





### 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, Downtown and Hospital Runs*
- TUESDAY  
8:45 a.m.-3 p.m.  
*Target/Lincolnwood/Old Orchard/Golf Mill/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/Niles Shopping Plaza*
- 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



CLARICE HEARNE — 3rd  
MARTIN PEISER — 3rd  
HELEN MOORE — 4th  
PATRICIA BELL — 4th  
BEVERLY WAGNER — 5th  
ARLENE BROWN — 7th  
JOAN BARTON — 7th

REX STEWART — 8th  
LORETTA HASSAN — 9th  
ILENE SANDMAN — 11th  
SOPHIA MICHNA — 12th  
PEG SKOK — 12th  
THOMAS NORTON — 12th  
CAROL HOLMES — 13th

### BIRTHDAYS THIS MONTH

RONALD CORDER — 13th  
VIVIAN LANDE — 14th  
ANN MIER — 14th  
MARIE LEANER — 14th  
JOHN HOKIN — 15th  
EDWARD CODD — 18th  
VIVAN OCCHIPINTI — 18th

CHRISTINE BROWNE — 18th  
JOHN BREWER — 19th  
KATHLEEN O'MALLEY — 20th  
LARRY WILSON — 22nd  
GEORGE HAAS — 24th  
MARY ALLEN ESTES — 24th  
STEPHEN HILLYER — 25th

IRMA VAJARANANT — 26th  
ALICIA BURNS — 28th  
JANE NEWTON — 28th  
THOMAS DOYLE — 29th  
CAROL PAYNE — 29th

- 9:15 ● Tai Chi with Lin Shook | FC
- 10:00 ● Open Rehearsal by Wild Rumpus Jazz Band | SR
- 10:15 ● Trip to Century Movie Theatre in Evanston
- 12:30 ● Menu Chat | SR
- 1:00 ● Matinee Movie | VR
- 1:30 ● Coffee and Cookie Social | LR
- 1:30 ● Scrabble Players Group | GR
- 2:00 ● Holiday Recital by Musical Chairs Students | SR
- 7:00 ● Performance by Jim Kellerman | SR
- 8:15 ● Movie | VR

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

- 3**
- 9:15 ● Gentle Yoga Class with Ine | FC
- 10:00 ● Blood Pressure Checks | GR
- 11:00 ● Arts & Crafts with Mary Ann | CR
- 11:00 ● Classic Movie Monday | VR
- 1:00 ● Veterans' Group | CF
- 1:00 ● Open Bridge Games | GR
- 1:30 ● Needle Arts Group | GR
- 2:30 ● Interfaith Bible Discussion Group | CF
- 3:30 ● Mindful Meditation Mondays | MTR
- 7:00 ● Game Night | GR

- 4**
- 9:15 ● Balance and Weights Class | FC
- 10:15 ● Water Fitness with Christine
- 10:15 ● Trip to Target
- 11:00 ● Breakers' Resident Chorus | SR
- 12:30 ● Exercise Class with Open Arms | FC
- 1:00 ● Holiday Shopping Bazaar | SR
- 1:00 ● Any Book Book Club | CR
- 1:00 ● Trip to Lincolnwood Mall
- 2:00 ● News Currents with Jessica | VR
- 2:30 ● Catholic Rosary | MTR
- 7:00 ● Breakers' Bingo | CF

- 5**
- 9:15 ● Aerobics Class with Jessica | FC
- 10:15 ● Trip to Garfield Park Conservatory
- 11:00 ● Movie | VR
- 11:00 ● Bible Study with St. Ita | MTR
- 12:30 ● Exercise Class with Open Arms | FC
- 1:00 ● Play Apples to Apples | GR
- 2:00 ● Rummikub | GR
- 7:00 ● Bible Study | MTR
- 7:00 ● Performance by Eleanor Warrington and Andy Bossov | SR

- 6**
- 9:15 ● Core Strength and More | FC
- 10:00 ● Computer Class with Buddy | GR
- 10:15 ● Water Aerobics with Jessica
- 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 | SR
- 7:00 ● Music in Cinema | VR

- 7**
- 9:15 ● Exercise with Paul Radzki | FC
- 10:00 ● Blood Pressure Checks | GR
- 11:00 ● Readers' Theatre with Christine | SR
- 11:00 ● Low Vision Support Group | MTR
- 12:30 ● Trip to CSO Concert
- 1:00 ● Matinee Movie | VR
- 1:00 ● Holiday Healthcare Mixer | LR
- 7:15 ● Sabbath Service | SR
- 8:15 ● Movie | VR

