

HELLO AUGUST

19th Annual Resident's Art Exhibition

Wednesday, August 24th from 1:00pm—3:00pm in the Solarium!

We are thrilled to host our **19th Annual Resident's Art Exhibit** this month! The exhibit has become a special tradition at the Avant. Residents who are interested in participating in this exhibit and displaying their work of art should sign up at the Concierge or with the Activity Staff by **Monday, August 22nd**. Residents may display any 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 or whether or not your work of art would qualify for displaying in the event, please feel free to speak with Jenny or Carina!



ATTENTION ALL PROUD GRANDPARENTS!! In honor of Grandparents Day, we invite you to show off your beautiful grandchildren! Bring your photo(s) of your grandchildren to anyone in the activity department, or to the front desk. We will make a photo copy of each photo and return the original photos to you. We will organize all the photos and display them on Sunday, September 11th.

Deadline to submit photos is August 30th!

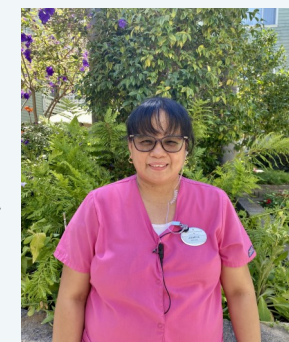


Lastly, don't miss out on a PowerPoint presentation Tech Talk on usage of iPhone and iPad with our Gunn High School volunteer student, Allen and Audrey, who's been educating and demonstrating Apples products to residents. Join us on **Sundays, August 7th and 21st at 11:00am in the Media Room!**

AUGUST EMPLOYEE OF THE MONTH:

Joemelie Visperas!

Each month, the Avant and Palo Alto Commons selects an Employee of the Month, and this month recipient is Joemelie Visperas! Joemelie has been working at Palo Alto Commons for 12 years, as a personal care attendant! She quoted, "I feel delightful and honored to be EOM, knowing that PAC appreciates my contributions to the community. Joemelie was born in the Philippines and have lived in the Bay Area for 16 years. Her favorite hobbies are gardening and listening to music. She quoted, "what I enjoy most about my job is spending quality time with the residents, learning and listening about their life experiences." Once again, congrats to Joemelie for being August EOM!



HAPPY BIRTHDAY RESIDENTS!

****Let's Celebrate August Birthdays****

Ruth S.

Vivi Z.

August 8th

August 18th

We will be celebrating **AVANT BIRTHDAY PARTY** on

Thursday, August 25th 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
We will walk to Robles Park.

Sundays, August 14 and 28 at 12:00pm
Limit: 6 residents. Sign up at Concierge Desk.

Rancho San Antonio, Cupertino
Difficulty Level: Moderate / Difficult

Tuesday, August 9 at 11:00am
Limit: 6 residents. Sign up at Concierge Desk.

Bayland Park, Sunnyvale
Difficulty Level: Easy / Moderate


Tuesday, August 23, at 11:00am
Limit: 6 residents. Sign up at Concierge Desk.

MEDITATION TAI CHI w/ONR

CHAIR YOGA w/ Jiin

Tuesdays at 2:00pm

Wednesday at 2:00pm



TRIVIA DINNER NIGHTS

Mondays, August 1st, 15th, 29th

During dinner hours

COOKING DEMO w/ Chef Colin

Tuesday, August 30th at 12:00pm in the Lounge



Summer Luau Concert with
Haopinaka Performance!



Aloha!

Come enjoy the spirit of aloha with the Haopinaka,
featuring Peter Garellick and Eunike Alputila,
who will be playing Hawaiian ukuleles music and
traditional luau dance performances on:

Monday, August 22nd, 2022
At 3:00pm in the Lounge.

We'll be serving Hawaiian fruit punch!

AUGUST 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:

Monday, August 1st 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. This month, Ian will be performing on:

Tuesday, August 16th at 3:00pm in the Lounge

DEBORAH ROSENGAUS & EFRAT LEVY

Deborah Rosengaus has performed across the US and internationally in such prestigious venues as Carnegie Hall, Lincoln Center, Beijing Center for the Performing Arts, and Suntory Hall in Tokyo. She's performed locally with West Edge Opera, Livermore Valley Opera, Lamplighters, Opera San Jose, Teatro Vision, Pocket Opera, Hillbarn, West Bay Opera, Los Altos Stage, Island City Opera and Solo Opera. Recent roles include Jo in *Little Women* by Adamo, Ruth in *Pirates of Penzance*, Zita in *Gianni Schicchi* and Lady Catherine de Bourgh in the world premiere Opera version of *Pride and Prejudice* by Kirke Mechem. Upcoming engagements include a series of concerts around the Bay Area, *Gypsy* at Hillbarn and an Opera that hasn't been seen in 300 years, *Astianatte* with Ars Minerva.



Pianist and vocal coach Efrat Levy was born in Tel-Aviv. After spending a few years in Berlin, she is currently based out of the Bay Area. Efrat performs regularly with opera singers and chamber ensembles in recitals all over the world. She has participated in numerous festivals in Israel, Europe and the United States: the Tel-Hai piano program, the "Perlman Music Program", the Academie de Musique de Lausanne master classes (violin and Piano), “Sounding Jerusalem” international festival, “Kfar-Blum”, “Abu-Gosh” and "Ein-Hod” music festivals (Israel) as well as the Jewish Music Festival in Berlin. In addition she participated in the ISAM International Music Festival in Germany as a pianist and musical director.



