



# *the* Commons at Woodland Hills

## January 2019

*Happy  
New Year*

## Let's Welcome the New Year!

**"Each age has deemed the new-born year. The fittest time for festal cheer."**

*—Sir Walter Scott*

Well, another year is behind us! At the Commons, we look back at the good times that we've had. Another year of fun, laughter, and camaraderie. Now we look forward to 2019 as we continue to make more memories. This year we hope that you will strive to step out of your comfort zone and join in on the many new programs, entertainment, and outings that is planned, for all to enjoy. We will work hard in order to achieve our new goals for 2019. We find that exercise is the common key to well-being. It helps to improve your capability of strength and mobility for both our body and soul. We hope that you will continue to take advantage of the many exercise classes that the Commons provides.

On January 1st, we will have the Sun City Casino come in and provide 4 hours of betting and gambling. With fun, friendly dealers and a hand full of chips. They are willing to

teach us how to let lady luck be your guide as you play craps, blackjack and try your hand at the roulette table. A true Vegas experience without the drive. At the end of the time, you can cash in your chip to see if you qualify for one of our prizes. So don't miss out!

New restaurants for this month begins with Beto's Italian Cuisine, followed by Salsa & Beer for our lunch outings. What a way to start the year! Yum!

We will have entertainment by Center Stage and The Troopers. A treat for all. An outing to the "Gardens of the World" and "Ronald Reagan Library Tour" is on the calendar. So, check the dates, you won't want to miss out. Sign up early. Space is limited. Hello New Year, here we come!

# January Special Events & New Programs



## Special Events

**Mondays at 4 p.m. to 6 p.m. in the Bistro**

**Sing-A-Long with Frolin**

Loose yourself in the pure enjoyment of singing your heart out, blending with those around you, feeling a sense of community with Frolin who will direct and answer our requests.

**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.

**Tuesday, January 1th at 2:00 p.m. in the Library**

**Casino Day**

The Commons is having Casino Day right here with all of your friends in the auditorium to try our New Years luck! Sign up in the library.

**Sunday, January 6th at 2:00 p.m. in the Auditorium**

**Center Stage Opera**

Let us a powerful vocal and uplifting experience our favorite Opera Duo. What a cultural treat and treasure of a different kind. You won't want to miss out!

**Monday, January 7th at 2:00 p.m. in the Activity Room**

**Adventures with Doug: Along the Great Western Divide to the Sonora Pass**

At 9,624 feet in elevation, Sonora Pass may seem to most as just another beautiful route to get from one side of the Sierra Nevada Range to the other. But this magnificent pass offers much more!

After a little surprise adventure/detour to a nearby area, we'll hop out of the car at the top of the pass and explore the famous Pacific Crest Trail south along the ridge. Grand vistas in all directions will amaze. Join us for our slide show adventure, filled with striking peaks, magical lakes and unparalleled views as trek this striking section of the High Sierra canyon that offers spectacular views of walls and mountains in the distance.

**Monday, January 21st, 2:00 p.m. in the Activity Room**

**Arthritis Workshop – What You Might Not Know**

Please join us for an Arthritis workshop with Daryll Rogoss RN, who will answer our toughest questions about this manageable, but sometimes crippling disease. Find out how diet, and a healthy routine can help manage it's symptoms.

**Wednesday, January 24th at 2:00 p.m. in the Activity Room**

**Water Color with Yaffra**

Come and join the fun as Yaffra brings out the creativity in you! She will direct you step by step on how to paint a beautiful work of art.

**Saturday, January 26th, 10:00 a.m. - 2 p.m. in the Auditorium**

**Residents Second Hand Shop**

Come do a little shopping at our "Resident Second Hand Shop". Find that one of a kind treasure that you have been looking for! Remember, "One mans trash can be another mans Treasures." See you there!

**Tuesday, January 29th at 10:00 a.m. in the Lobby**

**Ronald Reagan Library Tour & Lunch**

When you visit the Reagan Library, you will step aboard this same Air Force One that flew President Reagan over 660,000 miles – to 26 foreign countries and 46 U.S.states – and you will learn how he changed the face of global diplomacy.

## Lunch Outings



**Wednesday, January 2nd - 11:00 a.m. in the Lobby**

### **Beto's Italian Cuisine**

Don't miss joining us for great casual Italian eatery for lunch or dinner with a friendly and attentive staff. Delicious food with choices from pizza classics to regional fare of healthy Mediterranean food, with that luscious Italian flare.



**Wednesday, January 9th - 11:00 a.m. in the Lobby**

### **Salsa & Beer Mexican**

Let's go to a real Mexican treat! Salsa and Beer serves authentic Mexican food from Jerez Zacatecas! The plates are large and you will leave this restaurant feeling well fed. Great down home place for lunch!



**Wednesday, January 16th - 11:00 a.m. in the Lobby**

### **King's Fish House**

Kings Fish House is three generations, to be precise- and we love seafood. With seafood there's so much to be passionate about- the freshness, the flavor, the variety, and the surprise. To create the ultimate seafood experience, Yum!



**Wednesday, January 23rd - 11:00 a.m. in the Lobby**

### **Pizza Cookery**

Join us as we discover the fresh flavors, rich textures, & the comforting taste of homemade pizza. Made-from-scratch flavor, Pizza Cookery specializes in pizzas & hearty Italian entrees that are served in a rustic parlor with a sawdust-covered floor.



