



the Commons at Woodland Hills

July 2018

God Bless Our America

"America was not built on fear. America was built on courage, on imagination and an unbeatable determination to do the job at hand". – Harry Truman

Although, they say that the first day of summer is in June. This year it will be July which brings us half way through the year with an abundance of our California warm weather as we may find ourselves taking advantage of this sunshine. With, that being said, we must remember to stay hydrated. It is so very important to drink water as much as possible. The results of not staying hydrated can be extremely dangerous to our health. So please be careful.

July is a time that we have picnics in the park, go to parades with family, listen to patriotic speeches and celebrate the day of being grateful for our freedom and independence that the United States offers. Here at the Commons, we will be celebrating our Red, White, and Blue as we listen to "The Happiness Band". Who will be filling the air with inspiring Dixieland music. It will be from 1:00 to 3:00 out on the patio. So don't miss out on this happy afternoon.

During the rest of the month, we will be going out to lunch on Wednesday's as we enjoy restaurants which were hand picked

by our very own residents. Such as Cheese Cake Factory, El Torito's and Out Back.

We will also be visited by some wonderful therapy dogs, like Cinder and Ash. Who always bring a smile or two to the faces around our community. In addition, Skirball Hospice program will be sponsoring another informative lecture. Staying Hydrated, how it benefits and the consequences if we don't.

There's so much to enjoy this month. With all of our art programs, entertainers, card games, bingo, special programs from our Commons Directors and of course, Adventures with Doug. As he takes us to Zion's National Park's massive and beautiful sandstone walls in southern Utah. It is always an exciting adventure with Doug. I'm sure there will be something that will catch your eye. So please join us in any or all of our Activities.

We wish everyone in our Commons family a happy, healthy, and safe 4th of July.

July Special Events & New Programs



Special Events

Saturdays, Sundays & Wednesdays, at 3:30 p.m. in the Activity Room Happy Hour Social

Old friends and new, let's get together for a little cheer! Come join us in the Activity Room for wine, sparkling cider & appetizers, or refreshments specific for the occasion.

Every Monday at 3:00 p.m. in the Auditorium Christian Bible Sharing Circle with Frolin

Study together with fellow resident, Frolin, as we explore the Bible teachings and stories. She will begin with the Gospel of John. Reading materials will be provided. Each session will be 40 minutes.

Mondays 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. *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.*

Monday, July 4th between 1:00 p.m. and 4:00 p.m. in the Auditorium Room 4th of July Music

Let's get together for an afternoon of toe tapping fun and refreshments while we listen to an all American Dixieland band called "The Happiness Band" Happy 242nd Birthday America!

Tuesday, July 5th 12:30 p.m. in the Auditorium The Power of Positive Thinking

Let's explore the profound teaching popularized by famous 20th century minister, Norman Vincent Peale. We will discuss the amazing power of your mind, and how thoughts are manifested as things and events in your life, and how we can direct our thoughts to bring us the happiness that we deserve.

Monday, July 9th at 2:00 p.m in the Auditorium Adventures With Doug: Zion's National Park

Beyond where the trails end to see such fantastic and dramatic venues. Doug takes us on an adventure to Zion's National Park's massive and beautiful sandstone walls in southern Utah. It will stun all who venture into this amazing canyon. Join us for a great escape as we leave the comfort of the park shuttle, put on our hiking boots, and explore incredible scenery off the beaten path.

Thursday, July 12th at 10:00 a.m. in the Activity Room "Cinder" the Therapy Dog

Cinder will travel throughout the community spreading cheer where ever she goes, for she just loves to be petted by each and everyone of you! What a reward for a well trained dog like her and her partner "Ash". They get so much attention for they give so much healing love in return.

Thursday, July 12th & 26th at 2:00 p.m. in the Activity Room Fine Art Painting with Yaffa

Come and join the fun as Yaffa brings out the creativity in you! She will direct you step by step on how to paint a beautiful work of art.

Thursday, July 16th at 11:00 a.m. the Activity Room Let's Listen to Reiner and Brooks

Listen and enjoy skits like "The 2000 Year Old Man", a persona in a comedy skit, originally created by the fabulous Mel Brooks and Carl Reiner in 1961

Tuesday, July 20th at 2:00 p.m. in the Auditorium "Lecture on Hydration" by Skirball Hospice & Palliative Medicine Program

Join us for a fascinating lecture on something we all need to do and often take for granted, the importance of hydrating your body with "water". We will discuss what it can do for your skin, and all of your organs including your most important organ "the brain".

Special Events continued

Sunday, July 22nd at 2:00 in the Activity Room

Watercolor with Gabrielle

Express yourself! Gabrielle's water color class will teach you the basic techniques of water color. Create something impressive to share with family and friends, no experience required.

Out & About



Wednesday, July 11th - 11:00 a.m. in the Lobby

Cheesecake Factory

We are off to the Cheesecake Factory, who notoriously strives to bring you the best food & service possible. A semi upscale restaurant with more than 250 menu items and more than 50 signature cheesecakes and desserts, there is truly "Something for everyone" from the rich and famous, to the average everyday crowd.



