



the Commons *at* Woodland Hills

November 2018

A Time of Gratitude

“Let everyday Blessings fill your Heart with Joy”

As we roll into fall, November brings the start of many wonderful Holidays, so find some time to sit back, and take in this wonderful time of the year. Speaking of time, don't forget to turn your clocks back one hour on November 4th for daylight time change.

On Tuesday, November 6th from 6am to 9:30 pm., our Activity Room will be transformed into a polling place for the General Election. All Activities that are normally located in the Activity Room will be in the Auditorium, with no movie scheduled for that evening. Make your voice heard, by voting!

Saturday, November 10th at 10:30 in the Auditorium we welcome Gary Koppel's class "What's Your Story". He will teach you how to bring your creativity to the surface and transfer it onto paper. It will be very interesting to see what we all come up with.

November 11th is Veterans Day... a day honoring all the men and woman who have participated in serving our Great Nation. We would like to thank all our Veterans here at the Commons and wish them a blessed day.

On Wednesday, November 14th we will be making our way to the San Antonio Winery for lunch, a historic winery in the East Los Angeles area. Sign up in the "Lunch Outing Book" in the library.

On Wednesday, November 21st, we will be welcoming new residents to our Community by having a "Fall Tea". Hosted by Hannah from our marketing department, it is always a beautiful event and well attended.

Of course, on November 22, we will greet Thanksgiving with a traditional Thanksgiving feast for lunch, with all the trimmings and pumpkin pie. At 2:00 we will listen to the musical sounds of Bob Ryman with his wide range from Bach to the Beatles, from Fiddler on the Roof to Fascination, from Debussy to Doo-Wop. He's a man of many talents. You won't want to miss out. We always have an assortment of wonderful entertainers, they all bring such talent, and toe tapping music.

At the end of the month, we will be heading off to the Nethercutt Museum. The Nethercutt Collection is a multi-storied museum located in Sylmar specializing in automobiles, and other wonders of the industrial age. Autoweek calls it one of the five greatest automobile museums, sign up in the library.

“As Thanksgiving Day approaches, it's blessings that we recall. The things we are most thankful for, we recollect them all. You are very special to us, in all you say and do. You've made a difference in all our lives; and we're thankful now for you.”

November 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, sparking cider & appetizers, or refreshments specific for the occasion.

Every Friday, at 3:30 p.m. in the Activity Room

Shabbat

Let us lift our spirits in honor of peace and wisdom with prayers from our hearts for the healing of us all.

Monday, November 5th at 2:00 p.m. in the Activity Room

Adventures with Doug: Escape to Colorado

Join us for a great escape as we venture into Colorado, home of some of our country's most beautiful mountains. But we'll explore even more during our slide show adventure, filled with fun stories, fascinating facts and stunning images. We'll also stay at a mysterious hotel, see some majestic animals, visit Leadville with its wild stories from the past, summit the second tallest peak in the Lower 48 and maybe do a little whitewater rafting!

Tuesday, November 6th, 6:00 a.m. to 8:00 p.m. in the Auditorium

The Commons of Woodland Hills - Host to the Los Angeles County Voting Polls

The Commons is servicing our community by hosting the voting polls on our very own premises. Make your voice heard in one of the most important elections of our time!

Saturday, November 10th at 10:30 a.m. meet in the Auditorium

What's Your Story

Gary Koppel will be here to teach a fun filled class that will bring your creativity and experiences to the surface and transfer it onto paper. It will be very interesting to see what we all come up with.

Thursday, November 11th at 2:00 p.m. in the Auditorium

Veterans Day Celebration

This is a special time to recognize and honor all military personnel in our community and beyond who have served in the U.S. armed forces. This interactive program includes readings, songs, videos and personal reflections.

THANKSGIVING - Wednesday, November 22nd

12:30 p.m. in the Bistro

Let's Talk Turkey

Let us share some Thanksgiving trivia and stories in honor of this special day.

2:00 p.m. in the Auditorium

Entertainment with Bob Ryman

Toe tapping fun with talented and versatile Bob Ryman bringing us a musical tribute to Thanksgiving.

3:00 p.m. on the Patio

Thanksgiving Cupcakes

A yummy treat that is oh so sweet! Gobble Gobble.

Wednesday, November 21st at 10:00 a.m. in the Bistro

New Residents Fall Tea

Meet and greet new residents over a hot cup of tea and welcome them to our warm community, just in time to bring in the holidays this fall.

Thursday, November 29th at 10:00 a.m. in the Lobby

The Nethercutt Museum Outing

Is a stunning collection of more than 250 classic cars dating back to the earliest days of automotive greatness. Along with a steam locomotive, a restored 1912 Pullman private train car, and one of the world's largest collections of Orchestrions: automatic-playing mechanical musical instruments.

