



the Commons *at* Woodland Hills

November 2017

A Time of Gratitude

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings -
William Arthur Ward

November is always a unique time of the year. As the season brings on changes in the climate and the colors of our surrounding flora, we find ourselves seeking subtle changes in our lives as well. Here at The Commons we have added various new activities to our schedule which reflect the interests of residents, and their requests. They include craft projects, special activities for the men, gardening, presentations, and wellness programs. They also include educational sessions such as Beginner's Sign Language, Crocheting and Anatomy Review. Please peruse the calendar within this newsletter, and circle the activities that you plan to attend. We look forward to seeing you!

On Saturday, November 11th at 2:00 p.m. in the Activity Room we will hold our annual Veterans Day Ceremony. This is a special time to recognize and honor all military personnel in our community and beyond who have served in the U.S. armed forces. This interactive program includes readings, songs, videos and personal reflections. If you would like to share a story, thought, or anything else during this program, please speak with Dawn in advance.

On Thursday, November 23rd we will be joining together for our annual Thanksgiving Celebration. Come to your regular lunch seating to enjoy the warmth of friendship and traditional holiday fare. If you have any family members or friends who are planning to join you, please RSVP at the front desk by November 16th. Holiday meals are \$25.00 per adult and \$10.00 per 3-12 yr. old.

Last month we presented a "Brain Fitness: Use it or Lose It" class sponsored by 1Heart Caregiver Services. We had a full house, and the response was extremely positive! We have invited the instructor, Tee Barr, back for five more monthly sessions. The next one will be held on Tuesday, November 28th at 2:00 p.m. in the Activity Room. The class focuses on six cognitive areas, enabling the participants to recognize and exercise these cognitive domains throughout their day. Maximum 20 participants. Please sign up in the library (in the same notebook as the outings).

We love when residents lead activities or present something of interest to them. Do you have a passion or skill that you would like to share with our community? Dawn and Dominique would love to talk with you about it! In addition, if you have any family members or friends who have something interesting or entertaining that they would be willing to present, please let us know!

November Special Events & New Programs



Special Events

Sundays and Mondays at 2:00 p.m. in the Activity Room (Except for November 6th & 19th) Movie Matinee

Enjoy an afternoon movie with your friends! If you have any specific movie requests, please leave a note in Dawn M.'s box at the front desk. She will order the movie from Netflix and let you know when it comes in!

Thursday, November 2nd at 2:15 p.m. in the Auditorium

Wellness Talk with Mary

Mary Ty, our new Assisted Living Director, will meet with residents monthly to discuss various health related topics. Don't miss out on this wonderful opportunity to hear important information to help you maintain and improve your health! If there are topics that you would like Mary to discuss, please leave a note to her attention at the front desk.

Monday, November 6th at 2:00 p.m. in the Activity Room

Adventures with Doug: Adventure to Cape Perpetua & the Devil's Churn

Located where the magnificent Oregon forest meets the sea, Cape Perpetua is an area not soon forgotten by those lucky enough to visit it. The headlands above offer majestic views for miles while down below, the surf crashes upon a jagged shore creating a mesmerizing show for all that see it. The amazing Devil's Churn is the climax of this incredible area. Join us for our spectacular adventure, filled with fun stories, fascinating facts and stunning images, as we head to this remarkable and little known gem.

Tuesday, November 7th at 2:00 p.m. in the Auditorium

Cannabis: A Universal Wellness Product

Join Jessica Assaf and Jackie Mostny from Cannabis Feminist for a special cannabis educational event. Learn the basics about cannabis, CBD and the endocannabinoid system, as well as the best cannabis wellness products on the market. We look forward to sharing our expertise with this community!

Saturday, November 11th at 2:00 p.m. in the Activity Room

Veterans Day Ceremony

This is a special time to recognize and honor all military personnel in our community and beyond who have served in the U.S. armed forces. This interactive program includes readings, songs, videos and personal reflections. If you would like to include anything in our program, please speak with Dawn in advance.

Saturday, November 18th at 2:00 p.m. in the Activity Room

The Magic of the Movies: Philadelphia Story

This month, we will be discussing and viewing this 1940 romantic comedy film directed by George Cukor and starring Cary Grant, Katharine Hepburn, and James Stewart and featuring Ruth Hussey. Based on the Broadway play of the same name by Philip Barry (which was written specifically for Hepburn), it follows the complicated wedding plans of a socialite. It is considered one of the best examples of a film genre known as "Comedy of Remarriage", which was popular in the 30's and 40's. It entailed a couple divorcing, flirting with others, then remarrying. A plot such as this was helpful for society at a time when the "Production Code" blocked the depiction of extramarital affairs.

