



# *the* Commons *at* Woodland Hills

## October 2018

## Happy Halloween

### Pumpkin Kisses and Harvest Wishes

The month of October brings us into the beginning of our cool weather, fun traditions and a time where our hearts are filled with childlike excitement.

We will start with the celebration of Oktoberfest, a German tradition which started in 1810 in the last week of September and rolled right into the first week of October. This has been celebrated by more than six million people each year. It's no wonder, since German-Americans make up the largest ancestry in the United States. Here at the Commons, we will have our very own Oktoberfest celebration on Thursday, October 4th with music and different types of traditional German ale. So, brush up on your German and please join in on the fun.

On Sunday, October 14th we will be heading off to the West Valley Playhouse Theatre to watch a performance of "She Stoops to Conquer," It is one of the few plays from the 18th century to have retained its appeal and regularly performed.

Thursday evening, October 18th, we will find ourselves playing "Halloween Bingo" at 7:15pm in the Auditorium. Along with yelling out BINGO! There will be prizes, sweets and all kinds of treats. Costumes are encouraged.

The fun continues with a trip to the Japanese Gardens, on Monday, October 22nd. Deep in the middle of our very own San Fernando Valley. It's tranquil gardens which sits on 6.5 acres will take you into another world, filled with calm and beauty. The garden was designed by Doctor Koichi Kawana. It consists of a dry Zen meditation section, Tortoise Island, a three-Buddha arrangement of stones, a wisteria arbor across a Plover Path, and a heavenly floating bridge, which became Dr. Kawana's calling card. Trust me, you won't want to miss out.

Our entertainment this month are many favorites. Mark Cole who loves to bring a side-kick of hidden talents, Marv Robinson who always has you snapping your fingers and tapping your toes. And of course, we can't forget Tatijana. She dances, has costume changes and entertains like no other. There is a lot of talent out there, and we seem to be very blessed to have much of it right here at the Commons.

Lastly in this month. On Wednesday, October 31st at 2:00 in the Auditorium, we will be having our Halloween Costume Party Celebration. There will be music, best costume contest, treats and an all around Spooktacular good time. *"When Witches go riding, and black cats are seen, the moon laughs and whispers, 'tis near Halloween"*

# October 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, October 1st at 2:00 p.m. in the Activity Room Adventures with Doug: The Canadian Rockies

The Canadian Rockies offer a vast wilderness of pristine mountain lakes, ancient glaciers and broad sweeping valleys. We'll start our journey in Banff, head to Lake Louise then head up the Ice fields Parkway. This incredible route stretches 144 miles through the heart of the Canadian Rockies into Jasper National Park and routinely makes the list of most stunning drives in the world. Join us for a great slide show adventure, filled with fun stories, fascinating facts and stunning images as we head to one of the most beautiful spots in the world.

### Thursday, October 4th at 2:00 p.m. in the Activity Room Oktoberfest Beer Tasting

Oktoberfest is a great celebration of friends and beer. Skip the flight to Munich and join us for our own Oktoberfest beer tasting. Don't forget to also join us for the Oktoberfest Fun with Arshag at 3:00 p.m.

### Thursday, October 11th & 25th at 2:00 p.m. in the Activity Room Watercolor 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, October 14th at 1:45 p.m. meet in the Lobby. West Valley Playhouse

Join us for a time-tested play at the West Valley Playhouse called, "She Stoops To Conquer". This witty play is Oliver Goldsmith's classic comedy about secrecy and lies. *(There is limited space so sign up as soon as possible in the "Sign Up Book" located in the Library).*

### Thursday, October 18th 7:15 p.m. in the Auditorium Halloween Bingo!

Bingo balls are a-churnin' once again and when they drop you can expect non-stop fun! We are playing Bingo with Halloween cards to get into the spooky season of October.

### Japanese Gardens

This garden opened up in 1984. It is a very fine example of a Zen Garden. Not many people know about the garden and Water Reclamation Plant that supplies water to several places in the Sepulveda Basin. Serenity is what this Japanese garden offers.

### Wednesday, October 31st at 11:00 p.m. in the Bistro Halloween Trivia

Let's explore the history and pop culture of Halloween.

### Wednesday, October 31st at 12:30 p.m. in the Bistro Halloween Stories

Spooky stories on a spooky day. Boo!

