

Palo Alto Commons

February



2024



Message from the Executive Director

Though February is a short month, it is filled with lots of love and sweet surprises. Have a Fabulous February!

SUPERBOWL VIEWING PARTY!

Whether you are a diehard football fan or not, you can still enjoy the annual American tradition of Superbowl Sunday! This year, the Superbowl is on Sunday, February 11th. Residents are welcome to view the game in the Hobby Room on this day. Kickoff is at 3:30pm. The Superbowl Trivia Contest (included in your Newsletter.) Turn in your predictions to the front desk by Friday, February 9th at noon. The Residents who predicts the most items on the questionnaire will win a lucrative prize! As the game typically lasts 3.5 to 4 hours, residents are reminded to attend dinner at their regular times.



LUNAR NEW YEAR PRESENTATION

Join us this Lunar New Year and learn about the different traditions and cultural food planned on this Holiday. Wednesday, February 7th at 3pm in the Hobby Room.



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

Marketing Director
Eleanor Lanuza

Employee of the Month!

Each month, the Avant and Palo Alto Commons selects an Employee of the Month, and this month's recipient is Jimmy Marques! Jimmy has been working at Palo Alto Commons for a year, as a dishwasher. Jimmy quotes, "I am shocked and very happy to be selected as the Employee of the Month." Jimmy was born in Nicaragua and has lived in the Bay Area for a year and a half. During his free time, he enjoys watching TV and listening to music. Jimmy quotes, "I enjoy everything I do at work. It gives me the satisfaction to see the kitchen nice and tidy." Once again, congratulation Jimmy Marques for being our February EOM!





- Motivate
- Rejuvenate
- Stimulate

February 2024 Activity Calendar

LOBBY (LOB)

COURTYARD (CY)

RESIDENTS STORE (3FL)

DINING ROOM (DR)

HOBBY ROOM (HR)

ACTIVITY ROOM (AR)

LIVING ROOM (LR)

Sunday



Monday



Tuesday



Wednesday



Thursday

Friday

Saturday

- 9:30 Church Transport (LOB) 4
- 10:00 History Video: A Small Light (HR)
- 10:45 Exercise (DR)
- 2:00 Matinee Show: Lessons in Chemistry (HR)
- 2:00 Scenic Drive: Crystal Springs (Sign Up) (LOB)
- 7:00 Dramatic Movie- The Mule (HR)

- 10:00 Brain Fitness (HR) 5
- 10:45 Exercise (DR)
- 1:00 Short Walk (Sign Up) (LOB)
- 2:00 Concert w/ Lee Allen (DR)
- 3:15 Flower Arranging (HR)
- 7:00 Comedy Movie- Twins (HR)

- 10:00 Relaxation Coloring (HR) 6
- 10:45 Exercise (DR)
- 1:00 Short Walk (Sign Up) (LOB)
- 2:00 Art Appreciation w/ Lori (HR)
- 3:00 Travel Around the World w/ Dan (HR)
- 7:00 Action Movie Night- King Kong 2005 (HR)

- 10:00 Current Events w/ Ken (HR) 7
- 10:45 Exercise (DR)
- 2:00 Health & Relaxation w/ Lu (HR)
- 3:00 Lunar New Year Presentation (HR)
- 4:00 Resident Store Opens (3)
- 7:00 Classic Movie- The Guns of Navarone (HR)

- 10:00 Nature Documentary: Animal Kingdom (HR) 8
- 10:45 Balance Class w/ Mary Joy (DR)
- 1:00 Short Walk (Sign Up) (LOB)
- 2:00 BINGO! (HR)
- 3:30 Exercise (DR)
- 7:00 Romantic Movie: Always be my Maybe (HR)

- 10:00 Musical Documentary: American Symphony (HR) 9
- 10:45 Exercise (DR)
- 12:00 Men's Lunch (HR)
- 2:00 SpiritCare w/ Marilyn (AR)
- 3:00 Chocolate Covered Strawberries (HR)
- 4:15 Short Walk (Sign Up) (LOB)
- 7:00 New Released Movie: Grand Turismo (HR)

- 9:45 Shopping Trip (LOB) 10
- 10:00 Watercolors (HR)
- 10:45 Exercise (DR)
- 2:00 Art and Craft: Vday Gnome Painting (HR)
- 3:00 Sing Along (HR)
- 4:00 Short Walk (Sign Up) (LOB)
- 5:00 LUNAR NEW YEAR DINNER NIGHT (DR)
- 7:00 Award Winning Movie: Apollo 13 (HR)