According to Bosley Crowther, the film "has just about everything that a blue-chip comedy should have—a witty, romantic script...; the flavor of high-society elegance, in which the patrons invariably luxuriate, and a splendid cast of performers headed by Hepburn, Stewart and Grant. If it doesn't play out this year and well along into next they should turn the Music Hall into a shooting gallery".

Sunday, November 19th at 2:00 p.m. in the Activity Room

Watercolor & Wine

Come join local artist Gabrielle Anderson as she instructs the class in watercolor basics. Students will use high quality brushes, paints and paper, working from the same image - which is provided by the instructor. The process is fun and surprisingly easy! **The class is limited to 12 participants! Please sign up in the library**

Thursday, November 23rd at lunch (your usual seating time)

Thanksgiving Celebration

Our Commons community will join together to express gratitude for all that we have with an array of traditional Thanksgiving fare. Please RSVP by November 16th for any family members or friends planning to join you for lunch. \$25 for adults; \$10 for 3 to 12 year olds.

Special Events Continued

Tuesday, November 28th at 2:00 p.m. in the Activity Room
Brain Fitness: Use It or Lose It

Research studies have shown that cognitive stimulation helps in fighting and slowing down the development of dementia. Brain Fitness exercises are achieved by stimulating the six cognitive domains: Short-term memory, long-term memory, critical thinking, visuospatial, language and calculation. This program is comprised of six sixty-minute class sessions. The class focuses on the six cognitive areas with the goal of empowering the participants to recognize and exercise their cognitive domains multiple times each day.

Out & About



Wednesday, November 1st-11:30 a.m.
Maggiano's
 Classic Italian fare served family-style.

Wednesday, November 8th-10:30 a.m.
Autry Museum of the American West
 Explore the American West with lunch at the Crossroads West Cafe. Admission \$10.

Wednesday, November 15th-11:30 a.m.
California Fish Grill
 Fresh menu of grilled seafood specialties, salads and more!

Wednesday, November 22nd-10:30 a.m.
Scenic Drive
 Enjoy our local fall scenery.

Wednesday, November 29th-11:15 a.m.
Norton Simon Museum, Pasadena
 Inspiring modern art! Admission \$9.

Celebrate & Welcome

Exciting New Referral Program at the Commons!

How does the referral program work? Simply refer friends and family to our community. When they move in and live in our community for at least 30 days, you will earn a \$2,000 credit toward your rent!

Party for November Birthdays
Friday, November 24th at
2:00 p.m.

Come Celebrate our November birthdays in the Auditorium during our Resident & Staff Talent Show. If you have a November birthday, please come to the party so we can honor you!



November Birthdays

Betty P.	11/1
Dolores (Dee) B.	11/2
Sylvia O.	11/2
Marie P.	11/5
Lucille G.	11/9
Marilyn D.	11/13
Betty B.	11/16
Esther R.	11/16
Charlotte W.	11/18

Donald W.	11/19
Ella G.	11/21
Barbara H.	11/25
Gertrude G.	11/29
Olive H.	11/30
Bonnie M.	11/30

New Residents

Barbara H.	Robert L.
Sally K.	Susan M.

November Birthdays and Out & About



Socials, Entertainment & Meetings



Happy Hours, Socials & Entertainment

Happy Hours or similar programs will be held every day except Fridays, Sundays, Mondays and November 2nd, 7th, 18th, 23rd, 28th. Come join us in the Activity Room for wine, sparking cider & appetizers, or refreshments specific for the occasion.

Friday, Nov. 3rd at 2:00 p.m.
Entertainment: Mike & Mandy

Friday, Nov. 10th at 2:00 p.m.
Entertainment: Mara Joyce

Tuesday, Nov. 14th at 2:00 p.m.
Entertainment: Susi Q. & Brad

Friday, Nov. 17th at 2:00 p.m.
Entertainment: Dave Winstone

Friday, Nov. 24th at 2:00 p.m.
November Birthday Celebration / Resident & Staff Talent Show!



Meeting Schedule

Our community meetings are open to all residents and are a great way to stay informed, so please ask questions and share your opinion, for we love the feedback!

Activities Meeting with Dawn Muroff
Thursday, November 2nd at 3:30 p.m. in the Auditorium.

