



### HAPPY MAY!

April was an “egg-cellent” month! A big congratulations to Thelma for winning our egg drop contest and Grace for winning our annual Easter Egg Scavenger Hunt! We can’t wait to do it all over again next year!

Let’s Go Warriors! The Golden State Warriors (basketball) have advanced in their respective playoffs! If the team make it to the final Championship series, we will be showing the games in the Media Room.

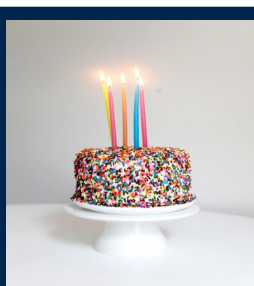
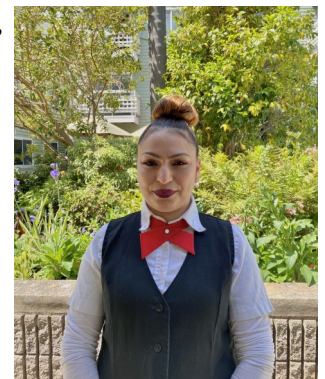
The Avant Garden Club has done some serious gardening in the past month, including planting tomato plants and herbs! The group is looking for more residents volunteers to help with the maintenance of the garden. The main volunteer responsibility is to help with the watering schedule and occasional clean-up and planting duties. Please see Victor V. if you’d like to help out!

Also, don’t miss out on a special Memorial Day Concert performed by solo guitarist and pianist, **Joseph Wilkes!** Joseph will be performing a wide variety of the 40s, 50s & 60s classic hits, hoping to bring joy and memories to Residents lives this Memorial Day!

#### Please see the following for the highlights of activities in May:

- **Lunch Outing:** On Tuesday, May 10th at 12:00pm, we will be doing to INDO Restaurant & Lounge in Palo Alto and Tuesday, May 24th at 12:00pm, lunch outing to Green Elephant Gourmet located in Palo Alto Please sign up at the Concierge Desk. Limit 8 Residents.
- **SING ALONG w/ PORTOR!** Portor has performed with us many times at the Avant and Palo Alto Commons on many special occasions and is now volunteering to lead Sing Along! Join him on Monday, May 23rd at 1pm in the Solarium.
- We will continue to host a couple virtual activities. Please see page 8 for all virtual activities.
- **Flower Arranging** for dining room: Monday, May 2nd, 16th, and 30th in the Solarium.
- **Trivia Dinner Nights:** Monday, May 9th and 23rd, during dinner hours.
- **MOVIE NIGHT!** Every night at 7:30pm we will be showing a movie in the Media Room. Check out the movie description at the Concierge Desk.
- We also offer activity packets for interested residents. Please pick up a packet daily at the Concierge Desk.

Each month, the Avant and Palo Alto Commons selects an Employee of the Month, and this month’s recipient is Veronica Lima! Veronica is our Dining Room staff in Assisted Living. She has been working at Palo Alto Commons for 5 years! Veronica quoted, “I was surprise, shocked, and excited when I found out I was Employee of the Month.” Veronica was born and raised in the Bay Area. Her hobbies are doing make up, tennis, and basketball. She quoted, “I enjoy spending time with the residents. They are funny and full of life. They always have stories and knowledges to share. I am so blessed to have opportunity to meet everyone at the Commons.” Colin, Veronica supervisor, quoted Veronica as a positive attitude employee, who’s detailed oriented and



## MAY RESIDENT BIRTHDAYS

**\*\* Let’s Celebrate \*\***

**Betsy L.**  
May 13th

**Sally R**  
May 19th

**Helen B.**  
May 27th

We will be celebrating **AVANT BIRTHDAY PARTY** on  
Thursday, May 19th 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 w/ Activity Staff

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, May 1, 15 and 29 at 12:00pm**  
 We will walk to Robles Park.      Limit: 6 residents.      Sign up at Concierge Desk.

**Palo Alto Baylands**      **Monday, May 2, at 11:00am**  
 Difficulty Level: Easy/Moderate.      Limit: 6 residents.      Sign up at Concierge Desk.

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

**Shoreline Park**      **Monday, May 30, at 11:00am**  
 Difficulty Level: Easy/Moderate.      Limit: 6 residents.      Sign up at Concierge Desk.

