Avalon Hall

No registration required



Cleveland Museum of Art
2:00pm Thursday April 4th
Leslie Cade

Library Director Leslie Cade introduces us to the Ingalls Library and Museum Archives located inside of CMA. Lecture to include information on how to access material online and in person. Follow up Library tour and lunch outing scheduled April 23rd , please register in Activities Book.

What is the Eclipse?
7:00pm Thursday April 4th
Trudy Belle
TAKE 2!

With the eclipse just days away, Trudy will rerun her February presentation for those who missed it or need a refresher.

Earth Day Program
Beekeeping 101
4:00pm Monday April 22nd
Melissa Renner

Fitness enthusiast, dancer, and author Melissa, keeps buzzy with her own bee farm harvesting honey. She will share her story on living with bees .

Tech with Tak
2:00pm Friday April 5th
Google Maps

Learn how Google Maps functions on your computer and your cell phone; you will never get lost again!

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

Felicia Zavarella Stadelman
7:00pm Wednesday 3/27
Featured Artist - Rodin

“*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.

Spring Clean and Name
Label Walkers
Compliments of Arbor
Rehab
Tuesday April 2nd

Trivia with Tracey
Put on your thinking cap
and Prizes awarded!
Tuesday April 2nd
3:30 in the WP

Grab a Donut Day!
Cafe
Friday APRIL 12th
7:30am-10:00am
Fragapane Bakery
Resident Sponsor
Jim Boulton



Wii Bowling
With Samantha
Select Saturdays
11am in the WTR
4/6
4/20

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

Karaoke Fun
Friday April 12th
3-5 in the PUB
No vocal experience
required, just a sense of
humor!

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 in the Private Dining Room
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, April 3rd

Wednesday, April 10th 1:30

Wednesday, April 17th

Wednesday, April 24th 1:30

*Sign up sheets in Activities Book



Departure Times:

11:00 AM

Friday, April 5th

THURSDAY, April 11th

Friday, April 19th

Friday, April 26th

* Sign up sheets in Activities Book



**Westlake
Location**

Departure Time: 11:00 am

Wednesday, April 10th

Wednesday, April 24th

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 - TBA

Hearing-Connect Hearing

Sign up in Activities Book

Checks hearing aids and batteries

Next Visit- June

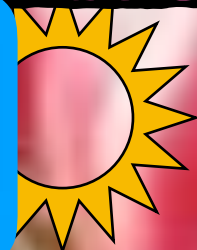
Therapy Services - Always Best Care

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 April 26th

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

Stan D.	4/1
Stefania G.	4/5
Dick D.	4/8
Patricia F.	4/11
Mary R.	4/13
Jan B.	4/13
Stephen B.	4/16
Joanne L.	4/17
Dode S.	4/25
Marvin L.	4/25
Joan W.	4/25
Patricia N.	4/29
James J.	4/30



Staff

4/5 Kenny - Painter
4/10 Patty- Front Desk
4/20 Shederic- Maintenance
4/22 Mikail- Server
4/26 Zyhra - Housekeeping
4/27 Kelly- Executive Director

Happy
Anniversary!
April 20th
Dan and Adele
Matias

WESTWOOD PUB

Monday-Friday 3-6 pm

FOOD MENU

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

BEER & WINE

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



Keyboardist David Strieter

4/15 3:30-5

Turn it Up Tuesday!

4/9 3:30-5 Freddy Hill

4/16 3:30-5 John Pearson

4/23 3:30-5 John Lucic

4/30 3:30-5 Mike Cornwall

*



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

Jokes Borrowed from :

Reader's Digest

What is a chick's favorite vegetable?
Eggplant.

Why are frogs so happy?
They eat whatever bugs them.

Spring is everything I wanted it to be, and more!

What did the gray rabbit say to the blue rabbit?
Cheer up!

Can bees fly in the rain?
Sure—if they wear yellow jackets!

What do you call a bear caught in a spring shower?
A drizzly bear.

Which bird should you never let into a jewelry store?
A robin.

What's the real reason the birds fly north in April?
For spring beak!

Which bird should
you never let into
a jewelry store?

A robin.

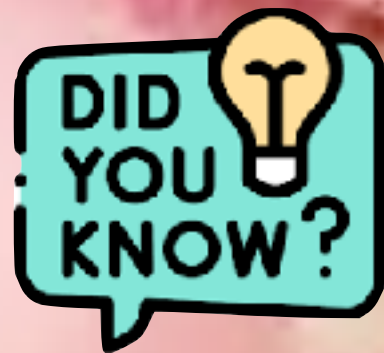


RD

What falls
but never gets hurt?
The rain.



RD



Prescription Drop Box

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



Bella Mio Cat Grooming

info@bellamiocatgroom.com
281-671-7020
Nail cutting & Grooming
www.BellaMioCatGroom.com



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



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.



