

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

SENIOR LIFESTYLE

EMBRACE *life.*

EMBRACE *moments.*


EMBRACE *connection.*

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

BIRTHDAYS THIS MONTH

BARBARA KETTER — 1st	KENNETH KUHR — 9th	PETER BARRETT — 14th	ELLEN HILLMAN — 23rd
HARRIET REYNOLDS — 2nd	BILL KRAUSE — 10th	VIRGINIA MORRIS — 15th	LYN JACOBSON — 24th
ELSIE HAUG — 2nd	CHARLOTTE BROITMAN — 10th	WANDA KETRON — 18th	DAN LEARY — 25th
SANDY GHORBANI — 3rd	FLORENCE SIEFKENS — 10th	NANCY KRAL — 19th	BURT DUBOE — 25th
JEAN ANNE FEILER — 4th	HARRY GRAZIANO — 10th	GAYLE NELKIN — 19th	GLENNA HOEMANN — 25th
CHANDLER JOE — 4th	TIMOTHY MINEFEE — 11th	ALVINE KAMINSKI — 19th	DOROTHY MILLER — 27th
PEGGY SASAMOTO — 5th	INE FUJIMOTO — 12th	MARIA KALENIK — 20th	DEBORAH WATTS — 27th
TEDDY KRAS — 7th	NANCY RYAN — 12th	MARK WULBERT — 20th	EDY BURTON — 28th
AJ ARENDT — 8th	JODY NOLAN — 12th	ROBERT CALAMARI — 21st	DIANA HYDZIK — 28th
AVIVA MAY — 9th	ESTHER RAPPAPORT — 13th	MAUREEN MCCUE — 21st	ROBERT JAMES — 29th
JUDY ARKIN — 9th		CAROL BECKENSTEIN — 22nd	

