

PALO  ALTO
COMMONS

Quality Assisted Living



LIFE AT PALO ALTO COMMONS

Welcome to Palo Alto Commons, a privately owned and managed senior community located in Palo Alto since 1990. Here you will find gracious living in our lovely residential setting, offering personalized assistance tailored just for you.

The concept is simple. Each resident enjoys the comfort and privacy of a private apartment filled with their favorite furnishings and personal treasures that truly make a living space home. Three delicious meals are prepared fresh daily in our kitchen for you to enjoy with new friends in our beautiful dining room. Weekly housekeeping, linen service and transportation services allow freedom from worries about maintaining a home and a car.

You may choose from a full schedule of activities and outings to enjoy daily, or simply relax in the lovely garden courtyard or on your private patio or balcony. Walk outside on our garden paths or chat with neighbors in the comfortable, light-filled atrium and living room. It's your choice.

Palo Alto Commons' fine reputation is built on many years of providing excellent care simply unequalled on the Peninsula.

The individual Personalized Care Plan for assisted living residents provides support and services for activities of daily living, including assistance with dressing, showering, grooming, escort to meals and activities, and medication management. Our caring, well-trained staff is available to assist as needed, with licensed nurse services available on-site 24 hours a day, providing peace of mind for residents and families alike.

Many of our residents move to Palo Alto Commons directly from their homes on the Peninsula, while others come a great distance to be near family and friends. Whatever the reason, we welcome you to join our friendly and supportive community, making Palo Alto Commons your new home!



DINING

At Palo Alto Commons, meals are fresh and delicious!

Wake up to an array of healthy choices for breakfast, and enjoy our chef's home-made soups and fresh salad bar at lunch and dinner.

Choose from enticing daily choices of entrees and tempting desserts. In our dining room you will enjoy restaurant-style service by dedicated dining room hostesses and servers who help make each meal a pleasure. Of course, you may also enjoy a hot or cold drink, fresh fruit and homemade bakery treats at our snack buffet daily.



YOUR DAY

Our calendar is filled with exciting cultural, educational and social programs to challenge both body and mind. Join any program that appeals to you, or if you prefer, curl up with a good book in your own apartment. Enjoy great Palo Alto weather by taking a brisk walk along our garden path or with our walking group out in the neighborhood.

Take advantage of our scheduled programs:

- ❖ Area trips and group tours
- ❖ Daily exercise class for fun and fitness
- ❖ Hobby and craft classes
- ❖ Community-based college courses
- ❖ Musicians and entertainers
- ❖ Outings to local restaurants and movies
- ❖ Museum and concert trips





APARTMENTS

Residents select from spacious studios or one bedroom apartments, with ample space for personal furnishings. Most apartments feature private balconies and patios. One bedroom units include a walk-in closet. All apartments include kitchenettes with a generous sized refrigerator and microwave oven. Bathrooms are well-equipped with grab bars, shower seats and hand-held showers. Soft neutral tone carpeting and fresh paint colors enhance the warmth of your new home.



AMENITIES

Included in your monthly fee

- ❖ Beautifully-landscaped grounds and secured courtyard
- ❖ 24-hour trained staff
- ❖ Three delicious meals with menu choices
- ❖ A full calendar of exciting social, educational, and cultural programs, including on-site Foothill College courses
- ❖ Utilities (excluding phone and cable)
- ❖ Emergency Response System in your apartment
- ❖ Transportation to medical & dental appointments, shopping, or personal errands
- ❖ Weekly housekeeping and flat linen service
- ❖ Washers and dryers available for personal use on each floor
- ❖ Overnight security personnel on duty
- ❖ Fitness Center with weekly personal trainer support
- ❖ Computers available for resident use, including lessons and technical support
- ❖ Resident Store for your everyday needs
- ❖ Dry cleaning pick-up and delivery
- ❖ Newspaper delivery to your apartment
- ❖ Concierge Service (two personalized services included each month):
 - Personal shopping & errands
 - Gift shopping & wrapping
 - Letter writing & typing
 - Mail services
 - Personal organization
 - Complete list of services available upon request



Available for separate fees

- ❖ On-site salon
- ❖ On-site dental hygienist
- ❖ On-site podiatry services
- ❖ House-call physician
- ❖ Hearing aid service
- ❖ Escort to medical appointments
- ❖ Medication pick-up
- ❖ 24-Hour On-site Licensed Nurse services:
 - Glucose testing
 - Insulin injections
 - Oxygen management
 - Other services can be discussed with Assistant Executive Director





Palo Alto Commons is located in beautiful Palo Alto, an outstanding community with features unmatched elsewhere in the country. Premier medical facilities such as Stanford Medical Center are nearby. The city enjoys cultural opportunities and events at Stanford University, and active Community Theatre and a fine Cultural Center, plus 30 parks and recreation areas. The city is proud of its services and has many charming shops and restaurants. It is truly a diverse, attractive and interesting place to live with ideal weather year-round.



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