



THE AVANT

A WellQuest Living Community

Volume 10, Issue 3
MARCH 2023

HAPPY SPRING!

We hope residents will enjoy the arrival of spring this month and, hopefully, some relief from the wet weather! **Daylight Savings Time begins on Sunday, March 12th at 2:00am. Please set clocks forward on hour.** If you would like assistance setting clocks, please let the Concierge know. The maintenance staff will go to apartments on Monday, March 11, to help re-set clocks, per request.

Join us for a **Saint Patrick's Day Shamrock Scavenger Hunt on Friday, March 17th from 9am—3:30pm.** We will be hiding shamrock all around the common area (from 1st to 3rd floor) at the Avant. Collect as many shamrock as you can and turn it in the front desk by 3:30pm on Friday, March 17th. We will announce the winner during Happy Hour and on the digital signage for a chance to win a gift card! Don't forget to put your name on your collection!

Doc Talks with Kelly! Back upon request, Kelly from Caremore Health will be discussing the topics on stroke and dementia prevention; how it affects our activities of daily living and what to do to reduce the risks. **Join Kelly on Friday, March 24th at 11:00am in the Media Room. Family and friends are welcome!**

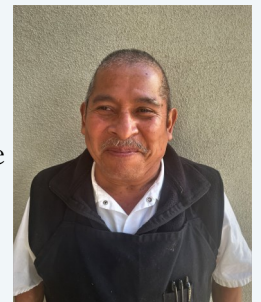
Don't miss out on our monthly Meetings at the Solarium:

- **Menu Meeting** — Thursday, March 2nd at 1:00pm
- **Resident's Meeting** — Thursday, March 16th at 1:00pm
- **Activity Meeting** — Thursday, March 23rd at 11:30am
- **Book Club Meeting** — Thursday, March 23rd at 2:00pm

MARCH EMPLOYEE OF THE MONTH:

Martin Lorenzo

Each month, the Avant and Palo Alto Commons selects an Employee of the Month, and this month's recipient is Martin Lorenzo! Martin has been working at the Avant for 22 years as a dishwasher and a prep cook. Martin quoted, "I feel honored and so blessed to be selected as EOM." Martin was born in Veracruz, Mexico and have lived in the Bay Area of 23 years. During his free time, he enjoy reading books and playing soccer. He has two sons and two grandchildren living in the Bay Area. Martin quote, "I find great pleasure in keeping the kitchen clean and prepping food for the residents. It makes me feel like I am at home." Martin manager quote Martin as an "conscientious" and "dependable" employee. Once again, congrats Martin Lorenzo for being our March EOM!



FEBRUARY RESIDENT BIRTHDAYS

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

Nancy T.
March 3rd

Kay N.
March 24th

Ralph N.
March 24th

Jay S.
March 26th

We will be celebrating **AVANT BIRTHDAY PARTY**
on Thursday, February 16th 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
		11:00am- 1:00pm Scheduled Maintenance			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

BALANCE CLASS w/Rehab Go

Wednesdays and Fridays at 9:30am

FITNESS CLASS

All Other Days at 9:30am

CHAIR YOGA w/ Jiin Liang

Wednesdays at 2:00pm

TAI CHI MEDITATION w/ ONR on TUESDAYS AT 2PM IN THE MEDIA ROOM

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.

Limit: 6 residents.

Sundays, March 5 and 19 at 1:00pm

Sign up at Concierge Desk.

Rancho San Antonio , Cupertino

Difficulty Level: Moderate/ Difficult.

Limit: 6 residents.

Monday, March 13 at 11:00am

Sign up at Concierge Desk.

Shoreline Park, Mountain View

Difficulty Level: Easy/Moderate.

Limit: 6 residents.

Monday, March 20 at 11:00am

Sign up at Concierge Desk.

Cornelis Bol Park

Difficulty Level: Easy/Moderate

Limit: 6 residents

Monday, March 27 at 11:00am

Sign up at Concierge Desk.