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



Spring is in the air and the trees are coming alive. There might be a day or two when you could find a quiet space outside to enjoy a good book. There are so many places on our beautiful campus to sit quietly and enjoy the surroundings.

Everyone is invited to join our Breakwater Book Club. Books are available on the Normandy Nook ereaders, on Kindle, tablets and in hardcover from the library. If you have any questions about any of these devices, please let the front desk know and they will contact someone who can help you.

Our Book Club meets on the fourth Saturday of the month at 1:00 PM in the Private Dining Room at the back of the Avalon Dining Room. Even if you haven't read our current selection, you are welcome to come and enjoy our discussion.

The MIDNIGHT LIBRARY by Matt Haig

*If you were presented with the opportunity to go back in time and change your life, would you? Matt Haig ponders this question in **The MIDNIGHT LIBRARY**, a story that follows Nora Seed as she is given a chance to redo her life. Hopeful and thought provoking, this novel will change your perspective on your own life.*

Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better?

In ***The MIDNIGHT LIBRARY***, Matt Haig's enchanting blockbuster novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling life, and what makes it worth living in the first place.

Library News



April Showers are typical this time of year, along with a snowflake or two. It's a perfect month to have a couple of good books near when things don't allow you to get outside. If we end up being surprised, Jason & the crew have all our outdoor furniture set up so we can enjoy our daffodils and early tulips. There is no better place to read than out in our gardens or from our balconies.

Our Feature Table has many more new current Large Print Books for you this month. These new books will continue to have colored dots on the front cover identifying them by the month they were added to our Library. In the past year we have added over 50 new Large Print Books to our Breakwater Collection. You do not need to sign out Breakwater Library books, only the Rocky River Library books. Please do not re-shelve any books.

Librarians,

Barb Palumbo, Laurie Soc & RoseMary Zverina



Worship



Catholic Mass



Father Keller

Avalon Hall

Sunday	4/7	11am
Saturday	4/13	4pm
Sunday	4/21	11am
Saturday	4/27	4pm



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

Elgar's Cello Concerto

Friday April 12th

Depart at 9:30am

Concert at 11:00am

\$36.00 - 13 tickets available

The Cleveland Orchestra

Klaus Makela,, Conductor

SOL GABETTA ,Cello

Lopez Peru' negro

Rocky River High School

Presents :

Musical Bye Bye Birdie

Cost : Free for Seniors

Friday April 19th

Depart at 6:45

Showtime: 7:30



Lakeview Cemetery

Driving Tour

Thursday April 18th

Depart at 9:30am

\$12.00 billed to account

Docent led tour on the
bus.

We will get off at Wade Chapel
to tour inside then back on.

LUNCH TO FOLLOW AT
MAMA SANTA'S IN LITTLE
ITALY. You pay for your
lunch.

Gales Garden Center

Westlake

Tuesday April 16th

Depart 12:30

Get your balcony flowers
and garden veggies.

Ingalls Library
Tour inside the
CMA

Tuesday April 23rd

Depart 9:30

No Charge

Lunch to Follow
at Astoria
Mediterranean in
Gordon Square ,
you pay for your
lunch.

Cleveland Dance Project

April 25th 7:00pm - Riverwood Fitness Studio

Cleveland Dance Project Company (CDP Company) is a 501c3 dance and wellness company that creates contemporary and jazz dance works that often up the discussion on mental health and the normal struggles of the human experience, as well as works that simply spread joy through movement. This performance will also include an improvisational element where audience members are invited to pick their favorite songs to watch dancers play with movement and create improv dance works in the moment!



Men's Group

**Lunch and Learn
Townsend's Guitars**



Thursday, April 25th RSVP for LUNCH
12:00pm Avalon Hall

Pub performer Freddy Hill not only plays the guitar, he also builds them for custom orders.

Craftsmanship and precision go into each carefully curated piece.

Freddy will share his trade with you from concept ideas to completion.

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 fun for everyone!



Saturday Night Cinema at 7:00pm

Westwood Theater Room



New Saturday Series 1:00pm: “The Regime” 6 episodes - 50 minutes

Starring: Kate Winslet The darkly comedic, six-episode series *The Regime*, starring Academy Award® winner Kate Winslet, tells the story of life within the walls of a modern authoritarian regime as it unravels.

After not leaving the palace for quite some time, Chancellor Elena Vernham (Kate Winslet) becomes increasingly paranoid and unstable and turns to a volatile soldier, Herbert Zubak (Matthias Schoenaerts), as an unlikely confidant. As Zubak’s influence over the chancellor grows, Elena’s attempts to expand her power eventually result in the palace and the country

April 6th “Chasing Shadows” 2017 Documentary 1 hour

For astronomer Geoff Sims, it was a high school moon photography project that provided the spark for what would develop into an obsession of cosmic proportions: devoting his life to chasing and photographing total eclipses. Now he is planning the ‘the most extreme chase he has ever been involved in’: following the eclipse to the northern-most reaches of civilization. in the forbidding ice world of Svalbard.

