



# *the* Commons at Woodland Hills

## April 2019

### Hello April !

#### Can words describe the fragrance of the very breath of Spring?

- Here at the Commons, we have many programs that are planned for this month. Some new and many continued favorites. On the 7th Let the fun begin with Fay Zarr and her fellow ballroom dancers who will show you their moves and hopefully inspire all of us to join in and show some moves of our own. Starting with some of the newest and trendiest steps along with the ones that you may have grown doing yourself. You won't want to miss out on this fun filled hour.
- As the month continues, we hope that you will join us on the 20th, in the Auditorium at 1:30 p.m. for our annual Passover Model Seder. Led by Terry Lieberstein, who will retell the story of the exodus from Egypt with songs, participatory readings and ritual foods that represent slavery and redemption. Reflecting on the universal themes of the holiday and its relevance in today's world.
- We will continue celebrating as Easter quickly approaches. On Sunday, the 21st we will have a celebratory Easter brunch and all the traditional fixings. Prepared by our very own Chef Veronica. Whether you are enjoying this day with friends or family, at the Common all are welcome. If you are having guests, we ask that you please RSVP at the Front Desk in a advance please.
- As the ol' saying goes. "April Showers bring May flowers". Here at the Commons, it already has. We find ourselves surrounded by mountains that are a luscious shade of green and many are covered with the beauty that only flowers can achieve. One of life's blessings that we all can appreciate. On the 22nd, to ensure that we never take these small blessing for granted. We celebrate a day of being grateful for what this earth has given us. So please join us on this fun filled day as we celebrate, Earth Day. Thanking mother nature for all of her beauty and glory.
- On Tuesday, the 23rd we will have Dr. Lobo come to our community and give a lecture regarding our Hearts. Specifically, diseases, and it's many causes, treatments, how they differ for men and women, and what we should know. Knowledge is power ... you won't want to miss out.
- You might want to take a moment to look inside this newsletter for full and complete details of all our April programs, events, and outings.
- If you should come across a new face in the hallways, dining room, or during an activity. Please reach out to show the strength of this community by introducing yourself and welcoming them. Kindness is a virtue that we can all benefit from. May all that read our Newsletter have a Blessed Spring.

# April Special Events & New Programs



## Special Events

**Every Thursday at 7:00 p.m. in the Auditorium**

**Evening Bingo**

**Every Saturday, Sunday, & Wednesday at 2:00 p.m. in the Activity Room**

**Afternoon Bingo**

Bingo balls are a-churnin' once again and when they drop you can expect non-stop fun! Come join us for a game of Bingo with your friends!

**Every Saturday, Sunday, & Wednesday 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, April 1st at 2:00 p.m. in the Activity Room**

**Adventure with Doug: Adventure To Hetch Hetchy**

When most people hear "Yosemite," they think of Yosemite Valley, one of the most beautiful places in the world. Few think of another spectacular area in the northwest corner of the park... Hetch Hetchy. Monstrous granite walls and dramatic waterfalls drop to a magnificent body of water that seems to stretch forever. Even better, this remarkable area comes without the crowds. Before we venture to Hetch Hetchy, though, we'll go back in time and explore nearby historical Highway 49 and its tales of the rush for gold. Join us for our slide show adventure, filled with fun stories, amazing facts and especially stunning scenery as we head to this little known gem on the western side of the Sierras.

**Monday, April 1st, 10:00 a.m. in the Lobby**

**Vicky's Jewelry**

Adventures through fashion and personal style with Vicki's variety of unique jewelry, separates and accessories.

**Sunday, April 7th, 2:00 p.m. in the Activity Room**

**Ballroom Dancing with Fay Zarr & USA Dance**

USA Dance Los Angeles County Chapter 4031 is a local chapter of USA Dance, Inc., a national and non-profit organization dedicated to increasing the quality and quantity of ballroom dance in the United States. USA Dance not only promotes the benefits of ballroom dance, but it provides affordable opportunities to participate for people of all ages and abilities.

**Friday, April 12th, at 2:00 p.m. in the Activity Room**

**Story Telling Class with Nathan**

Define your personal story in this inspiring class which will instruct you how to write down your experiences with flair! The results, a cohesive collection of tales to pass along to your grandchildren!

**Saturday, April 20th, 2:00 p.m. in the Auditorium**

**Passover Program w/with Terry Lieberstein**

Everyone is invited to join this participatory celebration of liberation, freedom and justice. We will explore the story and significance of the exodus through readings, prayers, songs and ritual foods. We will also touch upon how the messages of Passover are still powerfully relevant today.

**Sunday, April 21st, 11 a.m. in the Dining Room**

**Music with Angelito for Brunch**

You and your friends can dine in elegance to the sweet sounds of Angelito's violin for brunch.



## Lunch & Dinner Outings



**Wednesday, April 3rd - 11:00 a.m. in the Lobby**

**Les Sisters Restaurant**

Devotees "dream of the collard greens" specializing in "down-home classics" like "stupendous po' boys" and BBQ plus some "scrumptious" Cajun-Creole items that "remind you of New Orleans"; prices are low and the mood's so "inviting" that "eating here is like visiting those Louisiana relatives you didn't know you had.



**Wednesday, April 10th - 11:00 a.m. in the Lobby**

**The Baker Bakery & Cafe**

This little restaurant has a great breakfast and lunch menu with assortment of pancakes, French toast and egg dishes. The lunch menu is just as good. The breads are baked on premises and are terrific. The place is very clean and comfortable.



