



# *the* Commons at Woodland Hills

## July 2019

### Happy 4th of July!

**I like to see a man proud of the place in which he lives.  
I like to see a man live so that his place will be proud of him.**

*— Abraham Lincoln*

This month's calendar has much to celebrate starting off with the celebration our nation's independence, 4th of July as we all know it. Here at the Commons we are planning a day of fun filled activities, which includes a traditional Fourth of July BBQ. So, help us "grill things up," by putting on your red, white, and blue and join in on the fun. Keeping up the festivities of the 4th, we will enjoy the afternoon with the wonderful and talented "Happiness Band." They will play an array of patriotic tunes that will encourage you to shake a leg, as you sip on a variety of refreshing drinks.

Then we continue with our "Huck Fin" Dance, which will be on Saturday, July 13th. Everyone is encouraged to dress in theme, as you kick up your heels to the music of Bob Ryeman. We will be searching for the best Huck Finn Wanna-Be. You won't want to miss out, so circle it on your calendar and join the fun.

Thursday, July 25th we are planning our annual "Strawberries & Sinatra" evening. This patio event will be with the fabulous Marc Rosen, who will be singing many of Sinatra's greatest hits plus others. You don't have to be a Sinatra fan to enjoy this evening under the stars with a little bit of bubbly and a whole lot of strawberries.

Along with these great events, don't forget to check out this this newsletter for additional fun times. Such as our lunch outings. We always try to taste new foods, experience new places and continue to revisit some familiar favorites. Our lunch outing destinations this month will be; Brent's Deli, Café Panini, The Munch Box, Black Angus, and Dukes on the Beach. Our evening dining outing will be to The Sage Brush Cantina.

We wish a Safe & Happy Fourth of July to all our residents, family & staff.

# July 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, July 1st at 2:00 p.m. in the Activities Room**

### **Adventures with Doug: Adventure in the Grand Canyon**

Kaibab is a Paiute Indian word meaning "mountains lying down." It's also the name of one of the famous trails leading into the Grand Canyon. Join us for our slide show adventure, filled with fun stories, fascinating facts and stunning images as we trek the South Kaibab Trail all the way to the Colorado River in our country's most dramatic canyon.

**Thursday, July 4th, 2:30 p.m. to 4:00 pm on the Patio**

### **Fourth of July Celebration**

Come join us, out on the patio to celebrate America's independence! You will be entertained by the fabulous Bob Sullivan and his "Happiness Band". Bob and his band are a local band that performs throughout Southern California. So, come join the fun by putting on your dancing shoes and enjoy the toe tapping sounds of the "Happiness Band."

**Friday, July 5th, 12th, 19th & 26th at 7:15 p.m. in the Activity Room**

### **Music Video Montage**

Cyrus Morton presents, "Music & Variety". Join him on Friday evenings in the Activity Room for his weekly variety of music videos by your favorite artists.

**Sunday, July 7th, 14th & 21st at 2:00 p.m. in the Activity Room**

### **Dean Martin Celebrity Roast**

This is a fun filled event, guaranteed to keep you laughing. "Laughter is the best Medicine!" Laughs are Presented by our very own funny guy, Joey King.

**Thursday, July 11th & 25th at 2:00 p.m. in the Activity Room**

### **Fine Art Painting with Yaffa**

From flowers, to landscapes, whatever the subject matter, there is no stopping our love of art! 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.

**Friday, July 12th & 26th, 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, July 13th at 7:15 p.m. in the Auditorium**

### **Huck Finn Dance**

No fancy dress is needed. A matter of fact. Wear your comfy old jeans and shirt, some suspenders will work and an old straw hat. As we celebrate Huck Finn Day, you will be stomping your feet, slapping your knee and singing along to the musical tunes of Bob Ryeman and his magical violin. Just keep in mind that we will be looking for the best Huck Finn look-alike.

**Thursday, July 27th at 7:15 p.m. on the Patio**

### **Strawberries & Sinatra**

An evening event of beautiful songs composed by Frank Sinatra and others, sung by the very talented Marc Rosen. Marc will serenade us under the stars out on the patio as we sip a little bubbly and enjoy some fresh strawberries. You don't want to miss out!

**Sunday, July 28th at 2:00 p.m. in the Activity Room**

### **Watercolor Class with Gabrielle**

Tap into your unique creativity! Gabrielle will make sure she brings out that talent within you. Teaching you the basic techniques of watercolor, she will instruct you how to keep the color vibrant for a painting that is worth framing.