April 13th “The Holdovers ” 2023 Comedy /Drama 2hr 13min **Academy Award Winner**

A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War.

April 20th “Anatomy of a Fall ” 2023 Thriller/Crime 2 hr 32min **French Film - English Subtitles - Academy Award for Writing**

A woman is suspected of her husband's murder, and their blind son faces a moral dilemma as the sole witness.

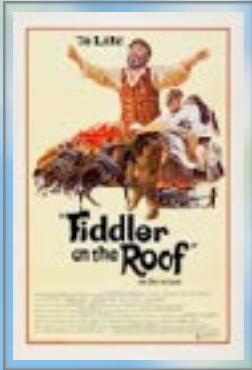
April 27th “Past Lives ” 2023 Romantic/Drama 1hr 46min **Academy Award Nominee**

Nora and Hae Sung, two deeply connected childhood friends, are wrest apart after Nora's family emigrates from South Korea. Decades later, they are reunited for one fateful week as they confront destiny, love and the choices that make a life.



Musical Monday's

All Movies Start at
1:00pm



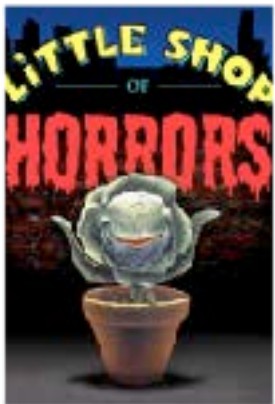
Fiddler on the Roof

Oscar-winning adaptation of the Broadway musical about life among the Jewish community of a pre-revolutionary Russian village. A poor milkman, determined to find good husbands for his five daughters, consults the traditional matchmaker - and also has a word with God.



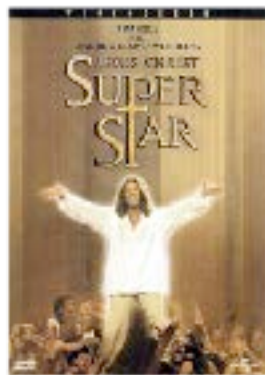
Cats

A tribe of cats compete during the annual Jellicle Ball, where one lucky feline will be chosen to ascend to the Heaviside Layer and be granted a new life.



Little Shop of Horrors

Meek flower shop assistant Seymour (Rick Moranis) pines for co-worker Audrey (Ellen Greene). During a total eclipse, he discovers an unusual plant he names Audrey II, which feeds only on human flesh and blood. The growing plant attracts a great deal of business for the previously struggling store. After Seymour feeds Audrey's boyfriend, Orin (Steve Martin), to the plant after Orin's accidental death, he must come up with more bodies for the increasingly bloodthirsty plant.



Jesus Christ Superstar

Adapted from Andrew Lloyd Webber and Tim Rice's Broadway rock opera, "Jesus Christ Superstar" recounts the last days of Jesus Christ (Ted Neeley) from the perspective of Judas Iscariot (Carl Anderson), his betrayer. As Jesus' following increases, Judas begins to worry that Jesus is falling for his own hype, forgetting the principles of his teachings and growing too close to the prostitute Mary Magdalene (Yvonne Elliman). After Jesus has an outburst in a temple, Judas turns on him.



Games

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

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
April Notes*



**Our first Spring Resident's Garden Meeting for Current
& New Gardeners**

Tuesday April 9th at 3:30 in Avalon Hall

They say April Showers bring May Flowers. As I write this, I am hoping the snow showers I'm watching will turn to rain showers. Happily, our early April daffodils and tulips are showing their beautiful faces around our campus and reminding us that Spring is coming.

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.

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

Raised Beds will be assigned at this first garden meeting. Weather permitting, we'll go out to the Garden so new gardeners can choose one of the unassigned beds.



WHAT'S FOR DINNER?

Food Service Meeting

Friday April 5th

1:00pm

Avalon Hall



Thursday April 25th

Executive Director Kelly Riley takes to the podium to update the community on current issues. Question and answer session to follow.

**8:30 AM- COMPLIMENTARY
HOT BREAKFAST**

9:30 AM - MEETING

PLEASE SUBMIT YOUR
QUESTIONS/SUGGESTIONS TO
THE BOXES LOCATED IN THE
MAILROOMS.

Hear Ye! Hear Ye!



TOWN HALL



MEETING



Resident Spotlight 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

Lets get to know our neighbors!

More info please
contact Tracey