

the Commons at Woodland Hills

June 2019



Happy Father's Day

**A father is neither an anchor to hold us back nor a sail to take us there,
but a guiding light whose love shows us the way.**

In the month of June, there are many things to be grateful for, living in Southern California is one of them. We have an abundance of beautiful weather, with lots of sunshine and clear skies. Here at The Commons we like to take advantage of our beautiful weather as we journey to places like the Nethercutt Museum. This Museum will take us back in time by showing us a beautiful selection of the finest Automobiles from the 1900's to the late 1940s. In addition, there are many other collections such as, timepieces, furniture, and one of the world's finest collections of mechanical musical instruments. It is a resource for historians, and enthusiasts worldwide. We know that our residents won't want to miss out, so please sign up in the outing book, located in the library.

This is a special month as we acknowledge our fathers who reside here at The Commons. A time to reflect, tell stories, and consider the ways in which fatherhood differs in comparison generations ago to now, and how that role has changed in today's world.

Part of our celebration will include a traditional Father's Day BBQ with all the trimmings during our lunchtime hours. We hope that families will join in for the festivities. Please don't hesitate to make your reservations at the front desk.

All throughout the month of June, we will continue to have many of your favorite entertainers as they put their best foot forward such as Mark Cole, Jerry Weisbecker. On Father's Day, Armondo, will be singing as a continuance to our Father's Day Barbecue. You also won't want to miss the evening of June 21st. We will have the very talented Marc Rosen serenade us on the patio, as we sip on champagne or sparkling cider.

We wish all our Dads here at The Commons a very Happy and Healthy fun filled Father's Day.

Look inside this newsletter for full and complete details and descriptions of all our June programs, outings and events, and creative classes. Have a happy June and a great beginning to a beautiful summer!

June Special Events & New Programs



Special Events

Every Saturday, Sunday & Wednesday at 3:30 p.m. in the Activity Room

Social Hour

Old friends and new, let's get together for a little cheer! Come join us in the Activity Room for wine, and appetizers, or refreshments specific for the occasion.

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

Adventures with Doug: Flowers Everywhere! Adventure to the Superbloom

Nature's flower show: Orange, Blue, Yellow, Purple, White, Pink, and one that's so dark Red it almost looks black. All shapes and sizes. So spectacular it's referred to as a Superbloom, a rare event when a combination of heavy rain, mild temperatures and perfect timing let certain areas in the southland explode in color. This year everything hit just right and California has given us a show for the ages.

Join us for this amazing slide show as we head to various venues in our own backyard, some places you've heard of, some maybe you haven't, and see a heavenly assortment of shape, size and color!

Thursday, June 6th, 10:30 a.m. in the Activity Room

Oujaba Trunk Show

Oujaba Trunk Show is a boutique that brings you an assortment of costume jewelry, from watches, earrings, and bracelets, some hand made, as well as fine clothing such as scarves, blouses, hats, and gloves. Come take a look and see the treasures that await you at reasonable prices.

Saturday, June 8th, 10:00 a.m. in the Activity Room

Broadway Babes Chair Tap Resident Performance

Broadway Babes is an outreach program created over 10 years ago by Lauren Boyd, a professional dancer involved in major Broadway productions. Our tap class has been in session for months and is now ready to perform for you! Don't miss it!

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

Shavuot

Celebrated seven weeks after the second Passover seder, this month we will learn about Shavuot. It began as an ancient grain harvest festival, and it commemorates the anniversary of the day when God gave the Torah to the nation of Israel. We'll partake in celebrating Shavuot at sundown.

Friday, June 14th, 10:30 a.m. in the Activity Room

Sandra's Jewelry Boutique

Treat yourself, a friend or relative to a wide selection of affordable, yet beautifully crafted authentic earrings, necklaces, rings, and bracelets.

Friday, June 14th & 21st, 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!

Thursday, June 13th & 27th 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! This watercolor class will teach you the basic techniques of watercolor.

Sunday, June 16th, 11:30 a.m. to 2:00 p.m. in the Dining Room

Father's Day Barbecue

We will honor all of our wonderful Dads as we gather for a special barbecue in celebration of Father's Day during our regular lunch hours. Savor your favorite barbecued meats and vegetables grilled to perfection with all the classic sides and salads of a traditional all American barbecue.

Tuesday, June 18th, 11:00 a.m. to 2:00 p.m. in the Lobby

Vicki's Jewelry & Boutique

Adventures through fashion & personal style with Vicki's variety of unique jewelry, separates and accessories at affordable prices conveniently set up in our lobby.

