

the Commons at Woodland Hills

September 2018



Happy Labor Day!

As we enter this new month. We realize how much September will bring. Thoughts of what has been. And what will be. "Ah, September! You are the doorway to the season that awakens my soul..."

In this month, we have a lot's going on. For our Jewish residents and their families who would like to join us. The weeks ahead are a period of prayer, community and introspection. It is a time to seek forgiveness. And to focus on ways we can become more compassionate to others.

On the 9th Dawn Muroff will be holding Rosh Hashanah Services, in the Auditorium at 3:00. A Yom Kippur service will be held Tuesday, on the 18th at 9:30 am in the Auditorium, by Terry Lieberstein. With traditional prayers and readings.

Terry will also be proceeding with Sukkah, (the festive harvest festival) on the 23rd out on the patio at 3:30. She will be talking about the meaning and traditions surrounding Sukkah. With readings of giving thanks for the bounties we have in our lives. Commemorating the time God provided for the Israelites in the wilderness they inhabited after they were freed from slavery in Egypt.

If you would like to participate in any of these services by reciting a

reading. By all means, just let Vana know a head of time so that she can let Dawn and/or Terry know that you plan on participating.

On Tuesday, September 11th Patriots Day. We will meet up in the Bistro and talk about that day of remembrance. Where we were and how we reacted at that time in history. A day that will stay in our minds for all time. Come join us and tell us your story.

We will be trying out a few new restaurants this month. So, come join us on our Wednesday Lunch Outings. We will be making our way to, Toscanova's, The Boiling Crab, The Country Deli, and the Blue Table Restaurant. Always a treat when we head out on the bus for lunch.

On Sunday, September 16th at 7:15 pm, we will find ourselves out on the patio. Dancing the night away to our, "End of the Summer" Dance. With the magical sounds of our DJ, David Zucker. David will treat us to "toe tapping" songs that we all know and love. So, put on your dancing shoes and join us. You won't want to miss out on the fun.

As you can see, September will be a month filled with music, laughter, learning and much more! Please come and participate in our programs and activities. Your mind, body and soul will be glad you did!

September 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.

Monday, September 3rd at 2:00 p.m. in the Activity Room Adventures with Doug: The Lost Coast

Just a short drive north of Fort Bragg, scenic Highway 1 leaves the California coast and juts inland until it rejoins our beautiful seashore near Eureka. That pristine area in between, too rugged for even a road, is known as the Lost Coast. Since no cars can go make it through there, we'll take it on by foot! Join us for a great slide show adventure, filled with fun stories, fascinating facts, stunning images and some amazing wildlife as we trek this magnificent stretch of coastline.

September 6th at 2:00 p.m. in the Activity Room Mixed Medium with Karen

Let's explore our imagination using mixed media on paper to bring out the artist in you! Karen will demonstrate some techniques in creating a beautiful work of art.

Thursday, September 13th & 27th 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, September 16th at 7:15 p.m. in the Patio Area End of the Summer Dance

Join us for an "End of the Summer Dance" where we will dance away our cares in the soft summer breeze, to the fine sounds of performer David Zucker on the Patio. Please bring your smiles and your dancing shoes!

Tuesday, September 18th 9:30 a.m., in the Auditorium Yom Kippur Program

Yom Kippur, also known as the Day of Atonement, is the holiest day of the year in Judaism. Its central themes are atonement and repentance. Terry Lieberstein will direct our Yom Kippur Service this year. She will help us contemplate the true meaning, and recite traditional and contemporary prayers and readings together that help us focus on all that we are grateful for, and on the changes we wish to make in the coming year.

Thursday, September 20th at 2:00 p.m. in the Activity Room Jewelry Making

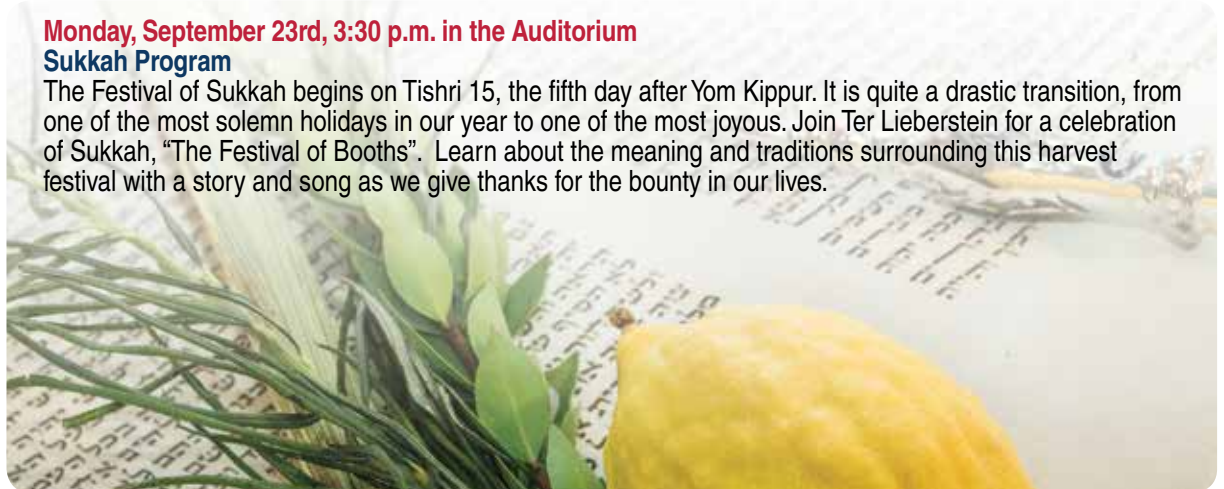
The best part about a jewelry making class—besides being among great company—is being able to take home a beautiful new accessory. Residents can create gorgeous pieces for themselves or give their finished pieces to family and friends as gifts. Uncover a hidden talent you never knew you had!

