

# Be *Inspired*

THE BREAKERS AT EDGEWATER BEACH | a Senior Lifestyle community | CHICAGO, IL 60640 | 773-878-5333

## THIS MONTH'S *silver stars*

JAMES AND  
LAUREL MUHAMMAD

James and Laurel Muhammad have been residents for five years now! As we celebrate "Love Is in the Air" this month, they are a perfect example of true love and happiness. They are high school sweethearts and are celebrating their 50th wedding anniversary this year!



Laurel and James met through mutual friends at a birthday party at 16 years old and dated through high school. They both grew up in the Chicago area and have lived here most of their lives. They both played sports most of their younger years; she played volleyball and softball, and he played basketball and track.

Their love story is unlike many others, because they have actually been married three times (and never divorced)! They got married at City Hall at the age of 20, right before James was drafted and went off to Vietnam. Then later, to make both of their families happy, they had a small ceremony at Prince of Peace Baptist Church. Then, not long after that, they had their third wedding ceremony at Resurrection Catholic church. To top it off, they see one more coming in their near future! They want to have a formal renewal of their vows in the Muslim Mosque sometime soon.

While James served in Vietnam for two years, Laurel was working as a singer and entertainer. She was traveling a lot as a background singer with Jerry Butler, as well as performing as a member of two singing groups: the Kittens and Silk. After college, Laurel worked as an elementary school teacher and then principal in Oak Park up until her retirement about 10 years ago. When James got out of the military, he joined Laurel in the entertainment industry managing groups and promoting shows. He then started his long career with Jewel Foods and worked as a Loss Prevention Manager for 34 years until he retired just one year ago.

James and Laurel are very family oriented and have three wonderful sons who are all exactly six and a half years apart! With Dad's encouragement, all three sons joined the military and came out with successful careers. All three sons graduated college and now have families of their own, blessing James and Laurel with six biological grandchildren and three adopted grandchildren, all of whom have completely enriched their lives.

Faith and religion has brought them close and continues to keep them connected. Although they grew up in two different religions, they were both open to all religions. James was very interested in learning about the Muslim culture and began going to a temple. Not long afterwards, they both converted to Islam and raised their sons as Muslim.

One reason they say their marriage is so strong is because they truly enjoy doing things together. They love travel, dance, theater, bowling, fishing and the symphony. They balance each other out so well, and their love is constantly reinforced every day through their common interests.

They really enjoy living at The Breakers. They love the location, the staff and the residents here. They might be witnessed on a walk to the beach, exercising and stay active. You can witness true love just by being in their presence, and they are a wonderful couple to be around.

## JOIN US THIS MONTH FOR *celebrating love and weddings!*

Join us at our "Wedding-Themed" Happy Hour this month on July 13. We will be collecting copies of your wedding photos to display during this party, and have a live band and the dance floor to remember all the fun times had at weddings! Dress your best and enjoy some champagne and wedding cake, too!



### TRAIN YOUR BRAIN *sudoku solution on back*

1	2			7			4
6			8				9
				5	3		
	6		7	2	4	1	
	1		4			3	
	4	8	5	1		7	
2		1		9			
					5		8
8			6			2	7

BE INSPIRED

- CONNECT    ● GROW
- CONTRIBUTE    ● MOVE
- FEEL    ● REFLECT

LOCATIONS

- CONFERENCE ROOM THIRD FLOOR — CF
- CRAFT ROOM THIRD FLOOR — CR
- DINING ROOM — DR
- FITNESS CENTER THIRD FLOOR — FC
- GAME ROOM SECOND FLOOR — GR
- LIBRARY SECOND FLOOR — LIB
- LIVING ROOM FIRST FLOOR — LR
- MARINE ROOM 34TH FLOOR — MR
- MEDITATION ROOM SECOND FLOOR — MTR
- SECOND FLOOR LOBBY — 2L
- SHOW ROOM THIRD FLOOR — SR
- VIDEO ROOM SECOND FLOOR — VR

