

PVI PROGRAM GUIDE

Health & Wellness ♦ Cultural Arts & Learning ♦ Technology
Transportation Services ♦ Adult Day Services ♦ Nutrition Services
Give Back ♦ Volunteer Opportunities ♦ Community Resources



800 Middle Avenue, Menlo Park, CA 94025
650-326-2025 • www.1pvi.org/littlehouse

January 2023

Happy New Year
Welcome 2023



PVI will be closed on the following dates:

Monday, January 2

Monday, January 16

For more information, email

littlehouse@1pvi.org or 650-326-2025.

In the News

23 Free Bonus Days

New Year Membership Promo

Jan 1 - 31

To celebrate the beginning of 2023, we are giving away **23 Free*** days of membership during the month of January! Join anytime between January 1 - 31 and you will automatically receive 23 extra bonus days onto your membership. Use these extra days to benefit from the many programs and activities PVI has to offer. When you join as a member of PVI Little House, you become part of a special community of caring individuals who, like yourself may be seeking social interaction, intellectual stimulation, and physical exercise.

Come in for a free tour and find out for yourself what it means to belong to the PVI Little House community!

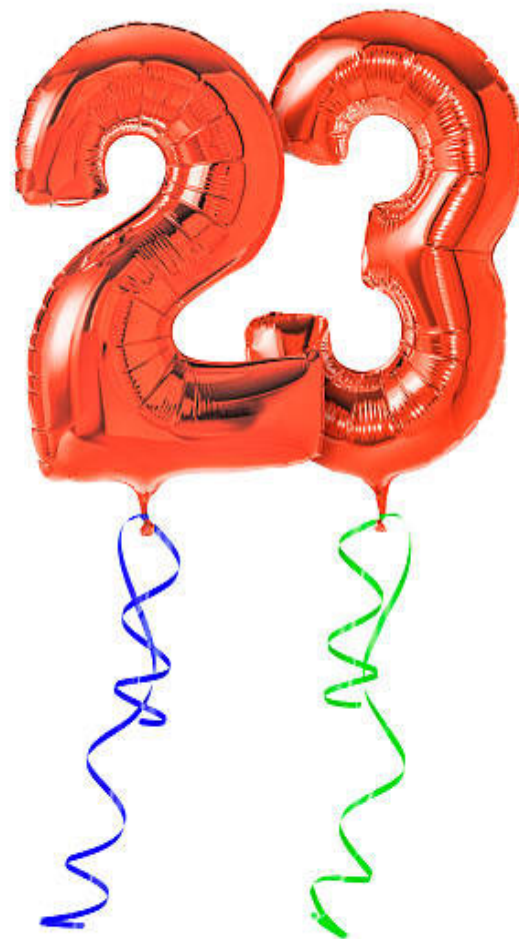
Member Promo Package Includes:

23 Free Days

1 Week Free Group Fitness Classes

1 Balance Assessment

** Offer applies to new Social Basic memberships only. Does not apply to renewals.*



To schedule a tour,
email

littlehouse@1pvi.org

or call us at

650-326-2025

In the News @ PVI

Got Groceries?

Free Grocery Pick Up

Wednesdays

1:00 pm - 3:00 pm



Do you suffer from food insecurity? Do you wish you had access to a more nutritious, healthy range of ingredients and fresh produce to feed your family? PVI is here to help. Thanks to our partnership with Second Harvest Food Bank, we are offering a free groceries pick up program for our community.

- ◆ **Do I need to be a member of PVI to benefit from this program?**

This program is open to adults 55+ in the community.

- ◆ **Do I need to qualify for the free groceries?**

Just register and get your name on the list. Registration is free.

- ◆ **How do I register?**

Contact us at littlehouse@1pvi.org or call us at [650-326-2025](tel:650-326-2025).

- ◆ **How often will I get groceries?**

Got Groceries is a weekly pick up program. You will be issued a grocery tote bag – return the bag each week in exchange for a full bag of groceries.

- ◆ **When do I pick up my groceries:**

Pick up is at PVI's Little House between 1:00 pm - 3:00 pm on Wednesdays. Head to the front desk!



SECOND HARVEST
of SILICON VALLEY

In the News @ PVI

Sharing your Talents

Have a special talent, expertise or hobby you would like to share with others? Fluent in another language and want to help others learn? Come see us! We are looking for individuals with expertise who are comfortable

and experienced in facilitating small groups for cultural, educational or artistic learning in the following areas:

- ◆ Cultural Learning: Travel, history
- ◆ Trivia and Current Events
- ◆ Language Arts
- ◆ Crafting: Quilting, knitting, scrapbooking, paper and wood crafts
- ◆ Art: Painting, drawing, collage, calligraphy
- ◆ Writing
- ◆ Digital Arts
- ◆ Technology
- ◆ Physical Movement: Hiking, walking, gentle exercise
- ◆ Music: Instrumental or singing
- ◆ Culinary Arts
- ◆ Gardening



To learn more about this opportunity, email us at

littlehouse@1pvi.org or 650-272-5008

Events @ PVI

Happy New Year

Kung Hei Fat Choy

Celebrating the Year of the
Rabbit

Tuesday, Jan 31

Lunch 12:00 pm

Entertainment 1:00 pm

\$17 Members

\$20 Non-Members



2023 is the year of the Water Rabbit, starting from January 22, 2023 (Chinese New Year), the sign of the Rabbit is a symbol of longevity, peace, and prosperity in Chinese culture. 2023 is predicted to be a year of hope.

We will celebrate with a Chinese inspired menu for lunch, live musical entertainment and a traditional lion dance performance.

