

The Commons at Woodland Hills

November 2023



Message from the Executive Director

Hello Beautiful Residents! November... can you believe that it is November already?!?! Wasn't it just Independence Day?!?! Time doesn't wait for anyone... however, it is important for us to stop, smell the roses, and give thanks to those beautiful flowers that fill our hearts with joy. Thanksgiving is such a special time to come together and be grateful for all that we have in our lives. You have a warm loving home around you; you have neighbors and friends that care; and you have us, your extended family who love to give you hugs and smiles. Find happiness around you and peace from within. You are Loved!

Your family – The Commons' Team 😊

Management

Executive Director
Jeanne Skondin

Health & Wellness Director
Sofiya Zaretsky

Resident Care Coordinator
Tomasia "Tommie" Godina

Maintenance Director
Juan Sanchez

Culinary Director
Chef Jimmy Kang

Programs Director
Katy Alvarez

Regional Sales Specialist
Ruth Lefler

Sales & Marketing Director
Julie Sagal

Move-In Coordinator
Jorge Navarette

SOCIAL

Nov. Birthday's Social 11/1
NEW Resident Mixer 11/8
Harvest Dinner Party 11/16
Pie Social 11/29

Harvest Dinner Party








Thursday Nov. 16th
Music starts at 4:30p

**Celebrate the holiday season
with a special buffet dinner and
live music!**

NOVEMBER 2023
Woodland Hills Independent & Assisted Living

BISTRO= B DINING ROOM=DR SUNROOM=SR PATIO= P LOBBY=LOB
PATIO = P ACTIVITY ROOM=AR AUDITORIUM= A LIBRARY=L OUTING= O

Motivate Rejuvenate Stimulate

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<ul style="list-style-type: none">10:00 EXERCISE W/ ANGEL! (AR)10:30 ACTIVITY TALK (AR)11:00 PLAY: RUMMY 500 CARDS (AR)1:30 PLAY: SCRABBLE (SR)2:30 BIRTHDAY CELEBRATION! (A)3:00 LIVE ENTERTAINMENT (A)4:15 GARDENING CLUB (P)6:15 BIOPIC MOVIE! (AR)	<ul style="list-style-type: none">10:00 EXERCISE W/ DUSTIN (AR)11:00 ART: WATERCOLOR PAINTING (AR)11:15 PLAY: SKAT CARDS (SR)11:30 OUTING: LUNCH1:30 PLAY: RUMMIKUB (SR)3:00 QUARTER BINGO! (AR)4:15 STRENGTH BUILDING (AR)6:15 ACTION MOVIE! (AR)	<ul style="list-style-type: none">10:00 SEATED STRENGTH W/ ANGEL (AR)10:30 GARDENING CLUB (P)11:00 PLAY: SCRABBLE (SR)11:30 WALK NEIGHBORHOOD2:00 QUARTER BINGO! (AR)4:00 SHABBAT EXPERIENCE (A)6:15 ROMANCE/DRAMA MOVIE! (AR)	<ul style="list-style-type: none">10:00 SEATED STRENGTH W/ ANGEL (AR)10:30 CRANIUM CRUNCHES (SR)11:15 BIBLE STUDY: THE CHOSEN1:30 TRUE STORY DOCUMENTAR (A)3:00 QUARTER BINGO! (AR)4:15 GARDENING CLUB (P)4:15 STRENGTH BUILDING (AR)6:15 CLASSIC MOVIE! (AR)
