



the Commons *at* Woodland Hills

January 2018

Happy New Year!

January is a time of beginnings. We are excited about our fabulous new programs starting this month at The Commons, and hope that you will try out at least one of them!

We are extremely lucky to have been chosen by the non-profit outreach program "Broadway Babes" as one of the few sites for their chair tap dance classes! Broadway Babes was created by professional dancer Lauren Boyd, (currently performing on Broadway in Hamilton!) over 10 years ago. Lauren is passionate about sharing dance with older adults. We encourage you to come to the Bistro on Monday, January 1st at 10:30 a.m. to meet our instructor, Cassie Silva. She will tell everyone about the class, and take any questions you might have. The classes will be held on Mondays at 10:30 a.m. in the Activity Room, and will start on January 8th. The group will be working toward a fall recital!

Another partnership that begins this month is with the philanthropic organization "A Magic Penny", a non-profit organization founded in 2015 by Lauren Alon. Its singular goal is to connect families with meaningful philanthropic and service opportunities of various types. In efforts to teach their children how to positively impact the world, they strive to impart lessons about empathy and kindness by doing! On Sunday, January 14th at 2:00 p.m. the group will come for an intergenerational art project in the Activity Room. On Sunday, January 28th at 2:00 p.m. in the Auditorium we will all enjoy an intergenerational music class with a professional instructor. For both programs the children range from 4-8 years old. A max of 8 families will be here to participate.

In December many residents attended the presentation by artist, physician and humanitarian Lori Shocket and her husband Neil. They were able to hear their personal stories regarding the philanthropic medical services they've provided throughout the world, and the interactive, intergenerational art workshops that they've done with groups such as holocaust survivors (In the U.S. and Australia), Syrian Refugees, and victims of the Guatemalan genocide. They also worked with students in Ventura around the theme of bullying. The artwork that has been created in these workshops is being exhibited in museums, universities, houses of worship and elsewhere around the globe. Lori is going to begin working with us this month in two separate sessions in the Activity Room. On Tuesday, January 16th at 2:00 p.m. we will work on a one-session art project with Lori so she can have the opportunity to get to know the participants. On Tuesday, January 30th at 2:00 p.m. our intergenerational, experiential workshop will begin. Each participant will be creating an autobiographical piece of art that includes medium such as photographs (copies, not originals), words or phrases, paint, etc. You are encouraged to invite family members to participate, and to start looking for photos now that help tell your story. The class will meet for two sessions in February as well (the 13th & 27th at 2:00 p.m.). This workshop will culminate in an art show in March or April. The exhibit will be beautifully displayed on a wall in the Activity Room. This workshop is limited to 15 participants, so please sign up in the book in the Library.

We wish our Commons family a fulfilling, joy-filled 2018 filled with new friends and experiences, inspiration and contentment!

January Special Events & New Programs



Special Events

Monday, January 1st at 2:00 p.m. in the Activities Room

Adventures with Doug: Waterfalls Everywhere!

A couple of months ago, we visited jaw-dropping Yosemite Falls with its incredible drop into Yosemite Valley. But it's not the only spectacular waterfall in Yosemite. We'll go see a few of the others, each incredible in its own way! A special treat will be the unique trek up the "Mist Trail" to gorgeous Vernal Falls, so named because the water crashes with such power from its drop that it creates a mist, so heavy that it feels like it's raining on a clear blue day! Join us for our slide show adventure, filled with fun stories and amazing scenery, as we visit these magnificent waterfalls.

Every Monday at 3:00 p.m. in the Auditorium or Bistro (Check daily schedule for location).

Christian Bible Sharing Circle with Frolin

Join your fellow resident, Frolin, to explore bible teachings and stories. She will begin with the Gospel of John. Reading materials will be provided. Each session will be 40 minutes.