For more details about this upcoming event, call or email us at
[650-326-2025](tel:650-326-2025) or littlehouse@1pvi.org

Events @ PVI

Favorite Food Across America

New England

Tuesday, Jan 24

12:00 pm Lunch

\$17 per plate

RSVP by Tuesday, Jan 17



Our culinary adventure across America begins in the New England region. Where exactly is New England? Located in the northeast corner of the USA, New England is made up of six diverse U.S. states: Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

Our menu this month will feature

Clam Chowder

Green Salad

Whoopie Pie

Coffee and Tea

Are you from one of these New England States? Join us and share some local history, facts, and stories about that region.

For more information or to reserve your spot, email

littlehouse@1pvi.org or 650-326-2025.

Events @ PVI

Little House Open House

Weds, Jan 11

9 am - 3pm

Free



Come see what's happening at Little House!

Waffles will be served from 9 am - 10:30 am with all the fixings.

Take a tour of our facility and receive a coupon for a free week of classes and socializing or schedule a free balance assessment with one of our personal training staff.

For more information, email
littlehouse@1pvi.org or 650-326-2025.

Upcoming Events @ PVI

New Culinary Adventure for 2023

Favorite Foods Across America

12:00 pm Lunch

12:45 pm Program

\$17 per plate

\$204.00 all 12 Plates

*Pay for all 12 plates by Jan 17th,
get one month free! (savings of \$17)*

**Except for January, all lunches will take place on the last Thursday of each month.*

For 2023, we will be taking a culinary adventure across the United States sampling local favorites and classic dishes of each region. Our Favorite Foods Across America will take us to these places:

January - New England

February - Wisconsin

March - Louisiana

April - Arkansas

May - Indiana

June - New Mexico

July - Texas

August - Alabama

Sept - Rhode Island

October - Colorado

November - Idaho

December - California



Upcoming Events @ PVI

Vine to Bar

Wine and Chocolate Pairing Party

Friday, Feb 10

5:00 pm - 7:00 pm

\$40 Members

\$45 Non Members

RSVP by Feb 3

For the love of *chocolate*! Gather your friends for a decadent wine and chocolate pairing tasting party. Sample some local wines and indulge in chocolate. Perfect for a date night out!

To register, email littlehouse@1pvi.org or
650-326-2025



Lunch and Learn

For the Heart of It!

Tuesday, Feb 14

(Valentine's Day)

12:00 pm Lunch

1:30 pm Program

\$12.00 Members

\$15.00 Non-Members

RSVP by Feb 8



Join us for a heart healthy lunch accompanied by David Levin on piano. Following lunch there will be a presentation all about heart health and steps you can take to keep your ticker ticking for years to come.

To register, email littlehouse@1pvi.org or 650-326-2025

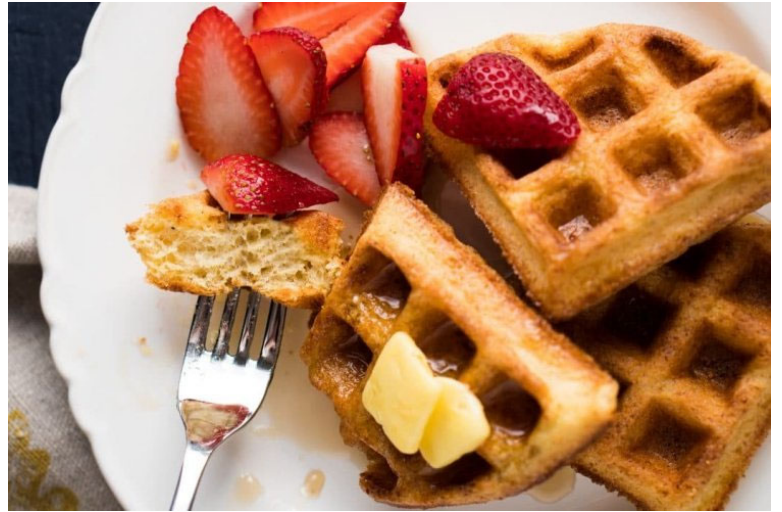
Upcoming Events @ PVI

Waffle Wednesday

Wednesday, Jan 11

9:00 am - 10:30 am

Free



All you can eat homemade holiday inspired waffles with all the fixings! Stop by for a bite and some friendly conversation. Hot chocolate, tea and coffee will also be served.

Save the Date

Favorite Foods Across America

Wisconsin

Feb 23

12:00 pm Lunch

12:45 pm Program

\$17 per plate



The next stop on our favorite foods across America culinary adventure will be Wisconsin.

For more information or to reserve your spot, email littlehouse@1pvi.org or 650-326-2025.

Socializing @ PVI

Tea Anyone?

Afternoon High Tea

Mondays, Jan 9, 23 & 30

2:00 pm - 3:30 pm

Free

**No tea on Jan 2 & 16*



Nothing like a warm cup of tea on a chilly winter afternoon. Join us by the fireplace on Mondays for afternoon high tea. We will provide the tea and goodies - you bring your friends, laughs and conversations. This is a great way to reconnect with your friends over a nice cup of tea.

For more information or to reserve your spot, email littlehouse@1pvi.org or 650-326-2025.

Membership Information

Little House Membership Information

Based on your interests, we now offer different membership categories which can be purchased on a per month or annual basis:

- ◆ **Social Basic Membership:** Access to our free social activities and the Technology Center.
- ◆ **Premium Fitness Activity Membership:** Enjoy unlimited fitness classes per month and access to our Video on Demand. Don't need unlimited classes? No worries. Drop-in classes are also available. Includes a Little House membership.
- ◆ **Gym Only Membership:** Unlimited gym access during open gym hours. Includes a Little House membership.

For your convenience we now offer a Day Pass for a small fee which allows access to our social programs, use of the technology center and gym.

For pricing and full membership category descriptions click here to download a copy of our [Membership Brochure](#).



Health & Wellness @ Little House

Fitness Classes Your Way!

We are currently offering 3 experiences to enjoy your favorite fitness classes.