<ul style="list-style-type: none">9:30 HOLY COMMUNION (SR)10:00 BALANCE CLASS (AR)11:15 LEARN: POKER (AR)1:30 CURRENT EVENTS CLASS (AR)3:00 QUARTER BINGO! (AR)4:15 GARDENING CLUB (P)4:15 STRENGTH BUILDING (AR)6:15 RESIDENT CHOICE MOVIE! (AR)	<ul style="list-style-type: none">10:00 SEATED STRENGTH W/ KATY (AR)10:30 PUZZLE CHALLENGE (B)11:15 TABLETALK DISCUSSION (AR)1:30 PLAY: SCRABBLE (SR)3:00 QUARTER BINGO! (AR)4:15 GARDENING CLUB (P)6:15 COMEDY MOVIE! (AR)	<ul style="list-style-type: none">10:00 EXERCISE W/ DUSTIN (AR)11:00 ART: WATERCOLOR PAINTING (AR)11:15 PLAY: SKAT CARDS (SR)1:30 PLAY: RUMMIKUB (SR)3:00 QUARTER BINGO! (AR)4:15 STRENGTH BUILDING (AR)6:15 MYSTERY/THRILLER MOVIE! (AR)	<ul style="list-style-type: none">10:00 EXERCISE W/ ANGEL! (AR)11:00 PLAY: RUMMY 500 CARDS (AR)1:30 PLAY: KINGS IN THE CORNER (AR)1:30 PLAY: SCRABBLE (SR)2:30 NEW RESIDENT MIXER! (A)3:00 LIVE ENTERTAINMENT (A)6:15 BIOPIC MOVIE! (AR)	<ul style="list-style-type: none">10:00 EXERCISE W/ DUSTIN (AR)11:00 ART: WATERCOLOR PAINTING (AR)11:15 PLAY: SKAT CARDS (SR)1:30 FOOD TALK W/ CHEF (DR)1:30 PLAY: RUMMIKUB (SR)3:00 QUARTER BINGO! (AR)4:15 STRENGTH BUILDING (AR)6:15 ACTION MOVIE! (AR)	<ul style="list-style-type: none">10:00 SEATED STRENGTH W/ ANGEL (AR)10:30 GARDENING CLUB (P)11:00 PLAY: SCRABBLE (SR)11:30 WALK NEIGHBORHOOD2:00 QUARTER BINGO! (AR)4:00 SHABBAT EXPERIENCE (A)6:15 ROMANCE/DRAMA MOVIE! (AR)	<ul style="list-style-type: none">10:00 SEATED STRENGTH W/ ANGEL (AR)10:30 CRANIUM CRUNCHES (SR)11:15 BIBLE STUDY: THE CHOSEN1:30 TRUE STORY DOCUMENTAR (A)3:00 QUARTER BINGO! (AR)4:15 GARDENING CLUB (P)4:15 STRENGTH BUILDING (AR)6:15 CLASSIC MOVIE! (AR)
<ul style="list-style-type: none">9:30 HOLY COMMUNION (SR)10:00 BALANCE CLASS (AR)11:00 PLAY: SKIP-BO CARDS (AR)1:30 PLAY: MEXICAN TRAIN (AR)3:00 QUARTER BINGO! (AR)4:15 GARDENING CLUB (P)4:15 STRENGTH BUILDING (AR)6:15 RESIDENT CHOICE MOVIE! (AR)	<ul style="list-style-type: none">10:00 SEATED STRENGTH W/ KATY (AR)10:30 PUZZLE CHALLENGE (B)11:00 TABLETALK DISCUSSION (AR)1:30 PLAY: SCRABBLE (SR)3:00 QUARTER BINGO! (AR)4:15 GARDENING CLUB (P)6:15 COMEDY MOVIE! (AR)	<ul style="list-style-type: none">10:00 EXERCISE W/ DUSTIN (AR)11:00 ART: WATERCOLOR PAINTING (AR)11:15 PLAY: SKAT CARDS (SR)1:30 FILM SELECTION COMMITTEE (AR)1:30 PLAY: RUMMIKUB (SR)3:00 QUARTER BINGO! (AR)4:15 STRENGTH BUILDING (AR)6:15 MYSTERY/THRILLER MOVIE! (AR)	<ul style="list-style-type: none">10:00 EXERCISE W/ ANGEL! (AR)11:00 ART: GRATITUDE TREES (AR)1:30 NURSE TALK WITH SOFIYA (A)1:30 PLAY: SCRABBLE (SR)2:30 HAPPY HOUR! (A)3:00 LIVE ENTERTAINMENT (A)6:15 BIOPIC MOVIE! (AR)	<ul style="list-style-type: none">10:00 EXERCISE W/ DUSTIN (AR)10:45 OUTING: WARNER PARK11:00 ART: WATERCOLOR PAINTING (AR)11:15 PLAY: SKAT CARDS (SR)1:30 PLAY: RUMMIKUB (SR)3:00 QUARTER BINGO! (AR)4:30 HARVEST DINNER PARTY (DR)6:15 ACTION MOVIE! (AR)	<ul style="list-style-type: none">10:00 SEATED STRENGTH W/ ANGEL (AR)10:30 GARDENING CLUB (P)11:00 PLAY: SCRABBLE (SR)11:30 WALK NEIGHBORHOOD2:00 QUARTER BINGO! (AR)4:00 SHABBAT EXPERIENCE (A)6:15 ROMANCE/DRAMA MOVIE! (AR)	<ul style="list-style-type: none">10:00 SEATED STRENGTH W/ ANGEL (AR)10:30 CRANIUM CRUNCHES (SR)11:15 BIBLE STUDY: THE CHOSEN1:30 TRUE STORY DOCUMENTAR (A)3:00 QUARTER BINGO! (AR)4:15 GARDENING CLUB (P)4:15 STRENGTH BUILDING (AR)6:15 CLASSIC MOVIE! (AR)
