ACTIVITIES LOCATION KEY

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>LR</td>
<td>Living Room</td>
<td>LIB Library</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>AR</td>
<td>Activity Room</td>
<td>FR Fitness Room</td>
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<tr>
<td>HR</td>
<td>Hobby Room</td>
<td>RS Resident Store</td>
<td></td>
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</tr>
<tr>
<td>CR</td>
<td>Card Room</td>
<td>LOB Sign up and Meet in Lobby</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

**NOVEMBER 2019**

**MONDAY**
- 9:50a WATERCOLORS w/Jenny (AR)
- 10:20a AQUATIC FITNESS w/Les (LR)
- 11:00a EXERCISE w/Jorge (LR)
- 1:00p SHORT WALK (LOB)
- 2:00p BOOK CLUB MEETING (HR)
- 3:30p BINGO w/Jenny (AR)
- 7:00p SHORT RELEASE MOVIE

**TUESDAY**
- 9:50a CREATIVE SELF EXPRESSION w/Joel (AR)
- 10:00a COMMUNION (in Library)
- 11:00a EXERCISE w/Jorge (LR)
- 1:00p SHORT WALK
- 2:00p CONCERT – Anna Maggioni (LR)
- 3:15p ART APPRECIATION w/Shirley (AR)
- 7:00p COMEDY MOVIE (LR)

**WEDNESDAY**
- 9:50a CURRENT EVENTS w/Ken (AR)
- 11:00a EXERCISE w/Ines (LR)
- 1:00p SHORT WALK
- 2:00p TAI CHI w/Irene (LR)
- 3:30p DRUGSTORE OUTING – Wegeners
- 7:00p RESIDENT STORE OPEN
- 7:00p BI FIG w/Irene (LR)
- 7:00p BINGO w/Jorge (AR)

**THURSDAY**
- 9:50a NATURE VIDEO (AR)
- 10:20a AQUATIC FITNESS w/Les (LR)
- 11:00a EXERCISE w/Ines (LR)
- 1:00p SHORT WALK
- 2:00p TV TALK w/Ann Spear – Amazon Jungle Treasures (rescheduled from Jungle Treasures)
- 3:30p SPANISH CLASS (LR)
- 7:00p CLASSIC MOVIE (LR)

**FRIDAY**
- 9:50a MUSIC APPRECIATION w/Tina – Music for Halloween
- 11:00a EXERCISE w/Jenny (LR)
- 1:00p SHORT WALK
- 3:30p BANK OUTING (LOB)
- 7:00p ROMANTIC MOVIE (LR)

**SATURDAY**
- 9:30a SHOPPING TRIP
- 10:00a CRANIUM CRUNCHES w/Jenny – A-Z Game (AR)
- 11:00a EXERCISE w/Jenny (LR)
- 2:00p GIANT SCRABBLE
- 3:30p BAKING w/Jenny – Pumpkins Pie (AR)
- 3:30p SPANISH CLASS (HR)
- 7:00p CLASSIC MOVIE (LR)

**ACTIVITIES LOCATION KEY**
- LR: Living Room
- LIB: Library
- AR: Activity Room
- FR: Fitness Room
- RS: Resident Store
- Card Room
- LOB: Sign up and Meet in Lobby

**ACTIVITIES KEY**
- 9:30a HISTORY VIDEO – African Americans: Many Rivers to Cross
- 10:00a CATHOLIC SERVICE (HR)
- 11:00a EXERCISE w/Jenny (LR)
- 2:00p MATINEE MOVIE (LOB)
- 2:10p SCENIC DRIVE – Coyote Point (LOB)
- 3:30p NATURE VIDEO (AR)
- 7:00p CLASSIC MOVIE

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- 9:30a HISTORY VIDEO – African Americans: Many Rivers to Cross
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- 11:00a EXERCISE w/Jenny (LR)
- 2:00p MATINEE MOVIE (LOB)
- 2:10p SCENIC DRIVE – Coyote Point (LOB)
- 7:00p DRAMATIC MOVIE (LOB)

**DAYLIGHT SAVINGS TIME**
- Ends at 2am.
- SET CLOCKS BACK ONE HOUR.

** Такое же сообщение, но в более коротком формате:**

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  - 3:30p SPANISH CLASS (HR)
  - 7:00p CLASSIC MOVIE (LR)

- **SATURDAY**
  - 9:30a SHOPPING TRIP
  - 10:00a CRANIUM CRUNCHES – Word Scramble (AR)
  - 11:00a EXERCISE (LR)
  - 2:00p BINGO w/Jenny (AR)
  - 3:30p SING ALONG w/Jenny (AR)
  - 3:30p SPANISH CLASS (HR)
  - 7:00p CLASSIC MOVIE (LR)

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- SET CLOCKS BACK ONE HOUR.
EMPLOYEE OF THE MONTH

Maria B.