Virtual: Class is streamed online through our Mindbody portal.

Live: Class is taught in person.

Live/Virtual: Attend class either in person or virtually. You decide!

How to participate

Log into your Mindbody account

<https://clients.mindbodyonline.com>

Choose the class you wish to participate in listed as either

Virtual, Live (in person) or Live/Virtual

Add your name to the class roster for that day.

For assistance, email or call us at

littlehouse@1pvi.org

650-326-2025

Health & Wellness @ Little House

Open Gym

By Appointment Only

Our gym is currently open on a limited basis by appointment. Open Gym is a monthly fee based program ideal for individuals preferring to workout on their own that gives you unlimited visits per month.

For pricing information or to book an appointment, call [650-326-2025](tel:650-326-2025).

Open Gym Hours

Monday	8:30 am - 2:30 pm
Tuesday	8:30 am - 2:30 pm
Wednesday	8:30 am - 2:30 pm
Thursday	10:30 am - 2:30 pm
Friday	8:30 am - 2:30 pm



All open gym users must check in at Guest Services.

Clients are not permitted to use the gym unattended.

Personal Training Program

By Appointment Only

Our Personal Training program is a customized exercise session tailored to each individual's physical abilities. It is beneficial for all levels of fitness including those with physical limitations or post-rehab therapy. Our program offers you a personalized web-based exercise set to assist you with continuation of training. Sessions are available in either 30 or 60 minute increments. For pricing information or to book an appointment, call [650-326-2025](tel:650-326-2025).

Fitness Assessments

By Appointment Only

Free

Fitness assessments are required for anyone interested in our Personal Training program or who choose to use our open gym. Assessments are free and by appointment only.

Lasting 30 minutes, each appointment includes an orientation to the gym as well as an evaluation of your personal fitness goals. For questions or to schedule your appointment, call [650-326-2025](tel:650-326-2025) or email littlehouse@1pvi.org

Health & Wellness @ Little House

New Year Personal Training Special

4 - 30 Minute Personal Training Sessions

\$123 Members

\$136 Non-Members

By Appointment Only



Start 2023 on the right path to looking and feeling your best. Our New Year special includes a free balance assessment and 4 one-on-one private sessions with a certified trainer. Each session includes some strength and balance exercises along with easy stretches. As a personal training client, you also have access to the gym to work on your own during your off days.

To book an appointment, contact us at littlehouse@1pvi.org or [650-326-2025](tel:650-326-2025)

Prevent Falls

Balance Assessments

By Appointment Only

Free



Worried about falling or tripping?

Have already fallen and need some

guidance? Schedule a free balance assessment with one of our personal training staff. Each assessment covers the basics to help you prevent falls and maintain balance during your everyday activities. Each session is 30 minutes and comes with recommendations to help you decide how best to proceed to prevent future falls.

For questions or to schedule your appointment, call [650-326-2025](tel:650-326-2025) or email littlehouse@1pvi.org

Health & Wellness @ Little House

New Member Class Promo

23% Drop in Fee Discount

Jan 1 - 31

\$10 Classes

Come and experience our group fitness exercise classes during the month of January and pay only \$10 per class for the drop in fee (*\$3 savings per class*).

This offer applies to new participants only and expires Jan 31, 2023. All classes purchased must be used prior to the expiration date.



Choose from one of our weekly group fitness exercise classes:

Lifetime Fitness
Tai Chi for Balance and Mobility
Active and Fit 20-20-20
Fun with Fitness (virtual only)
Taijiquan Tai Chi
Dance and Tone
Line Dance
Non-Traditional Mat Pilates (returns mid-Jan)
QiGong
Chair Yoga
Walk & Be Fit (virtual only)

For questions or to schedule a tour, email us at littlehouse@1pvi.org or call 650-326-2025.

Health & Wellness @ Little House

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Lifetime Fitness In Person / Virtual* Roya		8:30 am Non-Traditional Mat Pilates In Person Fran		9:00 am Lifetime Fitness In Person /Virtual * Anna
9:45 am Tai Chi for Balance Virtual Jason	9:30 am Fun with Fitness Virtual Vicky	9:00 am Lifetime Fitness In Person /Virtual* Roya	9:30 am Fun with Fitness Virtual Vicky	9:30 am Walk & Be Fit Virtual Vicky
10:00 am Active & Fit 20/20/20 In Person/Virtual * Roya	10:30 am Strong for Life In Person Stanford Health Care F/CH - R	9:45 am Tai Chi for Balance Virtual Jason	10:00 am QiGong In Person/Virtual Jiin 11:15 am Chair Yoga In Person/Virtual Jiin	10:00 am Active & Fit 20/20/20 In Person/Virtual * Anna
	11:00 am Dance and Tone In Person /Virtual Anna	10:00 am Active & Fit 20/20/20 In Person /Virtual* Roya	NEW TIME 10:45 am Strong for Life In Person Stanford Health Care F/CH - R	
	12:00 pm Tai Chi for Balance In Person Jason	3:00 pm Tajiquan Tai Chi In Person Lisette	12:00 pm Tai Chi for Balance In Person Jason	Class Experience Types Virtual - offered via our Mindbody portal In Person /Virtual - combination of virtual and in person In Person - In person only
	12:15 pm Line Dance In Person Evelyn			Key F/CH = Free Community Health R= Pre-registration required

Group Fitness & Wellness @ Little House

Group fitness classes have gone virtual! To register for class, log into your Mindbody account or create a new one at <https://clients.mindbodyonline.com/>

To benefit from unlimited monthly ongoing fitness classes, a Premium membership is recommended. Per-class drop-in rates for members are \$13, \$24 for non-members.

Try your first class FREE!