Sunday, September 23rd 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, September 23rd, 3:30 p.m. in the Auditorium Sukkah Program

The Festival of Sukkah begins on Tishri 15, the fifth day after Yom Kippur. It is quite a drastic transition, from one of the most solemn holidays in our year to one of the most joyous. Join Ter Lieberstein for a celebration of Sukkah, "The Festival of Booths". Learn about the meaning and traditions surrounding this harvest festival with a story and song as we give thanks for the bounty in our lives.



Out & About



Wednesday, September 5th - 11:00 a.m. in the Lobby **Toscanova Restaurant**

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!



Monday, September 10th - 11:00 a.m. in the Lobby **King Tut Exhibit**

Join us for a trip to King Tut: Treasures of the Golden Pharaoh at The California Science Center. Celebrating 100 years since the greatest discovery in history, the blockbuster exhibition KING TUT: Treasures of the Golden Pharaoh is now bigger, more immersive and more exciting than ever. (\$28.00 per person. Must be turned into Vana by September 5th.)



Wednesday, September 12th - 11:00 a.m. in the Lobby **The Boiling Crab Restaurant**

With their flair for having a good time, warm hospitality and passion for excellent seafood, Yo'Daddy and Yo'Mama opened the first Boiling Crab in 2004. Now family and friends (and you, too!) can experience the fun and taste of a backyard crab fest in your own neighborhood. Their dream – that The Boiling Crab be the biggest, juiciest seafood venue this side of Mississippi – has become a reality.



Wednesday, September 19th - 11:00 a.m. in the Lobby **The Country Deli**

Come in and enjoy this welcoming deli & restaurant spotlighting both American & international fare since the 1970s. People talk about steak fries, delicious reuben sandwich and veggie omelette.



Thursday, September 26th - 10:00 a.m. in the Lobby **The Blue Table Restaurant**

Blue Table is a European style cafe with side-walk seating, communal tables, and an eclectic atmosphere! Featuring an extensive cheese and wine list, and specialty food items prepared in-house with fresh, local seasonal produce.

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 September Birthdays

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



September Birthdays

9/7	Joanne S.	9/27	Gloria E.
9/15	Evelyn K.	9/30	William T.
9/17	Gilbert C.		
9/22	Ruth A.		
9/23	Corinne M.		

New Residents

Shirley H.
Jeanne R.
Pat L.



September 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).

Tuesday, Sept. 4th, 2:00 p.m. – Auditorium Entertainment with Joey Aaron

Sunday, Sept. 16th, 2:00 p.m. – Auditorium Entertainment with David Zucker

Friday, Sept. 7th, 2:00 p.m. – Auditorium Entertainment with Sylvia Moro

Tuesday, Sept. 25th, 2:00 p.m. – Auditorium Entertainment with Mike & Mandy

Monday, Sept. 3rd, 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!

Town Hall Meeting with Isaac Chernotsky & Department Heads
Tuesday, September 4th at 3:30 p.m., in the Auditorium.

Activities Meeting with Silvana Minter
Thursday, September 13th at 3:30 p.m. in the Auditorium.

Food Meeting with Greg Pippen
Thursday, September 20th at 3:30 p.m. in the Auditorium.

Family Support Group
Tuesday, September 25th at 6:15 p.m. in the Auditorium.

Residents' Council Meeting
Tuesday, September 25th 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.

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 & Sunday 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
Fridays at 2:00 p.m. in the Activity Room

Podiatrist Visit with Dr. Ullman
Wednesday, September 12th, starting at 12:00 p.m. in the Beauty Shop.
Sign-up at the Front Desk to book an appointment.

Family Support Group
Tuesday, September 25th at 6:15 p.m. in the Library

Health & Wellness & Transportation



the Commons *at* Woodland Hills

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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