- 9:30 Church Transport (LOB) 11
- 10:00 History Video: A Small Light (HR)
- 10:45 Exercise (DR)
- 1:00 Drugstore Outing (LOB)
- 2:15 Bridges in Music Program (DR)
- 3:30 SUPERBOWL VIEWING PARTY! (HR)
- 7:00 Dramatic Movie: Max (HR)

- 10:00 Brain Fitness (HR) 12
- 10:45 Exercise (DR)
- 1:00 Short Walk (Sign Up) (LOB)
- 2:00 Jeopardy (HR)
- 3:15 Activity & Menu Meeting (DR)
- 4:30 Trivia Dinner Night! (DR)
- 7:00 Comedy Movie: Central Intelligence (HR)

- 10:00 Relaxation Coloring (HR) 13
- 10:45 Exercise (DR)
- 1:00 Short Walk (Sign Up) (LOB)
- 2:00 Art Appreciation w/ Lori (HR)
- 3:00 Travel Around the World w/ Dan (HR)
- 7:00 Action/Thriller Movie Night: Live Free or Die Hard (HR)

- VALENTINE'S DAY! 14
- 10:00 Current Events w/ Ken (HR)
- 10:45 Exercise (DR)
- 2:00 Health & Relaxation w/ Lu (HR)
- 3:00 Valentine's Day Concert w/ Kimberlye Gold! (DR)
- 4:00 Resident Store Opens (3)
- 7:00 Classic Movie: That Hamilton Woman (HR)

- 10:00 Nature Documentary: Animal Kingdom (HR) 15
- 10:45 Balance Class w/ Mary Joy (DR)
- 1:00 Short Walk (Sign Up) (LOB)
- 2:00 BINGO! (HR)
- 3:30 Exercise (DR)
- 7:00 Romantic Movie: Austenland (HR)

- 10:00 Musical Documentary: Homecoming (HR) 16
- 10:45 Exercise (DR)
- 1:00 Library Outing (Sign Up) (LOB)
- 3:00 HAPPY HOUR (DR)
- 4:15 Short Walk (Sign Up) (LOB)
- 7:00 New Released Movie: Black Adam (HR)

- 9:45 Shopping Trip (LOB) 17
- 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: Gia (HR)

- 9:30 Church Transport (LOB) 18
- 10:00 History Video: A Small Light (HR)
- 10:45 Exercise (DR)
- 2:00 Field Trip Outing: Anderson Collection (LOB)
- 2:00 Matinee Show: Lessons in Chemistry (HR)
- 7:00 Dramatic Movie: Angel of Mine (HR)

- PRESIDENT'S DAY! 19
- 10:00 Brain Fitness (HR)
- 10:45 Exercise (DR)
- 1:00 Short Walk (Sign Up) (LOB)
- 2:00 Concert w/ Johnny Fabulous (DR)
- 3:15 Flower Arranging (HR)
- 7:00 Comedy Movie: The Brothers (HR)

- 10:00 Relaxation Coloring (HR) 20
- 10:45 Exercise (DR)
- 1:00 Short Walk (Sign Up) (LOB)
- 2:00 Art Appreciation w/ Lori (HR)
- 3:00 Travel Around the World w/ Dan (HR)
- 7:00 Action/Thriller Movie Night: Behind Enemy Lines (HR)

- 10:00 Current Events w/ Ken (HR) 21
- 10:45 Exercise (DR)
- 2:00 Health & Relaxation w/ Lu (HR)
- 3:00 BINGO! (HR)
- 4:00 Resident Store Opens (3)
- 7:00 Classic Movie: Escape From Alcatraz (HR)

- 10:00 Nature Documentary: Animal Kingdom (HR) 22
- 10:45 Balance Class w/ Mary Joy (DR)
- 1:00 Short Walk (Sign Up) (LOB)
- 2:00 Cooking Demo w/ Jonathan (DR)
- 3:30 Exercise (DR)
- 7:00 Romantic Movie: The Piano Teacher (HR)

- 10:00 Musical Documentary: Homecoming (HR) 23
- 10:45 Exercise (DR)
- 11:45 Lunch Outing: Green Elephant (Sign Up) (LOB)
- 2:00 Art and Craft: Hand Tie Quilt (HR)
- 2:30 Nature Talks w/ Joan Sparks (HR)
- 4:15 Short Walk (Sign Up) (LOB)
- 7:00 New Released Movie: Priscilla (HR)

