the Commons at Woodland Hills

August 2019

Ku'ia kahele aka na'au ha'aha'a

A humble person walks carefully so as not to hurt others.

With the weather so nice. It would be a sin not to take advantage of the abundance of vitamin D that is there for the taking. The sun gives us such a good feeling, and something that we all could use now and then to keep our bodies and our minds, strong and healthy. But with that being said, we should remember that with all this sunny weather, we need to keep mindful and stay hydrated. Such a small thing to do every day, but so very important for our health and wellbeing.

During this time of sunshine, we have planned a fun filled evening on Thursday the 22nd for our annual Hawaiian Days Luau Celebration. There will be Hawaiian Music, Hawaiian Dancers, and Hawaiian beverages and snacks! So, break out the grass skirts and join in on the fun as we enjoy the spectacular entertainment of the Kalakeke Pacific Island Dancers. They will show us how to have fun, Hawaiian style! If you are inviting guests to stay for dinner. Please make reservations at the front desk.

We won't be traveling as far as Hawaii, but just a bit closer. There is more fun to be had on August 15th were we are taking off to the Chumash Casino. As we travel along the coast and then into the hills toward Solvang. It is truly a beautiful ride as we see our California shoreline of ocean waters and who knows, maybe a school of dolphins along the way. For those who desire adventure, please sign up in the "Outing" book, located in the library. Seats are limited, so don't hesitate.

The Show Must Go On! With the Joey King Talent Show Performers. Whether it be singing, dancing, magic or comedy. We will be entertained as the best of the best residents and staff alike show their talent. This will be a fun filled event, that will keep you awed, laughing, and amazed. Don't you dare miss out on this hour of fun. It will be Sunday, August 11th at 2:00 in the Auditorium. You'll want to check inside this newsletter for all events days, times, and locations. See You There. So until then,... Aloha!

Special Events

Every Monday at 10:00 p.m. in the Sun Room
The Knitting Club
Creating something cozy and warm is more fun when you do it with friends, so gather your crew and let's something unique and beautiful in our special knitting group.

Every Saturday, & 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.

Saturday, August 3rd & 17th @ 3:30 p.m.
Shabbat
Shabbat is observed from a few minutes before sunset on Friday evening until the appearance of three stars in the sky on Saturday night. Honor the sabbath!

Sunday, August 4th, 18th & 25th at 3:30 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.

Monday, August 5th at 2:00 p.m.
Adventures with Doug: Adventure To Tillamook Head
Rising over 1000 feet above the ocean, Tillamook Head stands as an imposing icon on the northern coastline of Oregon. In 1806, the Lewis and Clark expedition crossed this formidable headland to buy the blubber of a stranded whale from Indians at Cannon Beach. So let's go explore this wonderful area just like they did. Except we'll have a nice trail. Well, kind of a trail. Join us for this amazing slide show, full of fun stories, amazing history and spectacular scenery as we visit this fantastic corner of Oregon.

Thursday, August 8th & 22nd, 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.

Sunday, August 11th at 2:00 p.m. in the Activity Room
The Joey King Talent Show
Our very own Joey King and his dog "Magic" has organized a talent show for our entertainment. Experience a fun variety of performances including singing and musical acts by other residents!

Tuesday, August 13th 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!

Friday, August 22nd at 7:00 p.m. on the Patio
Hawaiian Days Luau Celebration
There will be Hawaiian Music, Hawaiian Dancers, and Hawaiian beverages and snacks! So, break out the grass skirts and join in on the fun as we enjoy the spectacular entertainment of the Kalakeke Pacific Island Dancers. They will show us how to have fun, Hawaiian style!

Thursday, August 15th at 9:30 a.m. in the Lobby
Chumash Casino
We're off to the Chumash Casino. As we travel along the coast and then into the hills toward Solvang. It is truly a beautiful ride as we travel along the California shoreline, arriving at this beautiful casino to gamble to our hearts content! Please sign up in the "Outing" book, located in the library. Seats are limited, so don't hesitate.

Sunday, August 25th 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.

August Special Events & New Programs

Lunch & Dinner Outings

Wednesday, August 7th at 11:00 a.m. in the Lobby
The Cheesecake Factory
Enjoy new menu items made fresh from scratch, including the impossible burger! Cheesecake Factory makes everything from scratch daily. Chow down on world-famous cheesecakes and 250+ menu items. There is something for everyone here!