Experience this amazing historical collection

by signing up in the library.



Lunch Outings



Wednesday, November 7th - 11:00 a.m. in the Lobby **Kings Fish House**

The dishes have unforgettable flavor, with fresh-caught oysters and clams piled high, and the savory simmer of every combination of spices imaginable. The pleasure of preparing and sharing seafood is simple and genuine, bringing the best out in everyone. The atmosphere at Kings Fish House is if we'd been welcomed into somebody's home. That's what King's Fish House is all about.



Wednesday, November 14th - 11:00 a.m. in the Lobby **Versailles Cuban**

"Best Places", Los Angeles describes several of the dishes as very good, and calls the chicken with garlic sauce a must, giving it two stars and noting "garlic lovers gather at Versailles, where they often wait in line for a table to order the signature Cuban chicken ... at this casual, down-to-earth Havana style restaurant."



Wednesday, November 21st - 11:00 a.m. in the Lobby **PF Chang's**

A local gem. Like all PF Chang's, the food is awesome, but this venue has especially good service. Try the sweet and sour chicken or the Kung Pao shrimp, excellent! Get the egg drop soup & the Mongolian Beef it is to die for! PF Chang's is surprisingly good and solid for being an American twist on Asian cuisine.



Wednesday, November 28th - 11:00 a.m. in the Lobby **San Antonio Winery - Maddalena Restaurant**

The San Antonio Winery is a winery in the Lincoln Heights district in the City of Los Angeles. It has operated since 1917 just east of downtown at 737 Lamar Street, south of North Main Street. Join us for a tour of this historic winery and a sit down lunch at the Maddalena Restaurant, featuring homemade pastas, grilled meats, fresh salads, sandwiches, and desserts.

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!

Director Activities will be led by Mary Ty on Thursday, November 15th and with Doriann Hunt on Tuesday, November 27th.

Individual Party for November Birthdays

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



November Birthdays

11/1 Betty P.	11/16 Betty B.	11/25 Barbara H.
11/2 Mary A.	11/16 Esther R.	11/27 Pilvi K.
11/2 Peggy S.	11/17 Freya M.	11/29 Gertrude G.
11/2 Dolores B.	11/18 Charlotte W.	11/30 Bonnie M.
11/5 Marie P.	11/19 Donald W.	
11/9 Lucille G.		
11/13 Marilyn D.		

New Residents

Frances H. Joey K.
Marilyn K.



November 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, sparking cider & appetizers, or refreshments specific for the occasion.

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



Friday, Nov. 2nd,
2:00 p.m. – Auditorium
Entertainment with
Dave Winstone

Friday, Nov. 17th,
2:00 p.m. – Auditorium
Broadway Babes Chair
Tap Performance

Saturday, Nov. 22nd,
2:00 p.m. – Auditorium
Entertainment with
Bob Ryman

Saturday, Nov. 29th,
2:00 p.m. – Auditorium
Entertainment with
Darryl Spencer

Tuesday, Nov. 6th,
2:00 p.m. – Auditorium
Entertainment with
Joey Aaron

Tuesday, Nov. 20th,
2:00 p.m. – Auditorium
Entertainment with
Brad & Susie Q.

Tuesday, Nov. 24th,
2:00 p.m. – Auditorium
Entertainment with
Mike & Mandy

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, November 6th at 2:00 p.m., in the Auditorium.

Activities Meeting with Silvana Minter
Thursday, November 8th at 3:30 p.m. in the Auditorium.

Food Meeting with Greg Pippen
Thursday, November 15th at 3:30 p.m. in the Auditorium.

Family Support Group
Tuesday, November 20th at 6:15 p.m. in the Auditorium.

Residents' Council Meeting
Tuesday, November 27th 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.



Podiatrist Visit
with Dr. Ullman
Wednesday,
November 7th,
starting at 12:00 p.m.
in the Beauty Shop.
Sign-up at the Front
Desk to book an
appointment.

Diabetes Lecture
by Daryll
Thursday, November
8th at 2:00 p.m. in
the Auditorium.

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
Renae Hall

Memory Care Director
DoriAnn Hunt

Marketing Director
Ruth Lefler

Sales Assistant / Move-In Coordinator
Hannah Myers

Assisted Living Director
Mary Ty

Assisted Living Director Assistant
Sofiya Zaretsky

Business Office Manager
Angela Rincon

Food Service Director
Greg Pippen

Environmental Services Director
Jaun Sanchez

Resident Care Coordinator
Tommi Godina