**MEDITATION TAI CHI w/ONR**      **Tuesdays at 2:00pm**  
**CHAIR YOGA w/ Jiin**      **Wednesdays at 2:00pm**

**TRIVIA DINNER NIGHTS**  
 Mondays, May 9th and 23rd

**COOKING DEMO w/ Chef Colin**  
 Monday, May 31st, at 12:00pm in the Lounge



**MOTHER'S DAY CONCERT**  
*Saint Gabriels Celestial  
Brass Band*



*The Saints Are Coming! The Saints Are Coming!*

Saint Gabriel's Celestial Brass Band is the "Only" Authentic  
New Orleans Traditional Jazz And Mardi Gras  
Marching Band west of New Orleans!

Join us for a special concert this

**MOTHER'S DAY**

**SUNDAY, MAY 8 AT 3:30PM.**

## MAY 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 will perform with us on:

**Tuesday May 3rd at 3:30pm in the Lounge**



### IAN SCARFE



Ian Scarfe enjoys a wide ranging career as an advocate for music. Initially following directions to become a piano soloist, he quickly discovered the joys of diversifying his work. As a performer he is equally comfortable as a soloist, accompanying recital partners, or in the mix of a small or large ensemble. As a speaker, he is a frequent lecturer during formal concerts, a host and emcee during casual musical events, and also a narrator to children's programs. As a musical entrepreneur, he keeps a busy travel schedule across the United States and Europe organizing concerts, tours, and festivals.

**Monday, May 9th and 23rd at 3:00pm in the Lounge**

### JOHNNY FABULOUS

Johnny Fabulous brings music and laughter through stories and song. Weaving humor through his repertoire of classics from the great American songbook, you'll hear songs from Cole Porter, Irving Berlin, and George Gershwin as well as some your favorite movie songs with many laughs along the way. Johnny Fabulous performs hundreds of shows for thousands of seniors throughout northern California every year with great conviction that music and laughter is still the best medicine.

**Sunday, May 15th at 3:15pm in the Lounge**



### MONATS



**Emi Igarashi (violin)** born in Tokyo and began violin lessons when she was seven. She studied with Mr. Shiro Sumi in Tokyo when she was a teenager. She plays ensembles with musicians in the U.S. and Japan. She plays a violin commissioned to a local luthier, Lawrence Houssler (2016, Palo Alto, California), and one by François Lejeune (1775, Paris, France).

**Steffen Luitz (cello)** born in Germany and has broad experience in playing in a university orchestra and various local chamber music groups in Germany, France, and the U.S. He is a physicist working at SLAC in Menlo Park, California.

**Norman Furuta (piano)** studied piano during his grammar school years in Southern California and started playing chamber music as a way of taking his mind off the grind of law school. His retirement forty years later has enabled Norm to reengage with his chamber music friends in the Bay Area. Norm's latest obsession is tracking down and playing arrangements of the four Brahms symphonies for violin, cello, and piano.

**Together, they are the Monats, performing a special concert with us on:**

**Sunday, May 22nd at 1:00pm in the Lounge**

## OUTINGS THIS MONTH

### FIELD TRIP – Filoli Historic House (Limit: 8)

Location: Woodside

Event Website: <https://filoli.org/>

Sign-up deadline: **Thursday, May 4th**

**Saturday, May 7, at 11:00am**

Cost: \$22 + Fee

### FIELD TRIP – Hoover Tower Exhibition Galleries (Limit: 7)

Location: Palo Alto

Event Website: <https://www.eventbrite.com/e/hover-tower-exhibit-galleries-tickets-220992764307?aff=ebdssbdestsearch>