Thursday, June 20th at 7:15 p.m. in the Auditorium

Evening 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!

Lunch & Dinner Outings



Wednesday, June 5th - 10:00 a.m. in the Lobby Gardens of the World & The Mouthful Eatery

Relax and stroll among The Gardens of the World with it's unique selection of botanical plants, then let's lunch at The Mouthful Eatery. Their Peruvian influenced menu is very creative with small and large size options and a very festive atmosphere and is simply fabulous!



Wednesday, June 7th - 10:30 a.m. in the Lobby Nethercutt Museum & The Bear Pit

The Nethercutt Museum, 3 floors of one of California's most celebrated collections of automobiles, antique furniture and musical instruments. Then we're off to The Bear Pit for lunch, featuring slow-smoked meats served alongside a wide variety of traditional sides in a rustic setting. Try their specialties served with your choice of 3 classic sides plus garlic toast!



Wednesday, June 12th - 11:00 a.m. in the Lobby Ruby's Diner

Ruby's Diner is a restaurant chain aesthetically designed after American diners of the Swing Era. Ruby's Diner serves breakfast, lunch and dinner, with a menu that includes classic American diner fare of hamburgers, French fries, chili and milkshakes along with soups, salads and sandwiches.



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

The pizza and fresh pasta is awesome! The homemade pasta with meat sauce and fresh crispy sourdough rolls with real butter are a favorite.



Wednesday, June 27th - 4:30 p.m. in the Lobby Dinner Outing to the Roy's Diner

Join us for dinner at Roy's! An upscale American restaurant that specializes in Hawaiian and Japanese fusion cuisine, with a focus on sushi, seafood and steak. The chain was founded by James Beard Foundation Award Winner Roy Yamaguchi in 1988 in Honolulu, Hawaii.

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!

Please join us for birthdays, events and holiday festivities of this month. Have a very happy month of June!

Individual Party for June Birthdays

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



June Birthdays

6/1 Jonah S.	6/5 Elsie H.	6/21 Janet U.
6/6 Sally K.	6/15 Liz G.	6/24 Jeena C.
6/3 Lydia F.	6/20 John P.	6/29 Toby L.
6/4 Loretta G.		

New Residents

Dan C.
Shirley S.



June Birthdays and Out & About



Socials, Entertainment & Meetings



Social Hours & Entertainment

SOCIAL HOURS

Every Saturday, Sunday & Wednesdays at 3:30 p.m.
Come join us in the Activity Room. Serving appetizers, and refreshments specific for the occasion.

EVENING BINGO

Thursdays at 7:15 p.m. in the Auditorium



Entertainment

Saturday, June 1st at
2:00 p.m. – Auditorium
Julie Berry

Friday, June 7th at
2:00 p.m. – Auditorium
Mark Cole

Monday, June 10th at
2:00 p.m. – Auditorium
Jerry Weisbecker

Friday, June 14th at
3:30 p.m. – Auditorium
Phil Jefferies

Sunday, June 16 at
3:30 p.m. – Auditorium
Music with Armondo

Friday, June 21st at
7:15 p.m. – Patio
Marc Rosen

Monday, June 24th at
2:00 p.m. – Auditorium
Daryl Spencer

Friday, June 28th at
2:30 p.m. – Auditorium
Erwin Jackson

Meeting Schedule

Activities Meeting with Silvana Minter

Thursday, June 6th at 3:30 p.m.
in the Auditorium.

Food Service Meeting with Veronica

Thursday, June 13th at 3:30 p.m.
in the Auditorium.

Town Hall Meeting with Brad & Department Heads

Tuesday, June 18th
at 3:30 p.m. in the
Auditorium.

Caregiver / Family Support Group

Wednesday, June 19th
at 6:15 p.m. in the
Auditorium.

Residents' Council Meeting

Tuesday, June 25th
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

Morning Walk
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.



Wii Bowling
Every Friday at 10:00 a.m., in the Activity Room

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

Podiatrist Visit with Dr. Ullman
Wednesday, June 12th, starting at 1:00 p.m. in the Beauty Shop. Sign-up at the Front Desk to book an appointment.

Caregiver / Family Support Group Meeting
Wednesday, June 19th at 6:15 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
Brad Stewart

Activities Director
Silvana Minter

Activities Assistant
Kelly Najar

Memory Care Director
Doriann Hunt

Marketing Director
Ruth Lefler

Sales & Marketing
Director
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
Juan Sanchez

Resident Care Coordinator
Tommi Godina

Dining Room Supervisor
Carlos Melgar