



the Commons at Woodland Hills

March 2018

St. Patrick's Day

Corned Beef and Cabbage And These 5 Irish Customs

St. Patrick's Day has become a truly global celebration. Although its roots are distinctly Irish, the holiday is celebrated from New Orleans to Tokyo and even aboard the International Space Station. But despite the popularity of the day, sometimes the significance of its history and traditions can get lost in the shuffle.

"St. Patrick's Day as we know it is a New World phenomenon," Patrick Griffin, a history professor at the University of Notre Dame in South Bend, Indiana, told Time. "There's nothing really Irish about it now; it's nostalgic and schmaltzy." Here are the real meanings behind these popular Irish holiday traditions. **Corned beef and cabbage.** Contrary to what many people might think, corned beef and cabbage, a staple at almost any St. Patrick's Day celebration, isn't the national dish of Ireland. The custom was started in the U.S. among the first generation of Irish-Americans. Immigrants yearning for familiar tastes of their homeland craved boiled bacon, but had to settle for beef brisket, the cheapest of meat cuts.

Shamrocks. In Catholic tradition, the shamrock represents the holy Trinity. Irish folklore says that St. Patrick, Ireland's renowned Christian missionary, used shamrocks to explain the doctrine of the Father, Son and Holy Spirit, and how they represent three

components of the same God. The shamrock became the national emblem of Ireland and is considered a good-luck symbol.

The color green. Green didn't always represent St. Patrick's Day. In fact, blue was traditionally the color associated with the famed patron saint. Given that Ireland has the reputation as the Emerald Isle, green was adopted as the national color and appears on the Irish flag. The wearing of green on St. Patrick's Day became popular sometime in the 19th century and was a statement of solidarity with the Irish-American community.

Leprechauns are wise beyond their years, bearded and notorious hoarders of gold, but what's their significance to St. Patrick's Day? The word leprechaun comes from an Irish word meaning shoemaker. In folklore, leprechauns are anything but dignified. Leprechauns traditionally play the role of tricksters in Irish storytelling. They can be ruthless, nasty and unpredictable. Their connection with St. Patrick's Day is purely American.

Guinness. On St. Patrick's Day, the number of pints of Guinness consumed around the world nearly triples. The renowned Irish stout, which originated in Dublin in the early 18th century, was brought to the U.S. hundreds of years ago. The beer appears black or dark brown to many people, but it's actually a dark ruby red. Guinness is made of roasted malted barley, hops, water and yeast.

March Special Events & New Programs



Special Events

Saturdays at 12:30 p.m. in the Activity Room **Pamper Yourself with Dominique**

What better way to relax than to enjoy a little time at the spa? We will turn the Activity Room into a quiet area, with tranquil sounds playing and hand massages being given. We will serve fancy chocolates, and some "bubbly." Shoulder rubs, hand massages...doesn't that sound relaxing?

Sundays and Mondays at 2:00 p.m. in the Activity Room **Movie Matinee**

Enjoy an afternoon movie with your friends! If you have any specific movie requests, please leave a note at the front desk for Dominique. She can order the movie from Netflix and let you know when it comes in!

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.

Monday, March 5th at 2:00 p.m. in the Activities Room **Adventures with Doug: The Path to Chilikoot**

Join us for a spectacular escape as we retrace the steps of the "Klondikers" and their incredible journey in search of the legendary Yukon gold strike. Our slide show adventure, filled with fun stories and fascinating facts, will take us through stunning scenery including dense rainforest, gorgeous lakes and majestic snow-covered peaks. As we go, we'll both learn and get to imagine what it was like in the late 1890's for these determined pioneers who lugged unbearable loads of gear through harsh conditions in search of their dreams.

March 8th, at 10:30 a.m. in the Activity Room **Jewelry Making**

The best part about a jewelry making class—besides being among great company—is being able to take home a beautiful new accessory. Residents can create gorgeous pieces for themselves or give their finished pieces to family and friends as gifts. Uncover a hidden talent you never knew you had!

Mondays at March 26th, 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. *The class will be performing throughout the year at some of our talent shows! The Broadway Babes organization will be providing each tap student with a complimentary pair of tap shoes.*

Tuesday, March 18th 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**

Sunday, March 25th at 3:00 p.m. in the Auditorium **Passover Seder with Dawn**

Everyone is invited to join this participatory celebration of liberation, freedom and justice. We will explore the story and significance of the exodus through readings, prayers, songs and ritual foods. We will also touch upon how the messages of Passover are still powerfully relevant today.

