<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Cinco de Mayo</td>
<td>9:30a CHURCH TRANSPORT</td>
<td>9:50a CURRENT EVENTS</td>
</tr>
<tr>
<td></td>
<td>9:50a HISTORY VIDEO - Civil War</td>
<td>w/Julieta (LR)</td>
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<tr>
<td></td>
<td>(AR)</td>
<td>10:00a EXERCISE w/Jenny (LR)</td>
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<tr>
<td></td>
<td>11:00a EXERCISE w/Jenny (LR)</td>
<td>3:00p DRUGSTORE OUTING - CVS</td>
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<tr>
<td></td>
<td>4:00p SHORT WALK (LR)</td>
<td>3:00p SHORT WALK (LOB)</td>
</tr>
<tr>
<td></td>
<td>7:30p DRAMATIC MOVIE (LR)</td>
<td>7:30p NEW RELEASE MOVIE</td>
</tr>
<tr>
<td></td>
<td>Cinco de Mayo Dinner!</td>
<td></td>
</tr>
<tr>
<td>12 Mother's Day</td>
<td>9:30a CHURCH TRANSPORT</td>
<td>9:50a WATERCOLORS</td>
</tr>
<tr>
<td></td>
<td>9:50a HISTORY VIDEO - Civil War</td>
<td>w/Jorge (AR)</td>
</tr>
<tr>
<td></td>
<td>(AR)</td>
<td>(No Aquatic Fitness today.)</td>
</tr>
<tr>
<td></td>
<td>11:00a EXERCISE w/Ev (LR)</td>
<td>1:00p SHORT WALK (LR)</td>
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<tr>
<td></td>
<td>2:00p CONCERT - Grace Note Chamber Players</td>
<td>&quot;Hayfa, Purcell and Benjamin Britten&quot; (LR)</td>
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<tr>
<td></td>
<td>4:15p SHORT WALK (Lob)</td>
<td>3:00p NEW REGULAR MOVIE</td>
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<tr>
<td></td>
<td>7:00p DRAMATIC MOVIE (LR)</td>
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<tr>
<td></td>
<td>Cinco de Mayo Dinner!</td>
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<tr>
<td>19 Memorial Day</td>
<td>9:30a CHURCH TRANSPORT</td>
<td>9:50a WATERCOLORS</td>
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<tr>
<td></td>
<td>9:50a HISTORY VIDEO - Civil War</td>
<td>w/Jorge (AR)</td>
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<tr>
<td></td>
<td>(AR)</td>
<td>10:20a AQUATIC FITNESS w/Pres (LR)</td>
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<tr>
<td></td>
<td>11:00a EXERCISE w/Ev (LR)</td>
<td>2:00p MENS LUNCH (AR)</td>
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<td></td>
<td>2:30p BINGO w/Jorge (AR)</td>
<td>3:15p ART APPRECIATION - Shirley (AR)</td>
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<td></td>
<td>4:00p SHORT WALK (LR)</td>
<td>7:00p COMEDY MOVIE (LR)</td>
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<td></td>
<td>7:00p DRAMATIC MOVIE (LR)</td>
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<tr>
<td>26 Memorial Day</td>
<td>9:30a CHURCH TRANSPORT</td>
<td>9:50a WATERCOLORS</td>
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<td></td>
<td>9:50a HISTORY VIDEO - Civil War</td>
<td>w/Jorge (AR)</td>
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<td>(AR)</td>
<td>10:20a AQUATIC FITNESS w/Pres (LR)</td>
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<tr>
<td></td>
<td>11:00a EXERCISE w/Ev (LR)</td>
<td>2:00p SHORT WALK (LR)</td>
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<tr>
<td></td>
<td>4:00p SHORT WALK (LR)</td>
<td>3:15p ART APPRECIATION - Shirley (AR)</td>
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<tr>
<td></td>
<td>7:00p DRAMATIC MOVIE (LR)</td>
<td>7:00p COMEDY MOVIE (LR)</td>
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<tr>
<td>27 Memorial Day</td>
<td>9:50a WATERCOLORS</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:50a COMMUNICATION (In Library)</td>
<td>10:20a AQUATIC FITNESS w/Pres (LR)</td>
</tr>
<tr>
<td></td>
<td>11:00a EXERCISE w/Jorge (LR)</td>
<td>2:00p SHORT WALK (LR)</td>
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<tr>
<td></td>
<td>1:00p SHORT WALK (LR)</td>
<td>3:15p ART APPRECIATION - Shirley (AR)</td>
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<tr>
