

# The Currents



## HAPPY BIRTHDAY RESIDENTS!

SHIG W.

*December 2nd*

BOB S.

*December 7th*

SAMUEL H.

*December 9th*

JUDITH L.

*December 10th*

CLINTON J. 90th BDAY

*December 15th*

MEI H.

*December 18th*

HASIE C.

*December 19th*

VICTORIA T.

*December 19th*

KANDIS S.

*December 31st*

## NOVEMBER EMPLOYEE OF THE MONTH:

### *Christina Fajardo*

Each month, the Avant and Palo Alto Commons selects an Employee of the Month, and this month's recipient is Christina Fajardo! Christina has been our Meadow Wing and Focus Care nurse for 3 years! She quoted, "It is an honor to be acknowledged EOM. I appreciate the opportunity to share my nursing knowledge and skills within the WellQuest community. Without the residents, I would not be the nurse I am today." Christina was born and raised in San Francisco. She enjoys spending time with her family, cooking, and outdoor activities. Christina's manager, Lutch, quoted "Christina is caring and compassionate to the residents. Not to mention, knowledgeable on all aspects. Our success depends on people like Christina, whose commitment, skills and positive energy make great things happen. Kudos to you Christina, well deserve recognition."



## *New Years Eve Happy Hour!*

Can't believe the year is almost over! Join us for a N.Y.E Happy Hour on **Friday, December 31st from 3pm to 4pm** in the Living Room.

*Lets toast to a new, happy, healthy New Year!*

## GINGERBREAD HOUSE DECORATING

Let's keep the tradition alive and join us for our annual decorating gingerbread houses on:

**Wednesday, December 15th at 2pm in the Activity Room**



**HOLIDAY LIGHT DRIVE!**

Residents are invited on our special holiday scenic drive to enjoy the Christmas Tree Lanes in Palo Alto and San Carlos. We will be making this special scenic drive on Monday, December 6th, at 5:45pm. Residents attending this drive should eat dinner during the early seating on this evening. Limit 10 Residents & 2 wheelchairs, a total of 12 seats available. For precautions and safety protocol, Residents are required to wear mask on bus outing. Sign up in the front desk.



**Monday, December 6th, at 5:45pm.**

**BOOK CLUB**

Book Club is back! Beginning of December, we will be collecting book suggestions, once the book is selected, a book club meeting will be announce!

**FLOWER ARRANGING**

In December, we will be having an ongoing flower arranging program every Monday at 3:00pm in the Activity Room. The flowers arranged will be display on the dining room tables for other Residents to enjoy!

**Every Monday at 3pm in the Activity Room**



**FOOTHILL COLLEGE**

**Winter Break**

Foothill College will begin its three-week winter break on December 10th. Classes will resume on **January 3, 2022!**

Please note the changes to the activity calendar during this time, and come enjoy the alternative programs!

**TRIM the CHRISTMAS TREE**

Come help us trim the Christmas tree! We will provide eggnog, cookies, and all the holiday cheer needed to ring in Christmas!!!

**Friday, December 3rd  
From 2:00pm—3:00pm  
In the Living Room**



# HOLIDAY APPRECIATION PARTY

## *For Residents & Staff*



This will be the thirty-second holiday season that the residents and staff celebrate together and, naturally, some traditions have evolved over the years. In showing our appreciation, we will be hosting a Residents and Staff Holiday Appreciation Party on:

**Tuesday, December 21st  
from 2:00pm to 3:00pm  
in the Living Room**

This Holiday Appreciation Party Concert will be performed by, guitarist, Joseph Wilkes at 2:30pm in the Living Room.



# Special December Concerts



## *December's Birthday Concert with Lee Allen*

Celebrate December's Birthday with Lee Allen!

**Tuesday, December 7th,  
At 2:00pm in the living room**

## *Ian Scarfe*

'Tis the Season to be jolly! Nothing more jolly than an Ian Scarfe concert!

**Monday, December 6 and 20  
At 2:00pm**



## *Holiday Concert w/ the Broceliande!*



Celebrate the Season with Broceliande! Celtic and Early Music group Broceliande plays fresh arrangements of traditional carols and dances from the British Isles and Northern Europe. Members are Margaret Davis - soprano, Celtic harp, flute, recorders; Kristoph Klover - tenor, guitar, octave mandolin, Yenny - alto, cello, nyckelharpa. Broceliande has been delighting audiences on the West Coast for more than 20 years!