<p>9:30 ● Catholic Mass with Loyola Clergy MTR 5</p> <p>10:30 ● Moody Bible Community Worship Service SR</p> <p>1:00 ● Breakers Bingo CF</p> <p>1:00 ● Matinee Movie VR</p> <p>1:30 ● Coffee and Cookie Social LR</p> <p>2:00 ● Evening Prayer with All Saints' Episcopal Church MTR</p> <p>7:00 ● Movie VR</p>	<p>9:15 ● Gentle Yoga Class with Ine FC 6</p> <p>10:00 ● Blood Pressure Checks GR</p> <p>10:15 ● Walking Club LR</p> <p>11:00 ● Arts & Crafts with Mary Ann CR</p> <p>11:00 ● Classic Movie Monday VR</p> <p>1:00 ● Veterans' Group CF</p> <p>1:00 ● Open Bridge Games GR</p> <p>1:30 ● Needle Arts Group GR</p> <p>3:30 ● Mindful Meditation Mondays MTR</p> <p>7:00 ● Game Night GR</p> <p>7:00 ● Performance by Edizon Dayao SR</p>	<p>9:15 ● Balance and Weights Class FC 7</p> <p>10:15 ● Water Fitness with Christine</p> <p>10:15 ● Trip to Target</p> <p>11:00 ● Breakers' Resident Chorus SR</p> <p>12:30 ● Exercise Class with Open Arms FC</p> <p>1:00 ● Trip to Lincolnwood Mall and Home Depot</p> <p>1:00 ● Any Book Book Club CR</p> <p>2:30 ● Catholic Rosary MTR</p> <p>7:00 ● Breakers' Bingo CF</p>	<p>9:15 ● Aerobics Class with Jessica FC 8</p> <p>10:00 ● Mat Class FC</p> <p>10:30 ● Trip to Grant Park Orchestra Rehearsal</p> <p>11:00 ● Movie VR</p> <p>12:30 ● Exercise Class with Open Arms FC</p> <p>1:00 ● Brain Health University GR</p> <p>2:00 ● Rummikub GR</p> <p>7:00 ● Bible Study MTR</p>	<p>9:15 ● Core Strength and More FC 9</p> <p>10:15 ● Water Aerobics with Jessica</p> <p>10:15 ● Walking Club LR</p> <p>11:00 ● Improvisation with Teri McEvoy SR</p> <p>1:00 ● Trip to Looking Glass Theatre</p> <p>1:00 ● Music in Cinema VR</p> <p>1:00 ● News Currents with Jessica VR</p> <p>2:00 ● Trivia Tea Time 2L</p> <p>3:00 ● Bereavement Group 2L</p> <p>3:30 ● Happy Hour LR</p> <p>7:00 ● Music in Cinema VR</p> <p>7:00 ● Performance by Mark and Anne Burnell SR</p>	<p>9:15 ● Exercise with Paul Radzki FC 10</p> <p>10:00 ● Blood Pressure Checks GR</p> <p>10:30 ● Writing Class with Paul McComas SR</p> <p>1:00 ● Matinee Movie VR</p> <p>1:00 ● Trip to Trader Joe's</p> <p>1:00 ● Presentation on Financial Scams SR</p> <p>7:15 ● Sabbath Service SR</p> <p>8:15 ● Movie VR</p>	<p>10:00 ● Open Rehearsal by Wild Rumpus Jazz Band SR 11</p> <p>11:00 ● Singalong with Margaret LR</p> <p>12:30 ● Menu Chat SR</p> <p>1:00 ● Matinee Movie VR</p> <p>1:30 ● Scrabble Players Group GR</p> <p>1:30 ● Coffee and Cookie Social LR</p> <p>8:15 ● Movie VR</p>
<p>9:30 ● Catholic Mass with Loyola Clergy MTR 12</p> <p>10:30 ● Moody Bible Community Worship Service SR</p> <p>1:00 ● Breakers Bingo CF</p> <p>1:00 ● Matinee Movie VR</p> <p>1:30 ● Coffee and Cookie Social LR</p> <p>2:00 ● Evening Prayer with All Saints' Episcopal Church MTR</p> <p>7:00 ● Travelogue with Joe Cunniff VR</p> <p>8:15 ● Movie VR</p>	<p>9:15 ● Gentle Yoga Class with Ine FC 13</p> <p>10:00 ● Blood Pressure Checks GR</p> <p>10:15 ● Walking Club LR</p> <p>11:00 ● Arts & Crafts with Mary Ann CR</p> <p>11:00 ● Classic Movie Monday VR</p> <p>1:00 ● Open Bridge Games GR</p> <p>3:30 ● Mindful Meditation Mondays MTR</p> <p>7:00 ● Classical Music Lecture with Jim Kendros SR</p>	<p>9:15 ● Balance and Weights Class FC 14</p> <p>10:15 ● Water Fitness with Christine</p> <p>11:00 ● Monthly Community Meeting SR</p> <p>12:30 ● Exercise Class with Open Arms FC</p> <p>1:00 ● New Life for Old Bags Project CR</p> <p>2:30 ● Catholic Rosary MTR</p> <p>3:00 ● Catholic Mass MTR</p> <p>7:00 ● Breakers' Bingo CF</p>	<p>9:15 ● Aerobics Class with Jessica FC 15</p> <p>10:00 ● Mat Class FC</p> <p>10:30 ● Trip to Lincoln Park Zoo</p> <p>11:00 ● Movie VR</p> <p>12:30 ● Exercise Class with Open Arms FC</p> <p>1:00 ● Play Apples to Apples GR</p> <p>2:00 ● Rummikub GR</p> <p>7:00 ● Bible Study MTR</p> <p>7:00 ● Performance by Paul Radulescu SR</p>	<p>9:15 ● Core Strength and More FC 16</p> <p>10:00 ● Computer Class with Buddy GR</p> <p>10:15 ● Water Aerobics with Jessica</p> <p>10:15 ● Walking Club LR</p> <p>11:00 ● Improvisation with Teri McEvoy SR</p> <p>1:00 ● Music in Cinema VR</p> <p>2:00 ● Trivia Tea Time 2L</p> <p>3:00 ● Bereavement Group 2L</p> <p>3:30 ● Happy Hour LR</p> <p>7:00 ● Music in Cinema VR</p>	<p>9:15 ● Exercise with Paul Radzki FC 17</p> <p>10:00 ● Blood Pressure Checks GR</p> <p>11:00 ● Reader's Theatre with Christine SR</p> <p>1:00 ● Matinee Movie VR</p> <p>1:00 ● Trip to Niles Shopping Plaza</p> <p>7:15 ● Sabbath Service SR</p> <p>8:15 ● Movie VR</p>	<p>10:00 ● Open Rehearsal by Wild Rumpus Jazz Band SR 18</p> <p>10:15 ● Trip to Century Movie Theatre in Evanston</p> <p>12:30 ● Menu Chat SR</p> <p>1:00 ● Matinee Movie VR</p> <p>1:30 ● Scrabble Players Group GR</p> <p>1:30 ● Coffee and Cookie Social LR</p> <p>7:00 ● Performance by Mike Basin SR</p> <p>8:15 ● Movie VR</p>
<p>9:30 ● Catholic Mass with Loyola Clergy MTR 19</p> <p>10:30 ● Moody Bible Community Worship Service SR</p> <p>1:00 ● Breakers Bingo CF</p> <p>1:00 ● Matinee Movie VR</p> <p>1:30 ● Coffee and Cookie Social LR</p> <p>2:00 ● Evening Prayer with All Saints' Episcopal Church MTR</p> <p>7:00 ● Movie VR</p>	<p>9:15 ● Gentle Yoga Class with Ine FC 20</p> <p>10:00 ● Blood Pressure Checks GR</p> <p>10:00 ● Watch and Battery Repairs and Sales CF</p> <p>10:15 ● Walking Club LR</p> <p>11:00 ● Arts & Crafts with Mary Ann CR</p> <p>11:00 ● Classic Movie Monday VR</p> <p>1:00 ● Veterans' Group CF</p> <p>1:00 ● Open Bridge Games GR</p> <p>1:30 ● Memorial Service SR</p> <p>1:30 ● Needle Arts Group GR</p> <p>3:30 ● Mindful Meditation Mondays MTR</p> <p>7:00 ● Game Night GR</p>	<p>9:15 ● Balance and Weights Class FC 21</p> <p>10:00 ● Weiss Communication Station LR</p> <p>10:00 ● Watercolor Painting Class with Tom CR</p> <p>10:15 ● Water Fitness with Christine</p> <p>10:15 ● Trip to Target</p> <p>11:00 ● Breakers' Resident Chorus SR</p> <p>1:00 ● Trip to Lincolnwood Mall and Home Depot</p> <p>1:00 ● Watercolor Painting Class with Tom CR</p> <p>2:30 ● Catholic Rosary MTR</p> <p>7:00 ● Breakers' Bingo CF</p>	<p>9:15 ● Aerobics Class with Jessica FC 22</p> <p>10:00 ● Mat Class FC</p> <p>11:00 ● Movie VR</p> <p>11:00 ● Lunch Trip to Lakefront Restaurant</p> <p>12:30 ● Exercise Class with Open Arms FC</p> <p>1:00 ● Brain Health University GR</p> <p>1:30 ● Hearing Impaired Support Group GR</p> <p>2:00 ● Rummikub GR</p> <p>7:00 ● Bible Study MTR</p> <p>7:00 ● Presentation by Clarence Goodman VR</p>	<p>9:15 ● Core Strength and More FC 23</p> <p>10:15 ● Water Aerobics with Jessica</p> <p>10:15 ● Walking Club LR</p> <p>11:00 ● News and Views Current Events Lecture with Steve SR</p> <p>1:00 ● Music in Cinema VR</p> <p>1:00 ● News Currents with Jessica VR</p> <p>2:00 ● Trivia Tea Time 2L</p> <p>3:00 ● Bereavement Group 2L</p> <p>3:30 ● Happy Hour LR</p> <p>7:00 ● Music in Cinema VR</p> <p>7:00 ● Performance by Roberta Randall As Eleanor SR</p>	<p>9:15 ● Exercise with Paul Radzki FC 24</p> <p>10:00 ● Blood Pressure Checks GR</p> <p>11:00 ● Breakers Book Club CR</p> <p>1:00 ● Matinee Movie VR</p> <p>1:00 ● Trip to Trader Joe's</p> <p>7:15 ● Sabbath Service SR</p> <p>8:15 ● Movie VR</p>	<p>10:00 ● Open Rehearsal by Wild Rumpus Jazz Band SR 25</p> <p>11:00 ● Singalong with Margaret LR</p> <p>12:30 ● Menu Chat SR</p> <p>1:00 ● Matinee Movie VR</p> <p>1:30 ● Scrabble Players Group GR</p> <p>1:30 ● Coffee and Cookie Social LR</p> <p>8:15 ● Movie VR</p>
<p>9:30 ● Catholic Mass with Loyola Clergy MTR 26</p> <p>10:30 ● Moody Bible Community Worship Service SR</p> <p>1:00 ● Breakers Bingo CF</p> <p>1:00 ● Matinee Movie VR</p> <p>1:30 ● Coffee and Cookie Social LR</p> <p>2:00 ● Evening Prayer with All Saints' Episcopal Church MTR</p> <p>7:00 ● Travelogue with Joe Cunniff VR</p> <p>8:15 ● Movie VR</p>	<p>9:15 ● Gentle Yoga Class with Ine FC 27</p> <p>10:00 ● Blood Pressure Checks GR</p> <p>10:15 ● Walking Club LR</p> <p>11:00 ● Arts & Crafts with Mary Ann CR</p> <p>11:00 ● Classic Movie Monday VR</p> <p>1:00 ● Open Bridge Games GR</p> <p>1:00 ● Classical Music Lecture with Jim Kendros SR</p> <p>3:30 ● Mindful Meditation Mondays MTR</p> <p>7:00 ● Residents' Association Meeting SR</p>	<p>9:15 ● Balance and Weights Class FC 28</p> <p>10:15 ● Water Fitness with Christine</p> <p>10:15 ● Trip to Walmart</p> <p>12:30 ● Exercise Class with Open Arms FC</p> <p>1:00 ● New Life for Old Bags Project CR</p> <p>2:00 ● Birthday Party SR</p> <p>2:30 ● Catholic Rosary MTR</p> <p>3:00 ● Catholic Mass MTR</p> <p>7:00 ● Breakers' Bingo CF</p>	<p>9:15 ● Aerobics Class with Jessica FC 29</p> <p>10:00 ● Mat Class FC</p> <p>10:15 ● Trip: Big Bus Tour of Chicago</p> <p>11:00 ● Movie VR</p> <p>12:30 ● Exercise Class with Open Arms FC</p> <p>2:00 ● Rummikub GR</p> <p>7:00 ● Bible Study MTR</p> <p>7:00 ● Video Presentation by Steven: Gone with the Wind VR</p>	<p>9:15 ● Core Strength and More FC 30</p> <p>10:15 ● Water Aerobics with Jessica</p> <p>10:15 ● Walking Club LR</p> <p>1:00 ● Music in Cinema VR</p> <p>1:00 ● Summer Street Fair</p> <p>2:00 ● Trivia Tea Time 2L</p> <p>3:00 ● Bereavement Group 2L</p> <p>3:30 ● Happy Hour LR</p> <p>7:00 ● Music in Cinema VR</p>	<p>9:15 ● Exercise with Paul Radzki FC 31</p> <p>10:00 ● Blood Pressure Checks GR</p> <p>1:00 ● Matinee Movie VR</p> <p>1:00 ● Trip to Lincoln Square</p> <p>7:15 ● Sabbath Service SR</p> <p>8:15 ● Movie VR</p>	