- 8**
- 10:00 ● Open Rehearsal by Wild Rumpus Jazz Band | SR
- 11:00 ● Singalong with Margaret | LR
- 12:30 ● Menu Chat | SR
- 1:00 ● Matinee Movie | VR
- 1:30 ● Scrabble Players Group | GR
- 1:30 ● Coffee and Cookie Social | LR
- 7:00 ● Performance by Annie Koulishveva | SR
- 8:15 ● Movie | VR

- 9**
- 9:30 ● Catholic Mass with Loyola Clergy | MTR
- 10:30 ● Moody Bible Community Worship Service | SR
- 1:00 ● Breakers Bingo | CF
- 1:00 ● Matinee Movie | VR
- 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

- 10**
- 9:15 ● Gentle Yoga Class with Ine | FC
- 10:00 ● Blood Pressure Checks | GR
- 11:00 ● Arts & Crafts with Mary Ann | CR
- 11:00 ● Classic Movie Monday | VR
- 1:00 ● Open Bridge Games | GR
- 2:30 ● Interfaith Bible Discussion Group | CF
- 3:30 ● Mindful Meditation Mondays | MTR
- 7:00 ● Classical Music Lecture with Jim Kendros | SR

- 11**
- 9:15 ● Balance and Weights Class | FC
- 10:15 ● Water Fitness with Christine
- 11:00 ● Monthly Community Meeting | SR
- 12:30 ● Exercise Class with Open Arms | FC
- 1:00 ● New Life for Old Bags Project | CR
- 2:00 ● News Currents with Jessica | VR
- 2:30 ● Catholic Rosary | MTR
- 3:00 ● Catholic Mass | MTR
- 7:00 ● Breakers' Bingo | CF

- 12**
- 9:15 ● Be Moved Dance Fitness with Heidi | FC
- 9:45 ● Trip to Newberry Library
- 11:00 ● Movie | VR
- 12:30 ● Exercise Class with Open Arms | FC
- 1:00 ● Brain Health University | GR
- 1:15 ● Trip: Tour of Edgewater with Resident Jim Steele
- 2:00 ● Rummikub | GR
- 5:00 ● Presentation by Clarence Goodman | VR
- 7:00 ● Bible Study | MTR

- 13**
- 9:15 ● Core Strength and More | FC
- 10:15 ● Water Aerobics with Jessica
- 11:00 ● Improvisation with Teri McEvoy | SR
- 1:00 ● Music in Cinema | VR
- 1:15 ● Trip to Lookingglass Theatre: Steadfast Tin Soldier
- 2:00 ● Trivia Tea Time | 2L
- 3:00 ● Bereavement Group | 2L
- 3:00 ● Happy Travels Group | SR
- 7:00 ● Music in Cinema | VR
- 7:00 ● Performance by Petra Van Nuis | SR

- 14**
- 9:15 ● Exercise with Paul Radzki | FC
- 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
- 7:15 ● Sabbath Service | SR
- 8:15 ● Movie | VR

- 15**
- 9:15 ● Tai Chi with Lin Shook | FC
- 10:00 ● Open Rehearsal by Wild Rumpus Jazz Band | SR
- 10:15 ● Trip to Century Movie Theatre in Evanston
- 12:30 ● Menu Chat | SR
- 1:00 ● Matinee Movie | VR
- 1:30 ● Scrabble Players Group | GR
- 1:30 ● Coffee and Cookie Social | LR
- 7:00 ● Performance by Taalib Din Ziyad and Eddie Beard | SR
- 8:15 ● Movie | VR

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

- 17**
- 9:15 ● Gentle Yoga Class with Ine | FC
- 10:00 ● Blood Pressure Checks | GR
- 10:00 ● Watch and Battery Repairs and Sales | CF
- 11:00 ● Arts & Crafts with Mary Ann | CR
- 11:00 ● Classic Movie Monday | VR
- 1:00 ● Veterans' Group | CF
- 1:00 ● Open Bridge Games | GR
- 1:30 ● Memorial Service | SR
- 1:30 ● Needle Arts Group | GR
- 2:30 ● Interfaith Bible Discussion Group | CF
- 3:30 ● Mindful Meditation Mondays | MTR
- 7:00 ● Game Night | GR

