

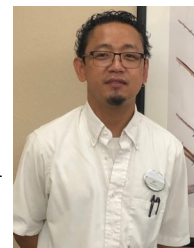


Have a Wonderful Month of Thankfulness!

FALL BACK! Don't forget that Daylight Savings Time ends on Sunday, November 7th, at 2:00AM. **Set your clocks back one hour!** If you need help resetting clocks, please let the Concierge know, and our staff will come around on Monday, November 8th, to help reset clocks.

- **NOVEMBER PUMPKIN WEIGHING CONTEST:** Starting Friday, November 5th, Avant residents can guess how much the pumpkin displaying in the lobby weighs (in pounds and ounces). Person guess closest to the weight of the pumpkin can get a chance to win a \$50 gift card! All answers must be submitted to the front desk by **Monday, November 29th at 12:00pm**. Winner will be announce on the digital signage on December 1st.
- **VETERAN'S DAY PINING CEREMONY:** In honoring our Veterans, please join us on **Wednesday, November 10th at 1:30pm** in the Lounge, for a Veteran's Day Pining Ceremony. The Veteran's Pining Ceremony will be host by Dawn Morrow and her special Veteran guest, who will be pinning our Veterans.
- Please see page 8 for all the **in-person special events, lectures, and concerts**.
- This month, we have planned more **outings** to local attractions and events. However, with the rising cases of the dangerous Delta variant, we are taking extra caution by choosing more outdoor or local outings. As many museums and other venues and events have yet to resume full services, outings will be planned accordingly.
- **BEYOND VAN GOUGH SAN JOSE:** The hot and new Van Gough Exhibit is now in San Jose! The Outing will take place in San Jose Convention Center on **November 20th at 11:30am**. Tickets are selling fast! Sign up by November 10th.
- This month Lunch Outing is on **Tuesday, November 2nd at 12:00pm** to **Green Elephant Gourmet** and **Monday, November 15, at 12:00pm**, to **Armadillo Willy's**, both located in Palo Alto. Please see page 7 for all the outings this month.
- **THANKSGIVING POPCORN CRAFT:** November is the month of giving! We are hosting a Thanksgiving popcorn making craft to donate to our Residents next door. Please join us on **Wednesday, November 24th at 1pm in the Media Room** to make popcorn to give out to others and of course, enjoy one for yourself as well!
- **Back by popular demand: Avant Residents Birthday Party!** Due to the Holidays and many special events, not many Residents will be in town on Thanksgiving Day to celebrate November's Birthday, we decided to move the Resident's Birthday Party early this month. It will be held on **Thursday, November 4th at 3:00pm**, we will celebrate the Avant November Resident Birthdays in the Lounge.
- Our weekly Courtyard **Happy Hour** will continue on *Fridays at 3:30pm*. The November 19th Happy Hour will welcome new residents.
- We will continue to host a couple **virtual activities**. Please see page 8 for all virtual activities.
- We also offer **activity packets** for interested residents. Please pick up a packet daily at the Concierge Desk.

Each month, Palo Alto Commons selects an Employee of the Month, and this month Hernando Batoon (also known as Jay) is our November Employee of the Month! Jay has been working at Palo Alto Commons for 3 years, working in PAC Dining Room as a server, dishwasher, and prep cook. Jay's manager describe him as a studious worker, who's eager to learn. Jay quoted, "I am very happy and grateful to be EOM." Jay was born in the Philippines and have lived in the Bay Area for 3 years. He's lucky to have many family members living nearby, including his mom, siblings, cousins, and aunties. During his free time, he enjoy cooking, gardening, and biking. Jay mentioned, his favorite thing about working at Palo Alto Commons was cooking and serving food to his residents. He enjoy seeing the residents eat the food he helped prepare.



NOVEMBER RESIDENT BIRTHDAYS

**** Let's Celebrate ****

Millie G.
November 4

Darleane H.
November 8

Shelley T.
November 20

John D.
November 24

Lucy E.
November 25

We will be celebrating **AVANT BIRTHDAY PARTY**
on Thursday, November 4th at 3:00pm in the Lounge!



Pool & Hot Tub/Spa are OPEN from 7:00am- 11:00pm daily.
 Please note the Avant pool and hot tub/spa are *unavailable* for open swim use during the scheduled times below. Thank you for your cooperation.

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	9:30am- 10:30am Scheduled Class w/Les	11:00am- 1:00pm Scheduled Maintenance		9:30am- 10:30am Scheduled Class w/Les	11:00am- 1:00pm Scheduled Maintenance	

LIMIT: 8 Residents in Pool at a time. 4 Residents in Spa/Hot tub at a time.