TRIVIA DINNER NIGHTS

Mondays, March 13 and 27

JEOPARDY

Thursday, March 23rd at 11:30am (MR)

Banana Nut Muffins w/ Carina

Thursday, March 9th at 11:30am



SAINT PATRICK'S DAY CONCERT

Reynald Aberin



Reynald Aberin, a professional guitarist, singer, and live entertainer with over 27 years of experiences in the music industry performing concerts for senior communities all over the Bay Area will be coming to the Avant on Saint Patrick's Day!

Friday, March 17th at 3:00pm
In the Lounge.

Don't forget to wear green on Saint Patrick's Day for a chance to win enter a raffle to a lucrative prize! We will also be serving snacks and refreshments during the concert!



MARCH MUSIC AND SPEAKER SPOTLIGHT

STEPHEN GILLS

Back by popular demands, join Stephen Gills concert featuring life and lyrics of Johnny Mercer!

Thursday, March 2nd at 7pm in the Lounge.



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.

Monday, March 6th at 3:30pm in the Lounge.

IAN SCARFE

An Ian Scarfe concert is always a treat!

Join our monthly classical pianist concert with Ian Scarfe on:

Monday, March 13th at 3:00pm in the Lounge



JENN DESANTIS



Jenn DeSantis is a multi-talented, Pop/Rock musical prodigy hailing from Pennsylvania, based in Seattle. Her music catches the eyes of top world music professionals such as Cirque Du Soleil's music director Roger Hewett, songwriter/producer Barrett Yeretian, multi-award film composer Mark Wind, and The Beatles audio engineer Geoff Emerick.

Monday, March 20th at 3:00pm in the Lounge

SOUNDS BY TONY

Sounds By Tony is a San Jose based company that can provide a wide variety of music services for your event. Tony Marriott is the owner of Sounds By Tony and is a seasoned, in-demand pianist/keyboardist. He currently plays with groups at venues like Cache Creek Casino, Top of the Mark in San Francisco, etc. He has been playing piano for over thirty years and is as comfortable playing jazz and R&B as he is with playing show tunes, pop, and classical.

Monday, March 27th at 3:00pm in the Lounge.



OUTINGS THIS MONTH

FIELD TRIP – Los Altos History Museum

Location: Los Altos

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

Sign-up deadline: **March 3rd**

Saturday, March 4th at 1:00pm

Cost: FREE

MOVIE OUTING — Operation Fortune: Ruse de guerre

Location: Mountain View

Event Website: <https://www.cinemark.com/movies/operation-fortune-ruse-de-guerre?showDate=2023-03-06>

Sign-up deadline: **March 5th**

Monday, March 6 at 12:45pm

Cost: starting at \$12.00

FIELD TRIP – OFJCC Eclectic Selections for Flute and Harp Tuesday, March 7th at 12:30pm

Location: Palo Alto

Cost: \$20.00

Event Website: <https://www.paloaltojcc.org/events/eclectic-selections-for-flute-and-harp>

Sign-up deadline: **March 5th**

FIELD TRIP— Elizabeth Gamble Garden: Captivating Camellia, Queen of Winter Flower

Saturday, March 11th at 11:00am

Location: Palo Alto

Cost: FREE

Event Website: <https://www.gamblegarden.org/event/mar-second-sat-2023/>

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

LUNCH OUTING – Gumba's Italian Restaurant

Location: Sunnyvale

Tuesday, March 14th at 12:00pm

Restaurant Website+ Menu: <https://gumbas.com/>

Cost: cost of meal (+tax & gratuity)

