

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

BIRTHDAYS THIS MONTH			
<p>GUY WARNER — 2nd</p> <p>BOBBY RUMSTEIN — 5th</p> <p>LOIS BINGAMAN — 6th</p> <p>ALVINE KAMINSKI — 7th</p> <p>ELYSE NOWAK — 9th</p> <p>DEBORAH DAVIS — 13th</p> <p>PENNY WHEELER — 13th</p>	<p>PRISCILLA DOMBEK — 14th</p> <p>MARJORIE WRIGHT — 16th</p> <p>LORETTA LAND — 16th</p> <p>CARMELLA BONANNO — 17th</p> <p>DAISY AQUINO — 18th</p> <p>BETTY OSTER — 18th</p> <p>JEANNE MARIE FOX — 18th</p>	<p>CATHERINE CAMP — 19th</p> <p>KATHLEEN MCCAFFREY — 20th</p> <p>JANE HEBEL — 20th</p> <p>ED HECHT — 21st</p> <p>JUDY LEARY — 22nd</p> <p>ELLIE HUPPERT — 22nd</p> <p>MARY SHIMP — 22nd</p>	<p>JUSTINE TROWBRIDGE — 23rd</p> <p>LOUISE MANN — 25th</p> <p>HELEN LAMBERT — 26th</p> <p>PORTER WOMELDORFF — 26th</p> <p>JUANITA PEREZ — 26th</p> <p>CLARENCE BRYANT — 28th</p> <p>LOUISE DEBROWER — 29th</p>
<p>9:30 ● Catholic Mass with Loyola Clergy MTR 4</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>5:30 ● Super Bowl Party VR</p> <p>7:00 ● Movie VR</p>	<p>9:15 ● Gentle Yoga Class with Ine FC 5</p> <p>10:00 ● Blood Pressure Checks GR</p> <p>10:30 ● Judeo-Christian Studies Group MR</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 ● Veterans' Group CF</p> <p>2:00 ● Classic Movie Monday VR</p> <p>7:00 ● Game Night GR</p>	<p>9:15 ● Balance and Weights Class FC 6</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 ● Cardio Class with Chris FC</p> <p>1:00 ● Trip to Lincolnwood Mall</p> <p>2:00 ● Performance by Magician Greg Whalen SR</p> <p>2:30 ● Catholic Rosary MTR</p> <p>7:00 ● Breakers' Bingo CF</p>	<p>9:15 ● Aerobics Class with Jessica FC 7</p> <p>10:00 ● Mat Class FC</p> <p>10:30 ● Trip to Dusable Museum</p> <p>11:00 ● Movie VR</p> <p>12:30 ● Exercise Class with Genesis Rehab 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 ● Presentation by Author Bob Marovich SR</p>
<p>9:30 ● Catholic Mass with Loyola Clergy MTR 11</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 12</p> <p>10:00 ● Blood Pressure Checks GR</p> <p>10:30 ● Judeo-Christian Studies Group MR</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 ● Presentation by R.J. Lindsey, As Abraham Lincoln SR</p> <p>2:00 ● Classic Movie Monday VR</p> <p>7:00 ● Classical Music Lecture with Jim Kendros SR</p>	<p>MARDI GRAS 13</p> <p>9:15 ● Balance and Weights Class FC</p> <p>10:15 ● Water Fitness with Christine</p> <p>10:15 ● Trip to Golf Mill</p> <p>11:00 ● Monthly Community Meeting SR</p> <p>12:30 ● Cardio Class with Chris FC</p> <p>1:00 ● Presentation on Hearing Health by Hear USA SR</p> <p>1:00 ● New Life for Old Bags Project CR</p> <p>1:00 ● Clowning Around with Karen! SR</p> <p>2:30 ● Catholic Rosary MTR</p> <p>7:00 ● Performance by Paul McComas: Love Letters SR</p>	<p>VALENTINE'S DAY ASH WEDNESDAY 14</p> <p>9:15 ● Aerobics Class with Jessica FC</p> <p>10:00 ● Mat Class FC</p> <p>10:00 ● Trip to Dank Haus</p> <p>11:00 ● Movie VR</p> <p>12:30 ● Exercise Class with Genesis Rehab FC</p> <p>1:00 ● Brain Health University GR</p> <p>1:45 ● Trip to See 'Rose' At Greenhouse Theater</p> <p>2:00 ● Rummikub GR</p> <p>7:00 ● Bible Study MTR</p> <p>7:00 ● Video Presentation by Steven Frenzel VR</p>
<p>9:30 ● Catholic Mass with Loyola Clergy MTR 18</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>PRESIDENTS DAY 19</p> <p>9:15 ● Gentle Yoga Class with Ine FC</p> <p>10:00 ● Blood Pressure Checks GR</p> <p>10:00 ● Watch and Battery Repairs and Sales CF</p> <p>10:30 ● Judeo-Christian Studies Group MR</p> <p>11:00 ● Classic Movie Monday VR</p> <p>12:30 ● Olympic Games FC</p> <p>1:00 ● Open Bridge Games GR</p> <p>1:00 ● Veterans' Group CF</p> <p>1:30 ● Memorial Service SR</p> <p>7:00 ● Presentation by Clarence Goodman: Hail to the Chief VR</p>	<p>9:15 ● Balance and Weights Class FC 20</p> <p>10:00 ● Weiss Communication Station LR</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 ● Cardio Class with Chris FC</p> <p>1:00 ● Trip to Lincolnwood Mall</p> <p>1:00 ● Olympic Games FC</p> <p>2:30 ● Catholic Rosary MTR</p> <p>7:00 ● Breakers' Bingo CF</p>	<p>9:15 ● Aerobics Class with Jessica FC 21</p> <p>10:00 ● Mat Class FC</p> <p>10:30 ● Trip to Holocaust Museum</p> <p>11:00 ● Movie VR</p> <p>12:30 ● Exercise Class with Genesis Rehab FC</p> <p>1:00 ● Play Apples to Apples GR</p> <p>1:00 ● Olympic Games FC</p> <p>2:00 ● Rummikub GR</p> <p>7:00 ● Bible Study MTR</p>
<p>9:30 ● Catholic Mass with Loyola Clergy MTR 25</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 26</p> <p>10:00 ● Blood Pressure Checks GR</p> <p>10:30 ● Judeo-Christian Studies Group MR</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>2:00 ● Classic Movie Monday VR</p> <p>7:00 ● Residents Association Meeting SR</p>	<p>9:15 ● Balance and Weights Class FC 27</p> <p>10:15 ● Water Fitness with Christine</p> <p>10:15 ● Trip to Walmart</p> <p>11:00 ● News and Views Current Events Lecture SR</p> <p>12:30 ● Cardio Class with Chris FC</p> <p>1:00 ● New Life for Old Bags Project CR</p> <p>1:00 ● Clowning Around with Karen! SR</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 28</p> <p>9:45 ● Trip to Waveland Bowling Alley</p> <p>10:00 ● Mat Class FC</p> <p>11:00 ● Movie VR</p> <p>12:30 ● Exercise Class with Genesis Rehab FC</p> <p>1:00 ● Brain Health University GR</p> <p>2:00 ● Rummikub GR</p> <p>2:30 ● Trip to Anna Held Floral Studio</p> <p>7:00 ● Bible Study MTR</p> <p>7:00 ● Performance by Acappella Fellas SR</p>