**Thursday, December 16th,  
at 2pm in the Living Room**

### **MASK POLICY:**

**Due to Covid-19, for safety precautions, we encourage Residents to face wear masks at all time throughout the concerts and programs.**

## SPECIAL EVENTS and DECEMBER CONCERTS

### SIDE BY SIDE CONCERT

Side by Side is a student group at Stanford University that performs songs from the 1930s to the 1970s at Bay Area nursing homes, hospitals, and retirement centers. Our vision is to foster beautiful intergenerational connections through our musical performances and the conversations we share with the audience afterwards.

**Saturday, December 4th at 2pm (LR)**



### THE CLEFHANGERS

The Peninsula Clef Hangers is a women's choral group volunteers bringing Holiday cheers to our community! Join the holly, jolly Christmas spirits with The Clefhangers on: **December 13th at 2:00pm in the Living Room**

### GUITAR RECITAL w/ ARJUN

Arjun Parthasarathy is a Junior at Crystal Springs High School. He is a student of the pre-college program at the San Francisco Conservatory of Music learning the Classical Guitar. He has been learning the Guitar for the past 8 years and music is a passion for him.

**Sunday, December 12th at 2pm in the Living Room.**

### BAKING GROUP

This month we will be baking

*Holiday Fruit Cake!*

**Thursday, December 30th**

**At 3pm in the Activity Room**



## Arts & Crafts Projects This Month



**Wednesday, December 15th**  
*Gingerbread House Decorating*

**Thursday, December 23rd**  
*Christmas Arts & Crafts*

**Wednesday, December 29th**  
*Holiday Arts & Crafts*

### LUNCH OUTING!

Sign up for a lunch outing to

**HOBEE'S Restaurant on**

**Tuesday, December 28th at 12:00pm**

*(Sign up in front desk. Limit 8 Residents)*



## Other Special Events and Activities

### Brain Fitness

**Monday, December 6, 13, 20, and 27 at 10:00am**

Exercise your brain with a game of Scattegories, Crossword Puzzles, Word Mining, and many more!

### Art Appreciation Program

**Monday, December 27, at 2pm**

Art appreciation centers on the ability to view art throughout history, focusing on the cultures and the people, and how art developed in the specific periods. Learn more about this with our Foothill College instructor!

### Balance Class w/ RehabGo

**Thursday, December 2 and 16 at 3:30pm**

Join us in a variety of standing chair exercises to maintain and improve flexibility and balancing mobilities with Rehab Go instructors. *Please Note: This is a STANDING CHAIR EXERCISE, for safety concerns, wheelchairs are not recommended.*

### Current Events with Ken

**Wednesday, December 1, 8, 15, 22, and 29 at 10:15am**

Ken Peterson is a Foothill College instructor conducting many community-based current events group. As Foothill College is currently in distance-learning mode, his classes will continue to be conducted virtually. Learn more about his programs virtually through zoom! **MEETING ID: 977 0979 6548**

### Horticulture Program with John O'Hara

**Tuesday, December 14 at 2:00pm**

John O'Hara is a certified Master Gardener and Horticulturist. He will speak to residents about various interesting topics—all about plants, flowers, and more!

### Spanish for Beginners

**Thursday, December 2 at 2:00pm & December 9 at 3:15pm**

Hola! For the first time ever, our Activity Staff, Ines and Jorge will be teaching Spanish for beginners lessons in the Activity Room. Bring a notepad and pencil to take notes.

### Music Appreciation Program

**Friday, December 3 and 10, at 10am**

Explore the core elements of music through different sounds, instruments, and cultural differences taught by our Foothill College instructor.

### Menu Meeting with Chef Colin

**Thursday, December 9, at 2:30pm**

The monthly menu meeting is a wonderful opportunity for residents to provide direct feedback and influence on the menu-planning process. Director of Dining Services, Colin, will discuss menus and the dining services with residents.

### Resident Meeting

**Thursday, December 23, at 2:30pm**

Join us for the monthly Residents Meeting. Li Li and Team will be on-hand to answer questions. Bring your ideas, suggestions, and feedback.

## CHRISTMAS IN THE PARK!

It doesn't matter if you are human or elf, young or old, reindeer or polar bear, Christmas in the Park brings together a diverse community each holiday season with its magical displays and lively entertainment. For over 40 years, Christmas in the Park has brought over hundreds of thousands of visitors each holiday season to Downtown San José. But how did this tradition start? It simply started with a man who had a passion for the holidays and his community. He didn't set out to make a tradition for the purpose of having his name echo in the history books, but to bring together a diverse, growing community.

**Sunday, December 5th at 2pm**

**Sign up in the front desk. Limit 8 Residents.**

