



the Commons *at* Woodland Hills

December 2018

Happiest of Holiday's to You!

May your hearts always be filled with peace and faith in God.

There is something about December that seems to bring such happiness and joy to all. Maybe it is the cooler weather. Or a reason to have a hot cocoa with lots of whipped cream. Oh, what a wonderful month. More the reason to gather with friends and family and celebrate many special days ahead that this month brings.

Beginning with the first full week, with the celebration of Hanukkah. Eight days and nights which commemorates the re-dedication of the holy Temple in Jerusalem. On the 7th day of this celebration, we will have Terry Lieberstien to host a traditional Hanukkah program. Telling the story behind the holiday, singing songs, and enjoying some traditional snacks like latkes and more. You won't want to miss out.

As we continue with the Holiday fun in December, we will enjoy some of the various talents from our favorite entertainers. Starting with Marv Robinson as he serenades us with his romantic, but fun tunes. Brad & Susi Q. with their Holiday Show. And then in a different direction. We will be entertained by a Bell Chore from one of our local churches. If you have never heard this beautiful sound that they bring. You are in for a treat. During the month we will have carolers, tree trimming time, boutiques, holiday crafts and wonderful moments to remember.

Look inside this news letter for full and complete details and descriptions of all our December programs, events, luncheons and outings.

December 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 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.

Tuesday, December 4th at 2:00 p.m. in the Library

Tree Trimming Party!

Come decorate our Christmas tree with your friends! Hot chocolate and eggnog will be served.

Monday, December 3rd at 2:00 p.m. in the Activity Room

Adventures with Doug: Graveyard of the Pacific

In the late 1800s, there were so many shipwrecks along the western coast of Vancouver Island that the stretch became known as the "Graveyard of the Pacific." A trail was built through the dense rainforest along the coast as an emergency route of rescue for survivors. Today this world famous route is known as the West Coast Trail and is considered one of the most stunning and exciting treks in Canada.

Join us for an incredible once-in-a-lifetime slide show trip filled with mysterious rainforest, stunning coastline and exciting wildlife as we venture through this spectacular and rarely visited area.

Saturday, December 8th, 7:15 p.m. in the Auditorium

Hanukkah Program

It is time again for our annual Hanukkah program. Terry Lieberstien will share the traditions of Hanukkah with us, light the menorah, eat latkes, while we celebrate this ancient courageous victory of the Jewish faith. In addition to telling the story of the Maccabees' triumphant battle for religious freedom, we will sing traditional and contemporary holiday songs in English, Hebrew and Ladino, and play some trivia games.

December 8th and 15th 10:30 a.m. in the Auditorium

Girl Scout Holiday Caroling

Come welcome back this delightful troop which visited with us last year! Start your day off right by listening to (and singing along to) their festive holiday tunes!

Wednesday, December 10th & 17th at 5:30 p.m. meet in the Lobby

Holiday Lights Outing

We will tour some of the most spectacular neighborhoods dazzling with holiday decor, a real show stopper not to be missed!

Thursday, December 13th at 2:00 p.m. in the Auditorium

Holiday Celebration with The Harmonettes

Since 1979, the "sometimes sassy, always classy Harmonettes" an A Cappella tradition with their unique sound and signature style has enchanted us with their masterful music. Don't miss this special celebration of the holidays with cheer, good friends and Harmonettes!

Thursday, December 18th; Regular dinner seating 4:30 to 5:30 / 6:00 to 7:00pm., in the Dining Room

Resident Holiday Dinner

A festive holiday fare to share with family and friends in celebration of this special time of the year!

Sunday, December 23rd at 2:00 p.m. in the Activity Room

Water Color with Gabrielle

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.

Tuesday, December 25th at 2:00 p.m. in the Auditorium

Christmas Cheer Time

Join us for some Christmas cheer, share the love as we honor this special holiday.