EVENT RECAP

barbecue fundraiser

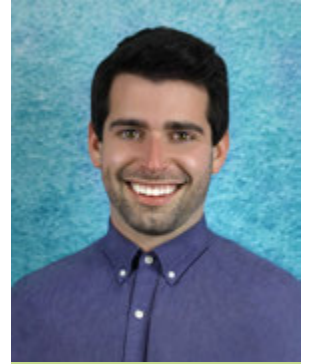
Thanks to everyone who came to our third annual barbecue fundraiser, benefiting the Alzheimer's Association. It was a perfect afternoon with more than 100 Breakers residents, family and staff turning out. We raised more than \$1000 while enjoying Chef Adam's great grilled fare and showing our support for those affected by Alzheimer's. Our gratitude to all who participated to make this wonderful gathering of Community such a success!



THE BENEFITS OF LAUGHTER!

KNOCK KNOCK! WHO'S THERE?

You've heard it a thousand times, I'm sure, but what you may not know is that laughter can be much more than just a fun thing; it actually has some great health benefits! Each time you laugh, you are decreasing your stress hormone levels, which in turn increases your immune cell count, helping you fight off diseases! Laughter also helps fight off depression and anxiety. It increases your levels of dopamine and releases endorphins, which help keep you happy and stress free! Laughter is not only good for your mental health, but it also has some great physical health benefits too.



Jake Feeny from Open Arms Solutions

Aug. 16 is National Tell A Joke Day! Let's have some fun and share some jokes together! Jake Feeny works for Open Arms Solutions, located in Unit 4N, in the Marketing Department, and has a background in molecular cellular biology and chemistry. He is here every Thursday helping with Walking Club and Happy Hour! Feel free to stop up on the 4th floor to say hi!

THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

WENDELL SPRINGS is a new member of our maintenance team. He was born and raised on the West Side of Chicago, where he lived with his parents and two younger sisters. Wendell's father was the Director of Engineering at St. Joseph Hospital in Downer's Grove. He inspired his son to follow in his footsteps in the field of maintenance and engineering.

Wendell has fond memories of road trips with his grandparents to visit relatives in Mississippi. Wendell says that the highlight of his life was the birth of his son, Wendell Pierre Springs Jr., now 14. The two Wendells enjoy playing basketball together. Though not a Pitmaster yet, Wendell also enjoys barbecuing.

Wendell joins us from our sister property in Norwood, where he was nicknamed the Gentle Giant. We are so happy to welcome Wendell to The Breakers family!



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*
- Brooke Nanni, *Dining Room Manager*
- James Vitson, *Director of Plant Operations*
- Liz Villalovos, *Housekeeping Supervisor*

TRAIN YOUR BRAIN solution

M	K	C	B	S	D	U	T	C	H	Y	E
H	E	B	R	E	W	G	G	D	I	N	N
D	E	N	A	M	R	E	G	D	A	I	G
F	R	A	C	D	D	G	D	R	G	T	L
S	G	E	V	E	H	I	A	I	H	A	I
I	C	R	F	G	S	B	C	S	S	L	S
T	I	O	R	H	I	E	V	D	I	H	H
A	A	K	E	C	N	G	N	H	L	S	D
L	M	C	N	D	A	H	A	A	O	T	F
I	A	V	C	F	P	W	K	C	P	H	C
A	R	B	H	H	S	I	N	A	D	A	V
N	A	I	S	S	U	R	B	G	Y	I	J

PET FRIENDLY

SENIOR LIFESTYLE
 your life, your style