Mondays, January 8th, 15th, 22nd & 29th at 10:30 a.m. in the Activity Room

Broadway Babes Chair Tap Class

Broadway Babes or #BwayBabes is an outreach program created over 10 years ago by Lauren Boyd, a professional dancer involved in major Broadway productions. She is currently performing in Hamilton – An American Musical on Broadway. When she is off Broadway, she is passionate about sharing dance with seniors, bringing Broadway Babes Program to Atria Senior Living Center in San Dimas, California and Hamilton Senior Center in New York City, where she taught seniors Tap Dance. *Our Broadway Babes instructor, Cassie Silva, will be stopping by to meet interested residents on January 1st at 10:30 a.m. in the Activity Room before the Rise & Shine Exercise class. Her class will take that time slot from January 8th on.*

Sundays and Mondays at 2:00 p.m. in the Activity Room (Except Jan. 1st, 7th, 14th, & 21st).

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, January 11th at 10:30 a.m. in the Activity Room

Los Angeles Zoo Docent Presentation

Back by Popular (Human) Demand! Don't miss this informative and entertaining presentation. Docents from the Los Angeles Zoo will educate us about a variety of animals, and allow us to meet a few of them up close!

Saturday, Jan. 13th at 2:00 p.m. in the Activity Room

"I Have A Dream" Program

Contemplate and honor the life and legacy of Martin Luther King, Jr. through readings, songs, and discussions.

Jan. 23rd at 2:00 p.m. in the Activity Room

Brain Fitness: Use It or Lose It (3rd Session)

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 empowers participants to recognize and exercise their six cognitive domains multiple times each day.

INTERGENERATIONAL ACTIVITIES WITH A MAGIC PENNY:

Sunday January 14th at 2:00 p.m. in the Activity Room - Art Project

Sunday, January 28th at 2:00 p.m. in the Auditorium - Music Class

A Magic Penny is a non-for-profit organization founded in 2015 by Lauren Alon. Its singular goal is to connect families with meaningful philanthropic and service opportunities of various types. In efforts to teach their children how to positively impact the world, they strive to impart lessons about empathy and kindness by doing! Beach clean-ups, baking cookies with the residents of Ronald McDonald House, and all-abilities playdates are just some of the activities they engage in. Please feel free to visit www.amagicpenny.org to get a sense of some of our previous workshops and events, photos, staff bios, and upcoming calendar.

Thursday, January 16th & 30th at 2:00 p.m. in the Activity Room

Experiential Art Project with Lori Shocket

Last month, Lori and her husband Neil came to speak to our residents about their intergenerational art workshops and the philanthropic medical services that they've provided around the globe. We are very fortunate to have been chosen for their next workshop! On the 16th & 30th, Lori will do some special art projects with the class to get to know everyone. On February 13th & 27th she will be working on an Intergenerational/Auto-biographical project with the workshop participants. At the conclusion of the workshop, Lori will create a display of everyone's finished project to be exhibited in our Activity Room. (Maximum number of participants: 15).

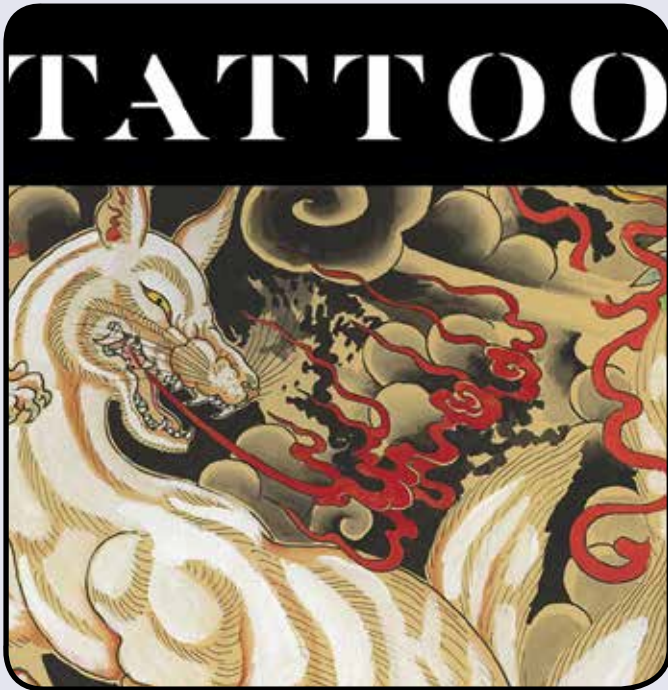
Special Events Continued

Saturday, January 27th at 2:00 a.m. in the Activity Room

The Magic of the Movies: "Rear Window"

This month we will be discussing and viewing "Rear Window". This film which stars James Stewart, Grace Kelly, Wendell Corey, Thelma Ritter, and Raymond Burr has been considered by many filmgoers, critics, and scholars to be one of Hitchcock's best and one of the greatest movies ever made. The film received four Academy Award nominations and was added to the United States National Film Registry in the Library of Congress as being "culturally, historically, or aesthetically significant".