- 18**
- 9:15 ● Balance and Weights Class | FC
- 10:00 ● Weiss Communication Station | LR
- 10:15 ● Water Fitness with Christine
- 10:15 ● Trip to Target
- 11:00 ● Breakers' Resident Chorus | SR
- 12:30 ● Exercise Class with Open Arms | FC
- 1:00 ● Trip to Lincolnwood Mall
- 1:00 ● Watercolor Painting Class with Tom | CR
- 2:30 ● Catholic Rosary | MTR
- 7:00 ● Breakers' Bingo | CF
- 7:00 ● Holiday Variety Show | SR

- 19**
- 9:15 ● Aerobics Class with Jessica | FC
- 10:00 ● Trip to Long Grove Confectionery
- 11:00 ● Movie | VR
- 11:00 ● Bible Study with St. Ita | MTR
- 12:30 ● Exercise Class with Open Arms | FC
- 1:00 ● Play Apples to Apples | GR
- 2:00 ● Rummikub | GR
- 7:00 ● Bible Study | MTR
- 7:00 ● Performance by Paul McComas and Maya | SR

- 20**
- 9:15 ● Core Strength and More | FC
- 10:00 ● Computer Class with Buddy | GR
- 10:15 ● Water Aerobics with Jessica
- 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 | SR
- 3:30 ● Holiday Happy Hour with Mike Knauf Band | SR
- 7:00 ● Music in Cinema | VR
- 7:00 ● Video Presentation by Steven Frenzel | VR

- 21 WINTER BEGINS**
- 9:15 ● Exercise with Paul Radzki | FC
- 10:00 ● Blood Pressure Checks | GR
- 11:00 ● Readers' Theatre with Christine | SR
- 1:00 ● Matinee Movie | VR
- 1:00 ● Trip to Niles Shopping Plaza
- 2:00 ● LGBT & Friends Social | SR
- 7:15 ● Sabbath Service | SR
- 8:15 ● Movie | VR

- 22**
- 10:00 ● Open Rehearsal by Wild Rumpus Jazz Band | SR
- 11:00 ● Singalong with Margaret | LR
- 12:30 ● Menu Chat | SR
- 1:00 ● Matinee Movie | VR
- 1:30 ● Scrabble Players Group | GR
- 1:30 ● Coffee and Cookie Social | LR
- 8:15 ● Movie | VR

- 23**
- 9:30 ● Catholic Mass with Loyola Clergy | MTR
- 10:30 ● Moody Bible Community Worship Service | SR
- 1:00 ● Breakers Bingo | CF
- 1:00 ● Matinee Movie | VR
- 1:30 ● Coffee and Cookie Social | LR
- 2:00 ● Evening Prayer with All Saints' Episcopal Church | MTR
- 3:00 ● Christmas Caroling with All Saints | LR
- 7:00 ● Travelogue with Joe Cunniff | VR
- 8:15 ● Movie | VR

- 24**
- 9:15 ● Gentle Yoga Class with Ine | FC
- 10:00 ● Blood Pressure Checks | GR
- 11:00 ● Arts & Crafts with Mary Ann | CR
- 11:00 ● Classic Movie Monday | VR
- 1:00 ● Open Bridge Games | GR
- 1:00 ● Classical Music Lecture with Jim Kendros | SR
- 2:30 ● Interfaith Bible Discussion Group | CF
- 3:30 ● Mindful Meditation Mondays | MTR

- 25 CHRISTMAS**
- 9:15 ● Balance and Weights Class | FC
- 10:15 ● Water Fitness with Christine
- 10:15 ● Trip to Walmart
- 12:30 ● Exercise Class with Open Arms | FC
- 1:00 ● New Life for Old Bags Project | CR
- 2:00 ● Birthday Party | SR
- 2:00 ● News Currents with Jessica | VR
- 2:30 ● Catholic Rosary | MTR
- 3:00 ● Catholic Mass | MTR
- 7:00 ● Breakers' Bingo | CF

- 26**
- 9:15 ● Be Moved Dance Fitness with Heidi | FC
- 11:00 ● Movie | VR
- 11:15 ● Trip to Palmer House Hilton for Lunch And/Or Tour
- 12:30 ● Exercise Class with Open Arms | FC
- 1:00 ● Brain Health University | GR
- 2:00 ● Rummikub | GR
- 2:00 ● Kwanzaa Celebration | LR
- 5:15 ● Trip to Evanston Kwanzaa Celebration
- 7:00 ● Bible Study | MTR