Congratulations to the November Employee of the Month, Maria B.

Maria is a personal care attendant in the Elite Care program, and she has been working at PAC for 2 years. Maria has over 18 years experience as a Certified Nursing Assistant.

“I am happy and satisfied to receive this award,” she says. Born in Mexico, she has been living in the Bay Area for 23 years. She enjoys cooking, spending time with her two sons, and playing sports with them. She is happy that she has a large Bay Area family, including her siblings and nieces and nephews. “I really enjoy my job, because there is plenty of time to spend with residents,” Maria adds. “I also appreciate my supervisors, because they are quick to resolve any issues and help to make the team work well.”

Charito Amoranto, her supervisor, says, “Maria is kind, caring, dedicated, and always tries her best to take good care of the residents. She always has a positive attitude and is a wonderful role model for others.”

Daylight Savings Time ends on Sunday, November 3, at 2:00am. Please set your clocks BACK ONE HOUR.

This means that you will gain one extra hour of sleep on this night, but you will soon lose one hour of daylight! Our staff will go to resident apartments on Monday, November 4, to help reset clocks.
8th Annual Palo Alto Commons Residents vs. Managers Team Trivia Competition

Come and cheer on your favorite resident or manager team in the 8th Annual Palo Alto Commons Managers vs. Residents Team Trivia Competition! This special and popular event will take place on Monday, November 18, at 3:15pm, in the Living Room. This is one of our favorite annual traditions!

The resident team will comprise of the 6 residents who competed in the Resident Team Competition over the summer. A random draft of the residents will determine the two teams.

The manager team will be comprised of our best and smartest trivia buffs, so the resident team beware!!! All residents are welcome to join us in the audience to cheer on your favorite team and/or participant! The winning team will win the coveted Palo Alto Commons Champion “Smartie Pants” coffee mugs!

Good Luck to our Competitors!

Foothill College Classes

The following Foothill College classes will be offered at Palo Alto Commons. Classes are free to residents. See Deeann if you have any questions about the Foothill College classes.

Creative Self– Expression with Jorel
Tuesdays at 9:50am

Art Appreciation with Shirley
Tuesdays at 3:15pm

Current Events with Ken
Wednesdays at 9:50am

Health & Relaxation with Lou
Wednesdays at 1:45pm

Music Appreciation with Tina
Fridays at 9:50am
Literary Lecture w/Darwin

Darwin Patnode conducts monthly talks on literary authors. Darwin has a PhD in English and is a professional parliamentarian and academic fund raiser. On Thursday, November 8, at 2:00pm, in the Activity Room, Darwin will conduct this month’s literary lecture entitled, “Barnaby Rudge by Charles Dickens.” This little-known 1841 novel by Dickens tells the story of a simple-minded boy and his pet bird during the anti-Catholic riots in London of 1780. Much of the story is about a government heedless of the needs of the poor, and Barnaby is swept into the riots by accident. His bird was the inspiration for Poe's poem "The Raven."

SAVE THE DATE!

The Annual Palo Alto Commons Resident and Family Holiday Party will take place Tuesday, December 17, from 2:00pm to 3:30pm. As tradition, our staff will join us in celebration and to receive their annual Gift Fund bonuses. Delicious holiday food, fun entertainment, and lots of festive cheer will be provided!

ANNUAL HOLIDAY PARTY

Sunday, November 3
Coyote Point

Sunday, November 10
Stanford and Palo Alto

Sunday, November 17
Ed Levin Park (Milpitas)

Sunday, November 24
Los Altos Hills

RELIGIOUS PROGRAMS

Volunteers from St. Thomas Aquinas Parish in Palo Alto comes to Palo Alto Commons each Tuesday to administer the Eucharist/Communion to residents. If you would like to receive Communion, please meet the volunteer in the library on the second floor at 10:00am each Tuesday.

Each month, Reverend Sue Ann Yarbrough, from Spirit Care Ministry to Seniors, conduct a nondenominational worship service/program. Spirit Care is a publicly-funded interdenominational outreach program. The November worship program will take place on Monday, November 18, at 2:15pm, in the activity room.

