

Palo Alto Commons

September 2023



Attention, All Proud Grandparents!!!

In honor of Grandparent's Day, we invite you to show off your beautiful grandchildren! Bring your photo(s) of your grandchildren to anyone from the activity department, or to the front desk. We will make a photo copy of each photo and return the original photos to you. Also, don't miss out on a special Grandparents Day Concert with Elaine Ryan on Sunday, September 10th at 2:15pm in the Dining Room.

Balance Class with EmpowerMe

Meet Andrew Aramki, our PT who will be leading Balance Class on Thursdays at 3:30pm in the Dining Room. Andrew Aramaki graduated from UCSF in 2013 with a Doctorate in Physical Therapy. For five years, he enjoyed working in a hospital at Santa Clara Kaiser. He's currently working with Grace Community Home Health for the last three years. As a physical therapist, he loves to help people become stronger and more independent. Andrew is also a Credentialed Clinical Instructor and a Certified Clinician of the LSVT BIG.



Employee of the Month – Bertha Ramos

Each month, the Avant and Palo Alto Commons selects an Employee of the Month, and this month's recipient is Bertha Ramos! Bertha has been working at Palo Alto Commons for 11 years as a Housekeeper. Bertha quotes, "I am in disbelief and truly grateful for being selected as the EOM." Bertha was born in Nayarit, Mexico and have been living in the Bay Area for 26 years. During her free time, she enjoys spending time with her children and husband. Her hobbies is shopping and testing out her luck with games. Bertha quotes, "A clean environment, makes you feel happy, fresh, and healthy. I enjoy helping the residents keeping the apartment clean and tidy as if it's my own home." Once again, congrats Bertha for being selected as our September EOM!