<td></td>
<td>2:00p BIRTHDAY PARTY w/</td>
<td>7:00p COMEDY MOVIE (LR)</td>
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<tr>
<td></td>
<td>300p HERALD (AR)</td>
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<td></td>
<td>3:15p ART APPRECIATION - Shirley (AR)</td>
<td>7:00p COMEDY MOVIE (LR)</td>
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<td>4:00p SHORT WALK (LR)</td>
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<td></td>
<td>3:00p NEW REGULAR MOVIE</td>
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<td></td>
<td>7:00p NEW REGULAR MOVIE</td>
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<tr>
<td></td>
<td>Federal Holiday - No mail delivery.</td>
<td>7:00p DRAMATIC MOVIE (LR)</td>
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<tr>
<td>28 Memorial Day</td>
<td>9:50a CURRENT EVENTS</td>
<td>9:50a WATERCOLORS</td>
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<tr>
<td></td>
<td>w/Jorge (AR)</td>
<td>10:20a AQUATIC FITNESS w/Pres (LR)</td>
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<tr>
<td></td>
<td>11:00a COMMUNICATION (In Library)</td>
<td>10:00a EXERCISE w/Pres (LR)</td>
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<td></td>
<td>1:00p SHORT WALK (LR)</td>
<td>2:00p SHORT WALK (LR)</td>
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<td></td>
<td>3:00p BINGO w/Jorge (AR)</td>
<td>3:15p ART APPRECIATION - Shirley (AR)</td>
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<td></td>
<td>7:00p DRAMATIC MOVIE (LR)</td>
<td>7:00p COMEDY MOVIE (LR)</td>
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<tr>
<td>29 Memorial Day</td>
<td>9:50a WATERCOLORS</td>
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<tr>
<td></td>
<td>9:50a COMMUNICATION (In Library)</td>
<td>10:20a AQUATIC FITNESS w/Pres (LR)</td>
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<tr>
<td></td>
<td>11:00a EXERCISE w/Jorge (LR)</td>
<td>2:00p SHORT WALK (LR)</td>
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<td></td>
<td>1:00p SHORT WALK (LR)</td>
<td>3:15p ART APPRECIATION - Shirley (AR)</td>
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<tr>
<td></td>
<td>2:00p BINGO w/Jorge (AR)</td>
<td>7:00p COMEDY MOVIE (LR)</td>
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<tr>
<td>30 Memorial Day</td>
<td>9:50a CURRENT EVENTS</td>
<td>9:50a WATERCOLORS</td>
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<tr>
<td></td>
<td>w/Jorge (AR)</td>
<td>10:20a AQUATIC FITNESS w/Pres (LR)</td>
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<td></td>
<td>11:00a EXERCISE w/Jorge (LR)</td>
<td>2:00p SHORT WALK (LR)</td>
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<td></td>
<td>1:00p SHORT WALK (LR)</td>
<td>3:15p ART APPRECIATION - Shirley (AR)</td>
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<tr>
<td></td>
<td>2:00p BINGO w/Jorge (AR)</td>
<td>7:00p COMEDY MOVIE (LR)</td>
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<tr>
<td>31 Memorial Day</td>
<td>9:50a MUSIC APPRECIATION</td>
<td>9:50a WATERCOLORS</td>
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<tr>
<td></td>
<td>w/Tina - Music of Mexico (AR)</td>
<td>10:20a AQUATIC FITNESS w/Pres (LR)</td>
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<tr>
<td></td>
<td>11:00a EXERCISE w/Jorge (LR)</td>
<td>2:00p SHORT WALK (LR)</td>
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<tr>
<td></td>
<td>1:30p BANK OUTING (LR)</td>
<td>3:30p SPANISH CLASS (HR)</td>
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<tr>
<td></td>
<td>1:30p BAKING GROUP w/Jenny-Bacon Wrapped Dates (AR)</td>
<td>7:30p CLASSIC MOVIE (LR)</td>
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<tr>
<td></td>
<td></td>
<td>7:00p CLASSIC MOVIE (LR)</td>
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</tbody>
</table>