Town Hall Meeting with Gina Salman & Department Heads
Tuesday, November 7th at 3:30 p.m. in the Auditorium.

Food Meeting with Greg Pippen
Thursday, November 16th at 3:30 p.m. in the Activity Room.
(Note: In response to residents' requests, each month we will alternate between 11:00 a.m. and 3:30 p.m. for the Food Meeting)

Residents' Council Meeting
Tuesday, November 28th at 3:30 p.m. in the Auditorium.



Monday (West Side Dr's Appointments)
Our driver goes to locations in Woodland Hills, West Hills, Canoga Park, & Calabasas. (Bus leaves at 8:30am, 9:30am, 10am, 10:30am, 12pm, 1pm & 2pm)

Tuesday (East Side Dr's Appointments & Afternoon West Side Prescription Pick Up) Our driver goes to locations in Northridge, North Hills, Reseda, Tarzana, & Encino. (Bus leaves at 8:30am, 9:30am, 10:30am, 12pm, 1pm & 2pm) 3pm-4pm Local Prescription Pick-Up's at: CVS, Rite-Aid, or Kaiser Pharmacies

Wednesday (West Side Banking & Afternoon Outing) Our driver will do local banking from 8:30am-10:15am. We usually leave for our outings between 10:30-11:30am.

Thursday (East Side Dr's Appointments & Hair/Nail Salons) Our driver goes to locations in Northridge, North Hills, Reseda, Tarzana, & Encino. (Bus leaves at 8:30am, 9:30am, 10:30am, 12pm, 1pm & 2pm).

Friday (West Side Morning Dr's Appointments, 99¢ Run, & Topanga Mall Trip) Our driver goes to Woodland Hills, West Hills, Canoga Park, & Calabasas. (Bus leaves at 8:30am, 9:30am, 10am, 10:30am, & 12pm) 99¢ Store Trip: 2:00pm every Friday, Topanga Mall Trip: 2:30pm every Friday

Sunday (No medical appointments)
Sunday Church Drop-off @ 9:00am, and occasional Afternoon Drives @ 2:30pm

Shopping Locations:

Fallbrook Mall: Michaels, Joann's, Ross, Trader Joes, Wal-Mart, Sprouts, Ralphs,
East Side Location: 99¢ Store, Target, Trader Joes

Topanga Shopping Center: Ralphs, Rite-Aid, Sprouts & CVS Westfield Topanga Mall

Please note:** Our drivers go home at 4:30pm (Monday-Friday). All appointments must be made with the Receptionist at the Front Desk by 5:00pm the day before. There will be no last minute added appointments. We also do not provide a guaranteed pick up time; we will try to pick you back up as soon as you call, and we can get to you. If you have an "Emergency" and must get to the doctor, we do not provide "Emergency Transportation Service." In addition, our Loading/Unloading procedure is very limited due to the space given at the front and the 5 minute time allotment. Please make sure you are down at the Front Desk 10 minutes before your appointment. **Please call the driver directly for pick up at 818-262-3214

Health & Wellness



Rise and Shine Exercise
Sundays, Mondays and Thursdays at 10:30 a.m., (Wednesdays at 10:00 a.m.) in the Activity Room.



Wii Bowling
Sundays, Mondays and Thursdays at 9:30 a.m. in the Activity Room.



Fitness Focus with Angelique
Tuesdays & Fridays at 10:00 a.m. in the Activity Room.



Podiatrist Visit with Dr. Ullman
Wednesday, November 15th, starting at 12 noon in the Beauty Shop.
Sign-up at the Front Desk to book an appointment.



Chair Yoga with Linda Cook
Saturdays at 10:30 a.m. in the Activity Room.



Progressive Relaxation & Guided Imagery
November 2nd, 9th, 16th & 30th at 10:30 a.m. & November 4th, 11th, 18th & 25th at 5:00 p.m. in the Auditorium

Wellness Talk with Mary
November 2nd at 2:15 p.m. in the Auditorium.

Health & Wellness & Transportation



the Commons at Woodland Hills



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The Management Team

Executive Director

Gina Salman

Activities Director

Dawn Muroff

Activities Assistant

Dominique Makkar

Focused Care Director

DoriAnn Hunt

Marketing Director

Ruth Lefler

Sales Assistant /

Move-In Coordinator

Hannah Myers

Assisted Living Director

Mary Ty

Business Office Manager

Angela Rincon

Assisted Living Director

Assistant

Sofiya Zaretsky

Food Service Director

Greg Pippen

Environmental

Services Director

Tommie Godina