# 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 😊





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!

# Management

**Executive Director** Jeanne Skondin

Health & Wellness Director Sofiya Zaretsky

Resident Care Coordinator Tomasa "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

# NOVEMBER 2023 Woodland Hills Independent & Assisted Living

(AR)

• 6:15 COMEDY MOVIE! (AR)

BISTRO= B PATIO = P

4:15 STRENGTH BUILDING (AR)

(AR)

6:15 MYSTERY/THRILLER MOVIE!

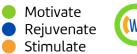
**DINING ROOM=DR ACTIVITY ROOM=AR**  SUNROOM=SR **AUDIOTORIUM= A**  PATIO= P LIBRARY=L

3:00 QUARTER BINGO! (AR)

6:15 ACTION MOVIE! (AR)

4:15 STRENGTH BUILDING (AR)

LOBBY=LOB **OUTING= 0** 





2:30 PIE SOCIAL (A)

• 6:15 BIOPIC MOVIE! (AR)

3:00 LIVE ENTERTAINMENT (A)



\*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

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.

Stimulate Your Mind





Rejuvenate Your Spirit