QiGong

10:00 am - 11:00 am

In Person / Virtual

Qigong, pronounced “chi gong,” was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using gentle exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being and mental focus. With Qigong's long tradition, the movements evolved into various styles. We will begin with "Five Animal Frolics", "Baduanjin", and movements taken from Taiji. More materials will be introduced as the class progresses. Beginners are welcome.



Chair Yoga

Thursdays

11:15 am - 12:15 pm

In Person / Virtual

Chair yoga is a specific style of yoga that uses traditional yoga postures performed in a seated position in a chair or standing using the chair for support. This class is ideal for individuals who are unable to get up and down from the floor easily or those with balance issues. An armless chair is recommended. All levels are welcome.

Group Fitness & Wellness @ Little House

Group fitness classes have gone virtual! To register for class, log into your Mindbody account or create a new one at <https://clients.mindbodyonline.com/>

To benefit from unlimited monthly ongoing fitness classes, a Premium membership is recommended. Per-class drop-in rates for members are \$13, \$24 for non-members.

Non-Traditional Mat Pilates

In Person

Wednesdays

8:30 am - 9:30 am

This is not your traditional Mat Pilates class! This class offers a fusion of several different modalities to give you the best in one class. You will learn concepts from traditional pilates, yoga, and body movement patterns. This class is structured around your body's powerhouse – it includes the abdominals, the pelvic floor, the muscles around the hip joint, and the muscles of the lower back.

Please bring your own mat. All levels welcome.

Walk and Be Fit

Virtual

Fridays

9:30 am - 10:30 am

Miss your outside walk? Join us for a virtual walk that includes, marching, walking in place, and light stretching to activate your neuromuscular system. Small equipment such as lightweight dumbbells and towels may be utilized. All levels welcome.



Line Dance

In Person

Tuesdays

12:15 pm – 1:15 pm

Line Dancing is a fun way to stay fit and meet friends. Benefits of line dancing include increased cardiovascular endurance, and balance along with enhanced memory and awareness. Class is choreographed by song and taught so the group is dancing in unison. No partners needed, just your dancing two-step shoes! All levels are welcome.

Chen-Style Tai Chi with Lisette

In Person

Wednesdays

3:00 pm - 4:00 pm

Chen-style tai chi (Taijiquan) is a set of linking movements that helps develop balance, body coordination, and strength. Cultivate life energy (chi) through a movement meditation that relaxes the muscles, calms the mind and reduces stress. All levels welcome.

Group Fitness & Wellness @ Little House

Group fitness classes have gone virtual! To register for class, log into your Mindbody account or create a new one at <https://clients.mindbodyonline.com/>

To benefit from unlimited monthly ongoing fitness classes, a Premium membership is recommended. Per-class drop-in rates for members are \$13, \$24 for non-members.

Tai Chi for Mobility and Balance with Jason Chan

Virtual

Mondays and Wednesdays

9:45 am - 10:45 am

In Person

Tuesdays and Thursdays

12:00 pm - 1:00 pm

Tai chi is proven to improve balance and has the potential to restore the physical functioning of our bodies.

Tai chi done regularly is a great way to improve one's posture and balance.

The movements taught are easy to learn and a joy to practice.

Strong For Life

Community Health Partnership with Stanford Adult Aging Services

Tuesdays and Thursdays

10:30 am - 11:30 am In Person

Pre-registration is required.

Strong for Life (SFL) is a free exercise program offered through Adult Aging Services at Stanford Health Care. SFL is an easy-to-follow exercise routine designed to improve strength, function and balance in older adults with or without limitations. SFL targets specific muscles that are important in everyday life, with such movements as getting out of a chair, walking, and picking up a grandchild. Participants must submit a health history form prior to attending. For more information on this, contact [Stanford Adult Aging Services](https://www.stanford.edu/healthcare/adultaging) at 650-723-1303.

This class is free. However, PVI Little House membership is required. To learn more about this, contact PVI at 650-326-2025 or littlehouse@1pvi.org



Group Fitness & Wellness @ Little House

Group fitness classes have gone virtual! To register for class, log into your Mindbody account or create a new one at <https://clients.mindbodyonline.com/>

To benefit from unlimited monthly ongoing fitness classes, a Premium membership is recommended. Per-class drop-in rates for members are \$13, \$24 for non-members.

Dance & Tone

In Person / Virtual

Tuesdays

11:00 am – 12:00 pm

Love to dance? Then come join the dance party! This class incorporates easy-to-follow dance moves that are fun and energizing. Learn new patterns of movement that will help with mental clarity and balance. Each class includes toning exercises for a total-body workout. This class meets in person and virtually. All levels.

Lifetime Fitness

In Person / Virtual

Mondays, Wednesday, Fridays

9:00 am – 9:50 am

** Effective Feb 1st this class will meet only in person.*

Stay mobile for life! Learn to strengthen, stretch and shape specific muscle groups as well as body mechanics while building strong bones and accelerating your metabolism. All levels welcome. This class is taught in person and virtually.

Fun with Fitness

Virtual

Tuesdays, Thursdays

9:30 am - 10:30 am

Increase your strength, mobility, flexibility, and reduce your fear of movement.

This class includes cardio movements and strengthening exercises using small hand weights and bands. All levels.

20/20/20

In Person / Virtual

Mondays, Wednesdays, Fridays

10:00 am - 10:50 am

** Effective Feb 1st this class will meet only in person.*

This class incorporates 20 minutes of cardio moves, 20 minutes of strength and abdominal exercises and 20 minutes of stretching and flexibility exercises. Beginner to intermediate level. This class meets in person and virtually.