**NOTE:** All events are subject to change. Please check the schedule for the most up-to-date information.
EMPLOYEE OF THE MONTH

Juana G.

Congratulations to the May Employee of the Month, Juana G.!
Juana is a personal care attendant in the Meadow Wing program and
has been working at Palo Alto Commons for 2 1/2 years. “I feel so
happy!” was her reaction to winning this honor. Born in Puebla, Mexico,
Juana has lived in the Bay Area for almost 20 years. When not work-
ing, she enjoys cooking and taking walks to the park with her family
and dogs. She also enjoys spending time with her husband, son, sister,
and cousins. “I love my work, because I want to assist residents
and enjoy helping them with whatever they need,” she adds.

Jmy Ramos, her supervisor, says, “Juana is quiet but is a role
model due to her work ethic, compassion, and positive attitude.
She always does her best to help residents and to be a team player
to her coworkers.”

Happy Mother’s Day CONCERT

Featuring...

Pleasure Point Jazz Ensemble

Sunday, May 12
2:00pm

Palo Alto Commons
Quality Assisted Living
4075 El Camino Way, Palo Alto, CA 94306
Happy Birthday to Our Residents!

Margaret S. (100th)**
May 3

Phyllis J.
May 10

May S.
May 12

Shirley F.
May 13

Ellen F.
May 16

Estelle W.
May 22

Barbara S.
May 24

Terry H.
May 30

** Come celebrate Margaret’s 100th birthday on Friday, May 3, at 2:15pm, in the living room! We’ll sing Happy Birthday, serve her favorite cake and ask her about her secrets to staying so vibrant and active at age 100!

---

Special Sunday Concert:
Grace Note Chamber Players

Photo (left-right): Claudia Bloom, violin; Geoffrey Noer, violin; Wendy Clymer, viola; and Russ Bartoli, cello

We are so excited to host a Sunday afternoon concert by Grace Note Chambers Players on May 5, at 3:30pm, in the living room. The ensemble is comprised of Claudia Bloom (violin), Geoffrey Noer (violin), Wendy Clymer (viola), and Russ Bartoli (cello). The group will perform a program of pieces by “Haydn, Purcell and Benjamin Britten”. Please join us for this very special classical concert.

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Foothill College Classes: Spring 2019 Quarter

The following Foothill College classes are available at Palo Alto Commons during the Spring Quarter:

** Current Events w/Wiek**
Tuesdays and Thursdays at 9:50am

** Art Appreciation w/Shirley**
Tuesdays at 3:15pm

** Creative Self-Expression w/Jorel**
Wednesdays at 9:50am

** Health & Relaxation with Lou**
Wednesdays at 1:45pm

** Music Appreciation with Tina**
Fridays at 9:50am
SPECIAL CONCERT by
Irina Myachkin

Irina Myachkin is a Russian-born singer-songwriter. Through her soulful guitar-playing and rich singing voice, Irina will take you on a beautiful musical journey.

WEBSITE: www.vocalcurves.com

TUESDAY, MAY 28
2:00pm
In the Living Room
INTERNATIONAL FOLK MUSIC ENSEMBLE

Mandell Bande

This wonderful quartet will play a concert of authentic folk music from around the world.

MONDAY, MAY 6
2:00pm
In the Living Room
Literary Lecture w/Darwin: 
*Henrik Ibsen's Drama of How the Past Dominates the Present Works*

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, May 9, at 2:00pm, in the activity room, Darwin will conduct this month’s literary lecture entitled, “Henrik Ibsen's Drama of How the Past Dominates the Present”. Henrik Ibsen, Norway's most famous dramatist, wrote powerful plays on social issues, including A Doll's House. This talk will focus on Ghosts. Mrs. Alving, ten years after her husband's death, is about to dedicate an orphanage in his memory. Her ill son returns from abroad and is going mad. But Pastor Manders advises her that her husband was a drunk and profligate--and the father of the servant girl with whom the son is now falling in love!