**Wednesday, April 17th - 11:00 a.m. in the Lobby**

**Mazar Mediterranean**

This is a tasty, clean and easy-to-like neighborhood restaurant, kind of a mix of Persian and Egyptian cuisine. Try the chicken kabob with very savory and succulent flavors. Great reviews on lemon chicken or the beef kibbe, also the stuffed grape leaves, and feta tomato appetizer.



**Wednesday, April 24th - 11:00 a.m. in the Lobby**

**Urban Plates**

Casual, locally sourced plates, including salads, sandwiches & meats, in a clean airy space. Their food is both delicious and nutritious and they have options for vegan and carnivores alike.



**Thursday, April 25th - 4:30 p.m. in the Lobby**

**Evening Dinner Out - Adagio Restaurant**

Outstanding Northern Italian food with reasonable prices. All the sauces are homemade and incredibly fresh. Service is good and the wait staff makes good recommendations if you are unsure what to try. Bring \$\$

## 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 April!

### Individual Party for April Birthdays

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



### April Birthdays

4/1 - Irving S.	4/13- Audrey S.	4/22- Catharine L.
4/2 - Jeannette M.	4/19- Reine W.	4/28- Roberta F.
4/5 - Marilyn A.	4/19- Barbara A.	4/28- Shirley H.
4/8 - Wilbur C.	4/20- Sanford C.	

### New Residents

Phyllis R.	Venus P.
Sherman G.	Mark Z.
Ouida H.	Sandra M.



## April Birthdays and Out & About





# Socials, Entertainment & Meetings

## Happy Hours, Socials & Entertainment



**HAPPY HOURS** are held every **Tuesday at 2:00 p.m.** and every **Thursday at 7:00 p.m.**.. Come join us in the **Activity Room** for wine, sparking cider & appetizers, or refreshments specific for the occasion.

**EVENING BINGO**  
**Thursdays at 7:00 p.m.**  
**in the Auditorium**

**AFTERNOON BINGO**  
**Saturdays, Sundays,**  
**& Wednesdays at 2:00 p.m. - Activity Room**

**ENTERTAINMENT**  
**Tuesday April 2nd at 2:00 p.m - Auditorium**  
**Stu & Laurie**

**Thursday April 5th, 2:00 p.m. - Auditorium**  
**Mark Cole**

**Monday, April 8th, 2:00 p.m. - Auditorium**  
**Jerry Weisbecker**

**Saturday, April 13th, 2:00 p.m. - Auditorium**  
**Carol Kelly**

**Tuesday, April 16th, 2:00 p.m. - Auditorium**  
**Brad & Susie Q**

**Monday, April 22nd 2:00 p.m. - Auditorium**  
**Dave Winston**

**Thursday, April 25th, 2:00 p.m. - Auditorium**  
**Marv Robinson**

**Friday, April 27th, 2:00 p.m. - Auditorium**  
**Silvia Moro**

**Friday, April 28th, 3:30 p.m. - Auditorium**  
**Arshag**



## Meeting Schedule

**Activities Meeting with Silvana Minter**  
Thursday, April 11th at 3:30 p.m.  
in the Auditorium.

**Town Hall Meeting with Brad & Department Heads**  
Tuesday, April 16th  
at 3:30 p.m. in the Auditorium.

**Caregiver / Family Support Group**  
Wednesday, April 17th  
at 6:15 p.m. in the Auditorium.

**Food Service Meeting with Veronica**  
Thursday, April 18th at 3:30 p.m.  
in the Auditorium.

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



## 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 5 pm 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 5 pm.

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

**WEDNESDAY:** Banking @ 8:30 – 10:00/  
Lobby (Please sign-up @ the front desk the day before)

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

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

## DOCTORS APPOINTMENT SCHEDULE:

**MONDAY:** (West Side) Dr. Appointments & Departures – 8:30 – 2 pm (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 am,  
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 pm)  
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 am  
(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



**Rise & Shine Exercise**  
Sundays at 10:00 a.m in the Activity Room.

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



**Workout with Vana, Stretch, Balls & Weights**  
Tuesdays & Thursdays at 10:00 a.m. in the Activity Room

**Walk on the Boulevard**  
Tuesdays & Thursdays at 11:00 a.m. in the Lobby.



**Chair Yoga with Linda Cook**  
Wednesdays at 10:00 p.m. in the Activity Room.

**Fitness Focus**  
Fridays at 10:00 a.m. in the Auditorium.



**Workout with Kelly, Stretch, Balls & Weights**  
Saturdays at 10:00 a.m. in the Activity Room

**Wii Bowling**  
Tuesdays, April 2nd, 9th, 16th & 23rd at 6:15 p.m., in the Activity Room



**Podiatrist Visit with Dr. Ullman**  
Wednesday, April 10th, starting at 12:00 p.m. in the Beauty Shop.  
Sign-up at the Front Desk to book an appointment.

**Caregiver / Family Support Group Meeting**  
April 17th at 6:15 p.m., in the Auditorium



**Heart Disease with Doctor Lopo**  
April 23rd at 2:00 p.m. in the Auditorium

## Health & Wellness & Transportation



# *the* Commons at Woodland Hills

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

RCFE License # 197608405

## The Management Team

Executive Director

**Brad Stewart**

Activities Director

**Silvana Minter**

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

**Michelle Anderson**

Food Service Director

**Veronica Hernandez**

Environmental Services Director

**Jaun Sanchez**

Resident Care Coordinator

**Tommi Godina**