TRANSPORTATION SCHEDULE

- MONDAY & THURSDAY  
8:45 a.m.-3 p.m.  
*Neighborhood Shopping and Hospital Runs*
- TUESDAY  
8:45 a.m.-3 p.m.  
*Target/Old Orchard/Walmart/Hospital Runs*
- WEDNESDAY  
10 a.m.-5 p.m.  
*Special Outside Trips*
- FRIDAY  
8:45 a.m.-3 p.m.  
*Neighborhood Shopping, Hospital Runs, Trader Joe's/Mariano's/DSW Shoes/Marshalls*
- SATURDAY  
10 a.m.-3:30 p.m.  
*Century Movie Theater in Evanston/Walmart*

ALL PROGRAMS LISTED ARE SUBJECT TO CHANGE. PLEASE REFER TO THE BREAKERS BUZZ (WEEKLY CALENDAR) FOR UPDATES.

www.SeniorLifestyle.com  
Activities are subject to change



- 9:15 ● Tai Chi with Lin Shook | FC 1
- 10:15 ● Trip to Century Movie Theatre in Evanston
- 1:00 ● Matinee Movie | VR
- 1:00 ● Performance by Jim Kellerman Duo | SR
- 1:30 ● Scrabble Players Group | GR
- 1:30 ● Coffee and Cookie Social | LR
- 8:15 ● Movie | VR

- 9:30 ● Catholic Mass with Loyola Clergy | MTR 2
- 10:30 ● Moody Bible Community Worship Service | SR
- 12:00 ● Menu Chat | SR
- 1:00 ● Matinee Movie | VR
- 1:00 ● Breakers Bingo | CF
- 1:30 ● Coffee and Cookie Social | LR
- 2:00 ● Evening Prayer with All Saints' Episcopal Church | MTR
- 7:00 ● Movie | VR
- 7:00 ● Video Presentation by Steven Frenzel: Weddings | VR

- 9:15 ● Gentle Yoga Class with Ine | FC 3
- 10:00 ● Blood Pressure Checks | GR
- 10:30 ● Judeo-Christian Studies Group | MR
- 11:00 ● Arts and Crafts Group | CR
- 11:00 ● Classic Movie Monday | VR
- 12:00 ● Spiro100 Fitness Class: Level 3 | FC
- 1:00 ● Open Bridge Games | GR
- 1:00 ● Veterans Group | CF
- 2:00 ● Classic Movie Monday | VR
- 7:00 ● Game Night | GR

- INDEPENDENCE DAY 4
- 10:00 ● 4th of July Word Games and Puzzles | LR
- 11:00 ● Independence Day BBQ Brunch | DR
- 2:30 ● Catholic Rosary | MTR
- 5:00 ● Patriotic Performance by Chris Farrell | SR
- 7:00 ● Breakers Bingo | CF

- 9:15 ● Aerobics Class with Jessica | FC 5
- 10:00 ● Mat Class | FC
- 10:45 ● Trip to Baha'i Temple
- 11:00 ● Movie | VR
- 12:30 ● Exercise Class with Genesis Rehab | FC
- 1:00 ● Play Apples to Apples | GR
- 2:00 ● Rummikub | GR
- 7:00 ● Bible Study | MTR

- 9:15 ● Core Strength and More | FC 6
- 10:00 ● Computer Class with Buddy | GR
- 10:15 ● Water Fitness with Christine
- 11:00 ● Improvisation with Teri McEvoy | SR
- 1:00 ● Music in Cinema | VR
- 2:00 ● Trivia Tea Time | 2L
- 3:00 ● Bereavement Group | 2L
- 3:30 ● Happy Hour | LR
- 7:00 ● Music in Cinema | VR
- 7:00 ● Art Alive Presentation: Chegall | SR

- 9:15 ● Exercise with Paul Radzki | FC 7
- 10:00 ● Blood Pressure Checks | GR
- 11:00 ● Reader's Theatre with Christine | SR
- 1:00 ● Trip to Mariano's on Western
- 1:00 ● Brain Health University | GR
- 1:00 ● Matinee Movie | VR
- 1:00 ● Music Lecture Series with Stephen Kleiman | SR
- 7:15 ● Sabbath Service | SR
- 8:15 ● Movie | VR