### Wednesday, October 31st at 2:00 p.m. in the Activity Room Halloween Party & Costume Contest

Time to get spooky and start brainstorming those ideas for your costume at our annual Halloween costume party. Enjoy music and enjoy our special Halloween cocktails and appetizers, there will be a prize for the best costume at the end of the party!





## Lunch Outings



### Wednesday, October 3rd - 11:00 a.m. in the Lobby Red Lobster

Come join us for a celebration of seafood! Lobsterfest®. Crabfest®. Endless Shrimp®. If there's a particular kind of seafood you crave, discover new ways to love it. Since 1968, Red Lobster been committed to bringing you a seafood experience you won't find anywhere else.



### Wednesday, October 10th - 11:00 a.m. in the Lobby Rosti Tuscan Chicken

Enjoy the delicious flavors of Tuscany, with sauces are made from scratch, specialty salads, pastas, sea food, wood-fired pizzas, Panini and their famous Matone Brick Pressed Chicken. They also serve home-made Ravioli and gnocchi, delicious soups, sandwiches and wide range of gluten free choices! Bon Appetito!



### Wednesday, October 17th - 11:00 a.m. in the Lobby Denny's

Off to Denny's to enjoy their extensive menu of diner fare! Now, in true celebration of our delicious, mouthwatering burgers, Denny's is inviting America in to experience an even tastier burger lineup with "Burger Town, U.S.A.". Just one example of the many amazing choices for lunch.



### Wednesday, October 24th - 11:00 a.m. in the Lobby Cheesecake Factory

Enjoy new menu items made fresh from scratch, including the impossible burger! Cheesecake Factory makes everything from scratch daily. Chow down on world-famous cheesecakes and 250+ menu items.



### Thursday, October 31st - 10:00 a.m. in the Lobby Marmalade Café

Let us get together for great California and Continental food! Great upbeat atmosphere and service. A wide variety of fresh simple food, prepared with perfection and served promptly.

## 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 October Birthdays

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



### October Birthdays

10/1 Selma L.	10/14 Mamrosh Z.	10/28 Mary P.
10/4 Alexis V.	10/20 John P.	10/30 Marvela G.
10/5 Elena H.	10/20 Reiko S.	10/30 Michael P.
10/8 Patricia L.	10/22 Dorothy M.	10/30 Carl P.
10/10 John D.	10/28 Isaac A.	
10/12 Alvina T.		
10/13 Doris B.		

### New Residents

Phyllis W.	Elkin M.
Mary P.	Pilvi K.



## October 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, Oct. 2nd,**  
2:00 p.m. – Auditorium  
Entertainment with  
Marvin Robinson

**Friday, Oct 12th,**  
2:00 p.m. – Auditorium  
Entertainment with  
Mark Cole

**Saturday, Oct 20th,**  
2:00 p.m. – Auditorium  
Entertainment:  
Piano Recital

**Saturday, Oct. 27th,**  
2:00 p.m. – Auditorium  
Entertainment with  
Jerry Weisbecker

**Thursday, Oct. 4th,**  
2:00 p.m. – Auditorium  
Entertainment with  
Arshag

**Tuesday, Oct 16th,**  
2:00 p.m. – Auditorium  
Entertainment with  
Tatijana

**Tuesday, Oct. 23rd,**  
2:00 p.m. – Auditorium  
Entertainment with  
Stu & Laurie

**Every Tuesday,**  
3:00 p.m. – Auditorium  
Bible Sharing Circle



## 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, October 2nd at 3:30 p.m., in the Auditorium.

### **Activities Meeting with Silvana Minter**

Thursday, October 11th at 3:30 p.m. in the Auditorium.

### **Food Meeting with Greg Pippen**

Thursday, October 18th at 3:30 p.m. in the Auditorium.

### **Family Support Group**

Tuesday, October 16th at 6:15 p.m. in the Auditorium.

### **Residents' Council Meeting**

Tuesday, September 30th 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 9:00 a.m.  
in the Activity Room.



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



**Morning Walk**  
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



**Acupuncture Seminar**  
with Dr. Simon Nelson  
Tuesday, October 9th at  
2:00 p.m. in  
the Auditorium

**Podiatrist Visit**  
with Dr. Ullman  
Wednesday, October  
10th, starting at 12:00  
p.m. in the Beauty  
Shop.

Sign-up at the Front  
Desk to book an

## Health & Wellness & Transportation



# *the* Commons *at* Woodland Hills

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818-999-2610

[www.thecommonsatwoodlandhills.com](http://www.thecommonsatwoodlandhills.com)

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## 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**