- 9:45 Shopping Trip (LOB) 24
- 10:00 Watercolors (HR)
- 10:45 Exercise (DR)
- 2:00 Afternoon Game: Monopoly (HR)
- 3:00 Sing Along (HR)
- 4:00 Short Walk (Sign Up) (LOB)
- 7:00 Award Winning Movie: The Dads (HR)

- 9:30 Church Transport (LOB) 25
- 10:00 History Video: A Small Light (HR)
- 10:45 Exercise (DR)
- 2:00 Matinee Show: Lessons in Chemistry (HR)
- 2:00 Scenic Drive: Saratoga (Sign Up) (LOB)
- 7:00 Dramatic Movie: Uncut Gems (HR)

- 10:00 Brain Fitness (HR) 26
- 10:45 Exercise (DR)
- 1:00 Short Walk (Sign Up) (LOB)
- 2:00 Concert with Ian Scarfe (LR)
- 3:15 Resident's Meeting (DR)
- 4:30 Trivia Dinner Night! (DR)
- 7:00 Comedy Movie: Anger Management (HR)

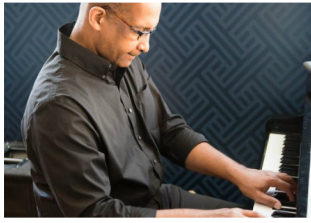
- 10:00 Relaxation Coloring (HR) 27
- 10:45 Exercise (DR)
- 1:00 Short Walk (Sign Up) (LOB)
- 2:00 Art Appreciation w/ Lori (HR)
- 3:00 Travel Around the World w/ Dan (HR)
- 7:00 Action/Thriller Movie Night: Gravity (HR)

- 10:00 Current Events w/ Ken (HR) 28
- 10:45 Exercise (DR)
- 2:00 Health & Relaxation w/ Lu (HR)
- 3:00 The Mexican Train (HR)
- 4:00 Resident Store Opens (3)
- 7:00 Classic Movie: The Front Page (HR)

- 10:00 Nature Documentary: Animal Kingdom (HR) 29
- 10:45 Balance Class w/ Mary Joy (DR)
- 1:00 Short Walk (Sign Up) (LOB)
- 2:00 BINGO! (HR)
- 3:30 Exercise (DR)
- 7:00 Romantic Movie: A Walk to Remember (HR)



Special Events



Concert with Lee Allen

Lee Allen is a solo jazz pianist, who authors all his arrangements and performs all of his accompanying instrument parts, based on his experiences in bands and in playing the actual instruments will be performing with us on:

Monday, February 5th at 2:00pm in the Dining Room.

Valentine's Day Concert with Kimberlye Gold and Joe Lococo!

Join vocal singer and guitarist Kimberlye Gold along with her partner, Joe Lococo, who will be performing romantic pieces to celebrate Valentine's Day with Palo Alto Commons on: Wednesday, February 14th at 3pm the Dining Room.



Birthday Concert with Johnny Fabulous!
Discovered In The Hallways Of The Blues
Drawn From The Wells Of Gospel
And Inspired From The Colors Of Jazz.

This is Johnny Fabulous performing live with us on:
Monday, February 19th at 2:00pm in the Dining Room.

Concert with 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 joy of diversifying his work. Join Ian Scarfe, classical pianist on:
Monday, February 26th at 2pm in the Dining Room.



Monthly Meetings

Activity & Menu Meeting
Monday, February 12 at 3:15pm in the dining room.

Resident's Meeting
Monday, February 26 at 3:15pm in the dining room.

Outings

Scenic Drive:
Crystal Springs
February 4th at 2pm

Saratoga
February 25th at 2pm

Mitchell Park Library
February 16th at 1pm

Anderson Collection Museum
February 18th at 2pm

Lunch Outing:
Green Elephant, Mountain View
February 23rd at 11:45am

Outing descriptions and signed up sheets are available at the front desk. Please sign up before the deadline.

Happy Birthday Residents!



Linda T. – 1st
Sally L. – 5th
Roger C. – 17th
Arthur F. – 24th

Come celebrate February's Birthday
with Johnny Fabulous on
Monday, February 19th at 2pm in the Dining Room!

Our Wellness Quest



Stimulate Your Mind



Motivate Your Body



Rejuvenate Your Spirit

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

Don't stop living your best life and start your Wellness Quest journey 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.