- 10:00 ● Trip to Walmart 8
- 11:00 ● Singalong with Margaret | LR
- 1:00 ● Matinee Movie | VR
- 1:30 ● Scrabble Players Group | GR
- 1:30 ● Coffee and Cookie Social | LR
- 7:00 ● Performance by Tracy Holmes | SR
- 8:15 ● Movie | VR

- 9:30 ● Catholic Mass with Loyola Clergy | MTR 9
- 10:30 ● Moody Bible Community Worship Service | SR
- 12:00 ● Menu Chat | SR
- 1:00 ● Matinee Movie | VR
- 1:00 ● Breakers Bingo | CF
- 1:30 ● Coffee and Cookie Social | LR
- 2:00 ● Evening Prayer with All Saints' Episcopal Church | MTR
- 7:00 ● Travelogue with Joe Cunniff | VR
- 8:15 ● Movie | VR

- 9:15 ● Gentle Yoga Class with Ine | FC 10
- 10:00 ● Blood Pressure Checks | GR
- 10:30 ● Judeo-Christian Studies Group | MR
- 11:00 ● Arts and Crafts Group | CR
- 11:00 ● Classic Movie Monday | VR
- 12:00 ● Spiro100 Fitness Class: Level 3 | FC
- 1:00 ● Open Bridge Games | GR
- 1:00 ● Rummage Sale | SR
- 2:00 ● Classic Movie Monday | VR
- 2:30 ● Watch Battery Repairs & Sales | CF
- 7:00 ● Classical Music Lecture with Jim Kendros | SR

- 9:15 ● Balance and Weights Class | FC 11
- 10:00 ● New Resident Meeting | CF
- 10:15 ● Water Aerobics with Jessica
- 10:15 ● Trip to Old Orchard Mall
- 11:00 ● Monthly Community Meeting | SR
- 12:30 ● Cardio Class with Chris | FC
- 1:00 ● Hearing Aid Checks | CF
- 1:00 ● New Life for Old Bags Project | CR
- 2:30 ● Catholic Rosary | MTR
- 3:00 ● Catholic Mass | MTR
- 7:00 ● Breakers Bingo | CF

- 9:15 ● Aerobics Class with Jessica | FC 12
- 10:00 ● Mat Class | FC
- 10:30 ● Trip to Cantigny Park
- 10:30 ● Line Dancing with Freda Terry | FC
- 11:00 ● Movie | VR
- 12:30 ● Exercise Class with Genesis Rehab | FC
- 1:00 ● Brain Health University | GR
- 2:00 ● Rummikub | GR
- 7:00 ● Bible Study | MTR

- 9:15 ● Core Strength and More | FC 13
- 10:15 ● Water Fitness with Christine
- 11:00 ● Improvisation with Teri McEvoy | SR
- 1:00 ● News Currents with Jessica | VR
- 1:00 ● Music in Cinema | VR
- 2:00 ● Trivia Tea Time | 2L
- 3:00 ● Bereavement Group | 2L
- 3:30 ● Wedding Themed Happy Hour with Live Band | SR
- 7:00 ● Music in Cinema | VR

- 9:15 ● Exercise with Paul Radzki | FC 14
- 10:00 ● Blood Pressure Checks | GR
- 10:30 ● Writing Class with Paul McComas | SR
- 1:00 ● Matinee Movie | VR
- 1:00 ● Trip to Trader Joe's
- 1:00 ● Music Lecture Series with Stephen Kleiman | SR
- 7:15 ● Sabbath Service | SR
- 8:15 ● Movie | VR

- 9:15 ● Tai Chi with Lin Shook | FC 15
- 10:15 ● Trip to Century Movie Theatre in Evanston
- 1:00 ● Matinee Movie | VR
- 1:30 ● Scrabble Players Group | GR
- 1:30 ● Coffee and Cookie Social | LR
- 7:00 ● Performance by Laura Freeman | SR
- 8:15 ● Movie | VR