Wednesday, March 00th at 10:30 a.m. in the Activity Room **Brain Fitness: Use It or Lose It! (5th 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.

Out & About



Wednesday, March 7th - 11:00 a.m. **Chi - Chi's Pizza**

For over the last 50 years, Chi-Chi's has stayed consistent and true to the original menu. Their pizzas are unbelievable and the daily made sauces and fresh pastas are the best around. A local chain serving pizza, pasta & pressure-fried chicken in a family-friendly atmosphere.



Wednesday, March 14th - 11:30 a.m. **JJ Sullivan's Irish Pub**

This pub is described as "a little piece of Ireland in the heart of Woodland Hills," making it one of the most obvious picks for our St. Patrick's Day hangouts roundup. This Irish pub specializes in an extensive selection of whiskeys as well as good food, since its inception in 2012 has provided a uniquely Celtic experience.



Wednesday, March 21st - 10:30 a.m. **Farmers Market on Fairfax**

The Farmers Market is an area of food stalls, sit-down eateries, prepared food vendors, and produce markets in Los Angeles, California. First opened in July 1934, it is also a historic Los Angeles landmark and it is a very big tourist attraction.



Wednesday, March 28th - 11:00 a.m. **Bob's Big Boy Restaurant**

Bob's Big Boy is a restaurant chain founded by Bob Wian in Southern California in 1936, originally named Bob's Pantry. This pre-war coffee shop chain and Los Angeles go together like a hamburger and French fries. Home of the Original Double Decker Hamburger!

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!

Individual Party for March Birthdays

We wish all of those residents with March birthday residents a very happy birthday on their special day.



March Birthdays

3/4	Barbara B.	3/28	Beatrice K.
3/7	Patricia A.	3/29	Suzanne H.
3/8	Herbert M.	3/29	Morris L.
3/9	Stewart B.		
3/10	Helen M.		
3/13	Rosaline A.		
3/14	Edith G.		
3/16	David H.		
3/26	Lorraine P.		

New Residents

Henry B.
Freya M.
Donald R.

Welcome

March Birthdays and Out & About



Socials, Entertainment & Meetings



Happy Hours, Socials & Entertainment



Happy Hours or similar programs will be held on the 3rd, 7th, 10th, 14th, 17th, 21st, 22nd and 24th. Come join us in the Activity Room for wine, sparkling cider & appetizers, or refreshments specific

Friday, March 3rd at 2:00 p.m.
Entertainment: Mike and Mandy

Sunday, March 6th at 2:00 p.m.
Entertainment: Joey Aaron

Tuesday, March 27th at 2:00 p.m.
Entertainment: Tatijana

Tuesday, March 13th at 2:00 p.m.
St. Patrick's Day Celebration with Dave Winston

Sunday, March 11th at 3:00 p.m.
Violin Recital with Madera (Teachers & Students)

Saturday, March 24th at 2:00 p.m.
Entertainment: "Just Us" Susie Q. & Brad

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, March 6th at 3:30 p.m. in the Auditorium.

Activities Meeting with Silvana Minter

Thursday, March 8th at 3:30 p.m. in the Activity Room.

Residents' Council Meeting

Tuesday, March 20th at 3:30 p.m. in the Activity Room.

Food Meeting with Greg Pippen

Thursday, March 22nd at 2:00 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)



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.
Thursday, February 22nd at 10:00 a.m.



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



Fitness Focus with Angelique
March 6th, 13th, 20th and 27th, at 10:00 a.m. in the Activity Room.



Exercise & Weights
Wednesday, March 6th, 13th, 20th and 27th, starting at 12 noon in the Beauty Shop.
Sign-up at the Front Desk to book an appointment.



Podiatrist Visit with Dr. Ullman
Wednesday, March 14th, 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.

Brain Fitness: Use It or Lose It! (5th Session)-
Wednesday, March 28th at 10:30 a.m. in the Activity Room.

Health & Wellness & Transportation



the Commons at Woodland Hills



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RCFE License # 197608405

The Management Team

Executive Director
Gina Salman

Activities Director
Silvana Minter

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