Out & About



Wednesday, January 3rd - 11:30 a.m.

Sagebrush Cantina

Mexican fare in a vibrant setting!

Wednesday, January 10th - 10:30 a.m.

Museum of Tolerance

General admission to Museum is \$12.50
Anne Frank exhibit is an additional \$13.50

Wednesday, January 17th - 11:30 a.m.

Versailles Cuban Restaurant

You cannot beat this place for a big plate
full of delicious food.!

Wednesday, January 24th - 10:30 a.m.

Natural History Museum

Admission to Natural History is \$9.00, with
special exhibit, Tatoo, it's \$19.00 total.

Wednesday, January 31st - 11:00 a.m.

Porto's Bakery & Cafe in Burbank

Cuban bakery serving favorites like cheese
rolls & potato balls in a small, lively space.

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 January Birthdays **Friday, January 19th at 2:00 p.m.**

Come celebrate our January birthdays in the Auditorium with Karen Steel and her Cabaret Hat Show! We encourage everyone to wear a hat! If you have a January Birthday, please come to the party so we can honor you!



January Birthdays

11/1 – Eleanor B.
1/1 – Betty N.
1/3 – Yetta Z.
1/4 – Novelle T.
1/8 – Delbert J.
1/10 – Rosemond G.
1/10 – Jerome N.
1/15 – Gertrude S.
1/16 – Ann Lisa M.

1/17 – Olivia B.
1/18 – Laura P.
1/20 – Diane F.
1/30 – Linda R.
1/31 – Betty W.

New Residents

Molly C. Roberta F.
Patricia C. Florence L.
Najla B. Louise L.
Marilyn B. Scott St. J.

January Birthdays and Out & About



Socials, Entertainment & Meetings



Happy Hours, Socials & Entertainment

Happy Hours or similar programs will be held every day except January 2nd, 4th, 25th, 27th & 30th. Come join us in the Activity Room for wine, sparking cider & appetizers, or refreshments specific for the occasion.



Friday, January 5th
at 2:00 p.m.
Entertainment:
Marv Robinson

Tuesday, January 9th
at 2:00 p.m.
Entertainment:
Joey Aaron

Friday, January 12th
at 2:00 p.m.
Entertainment: Dave
Winstone

Friday, January 19th
at 2:00 p.m.
Resident Birthday
Celebration:
Karen Steel & her Cabaret
Hat Show!

Tuesday, January 23rd
at 11:00 a.m.
"The Troupers"-San
Fernando Valley Volunteer
League Singing Group

Thursday, January 25th
at 2:15 p.m.
Bingo Bash with Gina!

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!

Town Hall Meeting with Gina Salman & Department Heads

Tuesday, January 2nd at 3:30 p.m. in the Auditorium.

Activities Meeting with Dawn Muroff

Thursday, January 4th at 3:30 p.m. in the Activity Room.

Food Meeting with Greg Pippen

Thursday, January 25th 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, January 30th at 3:45 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 and Thursdays at 10:30 a.m., and Wednesdays at 10:00 a.m. Last Monday class on Monday, Jan. 1st at 10:30 a.m. No class on Thursday, Jan. 11th due to Zoo presentation.



Wii Bowling
Sundays, Mondays & 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, January 10th, 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.



Wellness Talk with Mary
Wednesday, Jan. 3rd at 2:00 p.m. in the Auditorium.

Brain Fitness: Use It or Lose It! (3rd session)-
Tuesday, Jan. 23rd at 2:00 p.m. in the Activity Room.

Health & Wellness & Transportation



the Commons at Woodland Hills

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www.thecommonsatwoodlandhills.com

RCFE License # 197608405

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 Phippen

Environmental
Services Director
Tommie Godina