<ul style="list-style-type: none">9:30 HOLY COMMUNION (SR)10:00 BALANCE CLASS (AR)11:15 LEARN: POKER (AR)1:30 MUSIC APPRECIATION W/ TIM (A)3:00 QUARTER BINGO! (AR)4:15 GARDENING CLUB (P)4:15 STRENGTH BUILDING (AR)6:15 RESIDENT CHOICE MOVIE! (AR)	<ul style="list-style-type: none">10:00 SEATED STRENGTH W/ KATY (AR)10:30 PUZZLE CHALLENGE (B)11:00 TABLETALK DISCUSSION (AR)1:30 PLAY: SCRABBLE (SR)3:00 QUARTER BINGO! (AR)4:15 GARDENING CLUB (P)6:15 COMEDY MOVIE! (AR)	<ul style="list-style-type: none">10:00 EXERCISE W/ DUSTIN (AR)11:00 ART: WATERCOLOR PAINTING (AR)11:15 PLAY: SKAT CARDS (SR)1:30 PLAY: RUMMIKUB (SR)3:00 QUARTER BINGO! (AR)4:15 STRENGTH BUILDING (AR)6:15 MYSTERY/THRILLER MOVIE! (AR)	<ul style="list-style-type: none">10:00 EXERCISE W/ ANGEL! (AR)11:00 CREATE: JEWELRY MAKING (AR)1:30 PLAY: KINGS IN THE CORNER (AR)1:30 PLAY: SCRABBLE (SR)2:30 HAPPY HOUR! (A)3:00 LIVE ENTERTAINMENT (A)6:15 BIOPIC MOVIE! (AR)	<ul style="list-style-type: none">10:00 EXERCISE W/ DUSTIN (AR)11:00 ART: WATERCOLOR PAINTING (AR)11:15 PLAY: SKAT CARDS (SR)1:30 PLAY: RUMMIKUB (SR)3:00 QUARTER BINGO! (AR)4:15 STRENGTH BUILDING (AR)6:15 ACTION MOVIE! (AR)	<ul style="list-style-type: none">10:00 SEATED STRENGTH W/ ANGEL (AR)10:30 GARDENING CLUB (P)11:00 PLAY: SCRABBLE (SR)11:30 WALK NEIGHBORHOOD2:00 QUARTER BINGO! (AR)4:00 SHABBAT EXPERIENCE (A)6:15 ROMANCE/DRAMA MOVIE! (AR)	<ul style="list-style-type: none">10:00 SEATED STRENGTH W/ ANGEL (AR)10:30 CRANIUM CRUNCHES (SR)11:15 BIBLE STUDY: THE CHOSEN1:30 TRUE STORY DOCUMENTAR (A)3:00 QUARTER BINGO! (AR)4:15 GARDENING CLUB (P)4:15 STRENGTH BUILDING (AR)6:15 CLASSIC MOVIE! (AR)
<ul style="list-style-type: none">9:30 HOLY COMMUNION (SR)10:00 BALANCE CLASS (AR)11:15 LEARN: POKER (AR)3:00 QUARTER BINGO! (AR)4:15 GARDENING CLUB (P)4:15 STRENGTH BUILDING (AR)6:15 RESIDENT CHOICE MOVIE! (AR)	<ul style="list-style-type: none">10:00 SEATED STRENGTH W/ KATY (AR)10:30 PUZZLE CHALLENGE (B)11:00 BOOK CLUB DISCUSSION (L)1:30 PLAY: SCRABBLE (SR)3:00 QUARTER BINGO! (AR)4:15 GARDENING CLUB (P)6:15 COMEDY MOVIE! (AR)	<ul style="list-style-type: none">10:00 EXERCISE W/ DUSTIN (AR)11:00 ART: WATERCOLOR PAINTING (AR)11:15 PLAY: SKAT CARDS (SR)1:30 PLAY: RUMMIKUB (SR)3:00 QUARTER BINGO! (AR)4:15 STRENGTH BUILDING (AR)6:15 MYSTERY/THRILLER MOVIE! (AR)	<ul style="list-style-type: none">10:00 EXERCISE W/ ANGEL! (AR)11:00 PLAY: RUMMY 500 CARDS (AR)1:30 PLAY: KINGS IN THE CORNER (AR)1:30 PLAY: SCRABBLE (SR)2:30 PIE SOCIAL (A)3:00 LIVE ENTERTAINMENT (A)6:15 BIOPIC MOVIE! (AR)	<ul style="list-style-type: none">9:30 OUTING: JAPANESE GARDEN10:00 EXERCISE W/ DUSTIN (AR)11:00 ART: WATERCOLOR PAINTING (AR)11:15 PLAY: SKAT CARDS (SR)1:30 PLAY: RUMMIKUB (SR)3:00 QUARTER BINGO! (AR)4:15 STRENGTH BUILDING (AR)6:15 ACTION MOVIE! (AR)		