Resident Walt L. leads the weekly Catholic Service in the Hobby Room on Sundays at 10:00am. The service offers an optional Eucharist for interested residents. Please join Walt for this Sunday service.

Palo Alto Commons Quality Assisted Living 4075 El Camino Way, Palo Alto, CA 94306
Join us for a special event honoring

VETERAN’S DAY

Join us as we honor our veterans!

VETERAN’S DAY CONCERT:

St. Gabriel’s Celestial Brass Band

Present a Patriotic Musical Tribute

Monday, November 11,
at 2:00pm
In the Living Room
A CLASSICAL CONCERT
IN CELEBRATION OF THE
Autumn Season

Featuring...
Ian Scarfe, piano
Brynn Albanese, violin

Wednesday, November 21
2:00pm
In the Living Room
FITNESS at Palo Alto Commons

We invite you to join us in our daily exercise classes at 11:00am. This is a wonderful opportunity for residents to get in a comfortable, yet challenging, workout each day. Our instructors can help to adapt each exercise to resident needs.

Leland Navarro is our Health Fit Coach. He is an NCCPT-certified Personal Trainer, working as both a Personal Trainer and Union City Leisure Services Employee for the Mark Green Sports Center. Leland is CPR/AED/First Aid certified, and in addition to his personal training experience, has also been a private martial arts instructor for over ten years. Please see Charito if you would like more information about our Health Fit program.

Our weekly Balance Class with the Rehab Go Coach emphasizes balance training and strengthening. As the focus is on balance training, this class is a more advanced fitness class than the daily fitness class at 11am and is catered for residents who can stand for most of the 30-minute duration of each class. The Balance Class takes place on Thursdays at 3:30pm.

Also, the Aquatic Fitness classes with Les Corzberg take place on Mondays and Thursdays at 10:25am. If you would like to take part in the aquatics program, please see Deann in the activity program for more information!

Join Irene Hu for the weekly chair tai-chi class on Wednesdays at 4:00pm. Irene is a Chen Style Tai Chi instructor certified by the American Chen Taiji Society (ACTS). She holds gold medals at regional Martial Arts Tournaments.

*Staff birthdays are continued on page 9...
Ballet Outing:  
*The Christmas Ballet*  
By Smuin Ballet

**What:** Light up your holiday season with Smuin’s *The Christmas Ballet!* Snow white classical selections set to cherished carols top off Act I, The Classical Christmas. Don’t miss the return of old favorites, including “Ave Maria,” “The Gloucestershire Wassail,” and “Magnificat,” alongside new creations from local renowned choreographers. Debuting in San Francisco in 1994, Smuin immediately established itself as one of the Bay Area’s most eagerly watched performing arts companies of international acclaim, performing to sold-out houses on U.S. and European tours. Michael Smuin’s singular philosophy to create pieces, which merge the diverse vocabularies of classical ballet and contemporary dance has served as the Company’s touchstone since its inception.

**When:** Saturday, November 30. Bus will leave Palo Alto Commons at 1:15pm. Show begins at 2pm. We will return to Palo Alto Commons about 4:30pm.

**Where:** Mountain View Center for Performing Arts

**Fee:** $64.00-$98.00 (depending on seat)

**Deadline:** Please sign up by Monday, November 4, so that we have time to purchase tickets to accommodate our resident group. Your resident account will be charged the ticket price upon sign-up, so please be committed to attending if you sign up.

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**WALT’S GREEN NOTES**

In October I suggested turning off unneeded lights. I think I’ve noticed some improvement, so please keep it up. (I still often turn off the fan/light in the 3rd floor public bathroom, and, less often, lights in the daytime in the unused Card Room.

Another thing: Please remember to return to Deann, or re-use the plastic envelope which contained this newsletter. A suggestion: For 10 cents, a thin dime, the tenth part of a dollar, Safeway in Mountain View (I don’t know about the other Safeways) sells a big and strong plastic bag made 65% from recycled plastic. They’re reusable for a long time.

Happy Thanksgiving!
SHABBAT SCHMOOZE
World War II and You

Resident Sylvia W. will lead a monthly Shabbat Schmooze for both Jewish and non-Jewish residents. The objective of the group is to create an opportunity for residents to come together and share their stories. The November Shabbat Schmooze is entitled, “World War II and You”. Please join us for this special new program on Saturday, November 23, at 3:15pm.