- 27**
- 9:15 ● Core Strength and More | FC
- 10:15 ● Water Aerobics with Jessica
- 11:00 ● News and Views Current Events Lecture with Steve | SR
- 1:00 ● Music in Cinema | VR
- 2:00 ● Trivia Tea Time | 2L
- 3:00 ● Bereavement Group | 2L
- 3:00 ● Happy Travels Group | SR
- 7:00 ● Music in Cinema | VR

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

- 29**
- 10:00 ● Open Rehearsal by Wild Rumpus Jazz Band | SR
- 12:30 ● Menu Chat | SR
- 1:00 ● Matinee Movie | VR
- 1:30 ● Scrabble Players Group | GR
- 1:30 ● Coffee and Cookie Social | LR
- 8:15 ● Movie | VR

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

- 31 NEW YEAR'S EVE**
- 9:15 ● Gentle Yoga Class with Ine | FC
- 10:00 ● Blood Pressure Checks | GR
- 11:00 ● Arts & Crafts with Mary Ann | CR
- 11:00 ● Classic Movie Monday | VR
- 1:00 ● Open Bridge Games | GR
- 2:30 ● Interfaith Bible Discussion Group | CF
- 3:30 ● Mindful Meditation Mondays | MTR
- 7:00 ● Residents' Association Meeting | SR
- 7:00 ● New Year's Eve Party with the Robyn Vitson Band | SR





## EVENT RECAP

# pottery making demonstration with don

While we enjoyed many great special trips in November, a casual afternoon with Don, Breakers' Concierge/Security, was among our favorites. Don shared his knowledge and love of pottery making with



us at NEU's Ceramics Studio, showing us some of his work and demonstrating wheel throwing. We even got to make a piece to keep! During a month when Breakers' Programs were devoted to Gratitude, we came away with all sorts of reasons to be thankful for the neat and creative time we got to spend together.

IT'S OUR PLEASURE TO SERVE YOU ...

*word from your executive director*

December is a time for family and friends. It is also a time filled with chaos trying to get ready for the holiday or celebration, whenever that may be for you. There are parties to attend and shopping to be done. In the midst of the chaos, I hope you will find time to enjoy yourself.

As we wrap up 2018, let's celebrate the final month of the year with taking full advantage of the wonderful events and programs we have this holiday season. One of the things I value the most about being the Executive Director at The Breakers at Edgewater Beach, is the diversity among our residents and staff. No matter where you come from, what your beliefs are or how you celebrate ... compassion and hope is the message this holiday season brings. I wish for you a safe and fulfilling holiday season.

I look forward to many celebrations with you this month and into next year.

— Ted O'Brien

## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

RICHARD SANTOYO

Richard (Rick) Santoyo is our new full-time Bus Driver at The Breakers and has been with us for about 3 months now! If you haven't met Rick yet, stop down in the circle drive when you see the Bus out there to introduce yourself!

Rick is a retired Chicago firefighter and worked for CFD for the last 28 years, and has been working for the city of Chicago for 43 years. Most recently, he drove the fire truck which is why he has wonderful experience driving our large bus around the city!

Rick has been married for 39 years and has two children and five grandchildren. In his free time, he enjoys reading and spending time with his family. He is happy to have this opportunity at The Breakers to drive our Bus. He likes to stay busy and enjoys talking to the residents and hearing interesting life stories!



## MANAGEMENT TEAM

Ted O'Brien, *Executive Director*

Kim Witt, *Associate Executive Director*

Jessica Natale, *Director of Resident Programs*

Lin Loos, *Director of Resident Services*

Donna Pennekamp, *Business Office Manager*

Kristin Milton, *Director of Sales & Marketing*

Adam Muransky, *Dining Services Director*

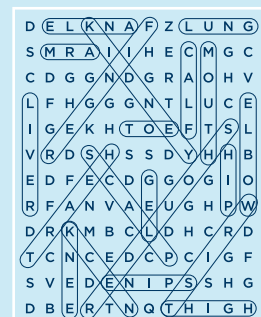
Damir Dibra, *Dining Room Manager*

James Vitson, *Director of Plant Operations*

Carla Rodriguez, *Human Resource Director*

Liz Villalovos, *Housekeeping Supervisor*

TRAIN  
YOUR  
BRAIN  
*solution*



SENIOR  
LIFESTYLE



PET  
FRIENDLY

your life, your style