- 9:30 ● Catholic Mass with Loyola Clergy | MTR 16
- 10:30 ● Moody Bible Community Worship Service | SR
- 12:00 ● Menu Chat | SR
- 1:00 ● Matinee Movie | VR
- 1:00 ● Breakers Bingo | CF
- 1:30 ● Coffee and Cookie Social | LR
- 2:00 ● Evening Prayer with All Saints' Episcopal Church | MTR
- 7:00 ● Movie | VR

- 9:15 ● Gentle Yoga Class with Ine | FC 17
- 10:00 ● Blood Pressure Checks | GR
- 10:30 ● Judeo-Christian Studies Group | MR
- 11:00 ● Arts and Crafts Group | CR
- 11:00 ● Classic Movie Monday | VR
- 12:00 ● Spiro100 Fitness Class: Level 3 | FC
- 1:00 ● Open Bridge Games | GR
- 1:30 ● Memorial Service | SR
- 2:00 ● Classic Movie Monday | VR
- 6:00 ● LGBT & Friends Trip: Dinner and Drag Bingo
- 7:00 ● Game Night | GR

- 9:15 ● Balance and Weights Class | FC 18
- 10:00 ● Weiss Communication Station | LR
- 10:15 ● Water Aerobics with Jessica
- 10:15 ● Trip to Target
- 11:00 ● Breakers Resident Chorus | SR
- 12:30 ● Cardio Class with Chris | FC
- 1:00 ● Trip to Lincolnwood Mall
- 1:00 ● Presentation by Dr. Joaquin Estrada | SR
- 2:30 ● Catholic Rosary | MTR
- 6:00 ● Trip to Ravinia Festival: CSO Concert
- 7:00 ● Breakers Bingo | CF

- 9:15 ● Aerobics Class with Jessica | FC 19
- 10:00 ● Mat Class | FC
- 10:30 ● Trip to Zhou B Art Center
- 11:00 ● Movie | VR
- 12:30 ● Exercise Class with Genesis Rehab | FC
- 1:00 ● Play Apples to Apples | GR
- 2:00 ● Rummikub | GR
- 7:00 ● Bible Study | MTR
- 7:00 ● Presentation on Chicago Statues: Giant in the Park | SR

- 9:15 ● Core Strength and More | FC 20
- 10:00 ● Computer Class with Buddy | GR
- 10:15 ● Water Fitness with Christine
- 11:00 ● Improvisation with Teri McEvoy | SR
- 11:15 ● Trip to Weiss Hospital for Lunch and Tour
- 1:00 ● Music in Cinema | VR
- 2:00 ● Trivia Tea Time | 2L
- 3:00 ● Bereavement Group | 2L
- 3:30 ● Happy Hour | LR
- 7:00 ● Music in Cinema | VR

- 9:15 ● Exercise with Paul Radzki | FC 21
- 10:00 ● Blood Pressure Checks | GR
- 11:00 ● Reader's Theatre with Christine | SR
- 1:00 ● Brain Health University | GR
- 1:00 ● Matinee Movie | VR
- 1:00 ● Trip to DSW Shoes, Marshalls & Michaels Crafts
- 1:00 ● Music Lecture Series with Stephen Kleiman | SR
- 7:15 ● Sabbath Service | SR
- 8:15 ● Movie | VR

- 11:00 ● Singalong with Margaret | LR 22
- 1:00 ● Matinee Movie | VR
- 1:00 ● Trip to Goodman Theatre: Ah, Wilderness
- 1:30 ● Scrabble Players Group | GR
- 1:30 ● Coffee and Cookie Social | LR
- 7:00 ● Performance by Mihai Vlad | SR
- 8:15 ● Movie | VR