NOVEMBER FIELD TRIP:
West x Southwest: Edward Weston and Ansel Adams at Cantor Art Museum

Join us on our November field trip to the Cantor Art Museum on the Stanford University campus. We will be visiting the temporary exhibit entitled, West x Southwest: Edward Weston and Ansel Adams. The Capital Group Foundation’s gift of 1,000 photographs to the Cantor Arts Center at Stanford University includes works by American photographic masters Ansel Adams, Edward Curtis, John Gutmann, Helen Levitt, Wright Morris, Gordon Parks, and Edward Weston. This particular exhibit will explore landscapes, still lifes, nudes, and portraits created by Edward Weston in Mexico and Ansel Adams in the American Southwest.

This field trip will take place on Saturday, November 16, at 12:30pm. Residents signed up for this trip should eat lunch during the early seating on this day. Please sign up by Saturday, November 9, if you are interested in attending. See Deeann Hui, Director of Activities, if you have questions!

Isaiah Pekary

Isaiah Pekary a violinist from East Palo Alto, CA. He started playing violin from the age of five, and took private lessons for 9 years. At the age of 14, he started exploring other music styles such as jazz, hip hop, Celtic, and electronic genres. What he most values in both playing and listening to music is creativity. This allows him to create a very full and modern performance while continuing to produce the authentic sound of the classical violin.

Website:
www.isaiahpekary.com

TRIVIA DINNER NIGHTS

Wednesdays
November 6 & 20
Committee & Other News

The next *residents meeting* will take place on *Thursday, November 25*, at *2:20pm*, in the dining room. Please attend the November residents meeting if you have any ideas or suggestions for our management! We love to receive feedback!!!

The next *menu committee* meeting will take place on *Friday, November 8*, at *2:00pm*, in the hobby room. Jonathan will meet with residents; this committee continues to make a huge impact on the dining menu planning process. We are happy that residents can play such an active role in their dining experience and encourage all interested residents to attend the next meeting on November 8!!!

A registered *dietician* also visits Palo Alto Commons on a monthly basis. The date of the November dietician visit will be announced. Please see Jonathan if you are interested in speaking with the dietician.

Join us for the *Men’s Lunch* on *Monday, November 25*. This is a fun opportunity for our male residents to get together and to enjoy some male bonding!

Join us for the always fun and social *November Happy Hour* on *Fridays, November 8 and 15*, in the living room.

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**NATURE PHOTOGRAPHER TALK:**

*The Amazon Jungle* w/ Joan Sparks

*Joan Sparks*, wild life photographer, was invited with some National Geographic Photographers to visit the *Amazon Jungle* for two weeks to photograph any wild life that crossed their paths. Once they arrived at their destination in one of the most remote areas of the jungle, they hiked everywhere, discovered plants, avian and reptiles common to the area, but not ours. It was a challenging trip at best hiking with all their photography gear trudging through knee high mud, bugs galore - colorful and poisonous to watch out for, beautiful birds that were candy to your eyes and monkeys constantly chattering.

Don't miss this opportunity to see the jungle through my lens, however, there will be no bugs included. Join us on *Thursday, November 21*, at *2:00pm*, in the activity room.

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**Wednesday Evening BINGO!**

Join us for our *weekly evening BINGO* on Wednesdays! Jorge conducts a BINGO game on *Wednesday evenings at 7:00pm*, in the Activity Room. Come and play this popular game!