EVENT RECAP

winter giving

The weather in January was cold, but Breakers' residents shared the warmth in their hearts by donating to our first annual Share the Warmth Drive. Our initiative began with resident, Anne Schultz, who expressed a desire to help those in need as part of a New Year's resolution that she and her daughter, Susan, had decided upon. The idea took off and the generosity of Breakers' residents became obvious immediately. For two weeks, our donation bins overflowed. Ultimately, so many items were collected that we were able to share with area individuals and with three organizations!



IT'S OUR PLEASURE TO SERVE YOU ...

word from your executive director

SPREAD THE LOVE!

Each year on Feb. 14, many people exchange cards, candy, gifts or flowers with their special valentine. However, it's still a wonderful time to share love with your friends, family and most importantly, yourself. As we celebrate "Kindness and Affection" this month, be sure to take time to do things you enjoy and that make you feel good. Then, you can share that happiness with everyone else besides! If you still want to give even more joy, the Activities team will be selling Candy-Grams so you can send a note of affection or appreciation to those you care about. Please join in and spread the love around The Breakers!

THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

Meet NADOUA (pronounced Nah-dwa), our new Dining Room Manager! Nadoua was born and raised in Morocco. She received her bachelor's degree in hospitality management and came to the U.S. in 1999 as she was recruited by Disney World! She worked for Disney for four years at Epcot, managing their restaurant representing her country!

After her time at Disney, Nadoua moved to North Carolina. She worked as a General Manager for a few restaurant chains for 10 years and then found her way into the senior living industry. She most recently worked for a retirement community that is home to over 750 residents! She was the Dining Room Manager there for the Independent and Assisted Living Communities, so she comes to us with wonderful experience!

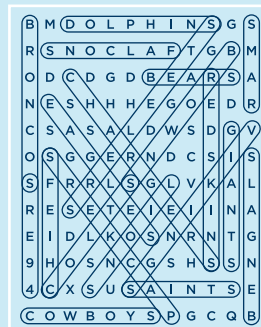
Nadoua got married eight months ago and made the move to Chicago to be with her husband and 12-year-old twin stepsons after a long-distance relationship. She loves traveling, working out, hiking and trying new foods. She is excited to be a part of The Breakers community and is looking forward to getting to know the residents and gaining a new family here in Chicago!



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*
 Nadoua Amra, *Dining Room Manager*
 James Vitson, *Director of Plant Operations*
 Liz Villalovos, *Housekeeping Supervisor*

TRAIN YOUR BRAIN solution



SENIOR LIFESTYLE

your life, your style