Congratulations to the following residents for winning the Annual Resident Easter Egg Hunt in April. Over 900 eggs were hidden throughout PAC over the 4 days!

**First Place**
Marti W. (144 eggs)

**Runner-Up**
Margaret W. (129 eggs)

**Third Place**
Jane W. and Shirley Z. (tie–125 eggs)

Welcome to our new beautician, Afsaneh (“Afsi”) Marandi!

The Beauty Salon offers hair & nail services.

The Beauty Salon is open by appointment only. To make an appointment, please contact Afsi directly at (415) 430-5541.

Classical Piano Concert
*Ian Scarfe*

Ian’s monthly concerts are one of our most popular events. Don't miss his May concert!

Tuesday, May 7, at 2:00pm
In the Living Room
MEMORIAL DAY CONCERT

Saint Gabriels Celestial Brass Band

The Saints Are Coming! The Saints Are Coming!
Saint Gabriel's Celestial Brass Band is the "Only" Authentic New Orleans Traditional Jazz And Mardi Gras Marching Band west of New Orleans!
Join us for a special concert in honor of Memorial Day.

MONDAY, MAY 27
2:00PM
IN THE LIVING ROOM
Classical pianist Richard Hawkins performs just two programs a year. Richard will return to Palo Alto Commons on Wednesday, May 29, at 3:15pm, for the first of his two concerts this year. This performance is entitled, “Classical Recital Program”:

**CLASSICAL RECITAL PROGRAM:**
Mozart: Sonata in A Minor, K. 310
   Allegro maestoso
   Andante cantabile con espressione
   Presto

Janacek: Four Pieces
   Andante
   Allegro; Adagio
   Andantino
   Presto

Poulenc: Six Pieces
   Nocturne #1
   Perpetual Motion #1
   Improvisation #13
   Perpetual Motion #3
   Novelette #1
   Burgundian Dance

Chopin: Ballade #4, Op. 52

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**Resident Information**

The resident store is located on the 2nd floor, adjacent to the library, and it is open on Wednesday afternoons at 4:00pm. For residents who are unable to make the Wednesday afternoon time, there are order forms available at the front desk and in store for your convenience.

Please note the following regularly-scheduled transportation & outings:

**Church Transportation**
Sundays
Starting at 9:30am

**Synagogue Transportation**
Saturdays
9:30am

**Bank Trip**
Fridays
3:30pm

**Drugstore Outings**
Wednesdays
3:00pm

**Library Outings**
Select Fridays
1:30pm

**Shopping Outings**
Saturdays
9:30am

Please sign up at the Front Desk!

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**PICNIC IN THE PARK**

(Left photo) Our residents enjoyed the April Picnic in the Park.

Join us for this month’s picnic on Friday, May 24, at 12:00pm.
Please sign up by Wednesday, May 22, if you would like to attend.
Happy Birthday, to our Staff!

Bertha R.—Housekeeping  
**May 1**  
(**6.5 years)

Jennifer A.—Avant Dining  
**May 2**  
(**2 years)

Maricruz D.—EC/AL PCA  
**May 2**  
(**18.5 years)

Adriana E.—Housekeeping  
**May 2**  
(**13 years)

Jonah B.—MW Unit Coord.  
**May 4**  
(**2 years)

Silviano G.—Maintenance  
**May 5**  
(**5 years)

Bidhya B.—Reception  
**May 7**  
(**11 months)

Gloria R.—AL PCA  
**May 12**  
(**9.5 years)

Alicia S.—EC PCA  
**May 13**  
(**9 months)

(continued on next page)

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**Lunch Outing: Pacific Catch**

Residents are invited to join us on our May lunch outing to **Pacific Catch Restaurant**. Pacific Catch is a WestCoast Fish House dedicated to delivering high quality sustainable seafood with a unique perspective. The menu explores styles and ingredients found throughout the Pacific. We also offer a variety of Fresh Catch specials highlighting specific regions in the Pacific and seasonal offerings. This outing will place on **Tuesday, May 28, at 12:00pm**. Sign up at the front desk **by May 26** if you are interested! The cost of the meal (including tax and gratuity) will be billed to resident accounts, so do not worry about bringing your wallet or purses! If you would live to preview the menu beforehand, please see Deeann.