**DRUGSTORE OUTINGS**

*Wednesdays at 3pm*

*Walgreens on El Camino*

*November 6 and 20*

*CVS on San Antonio*

*November 13 and 27*

Please sign up at the front desk by *12 noon* on these days to go on the drugstore outings!
## Regularly Scheduled Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scenic Bus Tours*</td>
<td>2:10pm</td>
<td>Sundays—November 3, 10, 17, 24</td>
</tr>
<tr>
<td>Drugstore Outing*</td>
<td>3:00pm</td>
<td>Wednesdays—November 6, 13, 20, 27</td>
</tr>
<tr>
<td>Library Outings*</td>
<td>1:30pm</td>
<td>Fridays—November 1, 15, 29</td>
</tr>
<tr>
<td>Luncheon Outing</td>
<td>11:45am</td>
<td>Tuesday—November 20</td>
</tr>
<tr>
<td>Shopping Outings*</td>
<td>9:30am</td>
<td>Saturdays—November 2, 9, 16, 23, 30</td>
</tr>
<tr>
<td>Bank Trip*</td>
<td>3:30pm</td>
<td>Fridays—November 1, 8, 15, 22, 29</td>
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<tr>
<td>Wheelchair/Walker Cleaning*</td>
<td>Sign up</td>
<td>Thursday—November 14</td>
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<tr>
<td>PODIATRIST VISIT*</td>
<td>TBA</td>
<td>Thursday—November 21</td>
</tr>
<tr>
<td>Residents' Meeting</td>
<td>2:20pm</td>
<td>Thursday—November 15</td>
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<tr>
<td>Resident Store Open</td>
<td>3:00pm</td>
<td>Wednesdays—November 6, 13, 20, 27</td>
</tr>
<tr>
<td>Church Transportation*</td>
<td>9:30am</td>
<td>Sundays—November 3, 10, 17, 24</td>
</tr>
<tr>
<td>Communion/Eucharist</td>
<td>10:00am</td>
<td>Sundays—November 5, 12, 19, 26</td>
</tr>
<tr>
<td>History Video</td>
<td>9:50am</td>
<td>Sundays—November 3, 10, 17, 24</td>
</tr>
<tr>
<td>Dietician Visit*</td>
<td>See Jonathan</td>
<td>To Be Announced</td>
</tr>
<tr>
<td>Health &amp; Relaxation w/Lou</td>
<td>1:45pm</td>
<td>Wednesdays—November 7, 14, 28</td>
</tr>
<tr>
<td>Catholic Service</td>
<td>10:00am</td>
<td>Sundays—November 3, 10, 17, 24</td>
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<tr>
<td>Men’s Lunch</td>
<td>12:15pm</td>
<td>Mondays—November 25</td>
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<tr>
<td>Menu Meeting</td>
<td>2:00pm</td>
<td>Fridays—November 8</td>
</tr>
</tbody>
</table>

* Requires Sign-Up at Front Desk

## Special Concerts, Events, and Performances

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anna Maggiora</td>
<td>2:00pm</td>
<td>Tuesday, November 5 (piano)</td>
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<tr>
<td>Karin Phoenix</td>
<td>2:00pm</td>
<td>Thursday, November 7 (guitar/vocals)</td>
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<tr>
<td>St. Gabriel’s Celestial Brass Band</td>
<td>2:00pm</td>
<td>Monday, November 11 (brass patriotic music)</td>
</tr>
<tr>
<td>Ian Scarfe &amp; Brynn Albanese</td>
<td>2:00pm</td>
<td>Tuesday, November 12 (classical duo)</td>
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<tr>
<td>Johnny Fabulous</td>
<td>7:00pm</td>
<td>Wednesday, November 13 (piano bar)</td>
</tr>
<tr>
<td>Darwin Patnode</td>
<td>2:00pm</td>
<td>Thursday, November 14 (literary lecture)</td>
</tr>
<tr>
<td>Virginia J.’s 101st Birthday</td>
<td>2:00pm</td>
<td>Friday, November 15 (cake and celebration!)</td>
</tr>
<tr>
<td>Worship Service (Christian)</td>
<td>2:15pm</td>
<td>Monday, November 18 (Christian)</td>
</tr>
<tr>
<td>Residents vs. Managers Trivia</td>
<td>3:15pm</td>
<td>Monday, November 18 (trivia contest)</td>
</tr>
<tr>
<td>Steven Schwartz</td>
<td>2:00pm</td>
<td>Tuesday, November 19 (birthday piano)</td>
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<tr>
<td>Joan Sparks</td>
<td>2:00pm</td>
<td>Thursday, November 21 (photographer talk)</td>
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<tr>
<td>Shabbat Program w/David</td>
<td>3:30pm</td>
<td>Friday, November 21 (photographer talk)</td>
</tr>
<tr>
<td>Shabbat Schmooze w/Sylvia</td>
<td>3:15pm</td>
<td>Saturday, November 23 (reminiscing)</td>
</tr>
<tr>
<td>Isaiah Pekary</td>
<td>2:00pm</td>
<td>Tuesday, November 26 (violin)</td>
</tr>
<tr>
<td>Tibor &amp; Yelena</td>
<td>2:00pm</td>
<td>Thursday, November 28 (gypsy violin/piano)</td>
</tr>
<tr>
<td>Selina Zhu and Students</td>
<td>3:30pm</td>
<td>Saturday, November 20 (piano recital)</td>
</tr>
</tbody>
</table>

Events subject to change. Please refer to daily postings for updates!

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Visit Palo Alto Commons on the Internet:

- [www.paloaltocommons.com](http://www.paloaltocommons.com)
- [www.facebook.com/paloaltocommons](http://www.facebook.com/paloaltocommons)

Also, Palo Alto Commons offers a WI-FI Hot Spot in our second-floor library.