Health & Wellness Services @ Little House

Acupuncture Wellness Service

Dr. Miyashita

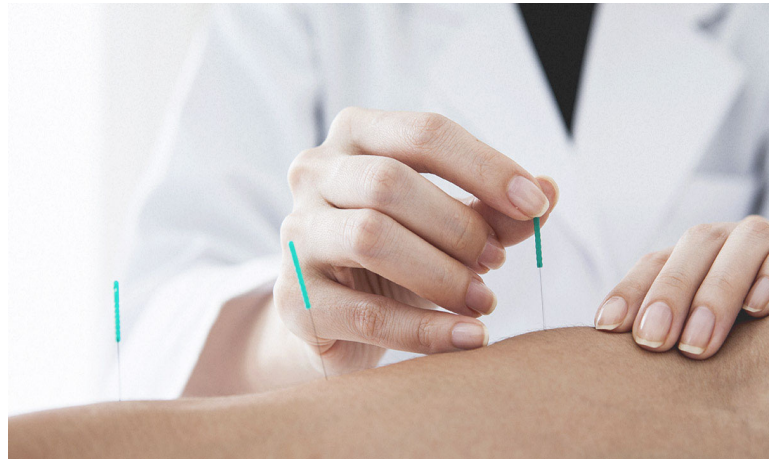
Mondays and Thursdays

9:00 am - 12:00 pm

\$35 (M) / \$40 (NM) per treatment

Appointments are 45 minutes

Packages are available



Acupuncture is a technique in which practitioners stimulate specific points on the body by inserting thin needles through the skin. It is one of the practices used in traditional Chinese medicine (TCM). Studies suggest that acupuncture may help ease low-back pain, neck pain, and osteoarthritis/knee pain.

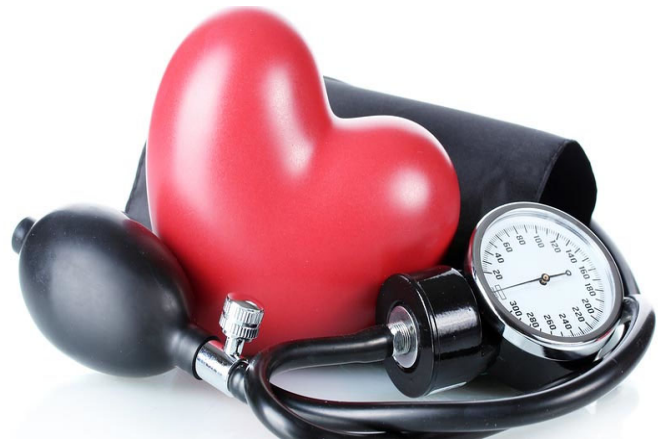
For more information or to book an appointment, contact guest services at [650-326-2025](tel:650-326-2025) or littlehouse@1pvi.org

Monthly Blood Pressure Screening

Tuesday, Jan 10

10:30 am - 12:00 pm

Free



Free monthly blood pressure screenings are provided by Sequoia Healthcare District nurse Suzanne Lim. Screenings will be administered on the second Tuesday of each month and are free of charge.

Sponsored by the Sequoia Healthcare District



FOR YOUR HEALTH

Upcoming Events

Start the New Year Fresh

Decluttering is the New
Organizing

Thursday, Jan 19

1:30 pm

Refreshments served

Free



Start the New Year off fresh with some tips on how to declutter your stuff. Decluttering your life can help reduce anxiety and help you feel more in control of your surroundings. Join us as Karen Wray, Senior Move Manager and owner of the Move Alliance provides essential information on downsizing and decluttering.

About the presenter:

After moving her parents from their home of 41 years, Karen learned first hand how stressful and exhausting the process of downsizing can be on all parties involved. To assist others, she uses her project management and organizational skills to guide older adults and their families through this potentially overwhelming transition whether it is a move out or stay at home organization, with a calm and thoughtful approach.

To save your spot ,
call or email us at [650-326-2025](tel:650-326-2025) or littlehouse@1pvi.org

This event is being sponsored by Liliana Perazich and Beth Leathers, Senior Real Estate Specialists Coldwell Banker Realty.

Cultural Arts and Learning @ Little House

Read with us!

Little House Book Club

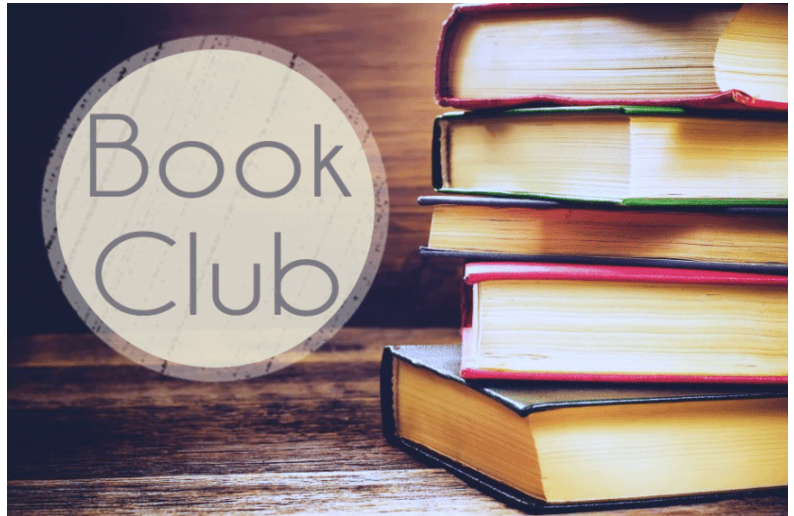
Wednesday, Jan 4

1:00 pm

Free for members

Meets 1st Weds each Month

Zoom Option Available



Join our Little House Book Club for interesting reads and lively conversation. Our club meets the 1st Wednesday of each month.

- Jan 4** Sold on Monday
by Kristin McMorris - Fiction
- Feb 1** Four Seasons in Rome
by Anthony Doerr - Memoir
- Mar 1** The Thursday Murder Club. # 1 in series
by Richard Osman - Fiction
- Apr 5** Left on Tenth, a Second Chance at Life
by Delia Ephron - Memoir
- May 3.** Ship of Brides
by Jojo Moyes - Fiction

Cultural Arts and Learning @ Little House

Monday Movie Time

Mondays

1:00 pm

Free Members

\$5.00 Non-Members

Join us for Monday movies and popcorn with friends!