Our Team

Executive Director
Li Li

Business Office Manager
Diana Smith

Director of Nursing
Trish Oliver

Assisted Living Care Director
Vianey Urbina

Culinary Service Director
Jonathan Shaw

Maintenance Director
Glenn Duenas

Human Resource Director
Lutch Aquino

Activity Director
Jenny Huynh





Journey Director
Nileshma Singh

Marketing Director
Eleanor Lanuza

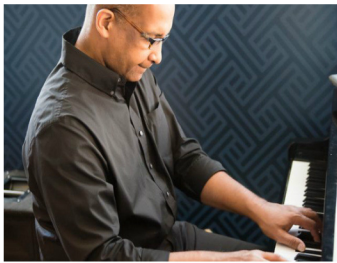
Sales Coordinator
Michael Tow

SEPTEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY	FRIDAY	SATURDAY
<div><p>Assisted Living</p></div>	<div><p>LOCATION KEY</p><p>ACTIVITY ROOM (AR) LIVING ROOM (LR) DINING ROOM (DR) HOBBY ROOM (HR) LOBBY (LOB) COURTYARD (CY) RESIDENTS STORE (3FL)</p></div>	<div><p>HAPPY BIRTHDAY RESIDENTS!</p><p>Noreen V. – 6th Ann A. – 10th Shirley Z. – 12th Ingrid R. – 27th Anne L. – 29th</p></div>	<div><p> Stimulate Your Mind</p><p> Motivate Your Body</p><p> Rejuvenate Your Spirit</p></div>	<div><p>10:00 Music Appreciation w/ Tina (HR) 1 10:45 Exercise (DR) 2:00 Documentary Video: The Deepest Breath (HR) 3:00 HAPPY HOUR (DR) 7:00 New Released Movie– Big George Foreman (HR)</p></div>	<div><p>9:45 Shopping Trip (LOB) 2 10:00 Watercolors (HR) 10:45 Exercise (DR) 2:00 Afternoon Games: Blackjack (HR) 3:00 Sing Along (HR) 4:00 Short Walk (Sign Up) (LOB) 7:00 Award Winning Movie– Won't You Be My Neighbor? (HR)</p></div>	
<div><p>9:30 Church Transport (LOB) 3 10:00 History Video: The 1930s (HR) 10:45 Exercise (DR) 2:00 Matinee Movie– The Two Popes (HR) 2:00 Scenic Drive: Saratoga (LOB) 7:00 Dramatic Movie– Ray (HR)</p></div>	<div><p>10:00 Brain Fitness (HR) 4 10:45 Exercise (DR) 2:15 Labor Day Concert w/ Lee Allen (DR) 3:15 Flower Arranging (HR) 7:00 Comedy Movie– Caddyshack (HR)</p></div>	<div><p>10:00 Relaxation Coloring (HR) 5 10:45 Exercise (DR) 1:00 Short Walk (LOB) 2:00 Art Appreciation w/ Lori (HR) 3:00 Travel Around the World w/ Dan (HR) 7:00 Family Friendly Movie Night– Journey to the Center of the Earth (HR)</p></div>	<div><p>10:00 Current Events w/ Ken (HR) 6 10:45 Exercise (DR) 2:00 Health & Relaxation w/ Lu (HR) 3:00 Horticulture w/ John O'Hara (HR) 4:00 Resident Store Opens (3) 7:00 Classic Movie– Butch Cassidy & the Sundance kid (HR)</p></div>	<div><p>10:00 Nature Documentary: Wild Isles (HR) 7 10:45 Exercise (DR) 1:00 Short Walk (LOB) 2:15 Concert w/ The Clef Hangers (DR) 3:30 Balance Class w/ Andrew (DR) 7:00 Romantic Movie– Urban Cowboy (HR)</p></div>	<div><p>10:00 Music Appreciation w/ Tina (HR) 8 10:45 Exercise (DR) 2:00 SpiritCare w/ Marilyn (AR) 3:00 Book Club Meeting: The Winds Knows My Name (HR) 7:00 New Released Movie– Whitney Houston: I Wanna Dance with Somebody (HR)</p></div>	
<div><p>GRANDPARENT'S DAY! 10 9:30 Church Transport (LOB) 10:00 History Video: The 1930s (HR) 10:45 Exercise (DR) 1:00 Drugstore Outing (LOB) 2:15 Grandparents Day Concert w/ Elaine Ryan (DR) 3:15 Bridges in Music Program (DR) 7:00 Grandparents Day Movie: Little Miss Sunshine (HR)</p></div>	<div><p>10:00 Brain Fitness (HR) 11 10:45 Exercise (DR) 2:00 Jeopardy (HR) 3:00 Birthday Concert w/ Ian Scarfe (DR) 4:30 Trivia Dinner Night! (DR) 7:00 Comedy Movie– How Do You Know (HR)</p></div>	<div><p>10:00 Relaxation Coloring (HR) 12 10:45 Exercise (DR) 1:00 Short Walk (LOB) 2:00 Art Appreciation w/ Lori (HR) 3:00 Travel Around the World w/ Dan (HR) 7:00 Family Friendly Movie Night– Puss in Boots: The Last Wish (HR)</p></div>	<div><p>10:00 Current Events w/ Ken (HR) 13 10:45 Exercise (DR) 2:00 Health & Relaxation w/ Lu (HR) 3:15 Art and Craft: Candle Mosaic (HR) 4:00 Resident Store Opens (3) 7:00 Classic Movie– A King in New York (HR)</p></div>	<div><p>10:00 Nature Documentary: Wild Isles (HR) 14 10:45 Exercise (DR) 1:00 Short Walk (LOB) 2:00 BINGO! (HR) 3:30 Balance Class w/ Andrew (DR) 7:00 Romantic Movie– Mona Lisa Smile (HR)</p></div>	<div><p>10:00 Music Appreciation w/ Tina (HR) 15 10:45 Exercise (DR) 12:00 Men's Lunch (HR) 3:00 HAPPY HOUR (DR) 7:00 New Released Movie– Land of Gold (HR)</p></div>	
<div><p>9:30 Church Transport (LOB) 17 10:00 History Video: The 1930s (HR) 10:45 Exercise (DR) 2:00 Matinee Movie– Rocky (HR) 2:00 Scenic Drive: Lake Elizabeth, Fremont (LOB) 7:00 Dramatic Movie– Legends of the Fall (HR)</p></div>	<div><p>10:00 Brain Fitness (HR) 18 10:45 Exercise (DR) 11:30 Lunch Outing: Celia's Mexican Restaurant (Sign Up) (LOB) 2:15 Menu Meeting (DR) 3:15 Flower Arranging (HR) 7:00 Comedy Movie– Pee-Wee's Big Holiday (HR)</p></div>	<div><p>10:00 Relaxation Coloring (HR) 19 10:45 Exercise (DR) 1:00 Short Walk (LOB) 2:00 Art Appreciation w/ Lori (HR) 3:00 Travel Around the World w/ Dan (HR) 7:00 Family Friendly Movie Night: Matilda (HR)</p></div>	<div><p>10:00 Current Events w/ Ken (HR) 20 10:45 Exercise (DR) 2:00 Health & Relaxation w/ Lu (HR) 3:00 Horticulture w/ John O'Hara (HR) 4:00 Resident Store Opens (3) 7:00 Classic Movie: The Jerk (HR)</p></div>	<div><p>10:00 Nature Documentary (HR) 21 10:45 Exercise (DR) 1:00 Short Walk (LOB) 2:00 BINGO! (HR) 3:30 Balance Class w/ Andrew (DR) 7:00 Romantic Movie: A Tourist's Guide to Love (HR)</p></div>	<div><p>10:00 Music Appreciation w/ Tina (HR) 22 10:45 Exercise (DR) 11:30 Picnic in the Park (Sign Up) (LOB) 2:30 Nature Talks w/ Joan Sparks (HR) 7:00 New Released Movie: Heart of Stone (HR)</p></div>	
<div><p>9:30 Church Transport (LOB) 24 10:00 History Video: The 1930s (HR) 10:45 Exercise (DR) 2:00 Field Trip Outing: American Heritage Museum (Sign Up) (LOB) 2:00 Matinee Movie: Ghost of Mississippi (HR) 7:00 Dramatic Movie: Hotel Mumbai (HR)</p></div>	<div><p>10:00 Brain Fitness (HR) 25 10:45 Exercise (DR) 2:15 Resident's Meeting (DR) 3:00 Concert w/ Joseph Wilkes (DR) 4:30 Trivia Dinner Night! (DR) 7:00 Comedy Movie: Blended (HR)</p></div>	<div><p>10:00 Relaxation Coloring (HR) 26 10:45 Exercise (DR) 1:00 Short Walk (LOB) 2:00 Art Appreciation w/ Lori (HR) 3:00 Travel Around the World w/ Dan (HR) 7:00 Family Friendly Movie Night: Garfield The Movie (HR)</p></div>	<div><p>10:00 Current Events w/ Ken (HR) 27 10:45 Exercise (DR) 2:00 Health & Relaxation w/ Lu (HR) 3:15 Art and Craft: DIY Pinwheel Craft (HR) 4:00 Resident Store Opens (3) 7:00 Classic Movie: Casablanca (HR)</p></div>	<div><p>10:00 Nature Documentary (HR) 28 10:45 Exercise (DR) 1:00 Short Walk (LOB) 2:00 BINGO! (HR) 3:30 Balance Class w/ Andrew (DR) 7:00 Romantic Movie: Because She Said So (HR)</p></div>	<div><p>10:00 Music Appreciation w/ Tina (HR) 29 10:45 Exercise (DR) 2:00 Book Club Meeting (HR) 3:00 HAPPY HOUR (DR) 7:00 New Released Movie: Lemon (HR)</p></div>	
						<div><p>9:45 Shopping Trip (LOB) 30 10:00 Watercolors (HR) 10:45 Exercise (DR) 2:00 Afternoon Games: Giant Sequence (HR) 3:00 Sing Along (HR) 4:00 Short Walk (Sign Up) (LOB) 7:00 Award Winning Movie– Where the Track Ends (HR)</p></div>

