



the Commons *at* Woodland Hills

August 2018

“Oi kau ka la, e hana i ola honua”

While the Sun yet shines, do all you can

As we leave July, and jump right into the month of August, we will continue with an abundance of sunshine which brings lots of hot weather. And as we did in July, we need to stay mindful of keeping hydrated.

With that being said. Staying hydrated and drinking lots of water is a must as we work hard to stay in shape with our many exercise classes. Working out in Focus Fitness is our aerobics class, with Angelique. Chair Yoga with Linda, to keep our mind and body sharp and fit. Workout with Vana to keep us limber and agile as we stretch with exercise balls, followed with weights. And then we shuffle our feet with Broadway Babes Tap Class. These classes definitely keep our residents on the move.

During the month of August, we will be having toe-tapping music. Entertainers, like Mike & Mandy who have us singing along. Mark Cole who always surprises the

residents, by bringing a new young talent to accompany him. The Harmonett's, with their angelic voices have us feeling alive and wanting to dance. And Dave Winstone who at the beginning of the month will set the mood with many Hawaiian tunes.

We prepare for our Hawaiian Luau which will be Thursday, August 30th. During the month we will be having some Hawaiian themed crafts and fun activities leading up to the big day. A Hawaiian feast is planned, with a light lunch of Pineapple Chicken. And for dinner, your choice of pork, or Mahi-Mahi with wild rice and more. Then a fun filled time will be had by all as we settle down out in our patio to watch the Polynesian dancers. Who take us on a journey with music and dance of their country, while we sip on Pina Colada's. If you are inviting family or friends to join you for meals. Please make reservations at the front desk ahead of time. So until then, Aloha!

August 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.

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.*

Thursdays at 7:15 p.m. in the Auditorium

Men's Poker Night 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".

Thursday, August 2nd at 2:00 p.m. in the Activity Room Jewelry Making with Esther

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!

Monday, August 6th at 2:00 p.m. in the Auditorium Adventures With Doug: Half Dome

Towering 4800 feet above the valley floor, Half Dome is one of the most iconic landmarks in the world. We'll trek 7 miles to the famous "cables" and from there see if we can make it to the summit of this magnificent 8839 foot-high granite dome. Join us for our fun slide show, filled with spectacular scenery and, with a little luck, a visit from one of Yosemite's famous inhabitants.

Thursday, August 9th & 23rd 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.

Sunday, August 19th 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.

Monday, August 20th 7 27th, 2:00 p.m. in the Activity Room Hawaiian Crafts

Let's explore Hawaiian culture and some of the the traditional materials used to create useful and decorate crafts in the Hawaiian spirit!

Thursday, August 30th 10:45 a.m. - 7:15 p.m., in the Auditorium Room Hawaiian Luau Celebration and Hawaiian Activiites

Join us for a fun filled day of Hawaiian events! We will start the day at 10:45 a.m. with Hawaiian Bingo, then challenge your memeory with Hawaiian Trivia at 11:00 a.m., bowl a perfect score with Bowling Hawaiian Style at 2:00 p.m. At 3:00 p.m. try your aim with the Pineapple Toss and see how areodynamic these slices can be! All leading up to the top event of this August day when we get together to enjoy authentic Hawaiian food, drink and customs, whether you wear your favorite Hawaiian shirt or dress, we will decorate you with lei's and serenade you with traditional Hawaiian tunes. Let's tip our glasses to make a toast to the god of good fortune "Lono" and say "Mahalo" for the summer!

Out & About



Wednesday, August 1st - 11:00 a.m. in the Lobby Nicola's Kitchen

Homey eatery in Woodland Hills features an extensive menu of pastas, pizzas & specialty dishes, you can smell the herbs and garlic when you walk in the door! Nicola's specializes in breakfast all day, brunch, lunch and dinner, which is all fresh and delicious!



Wednesday, August 8th - 11:00 a.m. in the Lobby

In & Out Burger Come chow down at In-N-Out Burgers, fresh and made to order, they never skimp on quality food. It has been rated as one of the top fast food restaurants.

Wednesday, August 15th - 11:00 a.m. in the Lobby Paradise Cove

If you like the beach, there is nothing like sitting on the beach at concrete tables and having a delicious lunch with your toes in the sand at the world famous Beach Cafe!



Wednesday, August 22nd - 11:00 a.m. in the Lobby Red Robin

Come in and enjoy an outrageously delicious burger with Bottomless Steak Fries®. Pair it with a cold beer or signature Freckled Lemonade®. Our finest lineup is made with premium ingredients, artisan touches and friendly, efficient service.

Thursday, August 23rd - 10:00 a.m. in the Lobby Men's Outing: Valley Relics Museum

Come on guys let's walk down memory lane, and then some, in awe of the automobile, shaped by ever changing events.



Wednesday, August 29th - 11:00 a.m. in the Lobby Rosie's BBQ

Award Winning Barbeque! Rosie's BBQ & Grillery has been a Northridge institution for over 30 years, serving up the best in beef, pork and chicken! barbeque setting that everyone can enjoy.

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!

WELCOME! Renae Hall – New Activity Assistant

Individual Party for August Birthdays

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



August Birthdays

8/5 - Dotty S.	8/21 - Kenneth L.	8/28 - Richard B.
8/7 - Judith T.	8/21 - Barbara S.	8/30 - Raynor B.
8/11 - Wanda L.	8/22 - Anita S.	8/30 - Marlene L.
8/13 - Miriam A.	8/26 - Oscar K.	8/30 - Kathleen L.
8/20 - Ida C.	8/27 - Louise L.	

New Residents

Eva A.	Patricia J.	Ken S.
Thelma A.	Kathy L.	Joanne S.
Delia C.	Selma L.	Peggy S.
John H.	Sylvia M.	

August Birthdays and Out & About



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).

**Friday, August 3rd,
2:00 p.m. – Auditorium
Entertainment with
Dave Winstone**

**Friday, August 10th,
2:00 p.m. – Auditorium
Entertainment with
Mark Cole**

**Tuesday, August 13th,
2:00 p.m. – Auditorium
Entertainment with
The Harmonetts**

**Saturday, August 18th,
2:00 p.m. – Auditorium
Entertainment with
Mike & Mandy**

**Tuesday, August 21th,
2:00 p.m. – Auditorium
Entertainment with
Stu & Loraine**

**Saturday, August 25th,
2:00 p.m. – Auditorium
Entertainment with
Arshag**

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!

Family Support Group

Tuesday, August 21st at 6:15 p.m. in the Library

Town Hall Meeting with Isaac Chernotsky & Department Heads

Tuesday, August 7th at 3:30 p.m., in the Auditorium.

Activities Meeting with Silvana Minter

Thursday, August 9th at 3:30 p.m. in the Auditorium.

Food Meeting with Greg Pippen

Thursday, August 16th at 3:30 p.m. in the Auditorium.

Residents' Council Meeting

Tuesday, August 28th at 3:30 p.m. in the Activity Room.



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, August 8th, starting at 12:00 p.m. in the Beauty Shop.
Sign-up at the Front Desk to book an appointment.

Family Support Group
Tuesday, August 21st at 6:15 p.m. in the Library

Health & Wellness & Transportation



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www.thecommonsatwoodlandhills.com

RCFE License # 197608405

The Management Team

Executive Director
Isaac Chernotsky

Activities Director
Silvana Minter

Activities Assistant
Renaë Hall

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