Daily Fitness Classes in the Lounge

EXERCISE w/ Ev Corzberg
 BALANCE CLASS w/ Rehab Go
 FITNESS CLASS

Mondays and Thursdays at 9:30am
 Wednesdays and Fridays at 9:30am
 All Other Days at 9:30am

FITNESS ROOM

OPEN DAILY
7:00am to 10:00pm
 (Limit: 4 residents at a time)

RESIDENT WALKING GROUPS

Neighborhood Walk to Robles Park **Sundays, November 21st at 12:00pm**
 We will walk to Robles Park. Limit: 6 residents. Sign up at Concierge Desk.

Cuesta Park **Tuesday, November 2, at 11:00am**
 Difficulty Level: Easy/Moderate. Limit: 6 residents. Sign up at Concierge Desk.

Baylands Park Sunnyvale **Tuesday, November 16, at 11:00am**
 Difficulty Level: Easy/Moderate. Limit: 6 residents. Sign up at Concierge Desk.

Shoreline Park **Tuesday, November 23, at 11:00am**
 Difficulty Level: Easy/Moderate. Limit: 6 residents. Sign up at Concierge Desk.

CHAIR YOGA w/ GALINA

Wednesdays at 2:00pm



TRIVIA DINNER NIGHTS

Mondays, November 8 and 22

COOKING DEMO w/ Chef Colin

Tuesday, November 9, at 1:00pm in the Lounge



Join us for the 6th Annual
The Avant
Resident Art Exhibit



Sign up to be an exhibitor in our 6th Annual Resident Art Exhibit! Residents who are interested in participating in this exhibit and displaying their work of art should sign up at the Concierge Desk by Wednesday, November 24th. Residents may display any form of artwork — such as paintings, photography, sketching's, publications/ manuscripts, sculptures, woodwork, crochet, knitting, needlepoint, and other crafts — completed by themselves. We look forward to this year's event and invite residents to participate by displaying their art and/ or coming to the show to admire the many talents of their fellow residents. If you have any questions about this exhibit, please feel free to speak with Jenny.

**Tuesday, November 30th
from 2:00pm to 3:30pm
in the Solarium**

NOVEMBER MUSIC AND SPEAKER SPOTLIGHT

LEE ALLEN

Lee Allen, a solo jazz pianist who also provides the sound of full professional jazz trio. Lee Allen's music is of a unique style—popular music influence by classical/romantic structures and performed in a jazz-trio motif.

Join Lee Allen this Veteran's Day:

November 11th at 3:30pm in the Lounge



GRIJDA SPIRI



Grijda Spiri is a trained classical violinist and pianist from Greece with over 25 years of experiences. She has been performing since the age of 6 and has won numerous competitions and awards throughout Europe. Grijda yearned to push beyond the rigid boundaries and expectations of classical violin in order to fully realize her potential as a multi-faceted creative performer. In the USA, she has performed with different orchestras and in many events for big corporations such as Ferrari, Google, Apple, etc. Although her music career requires her to perform across different states, Grijda makes time in her schedule to play locally at seniors facilities and hospitals where she delivers the healing power of music.

This Thanksgiving week, join Grijda on:

November 23rd at 3:30pm in the Lounge

PETER COR

With over 12 years of experiences performing in senior facilities, Peter Cor, sings and plays a wide range of piano music to resident's life, embarking memories and joys to the holidays!

Join Peter Cor this month on:

November 30th at 3:00pm in the Lounge



Ian Scarfe

An Ian's classical piano concerts
are always a treat!

MONDAY, NOVEMBER 15 & 22, at 3:00pm



OUTINGS THIS MONTH

FIELD TRIP – Foster Museum (Limit: 8)

Location: Palo Alto

Event Website: <https://www.thefoster.org/>

Saturday, November 7, at 2:00pm

Cost: Free

Sign-up deadline: **November 6th**

FIELD TRIP – Historic Rengstorff House (Limit: 8)

Location: Mountain View

Event Website: <https://www.mountainview.gov/depts/cs/shoreline/rengstorff/default.asp>

Sign-up deadline: **November 8th**

Tuesday, November 9, at 2:00pm

Cost: Free

FIELD TRIP — Makers Market on the Row (Limit: 8)

Location: San Jose

Event Website: <https://www.eventbrite.com/e/makers-market-on-the-row-tickets-168640210409?aff=ebdssbdestsearch>

Sign-up deadline: **November 12th**

Saturday, November 13, at 11:00am

Cost: Free

FIELD TRIP— Beyond Van Gough San Jose (Limit: 8)

Location: San Jose

Event Website: <https://vangoghsanjose.com/>

PLEASE NOTE: PROOF OF VACCINATION RECORDS IS REQUIRED FOR THIS OUTING**

Sunday, November 20, at 11:30am

Cost: \$41.99-\$63.99 + online fee

Sign-up deadline: **November 11th**

LUNCH OUTING – Green Elephant Gourmet (Limit: 8)