- 9:30 ● Catholic Mass with Loyola Clergy | MTR 23
- 10:30 ● Moody Bible Community Worship Service | SR
- 12:00 ● Menu Chat | SR
- 1:00 ● Matinee Movie | VR
- 1:00 ● Breakers Bingo | CF
- 1:30 ● Coffee and Cookie Social | LR
- 2:00 ● Evening Prayer with All Saints' Episcopal Church | MTR
- 7:00 ● Travelogue with Joe Cunniff | VR
- 8:15 ● Movie | VR

- 9:15 ● Gentle Yoga Class with Ine | FC 24
- 10:00 ● Blood Pressure Checks | GR
- 10:30 ● Judeo-Christian Studies Group | MR
- 11:00 ● Arts and Crafts Group | CR
- 11:00 ● Classic Movie Monday | VR
- 12:00 ● Spiro100 Fitness Class: Level 3 | FC
- 1:00 ● Open Bridge Games | GR
- 1:00 ● Classical Music Lecture with Jim Kendros | SR
- 1:00 ● Scuba Dive Lesson!
- 2:00 ● Classic Movie Monday | VR

- 9:15 ● Balance and Weights Class | FC 25
- 10:00 ● New Resident Meeting | CF
- 10:15 ● Water Aerobics with Jessica
- 10:15 ● Trip to Walmart
- 11:00 ● Dining Room Dish | SR
- 12:30 ● Cardio Class with Chris | FC
- 1:00 ● New Life for Old Bags Project | CR
- 2:00 ● Birthday Party | SR
- 2:30 ● Catholic Rosary | MTR
- 3:00 ● Catholic Mass | MTR
- 7:00 ● Breakers Bingo | CF

- 9:15 ● Aerobics Class with Jessica | FC 26
- 10:00 ● Mat Class | FC
- 10:30 ● Line Dancing with Freda Terry | FC
- 10:30 ● Trip to Chicago History Museum
- 11:00 ● Movie | VR
- 12:30 ● Exercise Class with Genesis Rehab | FC
- 1:00 ● Brain Health University | GR
- 2:00 ● Rummikub | GR
- 7:00 ● Bible Study | MTR

- 9:15 ● Core Strength and More | FC 27
- 10:15 ● Water Fitness with Christine
- 11:00 ● News and Views Current Events | SR
- 1:00 ● Trip to Yivo Society Concert
- 1:00 ● Weiss Healthy Living Presentation | SR
- 1:00 ● Music in Cinema | VR
- 2:00 ● Trivia Tea Time | 2L
- 3:00 ● Bereavement Group | 2L
- 3:30 ● Happy Hour | LR
- 7:00 ● Music in Cinema | VR
- 7:00 ● Performance by Michael J. Finn | SR

- 9:15 ● Exercise with Paul Radzki | FC 28
- 10:00 ● Blood Pressure Checks | GR
- 11:00 ● Breakers Book Club | CR
- 1:00 ● Matinee Movie | VR
- 1:00 ● Trip to Trader Joe's
- 1:00 ● Music Lecture Series with Stephen Kleiman | SR
- 7:15 ● Sabbath Service | SR
- 8:15 ● Movie | VR

- 10:30 ● Trip to Andersonville Sidewalk Sales 29
- 1:00 ● Matinee Movie | VR
- 1:30 ● Scrabble Players Group | GR
- 1:30 ● Coffee and Cookie Social | LR
- 8:15 ● Movie | VR

- 9:30 ● Catholic Mass with Loyola Clergy | MTR 30
- 10:30 ● Moody Bible Community Worship Service | SR
- 12:00 ● Menu Chat | SR
- 1:00 ● Matinee Movie | VR
- 1:00 ● Breakers Bingo | CF
- 1:30 ● Coffee and Cookie Social | LR
- 2:00 ● Evening Prayer with All Saints' Episcopal Church | MTR

- 9:15 ● Gentle Yoga Class with Ine | FC 31
- 10:00 ● Blood Pressure Checks | GR
- 10:30 ● Judeo-Christian Studies Group | MR
- 11:00 ● Arts and Crafts Group | CR
- 11:00 ● Classic Movie Monday | VR
- 12:00 ● Spiro100 Fitness Class: Level 3 | FC
- 1:00 ● Open Bridge Games | GR
- 2:00 ● Classic Movie Monday | VR
- 7:00 ● Residents' Association Meeting | SR