## Lunch & Dinner Outings



### **Wednesday, July 3rd at 11:00 a.m. in the Lobby** **Brent's Deli**

Join us for authentic American deli fare with fabulous daily specials, there is something for everyone! A San Fernando Valley tradition since 1967.



### **Wednesday, July 10th at 11:00 a.m. in the Lobby** **Panini Cafe**

Fresh Mediterranean cuisine, with only the finest quality ingredients; Organic eggs, imported olive oil and cheeses, grass-fed and hormone free meats, excellent produce, and fresh bread from La Brea Bakery.



### **Wednesday, July 17th at 11:00 a.m. in the Lobby** **Munch Box**

Try the hickory flavored burger with chili and onions. The burgers come with chili, tomato, onions and pickles, don't forget to ask for condiments. All fries come overflowing, two can easily share if you like.



### **Wednesday, July 24th at 11:00 a.m. in the Lobby** **Black Angus**

Serving Black Angus steaks that are carefully aged, fresh-cut daily, and grilled over an open flame. Enjoy succulent seafood, fall-off-the-bone Baby Back Ribs and our famous slow-roasted Prime Rib.



### **Wednesday, July 18th at 4:30 p.m. in the Lobby** **Dinner Outing to the Sage Brush Cantina**

The Sagebrush Cantina offers a wide selection of classic Mexican dishes with amazing food, guacamole, chips and salsa. Enjoy great service with an unique atmosphere with your choice of indoor and outdoor seating.



### **Wednesday, July 31st at 10:00 a.m. in the Lobby** **Dukes on the Beach**

Perched right on the edge of the Pacific Ocean, "Duke's Malibu" is a magical place with fantastic views. Enjoy Hawaiian food and great 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!



**Celebrate SHABBAT -**  
Saturday, July 6th and July 20th  
at 3:30 p.m. in the Activity Room.

### **Individual Party for July Birthdays**

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



### **July Birthdays**

7/2 Marion R.	7/22 Anne S.	7/28 Madeline N.
7/10 Eliahou S.	7/24 Marion M.	7/29 Selma G.
7/11 Sandra M.	7/25 Iris S.	7/30 Jane L.
7/11 Dolores N.	7/28 Harriett P.	7/31 Molly B.
7/12 Mark Z.	7/28 Iris G.	7/31 Deidre S.
7/17 Carol W.		
7/19 Elkin M.		

### **New Residents**

Andrew G. Beverly T.  
Shirley F.



## July Birthdays and Out & About



# Socials, Entertainment & Meetings



## Social Hours & Entertainment

### SOCIAL HOURS

Every Saturday, Sunday & Wednesdays at 3:30 pm. 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

Thursday July 4th at 2:30 p.m. – 4:00 pm on the Patio  
The Happiness Band

Tuesday, July 9th at 2:00 p.m. - Auditorium  
Joey Aaron

Saturday, July 13th at 7:15 p.m. – Auditorium  
Huck Finn Dance with Bob Ryeman

Saturday, July 16th at 2:00 p.m. – Auditorium  
Arshag Chookoorian

Friday, July 19th at 2:15 p.m. – Auditorium  
Wendy & Rik

Sunday, July 21st at 2:00 p.m. – Auditorium  
Silvia Moro

Thursday, July 27th at 7:15 p.m. – Patio  
Strawberries & Sinatra  
Marc Rosen

Wednesday, July 31st at 2:00 p.m. – Auditorium  
Center Stage Opera

## Meeting Schedule

Our community meetings are open to all residents and are a great way to stay informed, ask questions and share feedback.

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

**Activities Meeting with Silvana Minter**  
Thursday, July 18th at 3:30 p.m. in the Auditorium.

**Town Hall Meeting with Brad & Department Heads**  
Tuesday, July 23rd at 3:30 p.m. in the Auditorium.

**Food Service Meeting**  
Thursday, July 26th at 3:30 p.m. in the Auditorium.

**Residents' Council Meeting**  
Tuesday, July 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 Stretch, Balls & Weights**  
Tuesdays, Thursdays  
and Saturdays 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

**Podiatrist Visit with Dr. Ullman**  
Wednesday, July 10th,  
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, July 17th  
at 6:15 p.m., in the  
Auditorium

## Health & Wellness & Transportation



# *the* Commons *at* Woodland Hills

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

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## The Management Team

Executive Director  
**Brad Stewart**

Activities Director  
**Silvana Minter**

Activities Assistant  
**Kelly Najar**

Memory Care Director  
**Doriann Hunt**

Sales & Marketing  
Director  
**Hannah Myers**

Sales Assistant/Move-In  
Coordinator  
**Michelle Collins**

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**