Concerts & Guest Speakers



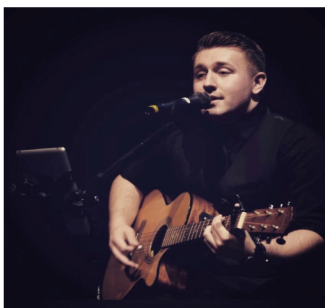
Labor Day Concert with Lee Allen
Monday, September 4th at 2:15pm.
Lee Allen is a solo jazz pianist, who authors all his arrangements and performs all of his accompanying instrument parts, based on his experience in bands and in playing the actual instruments.



Grandparent's Day Concert
Sunday, September 10th at 2:15pm.
Elaine Ryan is a singer-songwriter living in the San Francisco Bay Area. With a passion for performing, Ryan has become a sought-after artist for weddings, events, and local venues. Ryan's love of music began in her early years in Ireland and Vancouver, Canada. She has since toured throughout Canada, the United States, and Europe, captivating audiences with her warm, soulful sound.



Birthday Concert with Ian Scarfe
Monday, September 11th at 3:00pm
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. Ian keeps a busy schedule traveling across the United States and Europe organizing concerts, tours, and festivals.



Concert with Joseph Wilkes
Monday, September 25th at 3pm
Back by popular demands, solo vocalist and guitarist, Joseph Wilkes will be bringing his own unique styles from the popular hits of the 50s-80s to Palo Alto Commons!

This Month Outing: American Heritage Museum

The Museum of American Heritage is a museum in Palo Alto, California. It is dedicated to the preservation and display of electrical and mechanical technology and inventions from the 1750s through the 1950s. The museum has a large collection of artifacts that are generally not accessible to the public.

Sunday, September 24th at 2:00pm
(Sign up at the front desk)



Nature Talks with Joan Sparks
Warlords of the Air: Raptors
Friday, September 22nd at 2:30pm
in the Hobby Room

Join wild life photographer, Joan Sparks on a journey to see the war lords of the air – owls, hawks, falcons, vultures and eagles also referred to as raptors. These birds of prey are superbly equipped for their lives as predators and swiftly carry out their roles given them by nature. Come and see these amazing birds that might call your backyard home.

Our Wellness Quest



Stimulate Your Mind

Living at WellQuest, our mission is to keep you on a quest for wellness with our revitalizing program which focuses on Intellectual, Physical and Social wellness.



Motivate Your Body

At WellQuest, we strive to keep you active and engaged by stimulating your mind, motivating your body and rejuvenating your spirit on a daily basis.



Rejuvenate Your Spirit

Don't stop living your best life and start your Wellness Quest with us!
We focus on the individual needs of each of our residents, so they can have the autonomy and freedom they desire along with the help and care they might need.