Location: Palo Alto

Restaurant Website + Menu: <http://www.greenelephantgourmet.com>

Tuesday, November 2, at 12:00pm

Cost: cost of meal (+tax & gratuity)

LUNCH OUTING – Armadillo Willy (Limit: 8)

Location: Palo Alto

Restaurant Website+ Menu: <http://www.armadillowillys.com/>

Sign-up deadline: **November 9th**

Monday, November 15, at 12:00pm

Cost: cost of meal (+tax & gratuity)

MONTHLY OUTING TO MITCHELL'S PARK LIBRARY

Location: Palo Alto (Limit 8 Residents)

Saturday, November 6, at 1:00pm

Cost: Free (Sign Up)

FIELD TRIP OUTING — Gamble Garden Festival of Trees

Location: Palo Alto (Limit 8 Residents)

Event Website: <https://www.eventbrite.com/e/festival-of-trees-2021-tickets-166196553365>

Sign-up deadline: **November 29th**

Saturday, December 4, at 11:30am

Cost: \$5 + \$1.94 Fee

OUTINGS GUIDELINES: Please see Activity Department with any questions about outings.



Give Thanks & Pumpkin Pie!

Thursday, November 25th at 12:00pm in the Lounge

Gather together in the lounge for some hot tea, coffee, and pumpkin pie! Our time together is short and so very precious. Lets give thanks together! Happy Thanksgiving!

IN-PERSON CONCERTS, LECTURES, SPECIAL EVENTS

STORIES, HUMOR, & FUN w/ DANNI MAC

Mondays, November 8 and 22, at 10:30am

How did you choose your lifestyle, partner or best friends? Who or what inspires and amuses you? Come & share, listen, and write about your memories, wit, and wisdom with Danni 'Mac', the Scottish storyteller, a veteran memoir advisor, writing coach and published author.

CONCERT w/IAN SCARFE

Monday, November 15 and 18, at 3:00pm

Pianist Ian Scarfe performs a program of classical music that celebrates the spontaneous! The improvisational spirit was alive and well with all the great classical composers, and some of their written compositions reflect that.

NATURE PHOTOGRAPHY TALK w/JOAN SPARKS

Tuesday, November 16, at 1:00pm

Join wildlife photographer, Joan Sparks on her adventure capturing some of the top Ten Big Cats that live around the world. This program includes lions, servals, tigers and fluffy snow leopards to just name a few and they are as unique as the animals themselves. Take this opportunity to see and learn about some of the largest cats alive today walking the planet.

TECH TALK w/CURTIS GOLDEN

Fridays, November 5 and 19, at 1:30pm

Curtis Golden has over 28 years of experience in computer technology and the art of training. Curtis will conduct his "tech talks" on November 5th and 19th at 1:30pm in the Media Room.

MUSIC LECTURE w/DEBORAH ROSENGAUS

Fridays, November 12 and 26, at 11:00am

Deborah Rosengaus, mezzo-soprano, holds a Master's in Vocal Performance from the Manhattan School of Music. Her music lectures are informative and entertaining!

Other Programs:

COOKING DEMO w/ CHEF COLIN

Tuesday, November 9, at 1:00pm (see page 2)

IN-HOUSE ACTIVITIES w/ CARINA

Arts & Crafts: Thanksgiving Craft

Thursday, November 4, at 1:00pm (Sol)

Sweet Corner with Carina: Crème Burlee

Friday, November 12, at 1:00pm (Sol)

Arts & Crafts: Popcorn-Making Craft

Wednesday, November 24, at 1:00pm (MR)

JOIN US FOR THE FOLLOWING MEETINGS THIS MONTH:

- ◇ **Monthly Menu Meeting** (Thursday, November 18, at 12:00pm, in the Solarium)
- ◇ **Monthly Residents Meeting** (Thursday, November 11, at 12:00pm, in the Solarium)
- ◇ **Book Club Meeting** (Thursday, November 18, at 3:00pm, in the Solarium)

If you have any questions about activities, please see Jenny Huynh, Ines Camacho, or Carina Rodriguez, in the Activities Department.

VIRTUAL LECTURES (Also Shown in Media Room)

CURRENT EVENTS w/KEN

Wednesdays at 10:15am

Ken Peterson is a Foothill College instructor. He conducts a community-based current events group. As Foothill College is currently entirely in distance-learning mode, his classes will continue to be conducted virtually.

MEETING ID: 977 0979 6548

MEETING LINK: www.cccconfer.zoom.us/j/97709796548

MUSICAL THEATER LECTURE w/BONNIE WEISS

Monday, November 22, at 2:00pm

Bonnie Weiss conducts a virtual lecture series about musical theater. Join us on Monday, October 18, at 11:15am, on Zoom, for Bonnie's next program. The topic of her program this month will be announced.

MEETING ID: 846 9923 3716

MEETING LINK: www.us02web.zoom.us/j/84699233716