Lunch Outings



Wednesday, December 5th - 11:00 a.m. in the Lobby Brent's Deli

Join us for one of the best Jewish deli's in Los Angeles. A circa-1969 "institution" featuring "exceptional" sandwiches and all the other "Jewish grandma"-approved "classics", a bustling deli doles out sizable sandwiches & other classics along with an all-day breakfast menu.



Wednesday, December 12th - 11:00 a.m. in the Lobby Casa de Soria

Let's go to a real Mexican treat! Declared as the best Mexican food in town, but the star of their menu is their refried beans! They have a great texture, and a fabulous flavor--do not miss! People talk about the chicken mole enchilada and shredded beef taco salad and the fresh seafood dishes.



Wednesday, December 19th -11:00 a.m. in the Lobby Chi Chi's Pizza

This is an old school Italian family style restaurant celebrating 60 years of classics including freshly made pasta and antipasti, and bubbling pizza cooked to perfection for great prices! Try the regional fresh pasta platters, sandwiches, fresh salads and wide variety of pizza toppings.



Wednesday, December 26th - 11:00 a.m. in the Lobby Marie Callender's Restaurant & Bakery

Join us as we discover the fresh flavors, rich textures, & the comforting taste of homemade. Made-from-scratch flavor, serving our community since 1948. Full service of comfort, homemade food with dinner favorites, savory pot pies, soups, salads, of family-size meals.

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!

Many birthdays, joyful events and holiday festivities to enjoy this month. Have a very merry month of December!

Individual Party for December Birthdays

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



December Birthdays

12/2 – Della C.	12/8 – Selma V.
12/4 – Frances S.	12/9 – Rhoda H.
12/4 – Ruth B.	12/13 – Donald J. R.
12/4 – Melinda B.	12/15 – John H.
12/5 – Betty A.	12/15 – Adele F.
12/5 – William C. O.	12/25 – Yoko G.
12/6 – Evelyn S.	12/28 – Cynthia

New Residents

Colleen F.	Sonia W.
Edward S.	Stacy Y.

December 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, Dec. 7th
2:00 p.m. – Auditorium
Entertainment with
Mark Cole

Monday, Dec. 17th,
2:00 p.m. – Auditorium
Entertainment with
Marv Robinson

Friday, Dec. 21st,
2:00 p.m. – Auditorium
Entertainment with
Stu & Laurie

Saturday, Dec. 29th,
2:00 p.m. – Auditorium
Entertainment with
Jerry Weisbecker

Saturday, Dec. 15th,
2:00 p.m. – Auditorium
Holiday Program:
Brad & Susie Q.

Thursday, Dec. 20th,
2:00 p.m. – Auditorium
Bell Choir Music
Program

Tuesday, Dec. 25th,
2:00 p.m. – Auditorium
Christmas Cheer Time

Monday, Dec. 31st
2:00 p.m. – Auditorium
New Years Eve with
Mark Rosen

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 4th at 2:00 p.m., in the Auditorium.

Activities Meeting with Silvana Minter
Thursday, December 6th at 2:00 p.m. in the Auditorium.

Family Support Group
Tuesday, December 18th at 6:15 p.m. in the Auditorium.

Residents' Council Meeting
Tuesday, December 18th at 3:30 p.m. in the Activity Room.

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



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



Broadway Babes Chair Tap Class
December 3rd, 10th, & 11th at 10:30 a.m.
in the Activity Room



Morning Walk
Tuesday's and Thursday'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 Auditorium.



Chair Yoga with Linda Cook
Fridays at 2:00 p.m. in the Activity Room.



Workout with Renae
Saturdays at 10:00 in the Activity Room.

Podiatrist Visit with Dr. Ullman
Wednesday, December 5th, starting at 12:00 p.m. in the Beauty Shop.
Sign-up at the Front Desk to book an appointment.

Health & Wellness & Transportation



the Commons *at* Woodland Hills

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818-999-2610

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