Jan 2

No Movie PVI Closed

Jan 16

No Movie PVI Closed

January 9

Elsa and Fred

2014 1 hr 37min

After losing his wife, Fred (Christopher Plummer) moves into a nearby apartment building where he meets Elsa (Shirley MacLaine). Elsa bursts into his life like a whirlwind, teaching him that time is precious and that he should enjoy life--and love--to the fullest.

Jan 23

Wild North

2014

"Wild North" moves through three biotopes; vast forests, rugged coastline and interior highlands shaped by shifting ice ages. These landscapes resonate deep within the Scandinavian soul, floating into view like illustrations from shared fairy tales.

Jan 30

Wednesday Morning Breakfast Club

2022 49min

A newly-hired waitress, Megan, gets a taste of customer service when three elderly men walk into the restaurant one Wednesday morning. Crotchety, persnickety, and eccentric, the three men give Megan a run for her money.

Cultural Arts and Learning @ Little House

Social Clubs and Games

Weekdays

Mondays – Fridays

Free for members



Looking to socialize? We offer a variety of social opportunities to keep you engaged. Your social basic membership entitles you to participate in our Little House Clubs such as pool, Mahjong, bridge, hand and foot canasta, pinochle, cribbage, book club or knitting. Games are free for members and \$5.00 for non-members. Interested in forming a club, or have questions, email us at littlehouse@1pvi.org or call **650-326-2025**

Duplicate Bridge

Mondays

1:00 pm



Join friends, new and old, for this stimulating game of strategy and competition.

Knitting Club

Wednesdays

10:00 am



Join the knitters for some inspiration and new project ideas. Bring your own supplies.

Mahjong

Mon - Thurs

1:00 pm

Similar to the

card game rummy, Mah Jong is a game of skill, strategy, and calculation and involves a degree of chance.



Pinochle

Wednesdays

1:00 pm

It's a trick-taking card game with lots of fun! Comparable to games like Whist, Spades, or Euchre, Pinochle requires brains and a good memory.

Cultural Arts and Learning @ Little House

Social Clubs and Games

PVI Interactive Play Program

Table Tennis has Arrived!

Weekdays

Mondays – Fridays

Free for members



Come play with us! We are excited to introduce you to our Interactive Play Program. This program is free as part of your Social Basic Membership and includes life-sized versions of familiar games such as Connect Four, Chess and Scrabble along with table tennis.

Games are available on a first come, first serve basis and are included with your membership dues.

To ensure a spot, reservations are recommended. To reserve, email us at littlehouse@1pvi.org or call 650-326-2025.

Looking for a partner for cards or other social games? Let us know and we can pair you up with either a partner or group.

Cultural Arts and Learning @ Little House

Social Clubs and Games

PVI Interactive Play Program

Pickleball anyone?

Free for members



Pickleball anyone? Do you want to play pickleball but need a partner? We are excited to announce that PVI has access to the adjacent tennis courts during select hours of the day.

Join our list of interested individuals by contacting us at littlehouse@1pvi.org or call 650-326-2025.

Reservations are required and will be on a first come, first served basis.

Cultural Arts and Learning @ Little House

Clay and Chardonnay

Tuesdays

6:00 pm - 8:30 pm

\$35 member

\$40 non member



Enjoy a night out with your friends and let your inner artist free in our Clay and Chardonnay workshop. As you sip on wine, the instructor will guide you on a step-by-step artistic adventure to create your own clay masterpiece. Supplies, aprons, and wine are all part of the deal.

Great for a teambuilding activity. Groups are welcome!

Pre-Registration is required at least one week in advance.

To reserve your spot, contact us at

650-326-2025

or email at littlehouse@1pvi.org

Cultural Arts and Learning @ Little House

Ceramics

Open Studio

Tuesdays and Wednesdays
9:00 am - 4:00 pm

Class

Thursdays and Fridays
10:00 am – 3:00 pm

Find the artist in you in our ceramics studio. We offer open studio time for those who are confident working on their own as well as instructor led class options for those needing more hands-on assistance. During select hours, our studio is open for independent use.

Advance reservations and Instructor approval is required.

Bring your own clay or purchase some from us.

For questions about the program, contact knwachob@1pvi.org

To reserve your spot, contact Guest Services at [650-326-2025](tel:650-326-2025)

Ceramics Class Pricing

	Member			Non-Member		
	Drop In	5 Class Pass	10 Class Pass	Drop In	5 Class Pass	10 Class Pass
Ceramics Class Pass	\$29.00	\$125.00	\$175.00	\$33.00	\$140.00	\$195.00
Open Studio Pass	\$18.00	\$60.00	\$90.00	\$22.00	\$70.00	\$100.00
Intermediate Pottery Wheel	\$22.00	\$90.00	\$165.00	\$26.00	\$105.00	\$180.00

Clay is available for purchase

Cultural Arts and Learning @ Little House

Ceramics for Kids

Tuesdays

4:15 pm - 5:30 pm

6 Class Package \$125



Introduce your kids to the wonderful world of ceramics. In this class, kids will learn basic skills like stamping, wedging clay, glazing, pinch pot figures, and more from our patient and experienced instructors. Participants are encouraged to express their individuality and create pieces that reflect their own interests and personality. Class is suitable for kids ages 6 years and older.

Space is limited - Reserve your spot today

Advance registration is required.

Contact Guest Services at [650-325-2025](tel:650-325-2025) or email at

littlehouse@1pvi.org



TECH CONNECT PROGRAM

PVI welcomes you to join our Tech Connect Program. Participants will receive iPads, which will allow them to access visual apps such as exploring the Internet, Zoom, YouTube, taking pictures, email and more.