*Calendar subject to change

Check out the calendar for even more ways to partake this month!

Events

Arts + Crafts

Tap into your creative side and join us for watercolor painting, pastel drawing, make gratitude trees and jewelry making!

Learn New Games

Want to have fun and stimulate your mind? This month we're playing Rummy 500, Poker, Mexican Train, Scrabble, Skat, Skip-Bo and Rummikub. Do you know a game you'd like to learn or play? Let us know!

Book Club

11/27 at 11am in Library

Meet to discuss The House of Spirits by International Bestseller, Isabel Allende.

Liberal Arts with Tim

Join us for thought provoking discussions on Current Events, Music and Art Appreciation moderated by a graduate Liberal Arts instructor, Tim McAleer.

Current Events 11/5

Music Appreciation 10/19

*Additional supplemental screenings on calendar.

Technology 1-1 Help

Need help on your iPhone, iPad, or Mac computer? Sign up at concierge for 1-1 help session with a tech savvy Girl Scout.

November Birthday's

Rocky 11/3

Harold 11/10

Joanne B. 11/12



Nancy N. 11/13

Andi 11/16

Appointments

Transportation is available:

Monday, Wednesday, Friday
9 am–4 pm for appointments

Every Tuesday
1:30–4 pm Fallbrook shopping

Every Thursday
No appointments – reserved for outings

*Sign-up 24 hours in advance

*Bus operates to provide service between 9 AM – 4 PM

Outings

11/2 Lunch at Anarbagh

11/3 Neighborhood walk

11/7 Fallbrook Shopping

11/7 Banks/ Post Office

11/10 Neighborhood walk

11/14 Fallbrook Shopping

11/16 Warner Center Park

11/21 Fallbrook Shopping

11/21 Banks/ Post Office

11/23 Thanksgiving

11/24 Neighborhood walk

11/28 Fallbrook Shopping

11/30 Japanese Gardens

* Must RSVP & arrive on time for all outings.

Our Wellness Quest



Stimulate Your Mind



Motivate Your Body



Rejuvenate Your Spirit

Living within WellQuest, our mission is to keep you on a quest for wellness with our revitalizing program which focuses on Intellectual, Physical and Social wellness.

We strive to keep you active and engaged by stimulating your mind, motivating your body and rejuvenating your spirit on a daily basis.

Start living today and start your Wellness Quest journey with us!