**Wednesday, January 30th - 11:00 a.m. in the Lobby**

### **Wood Ranch BBQ**

Wood Ranch offers a menu of high-quality, savory signature dishes. A broad selection of grilled and roasted meats and innovative, healthy, and beautifully presented salads, appetizers, and homemade desserts, as well as full bar service.

## 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!

Join us for birthdays, joyful events and holiday festivities this month. Have a very merry month of January!

### **Individual Party for January Birthdays**

We wish all of our residents with January birthdays a very happy birthday on their special day!



### **January Birthdays**

1/1 - Betty N.	1/12- Mike B.	1/17- Oliva B.
1/1- Mabel S.	1/12- Thelma A.	1/18- Sylvia M.
1/3 Yetta Z.	1/13- Patricia C.	1/18- Laura P.
1/4 - Novelle T.	1/15- Gertrude S.	1/29- Kenneth G.
1/8 - Delbert J.	1/16- Ann Lisa M.	1/30- Linda R.
1/10-Rosemond G.	1/16- Phyllis W.	

### **New Residents**

Colleen F.	Shirley K.	Kit L.
Gloria K.	Vera M.	

## January 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).

**Tuesday, Jan. 1st**  
2:00 - 6:00 p.m. – Auditorium  
City Casino

**Sunday, Jan. 6th,**  
2:00 p.m. – Auditorium  
Center Stage Opera

**Tuesday, Jan. 8th,**  
2:00 p.m. – Auditorium  
Entertainment with  
Joey Aaron

**Monday, Jan. 14th,**  
2:00 p.m. – Auditorium  
Entertainment with:  
Dave Winstone

**Friday, Jan. 25th, 10:50**  
a.m. – Auditorium  
Entertainment with:  
The Troopers

## Meeting Schedule

### Town Hall Meeting with Kay & Department Heads

Wednesday, January 2nd at 3:00 p.m., in the Auditorium.

### Activities Meeting with Silvana Minter

Thursday, January 10th at 2:00 p.m. in the Auditorium.

### Residents' Council Meeting

Tuesday, January 15th at 3:30 p.m. in the Activity Room.

### Family Support Group

Wednesday, January 16th at 6:15 p.m. in the Auditorium.

### Good Service Meeting

Friday, January 29th at 10:30 a.m. in the Auditorium.

### Food Meeting with Greg Pippen

Last Thursday of the month at 10:30 p.m. in the Auditorium.

### Bible Sharing Meeting

Every Monday at 3:00 p.m. in the Auditorium.



## TRANSPORTATION

- All appointments must be in the transportation book by 5 pm the day before.
- Pick up times are as soon as possible from pick up call is made.
- The Commons transportation is not an Emergency Transportation Service.
- You must sign up for outings by 5pm the day before, space can be limited.
- Arrive at the front desk 10 minutes prior to departure.
- Family members traveling with or meeting residents, must confirm with the front desk the day before by 5pm.

**The driver takes his lunch from 12:15 – 12:45 and will NOT be available during that time.**

**WEDNESDAYS:** Banking @8:30 – 10:30/ Lobby (Please sign-up @ the front desk the day before)

**THURSDAYS:** Walmart & Target/ Drop-off 2:00 Pick-up 4:00

**FRIDAYS:** 99c Store, Topanga Mall/ Drop-off 2:00 Pick-up 4:00

## DOCTORS APPOINTMENT SCHEDULE:

**MONDAY** - (West Side) Dr. Appointments & Departures – 8:30 – 2pm (Last pick up 4pm) Woodland Hills, West Hills, Canoga Park, Calabasas

**TUESDAY** (East Side) Dr. Appointments & Departures – 8:30 – 2 pm (Last pick up 4pm) Northridge, North Hills, Reseda, Tarzana, Encino

**WEDNESDAY:** (No Doctors' Appointments ) Banking - 8:30 – 10:30, AL Resident Lunch Outing – 10:30 – 1:30, Memory Care Outing – 2:00 – 4:00

**THURSDAY:** (Westside) Dr.Appointments: 8:30am – 11:30 am (Last pick up 1:30) Woodland Hills, West Hills, Canoga Park, Calabasas

**FRIDAY:** (East Side) Dr. Appointments/ 8:30 – 2:00 pm (Last Pick up – 1:30) Northridge, North Hills, Reseda, Tarzana, Encino

**SATURDAY:** No Bus Transportation

**SUNDAY :** Church 9:00- 11:00 (Last pick up 12:00)

## SHOPPING LOCATIONS:

**Fallbrook Mall:** Michaels, Joann's, Ross, Trader Joes, Wal-Mart, Sprouts, Ralphs,

**East Side Location:** 99c Store, Target, Trader Joes

**Topanga Shopping Center:** Ralphs, Rite-Aid, Sprouts & CVS Westfield Topanga Mall

## Health & Wellness



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



**Morning Walk**  
Tuesday's and Thursdays 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.

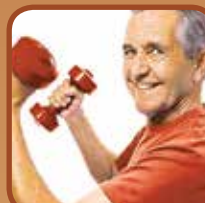


**Workout with Renae**  
Saturdays at 10:00 in the Activity Room.



**Podiatrist Visit with Dr. Ullman**  
Wednesday, January 9th, 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](http://www.thecommonsatwoodlandhills.com)

RCFE License # 197608405

## The Management Team

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 Phippen**

Environmental Services Director

**Jaun Sanchez**

Resident Care Coordinator

**Tommi Godina**

Transportation Driver **Aushton**

**Castillo**