Over the course of a 8-week class, you will learn:

- iPad basics
- How to safely navigate the internet
- Taking and sharing photos and videos
- Email on the iPad
- Using Zoom
- YouTube and Podcasts

*Preregistration Required

Date and Time

This program is offered on a rolling basis. Contact us for session details.

Cost

Free*

Location:

PVI's Little House
800 Middle Ave, Menlo Park,
CA 94025

Contact:

dsuslow@1pvi.org

In Partnership with



FOR YOUR HEALTH

Technology @ Little House

Helping you Stay Connected

Technology Center

Mon - Thurs

9:00 am - 4:00 pm

Fri 9:00 am - 3:00 pm

By appointment

** Closed during select times for programming.*



Our Technology Center is now open by appointment only for independent computer use and one-on-one sessions with a Tech Tutor (**extra fees apply*). Your annual membership includes unlimited access to the Technology Center during hours of operation. You may also purchase a Day Pass for daily use for \$5.

Tech Tutoring Pricing

To book a timeslot, email us at littlehouse@1pvi.org or 650-326-2025.

Member Pricing

Single Session	\$ 12
5 Sessions	\$ 50
10 Sessions	\$ 85

Non-Member Pricing

Single Session	\$ 15
5 Sessions	\$ 65
10 Sessions	\$ 115

Ride PVI Transportation Service

Your Opinion Matters

Mid Peninsula and South Bay

Senior Transportation Forum

Wednesday, Jan 18

11:00 am - 12:00 pm

Refreshments Served



We want to hear from you! Peninsula Volunteers Inc (PVI), with the support of AARP invites you to join us in our transportation forum to help us better serve the transportation needs in our community. We want to hear specifically about your experience and also ideas about how to improve independence and mobility.

Light refreshments will be served to thank you for your time. The forum will last approximately 60 minutes and will cover the following topics:

An overview of transportation services and what resources are currently available

The pros and cons of various transportation options

Q & A session

To RSVP, contact Kamilah Najib-Wachob at kwachab@1pvi.org or 650-272-5006



Ride PVI Transportation Service

Ride PVI transportation services have expanded the service area to include travel to and from the local grocery stores, pharmacies, healthcare providers, and dentists, as well as area Senior Centers.



Getting a ride is as easy as
1-2-3!

- 1 Register by calling **650-272-5040**. Registration only takes a few minutes.
- 2 Once registered, you can call whenever you need a ride or to set up a future ride, simply call our hotline at **650-272-5040**. One of our Ride PVI concierge will assist you with getting a driver.
- 3 Your driver will show up and take you to your destination. When you need a return ride, simply call us back and request a return ride.

Hours of Operation

Monday - Friday 9:00 am - 4:00 pm

Rates Vary by Residence

Call 650-272-5040 for current rate information



Adult Day Services @ Rosener House

Adult Day Services

Expanded hours

Monday - Friday

9:00 am - 4:00 pm



PVI, Adult Day Services at Rosener House is suitable for individuals with Alzheimer's disease and other dementia, post-stroke, Parkinson's disease, frailty, or social isolation. As a state licensed center, PVI Adult Day Services at Rosener House has provided social recreation and therapy since 1978.

Office Hours

9:00 am - 4:30 pm

Client participation hours

9:00 am (drop off) - 4:00 pm (pick up)

Want to learn more about how we can help you and your family?
Schedule a tour by contacting Yolanda Chavez, Outreach Specialist, at
[650-322-0126](tel:650-322-0126) or [ychavez@1pvi.org](mailto:y Chavez@1pvi.org)

Adult Day Services @ Rosener House

Adult Day Service
Participant Zoom Bingo
Fun
Fridays
11:15 am



Calling all Adult Day Services participants! Join us on Fridays with your friends from Rosener house for some Bingo Fun over Zoom.

For details on how to participate
call [650-322-0126](tel:650-322-0126).

Nutrition Services @ Little House

Meals on Wheels

Delivered home meal service

PVI Meals on Wheels home-delivered meal service has been operating continuously during COVID-19, with staff and drivers following

precautions to safely deliver meals to our clients. Meals are delivered to residents of San Mateo County (excluding Coastside and Pacifica) who meet the following criteria:



Over the age of 60
Predominantly homebound
Unable to shop or cook due to medical condition
Lack of consistent caregiver assistance with daily tasks

In addition to serving meals to homebound older adults, PVI Meals on Wheels also has a program for adults 18-59 with disabilities. Clients in this program receive 5 nutritious, home-delivered meals weekly.

To be eligible, the recipient must meet the following criteria:

- Be an adult (18-59 years old) with a disability and primarily homebound.
- Be incapacitated due to disability/illness and at risk of institutionalization.
- Lack needed caregiver assistance from family or other resources that can aid in the provision of meals.
- Be able to live at home if meals are provided, but unable to prepare or obtain nutritious meals.
- Be a resident of San Mateo County (excluding Coastside).

All of our freshly prepared meals are also available to anyone five days a week for a reduced rate. If you, or anyone you know would benefit from this program, contact the Meals on Wheels office Mon - Fri at [650-323-2022](tel:650-323-2022) for details about the enrollment process.



Eugene

"I rely heavily on your Meals on Wheels. I don't know what I'd do without the support!"

Eugene is an 85-year-old veteran and loves his independence. He became a PVI's Meals on Wheels recipient at the start of the Pandemic when his medical condition made it impossible for him to shop and cook for himself. Eugene's painful neuropathy and chronic arthritis severely impact his mobility. Managing both chronic conditions have significantly affected his lifestyle, yet Eugene describes PVI's Meals on Wheels "as a life-saver!" Not only does he enjoy the nutritious meals, he looks forward to the warm and friendly delivery drivers.