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**Field Trip: Los Altos History Museum**

Join us for our May field trip to the **Los Altos History Museum**! The goal of the museum is to show how history inspires imagination, stimulates thought and transforms society. The Los Altos History Museum preserves and the local history to enrich our community and to shape a more informed future. There are several permanent exhibits of local history, and the special exhibit, “Silicon Valley Eats,” focuses on the area’s agricultural roots to today’s cutting-edge sustainability efforts, the way we grow, eat, and share food has been shaped by innovation.

This field trip will take place on **Saturday, May 18, at 12:30pm**. Residents attending should eat lunch during the early seating on this day. Admission to the museum is free. **Please sign up by Wednesday, May 15**, if you would like to attend.

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**TRIVIA NIGHT**

WEDNESDAYS  
May 8 and 22  
During Dinner

**GOOD LUCK!!**
Committee & Other News

The next residents meeting will take place on Monday, May 13, at 2:20pm, in the dining room. In last month’s meeting, residents only had a couple recommendations but lots of praise for the dining services. It seems our residents are very happy living in our community! Please attend the May 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, May 17, at 2:00pm, in the hobby room. Jonathan will meet with this growing committee. This group 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 May 17!! A registered dietician also visits Palo Alto Commons on a monthly basis. The next dietician visit will take place on May 16. Please see Jonathan if you are interested in speaking with the dietician.

Our monthly Men’s Lunch will take place on Monday, May 13, at 12:15pm, in the activity room. This special lunch continues to grow in popularity, and our male residents are truly enjoying one another’s wonderful company. Last month, we served deep-dish pizza! Come see what’s on the menu this month! All male residents are invited to the Men’s Lunch.

Happy Birthday, to our Staff! (continued)

Veronica R.—MW PCA
May 13
(**3 years)

Andrew W.—Janitor
May 12
(**7 months)

Obdulia B.—AL/EC PCA
May 16
(**7.5 years)

Evangelina B.—FC PCA
May 16
(**6.5 years)

Teresa H.—Avant Housekeeping
May 19
(**4.5 years)

Alva L.—EC PCA
May 21
(**3 years)

Judith R.—EC PCA
May 23
(**1 year)

Augustina N.—FC PCA
May 28
(**5 years)

Efren F.—Dining
May 30
(**7 months)

(** indicates the number of years working at Palo Alto Commons)

BIRTHDAY PARTY
With Steven Schartz
We’re serving tres leches cake in honor of Cinco de Mayo!

Tuesday, May 21
2:00pm
In the Living Room

CINCO de MAYO DINNER
Celebrating this special Mexican holiday!!