Wednesday, July 18th - 11:00 a.m. in the Lobby

El Torito Mexican Restaurant

Founded in 1954, El Torito is one of the pioneers in California full service Mexican casual dining. Let's have lunch at this family-friendly chain for our favourite Mexican recipes, with standards like Fajitas, and combination plates, plus scrumious seafood, poultry and meat entrées, all made from freshest ingredients.



Wednesday, July 25th - 11:00 a.m. in the Lobby

Outback Restaurant

Let's have a delicious lunch of great American food in this relaxed Australian-themed casual family restaurant chain, serving all our favorite cuisine in a fun setting that everyone can enjoy. The home of juicy steaks, and all the trimmings, an extensive menu, spirited drinks and Aussie hospitality. Enjoy steak, chicken, ribs, fresh seafood, salads & our famous Bloomin' Onion.

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 July Birthdays

We wish all of those residents with July birthdays, a very happy birthday on their special day!



July Birthdays

| | | |
|-----------------|------------------|-----------------|
| 7/2 Marion R. | 7/22 Ruth B. | 7/28 Harriet P. |
| 7/10 Eliahou S. | 7/25 Iris S. | 7/28 Harry S. |
| 7/11 Dolores N. | 7/28 Goldie F. | 3/30 Colin G. |
| 7/17 Carol W. | 7/28 Iris G. | 7/31 Molly B. |
| 7/22 Anne S. | 7/28 Madeline N. | 7/31 Deidre S. |

New Residents

| | | |
|----------------|-------------|------------|
| Michael P. | Jaonne S. | Eva A. |
| Abbus E. | Peggy S. | Shirley H. |
| Joan & Mike B. | Kathleen L. | |

July Birthdays and Out & About

The Cheesecake Factory



Socials, Entertainment & Meetings

Happy Hours, Socials & Entertainment



Happy Hours are held every Saturday, Sunday, & Wednesday at 3:30 p.m. Come join us in the Activity Room for wine, sparkling cider & appetizers, or refreshments specific for the occasion.

BINGO- Saturdays, Sundays, & Wednesdays at 2:00 p.m. (Subject to change).

July 4th, 1:00 - 4:00 pm, in the Auditorium
4th of July Celebration:
The Happiness Band

July 10th, 3:00 p.m., in the Auditorium
Entertainment with
Joey Aaron

July 17th, 2:00 p.m., in the Auditorium
Entertainment with
Marv Robinson

July 21st, 2:00 p.m., in the Auditorium
Entertainment with
Jerry Weisbecker

July 24th, 2:00 p.m., in the Auditorium
Entertainment with
Brad and Susie Q

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!

Book Club Meeting

Monday, July 2nd at 3:00 p.m. in the Library

Town Hall Meeting with Isaac Chernotsky & Department Heads

Tuesday, July 3rd at 3:30 p.m. in the Auditorium.

Activities Meeting with Silvana Minter

Thursday, July 12th at 3:30 p.m. in the Auditorium.

Food Meeting with Greg Pippen

Thursday, July 19th at 2:00 p.m. in the Auditorium.

Residents' Council Meeting

Tuesday, July 31st at 3:30 p.m. in the



Monday (West Side Dr's Appointments 8:30am to 2:00pm, & Focused Care Outings, 2:30pm to 3:30pm) 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 8:30am to 2:00pm, & 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 & Assisted Lunch Outing at 11:00am, Walmart at 2:00pm) Our driver will do local banking from 8:30am-10:15am. We usually leave for our outings between 10:30-11:30am.

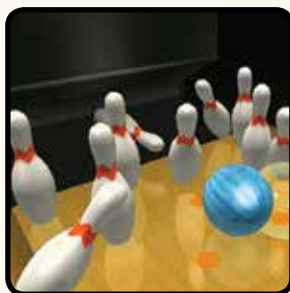
Thursday (East Side Dr's Appointments 8:30am & 2:00pm, & Hair/Nail Salons) Our driver goes to locations in Northridge, North Hills, Reseda, Tarzana, & Encino. (Bus leaves at 8:30am, 9:30am, 10:30am, 12pm, 1pm & 2pm).

Friday (West Side Dr's Appointments 8:30am & 2:00pm, 99¢ Run, Focused Care Outing 10:00am & Topanga Mall, & 99¢ Store 2:00pm) 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 @ 8:30am to 11:00 a.m., and occasional Afternoon Drives @ 2:30pm

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



Wii Bowling
Everyday at 9:30 a.m. in the Activity Room.



Broadway Babes Chair Tap Class
Mondays at 10:30 a.m. in the Activity Room



Morning Walk to the Coffee Bean
Tuesday's at 10:30 a.m., meet in the Lobby

Workout with Vana
Tuesdays & Thursdays at 10:00 a.m. in the Activity Room
Stretching, exercise balls, and weights

Rise and Shine Exercise
Every Wednesday at 10:00 a.m. in the Activity Room.



Fitness Focus
Fridays at 10:00 a.m. in the Activity Room.

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



Podiatrist Visit with Dr. Ullman
Wednesday, July 11th, starting at 1:00 p.m. in the Beauty Shop.

Sign-up at the Front Desk to book an appointment.



Skirball Hospice Los Angeles Jewish for the Aging - Lecture on Hydration
Friday, July 20 at 2:00 in the Auditorium

Health & Wellness & Transportation



the Commons at Woodland Hills

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www.thecommonsatwoodlandhills.com

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The Management Team

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Isaac Chernotsky

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