Sign-up deadline: **Sunday, May 8th**

**Monday, May 9, at 11:00am**

Cost: FREE

### FIELD TRIP — The Foster Museum (Limit: 6)

Location: Palo Alto

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

Sign-up deadline: **Monday, May 9th**

**Friday, May 13th at 2:45pm**

Cost: FREE

### FIELD TRIP – Municipal Rose Garden (Limit: 8)

Location: San Jose

Event Website: <https://www.sanjose.org/listings/municipal-rose-garden>

Sign-up deadline: **Friday, May 13th**

**Saturday, May 14, at 11:00am**

Cost: FREE

### FIELD TRIP — San Jose Museum of Art (Limit: 8)

Location: San Jose

Event Website: <https://sjmusart.org/>

Sign-up deadline: **Thursday, May 19th**

**Saturday, May 21st at 11:00am**

Cost: \$8 + Fee

### FIELD TRIP — Computer History Museum (Limit: 8)

Location: Mountain View

Event Website: <https://computerhistory.org/>

Sign-up deadline: **Friday, May 25th**

**Saturday, May 28th at 11:00am**

Cost: \$13.50 + Fee

### LUNCH OUTING — INDO Restaurant & Lounge (Limit: 8) **Tuesday, May 10th at 12:00pm**

Location: Palo Alto

Event Website: <https://www.indorestaurant.com/>

Sign-up deadline: **Friday, May 9th**

Cost: Lunch + Tax & Gratuity

### LUNCH OUTING — Green Elephant Gourmet (Limit: 8)

Location: Palo Alto

Event Website: <http://www.greenelephantgourmet.com/>

Sign-up deadline: **Friday, May 22nd**

**Tuesday, May 24th at 12:00pm**

Cost: Lunch + Tax & Gratuity

### MONTHLY OUTING TO MITCHELL'S PARK LIBRARY

Location: Palo Alto (Limit 8 Residents)

**Friday, May 6th at 1:00pm**

Cost: Free (Sign Up)

### MONTHLY DRUGSTORE OUTING: Walgreens

Location: Palo Alto (Limit 8 Residents)

**Sunday, May 22nd, at 11:00am**

Cost: Free (Sign Up)

**PLEASE NOTE:** Masks are required on outings and proof of vaccinations may be required on certain venues. If you lost or misplace your proof of vaccinations, please ask the Concierge for a copy. For any additional questions or concerns regarding outings, ask for the Activity Departments. We are open for suggestions as well!

## IN-PERSON CONCERTS, LECTURES, SPECIAL EVENTS

**Stephen S. Gill** has performed professionally with Theatreworks, American Musical Theatre, and San Jose Stage Company. He has also performed with West Bay Opera Company and Foothill Musical Theatre. His favorite roles include Arthur, Billy Bigelow, Candide, Nemorino and Avram (“Rags”).

**Karl Franzen** has played and sung with a multitude of Bay Area groups which include Harmon’s Peak, Broceliande, Four Shilling Short, and many others. He specializes in folk, Renaissance, and Medieval music. He is also currently acting, singing, and playing guitar in “Cervantes: Champion of Lost Causes.”

**Mollie Hudner Thompson**, attorney and mother of three school aged boys, has performed with many musical ensembles, chorales, rock bands, performing everything from Madonna to Gershwin.

**Together again, they will be performing a concert on Thursday, May 5th at 7:30pm in the Lounge.**



### FLOWER ARRANGEMENTS for Dining Room **Monday, May 2, 16, and 30**

We’ll be having flower arranging activities every other Monday. The flowers arrangement artwork will be display in the Dining Room for others to enjoy!

### MUSIC LECTURE w/DEBORAH ROSENGAUS **Fridays, May 13 and 20 at 10:30am**

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

### TECH TALK w/CURTIS GOLDEN **Fridays, May 13 and 27 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 January 7th and 21st at 1:30pm in the Media Room.

#### Other Programs:

**COOKING DEMO w/ CHEF COLIN **Monday, May 31, at 12:00pm (see page 2)****

**IN-HOUSE ACTIVITIES w/ CARINA**

**Mother’s Day Flower Arranging **Friday, May 6th at 11:00am (Sol)****

**Arts & Crafts: Tissue Paper Flower **Thursday, May 5th at 1:00pm (Sol)****

**Arts & Crafts: 3D Flower Card **Thursday, May 12th at 2:00pm (Sol)****

**Arts & Crafts: May Flower Basket **Friday, May 20th, at 1:00pm (Sol)****

### JOIN US FOR THE FOLLOWING MEETINGS THIS MONTH:

- ◊ **Monthly Residents Meeting** (Thursday, May 26th, at 12:00pm, in the Solarium)
- ◊ **Book Club Meeting** (Thursday, May 26th, at 3:00pm, in the Solarium)
- ◊ **Monthly Menu Meeting** (Thursday, May 19th, at 12:00pm, in the Solarium)

If you have any questions about activities, please see Jenny Huynh, Ines Camacho, or Carina Rodriguez, in the Activities Department. We are also open for suggestions and recommendations!

## 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](http://www.cccconfer.zoom.us/j/97709796548)**

### MUSICAL THEATER LECTURE w/BONNIE WEISS **Thursday, May 27, at 11:15am**

Bonnie Weiss conducts a virtual lecture series about musical theater. Join us on Thursday, March 10th at 2pm, 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](http://www.us02web.zoom.us/j/84699233716)**