Wednesday, August 14th at 11:00 a.m. in the Lobby
Beto's Italian Cuisine
Reviews say this restaurant is small but a nicely decorated place with wonderful food and really great service. Portions are large enough to share or take home. Enjoy unbelievable soups, appetizers, pastas, risotto, and delicious entrees.

Wednesday, August 21st at 11:00 a.m. in the Lobby
Salsa & Beer Mexican Cuisine
Let's go to a real Mexican treat! Salsa and Beer serves authentic Mexican food from Jerez Zacatecaz! The plates are large and you will leave this restaurant feeling well fed. You can relax outside on the patio or enjoy the colorful interior. Great down home place for lunch!

Wednesday, August 28th at 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.

Thursday, August 29th at 4:30 p.m. in the Lobby
Dinner Outing-Olive Garden
Pronto dinner menu including soup, salad and bread-sticks, create your own dinner combinations, & create your own pasta bowl! Tastes of the Mediterranean and traditional favorites.

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!

Friday, August 2nd at 3:30 p.m. Take a bite! it's National Ice Cream Sandwich Day! Ice cream and trivia!

Individual Party for August Birthdays
We wish all of our residents with August birthdays a very happy birthday on their special day!

August Birthdays

8/1	Sharron F.	8/20	Frances H.	8/27	Louise L.
8/5	Dotty S.	8/21	Kenneth L.	8/28	Richard B.
8/7	Judith T.	8/21	Barbara S.	8/30	Kathleen L.
8/13	Mariam A.	8/26	Oscar K.	8/30	Raynor B.
8/20	Ida C.				

New Residents

Lillian B.	Marilyn A.	Tom B.
Frances S.	Bob L.	Bea C.
Neri C.	Sylvia	
Muriel N.	"Jann" L.	

August Birthdays and Out & About

Socials, Entertainment & Meetings

Social Hours & Entertainment

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

EVENING BINGO
Tuesday, August 13th at 6:15 p.m. in the Auditorium

Entertainment

Tuesday, August 6th at 2:00 p.m. in the Auditorium
Marv Robinson

Wednesday, August 7th at 2:00 p.m - Auditorium
Woody & his Orchestra

Friday, August 9th at 2:00 p.m. – Auditorium
Mike & Mandy

Monday, August 12th at 2:00 p.m. – Auditorium
Jerry Wisebecker

Thursday, August 15th at 3:30 p.m. – Auditorium
David Kaufman

Friday, August 16th at 2:00 p.m. – Auditorium
Mark Cole

Tuesday, August 20th at 2:00 p.m. – Patio
Brad & Susie Q.

Thursday, August 22nd at 7:00 p.m. – Patio
The Kalakeke Pacific Island Dancers

Saturday, August 24th at 2:00 p.m. – Auditorium
Stu & Lori

Monday, August 26th at 2:00 p.m. – Auditorium
Pamela Vincent

Thursday, August 29th at 2:00 p.m. – Auditorium
Bob Ryeman

Meeting Schedule

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

Activities Meeting with Silvana Minter
Thursday, August 8th at 3:30 p.m. in the Auditorium.

Town Hall Meeting with Brad & Department Heads
Tuesday, August 20th at 3:30 p.m. in the Auditorium.

Residents' Council Meeting
Tuesday, August 27h at 3:30 p.m. in the Activity Room.

Caregiver/Family Support Group
Tuesday, August 21st at 6:15 p.m. in the Auditorium
Activity Room.

Transportation Schedule

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: 99¢ Store, Target, Trader Joes

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

Health & Wellness

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

Workout with Vana, Stretch, Balls & Weights
Tuesdays and 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.

Limber Up with Fitness Focus
Fridays at 10:00 a.m. in the Auditorium.

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

Meditation
Saturday, August 10th, at 10:00 p.m. in the Auditorium.

Podiatrist
Wednesday, August 14th, at 1:00 p.m. in the Beauty Salon.

Caregiver / Family Support Group Meeting
Wednesday, August 21st at 6:15 p.m., in the Auditorium

Health & Wellness & Transportation

the Commons *at* Woodland Hills

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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