Together, they will be performing on:


Monday, August 29th at 1:00pm in the Lounge

OUTINGS THIS MONTH

FIELD TRIP — PACE GALLERY <u>Location:</u> Palo Alto <u>Event Website:</u> https://www.pacegallery.com/exhibitions/brice-guilbert-fournez/ <u>Sign-up deadline:</u> Friday, August 5th	Saturday, August 6th at 12:00pm <u>Cost:</u> FREE
FIELD TRIP — Lion King Broadway <u>Location:</u> San Jose <u>Event Website:</u> https://broadwaysanjose.com/shows/disneys-the-lion-king/ <u>Sign– up deadline:</u> Monday, August 8th	Saturday, August 13th at 1pm <u>Cost:</u> Starting at \$50
FIELD TRIP – Los Altos History Museum <u>Location:</u> Palo Alto <u>Event Website:</u> https://www.losaltoshistory.org/ <u>Sign-up deadline:</u> Wednesday, August 10th	Thursday, August 11th at 2:00pm <u>Cost:</u> FREE
FIELD TRIP — Chopin in Paris <u>Location:</u> Palo Alto <u>Event Website:</u> https://my.theatreworks.org/overview/5935 <u>Sign– up deadline:</u> Sunday, August 14th	Saturday, August 20th at 1:15pm <u>Cost:</u> Starting at \$35
FIELD TRIP – Triton Museum of Art <u>Location:</u> Santa Clara <u>Event Website:</u> https://www.tritonmuseum.org/ <u>Sign-up deadline:</u> Tuesday, August 23rd	Thursday, August 25th at 1pm <u>Cost:</u> FREE
FIELD TRIP — Palo Alto Festival of the Arts <u>Location:</u> Palo Alto <u>Event Website:</u> https://www.paloaltochamber.com/festival-of-the-arts/ <u>Sign– up deadline:</u> Wednesday, August 24th	Saturday, August 27th at 11:00am <u>Cost:</u> Free
LUNCH OUTING — Fish Market <u>Location:</u> Palo Alto <u>Event Website:</u> https://www.thefishmarket.com/location/palo-alto/ <u>Sign– up deadline:</u> Monday, August 1st by 11am	Monday, August 1st at 11:30am <u>Cost:</u> Lunch + Tax & Gratuity
LUNCH OUTING — Tommy Thai <u>Location:</u> Mountain View <u>Event Website:</u> https://menupages.com/tommy-thai/1482-w-el-camino-real-mountain-view <u>Sign– up deadline:</u> Sunday, August 14th	Monday, August 15th at 12:00pm <u>Cost:</u> Lunch + Tax & Gratuity
LUNCH OUTING—PICNIC IN THE PARK <u>Location:</u> Palo Alto <u>Sign– up deadline:</u> Thursday, August 25th	Friday, August 26th at 12:00pm <u>Cost:</u> Free (Sign Up.)
MONTHLY OUTING TO MITCHELL’S PARK LIBRARY <u>Location:</u> Palo Alto	Friday, August 12th at 2:00pm <u>Cost:</u> Free (Sign Up)
SHOPPING TRIP: Trader Joes <u>Location:</u> Palo Alto	Sunday, August 7th at 11:00am <u>Cost:</u> Free (Sign Up)
MONTHLY DRUGSTORE OUTING: CVS <u>Location:</u> Palo Alto	Sunday, August 21st at 11:00am <u>Cost:</u> Free (Sign Up)

IN-PERSON CONCERTS, LECTURES, SPECIAL EVENTS

CONCERT w/ Stephen Gills
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.

Tuesday, August 30th at 7:30pm


FLOWER ARRANGEMENTS for Dining Room
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!

Monday, August 8 and 22 at 2:00pm

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

Fridays, August 12 and 26 at 11:00am

TECH TALK w/CURTIS GOLDEN
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.

Fridays, August 5 and 19 at 1:30pm

Other Programs:
COOKING DEMO w/ CHEF COLIN
IN-HOUSE ACTIVITIES
BAKING GROUP: Pig in the Blanket
Art & Craft: DIY Coasters
Art & Craft: Picture Frame Painting

Tuesday, August 30th at 12:00pm (Lge)

Monday, August 8th at 11:00am (DR)
Tuesday, August 2nd at 3:00pm (Sol)
Tuesday, August 23rd at 3:00pm (Sol)

JOIN US FOR THE FOLLOWING MEETINGS THIS MONTH:
♦**Activity Meeting** Thursday, August 4th at 3:00pm in the Solarium
♦ **Monthly Residents Meeting** Thursday, August 18th at 1:00pm in the Solarium
♦ **Monthly Menu Meeting** Thursday, August 25th, at 1:00pm, in the Solarium
♦ **Monthly Book Club Meeting** Thursday, August 25th 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. We are also open for suggestions and recommendations!

VIRTUAL LECTURES (Also Shown in Media Room)

CURRENT EVENTS w/KEN
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

Wednesdays at 10:15am
MEETING LINK: www.cccconfer.zoom.us/j/97709796548

MUSICAL THEATER LECTURE w/BONNIE WEISS
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

Thursday, August 11th at 1:00pm
MEETING LINK: www.us02web.zoom.us/j/84699233716