- BIRTHDAYS THIS MONTH
- |                          |                         |                         |                           |
|--------------------------|-------------------------|-------------------------|---------------------------|
| ANNE SCHULTZ — 1st       | CAMILLE BERGERON — 11th | MARY TALKIN — 18th      | BOBBE AIKEN — 27th        |
| HANK GOLDBAUM — 2nd      | JOYCE PROFIT — 13th     | ROBERTA KEIL — 20th     | IDA SCOTT — 30th          |
| BARBARA RUTHERFORD — 3rd | CLINT COMPERE — 13th    | JO PIAZZA — 23rd        | GWENDOLYN HARDIMAN — 30th |
| BERNADETTE KUHR — 6th    | ANNETTE WITT — 14th     | CORA BERGMAN — 25th     | MARY LOU ROGOFF — 30th    |
| BOB ZEDALIS — 8th        | RICHARD NAKAMURA — 16th | EVELYN TOCH — 26th      | JOE FEILER — 31st         |
|                          | DOUG WILLIAMS — 18th    | THERESA THORNTON — 27th |                           |

EVENT RECAP

# visits with a pet pig!

Last month, we were treated to a delightful encounter with a 5-year-old pet pig named Wuzzle! Wuzzle is a housebroken potbelly pig who lives with his owners in Valparaiso, Ind., alongside other dogs and cats in the home. He is very friendly and well-behaved, as well as trained. He performed several tricks for us such as playing the piano and more! He brought many smiles and fun laughs during his adventure at The Breakers.



## THIS MONTH'S *chart hero*

CARING, HONESTY, APPRECIATION,  
RESPECT, TEAMWORK

LIN MILLER

Lin has been the Director of Resident Services at The Breakers for seven years! She was married last month and will soon be changing her last name, so she is now Lin Loos. They had a small wedding with close friends and family.

She met her husband, Ken, while playing softball for the same sponsor here in Chicago. Lin and Ken have been together for over 26 years, and each day they become closer friends and their love continues to grow. Her favorite thing about Ken is his great sense of humor; they laugh themselves silly sometimes. Their favorite saying is: "We will be friends 'till we're old and senile and then we'll be new friends." They enjoying spending time with friends, biking and golfing together.

She has always loved her job and is so glad to be at The Breakers because there is a true sense of family and friends among the residents and staff here.



## IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

With summer upon us, we hope you're enjoying all of the wonderful things our world class city of Chicago has to offer! When I think of summer, I think of Cubs baseball, backyard barbecues, time on the beach and time with family. As a member of this community, we hope you take full advantage of the unobstructed lake access, the outdoor music venues and festivals the city has to offer and participate in the wonderful summer programs our activities department has arranged for you. Being a Veteran, Independence Day is a day where we should all show gratitude and patriotism and remember those who have served and continue to serve our wonderful country. It is our joy to continue to provide exceptional services in senior living.

—Ted O'Brien

## MANAGEMENT TEAM

- Ted O'Brien, *Executive Director*
- Kim Witt, *Associate Executive Director*
- Jessica Natale, *Director of Resident Programs*
- Lin Miller, *Director of Resident Services*
- Donna Pennekamp, *Business Office Manager*
- Kristin Milton, *Director of Sales & Marketing*
- Adam Muransky, *Dining Services Director*
- Lauren Waithe, *Dining Room Manager*
- James Vitson, *Director of Plant Operations*
- Liz Villalovos, *Housekeeping Supervisor*

## TRAIN YOUR BRAIN *solution*

1	2	9	3	6	7	5	8	4
6	3	5	8	2	4	7	9	1
4	8	7	1	5	9	3	6	2
5	6	3	7	8	2	4	1	9
7	1	2	9	4	6	8	3	5
9	4	8	5	3	1	2	7	6
2	7	1	4	9	8	6	5	3
3	9	6	2	7	5	1	4	8
8	5	4	6	1	3	9	2	7