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

FIELD TRIP— Ardenwood Historic Farm

Location: Fremont

Saturday, March 18th at 11:30am

Event Website: <https://www.ebparks.org/parks/ardenwood>

Cost: \$3.00

Sign-up deadline: **March 14th**

FIELD TRIP— Monterey Bay Aquarium

Location: Monterey

Tuesday, March 21st at 11:00am

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

Cost: \$59.95 +tax

Sign-up deadline: **March 18th**

FIELD TRIP— Pretty Woman The Musical

Location: San Jose

Saturday, March 25th at 12:45pm

Cost: Starting at \$48.00

Event Website: <https://www.ticketmaster.com/pretty-woman-the-musical-touring-tickets/artist/2737500>

Sign-up deadline: **March 18th**

LUNCH OUTING – Joanie's Café

Location: Palo Alto

Tuesday, March 28th at 11:30am

Restaurant Website+ Menu: <https://joaniescafepaloalto.com/>

Cost: cost of meal (+tax & gratuity)

Sign-up deadline: **March 25th**

MONTHLY SHOPPING TRIP—SAFEWAY

Location: Palo Alto (Limit 8 Residents)

Sunday, March 12th at 11:00am

Cost: FREE (Sign Up)

MONTHLY DRUGSTORE OUTING— WALGREENS

Location: Palo Alto (Limit 8 Residents)

Sunday, March 26th at 11:00am

Cost: FREE (Sign Up)

MONTHLY OUTINGS TO MITCHELL'S PARK LIBRARY

Location: Palo Alto (Limit 8 Residents)

Friday, March 31st at 1:00pm

Cost: FREE (Sign Up)

IN-PERSON CONCERTS, LECTURES, SPECIAL EVENTS

FLOWER ARRANGEMENTS for Dining Room

Monday, March 11th and 20th

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!

WONDERFUL WORLD OF WINE

Thursday, March 9th at 3:00pm

Join the fun and informative Wonderful World of Wine program, host by our very own residents, Charles M. and Dave E., who will be discussing various of different wine productions while enjoying a taste of it for yourself!

PETER'S POLAR POKER

Thursdays, March 2nd, 16th, and 30th

Come test your luck and join our new activity lead by our very own resident, Peter L.! Peter will go over the introductions and rules on how to play poker. Winner(s) with the most chip in the end will win a coupon to purchase items at the residents store!

NATURE PHOTOGRAPHY TALK w/JOAN SPARKS Friday, March 10th at 1:30pm

Topic: Alaska Brown Bears

Join wild life photographer, Joan Sparks, on an adventure to see the beauty of Cooks Inlet in Alaska and be prepared to be in awe of the brown bears inhabiting that local. Learn of four active volcanoes in the "Ring of Fire", common brown bear behavior; see adorable three month old cubs, salmon frenzies, puffin and glorious sun rises. You'll be astounded seeing the bears up close but in the safety and comfort of your chair.

MUSIC LECTURE w/DEBORAH ROSENGAUS

Fridays, March 3rd and 17th 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!

TECH TALK w/CURTIS GOLDEN

Fridays, March 3rd and 17th 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.!

Other In-House Programs:

Baking Group– Banana Nut Muffins

Thursday, March 9th at 11:30am (DR)

Arts & Crafts: Spring Flower Painting

Thursday, March 30th at 11:30am (SOL)

VIRTUAL LECTURES (Also Shown in Media Room)

CURRENT EVENTS w/KEN

Wednesdays at 10:00am

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

Thursday, March 9th at 1:00pm

Bonnie Weiss conducts a virtual lecture series about musical theater. Join us on Thursday, February 2nd, at 11:30am, on Zoom, for Bonnie's next program. The topic of her program this month will be announced.

MEETING ID: 646 519 9628

PASSCODE: dRsA3P

OUTINGS GUIDELINES

Activity Outing Binder and sign up sheet are available at the front desk. Please sign up before the deadline. Any ticket cancellations will be billed to your account unless a replacement is found. An ID or vaccination record may be required on certain venues. Residents are responsible for their own research of the facility, and if handicap seats are needed, please let Concierge or Activity Staff know ahead of time.

For any additional questions, please contact Jenny Huynh at jhuynh@wqliving.com.