Sunday, May 5, during Dinner

Palo Alto Commons  Quality Assisted Living for Seniors  4075 El Camino Way, Palo Alto, CA  94306
Regularly Scheduled Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Scenic Bus Tours*</td>
<td>2:10pm</td>
<td>Sundays— May 26</td>
</tr>
<tr>
<td>Drugstore Outing*</td>
<td>3:00pm</td>
<td>Wednesdays— May 1, 8, 15, 22, 29 (2:00pm)</td>
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<tr>
<td>Library Outings*</td>
<td>1:30pm</td>
<td>Fridays— May 3, 17, 31</td>
</tr>
<tr>
<td>Luncheon Outing*</td>
<td>12:00pm</td>
<td>Tuesday— May 28</td>
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<tr>
<td>Shopping Outings*</td>
<td>9:30am</td>
<td>Saturdays— May 4, 11, 18, 25</td>
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<tr>
<td>Bank Trip*</td>
<td>3:30pm</td>
<td>Fridays— May 3, 10, 17, 24, 31</td>
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<tr>
<td>Wheelchair/Walker Cleaning*</td>
<td>1:30pm</td>
<td>Thursday— May 9</td>
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<tr>
<td>PODIATRIST VISIT*</td>
<td>TBD</td>
<td>Thursday— May 16</td>
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<tr>
<td>Residents' Meeting</td>
<td>2:20pm</td>
<td>Monday— May 13</td>
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<tr>
<td>Resident Store Open</td>
<td>4:00pm</td>
<td>Wednesdays — May 1, 8, 15, 22, 29 (4:30pm)</td>
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<tr>
<td>Church Transportation*</td>
<td>9:30am</td>
<td>Sundays— May 5, 12, 19, 26</td>
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<tr>
<td>Communion/Eucharist</td>
<td>10:00am</td>
<td>Tuesdays— May 7, 14, 21, 28</td>
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<tr>
<td>Dietician Visit</td>
<td>See Jonathan</td>
<td>Thursday— May 16</td>
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<tr>
<td>Catholic Service</td>
<td>10:00am</td>
<td>Sundays— May 5, 12, 19, 26</td>
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<tr>
<td>Spanish Class w/Maria</td>
<td>3:30pm</td>
<td>Saturdays-- May 4, 11, 18, 25</td>
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<tr>
<td>Balance Class w/Ardee</td>
<td>3:30pm</td>
<td>Thursdays-- May 2, 9, 16, 23, 30</td>
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<tr>
<td>History Video</td>
<td>9:50am</td>
<td>Sundays-- May 5, 12, 19, 26</td>
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<tr>
<td>Dining Meeting</td>
<td>2:00pm</td>
<td>Friday—May 17</td>
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Special Concerts, Events, and Performances

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Peter Cors w/Young at Heart</td>
<td>2:00pm</td>
<td>Thursday, May 2 (piano/vocals)</td>
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<tr>
<td>Grace Note Chamber Players</td>
<td>3:30pm</td>
<td>Sunday, May 5 (chamber quartet)</td>
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<tr>
<td>Mandell Bande</td>
<td>2:00pm</td>
<td>Monday, May 6 (international folk)</td>
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<tr>
<td>Ian Scarfe</td>
<td>2:00pm</td>
<td>Tuesday, May 7 (classical piano)</td>
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<tr>
<td>Johnny Fabulous</td>
<td>7:00pm</td>
<td>Wednesday, May 8 (piano bar)</td>
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<tr>
<td>Darwin Patnode</td>
<td>2:00pm</td>
<td>Thursday, May 9 (literary lecture)</td>
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<tr>
<td>Tracy Tai &amp; Friends</td>
<td>2:00pm</td>
<td>Saturday, May 11 strings, singing, fun!)</td>
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<tr>
<td>Pleasure Point Jazz Ensemble</td>
<td>2:00pm</td>
<td>Sunday, May 12 (jazz)</td>
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<tr>
<td>Anna Maggiora</td>
<td>2:00pm</td>
<td>Tuesday, May 14 (piano)</td>
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<tr>
<td>Steven Schwartz</td>
<td>2:00pm</td>
<td>Tuesday, May 21 (birthday piano)</td>
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<tr>
<td>Shabbat Program</td>
<td>3:30pm</td>
<td>Friday, May 24 (Jewish)</td>
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<tr>
<td>Saint Gabriels Celestial Brass Band</td>
<td>2:00pm</td>
<td>Monday, May 27 (patriotic, New Orleans)</td>
</tr>
<tr>
<td>Irina Myachkin</td>
<td>2:00pm</td>
<td>Tuesday, May 28 (guitar/vocals)</td>
</tr>
<tr>
<td>Richard Hawkins</td>
<td>3:15pm</td>
<td>Thursday, May 29 (classical piano)</td>
</tr>
<tr>
<td>Tibor &amp; Yelena</td>
<td>2:00pm</td>
<td>Thursday, May 30 (gypsy piano/violin)</td>
</tr>
</tbody>
</table>

Activities subject to change. Please refer to daily schedule.

Visit Palo Alto Commons on the Internet:

www.paloaltocommons.com  www.facebook.com/paloaltocommons

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

Palo Alto Commons  Quality Assisted Living  4075 El Camino Way, Palo Alto, CA  94306