Daily Senior Impact:

1 in 6 seniors is facing hunger

1 in 3 seniors dies with Alzheimer's or another dementia

Nearly 1 in 5 spousal caregivers passes away before their loved one

1 in 4 seniors live alone and feel lonely.

50% of seniors living alone are without the finances for basic needs, transportation, or technology to access the wellness programs they need

Among PVI's Firsts:

- The first **suburban senior activity center** in the U.S. to promote health and well-being.
- The first groundbreaking initiative and **HUD grant in the U.S. for the construction of affordable senior housing.**
- The first state-of-the-art, purpose-built **licensed adult day services facility** for those with Alzheimer's and other dementias.
- One of the first **on-demand, concierge transportation services** for seniors to empower independence.

Celebrating 75 years

PVI

Enabling Seniors to Age in Place



Your impact spans PVI's 75-year history of firsts in senior services

Peninsula Volunteers, Inc. (PVI) celebrates our **75th year of enabling seniors to age in place.** We accomplished this milestone because of your significant generosity spanning our humble yet bold beginnings. **Thank you for staying by our side.**

PVI was a **leader in gerontology** at a time it was unheard of. **In 1947**, our visionary women founders built a remarkable legacy, enriching the lives of countless thousands of local seniors and their families.

The challenges are now much larger in scope

Many local seniors are struggling to stay afloat in today's uncertain environment. Current needs are far outstripping the growth of the local aging population and the gap is widening. **Widespread loneliness, social isolation, hunger, and health inequities** cut deeper into community lives. **Mounting inflationary costs** are further straining financial resources beyond sustainability and shutting our seniors out.

Join us as we transform aging

PVI will continue to **transform aging** in our local communities, changing the way seniors are cared for and treated as valuable members of society. New levels of concierge caregiver and family support services, expansion of innovative community partnerships, and extension of our local geographic reach will meet the challenges ahead for you and your family members.

You may ask, how can I make a difference right now?

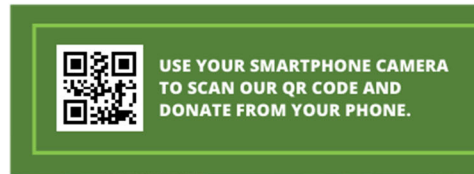
You have the power to change the life of a senior today. Your gift of support is indispensable to the **thousands of local families relying on us** during the holiday season and beyond for their health and well-being. Please make your gift of an amount that is right for you* securely online and spread the word to a friend who shares your passion to help extend senior health and independence for seniors like Eugene and Helen. Visit www.1pvi.org and www.1pvi.org/donate.

***\$500 funds one month of PVI Meals on Wheels for two at-risk seniors or one annual Senior Center fitness membership.**

With hope and gratitude for PVI's next 75 years,

Peter Olson
Chief Executive Officer

Georgie Gleim
Board President



Helen

For 75 years, Peninsula Volunteers, Inc. has enabled seniors to age in place, driven by a profound legacy of caring and our core values of respect, commitment, trust, dedication and compassion. Our four core programs serve over 6,000 households and address the most pressing issues of aging adults by offering critical services to sustain their daily physical, nutritional, emotional and mental health while achieving dignity and independence in their lives. PVI's programs include Nutrition Services/Meals on Wheels; Adult Day Services at Rosener House; Health, Wellness and Lifetime Enrichment offerings at Little House; and on-demand Transportation Services at Little House.

Volunteer Opportunities:

Meals on Wheels

Delivery Driver

Deliver meals for those who are unable to cook or shop for themselves.

Tuesday-Thursday
10 a.m.-1 p.m.

Meal Packer

Pack meals to be delivered by our Meals on Wheels program.

Monday - Friday
7:30 a.m.- 10 a.m.

At your leisure:

Create Crafts or Cards
Birthday gifts

Ride PVI

Transportation Coordinator

Help coordinate rideshare trips for seniors.

Tuesday and Thursday
9 a.m.-12 p.m.

Adult Day Services at Rosener House

Care Companion

Care Companions engage with our participants by facilitating a positive conversation and assisting with daily activities.

Monday-Friday
10 a.m.-2 p.m.



Ready to make a difference?

Contact Ann Eisenberg at aeisenberg@1pvi.org or (650) 272-5108.

Community Resources

San Mateo Pride Center

Inclusion for All



The San Mateo County Pride Center was born of the struggles and triumphs of the LGBTQ+ community over the years and stands for equity, inclusion, dignity, self-determination, and justice.

Over a decade in the making, the Pride Center is the first ever LGBTQ+ community center in San Mateo County. Whether seeking behavioral health services or gathering in solidarity with others to share stories, build relationships, learn, grow, create, and heal together.

Click here to access their monthly events calendar

<https://sanmateopride.org/events/>

For more information about programs and services, contact at ebloomfield@peninsulafamilyservice.org



Mission Hospice of San Mateo

Helping patients and families live life to the fullest.



Mission Hospice is a local, independent nonprofit organization serving patients and families in the San Mateo and Santa Clara County area with quality, compassionate end-of-life care and education.

Nurses are available 24 hours/day at [650-554-1000](tel:650-554-1000) for help, or to learn more about compassionate end-of-life care.

To learn more about Mission Hospice, click here:

<http://www.youtube.com/embed/irh1QOM-GsQ?rel=0>



HIP Housing is a non-profit organization that creates a place to call home for thousands of people in San Mateo County.

HIP HOUSING, 800 SOUTH CLAREMONT STREET #210, SAN MATEO
(650) 348-6660

WWW.HIPHOUSING.ORG

January Events and Activities at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>PVI Closed</p>	<p>3</p> <ul style="list-style-type: none"> • Mahjong • Clay & Chardonnay* 	<p>4</p> <ul style="list-style-type: none"> • Knitting Club • Book Club • Mahjong • Pinochle • Got Groceries 	<p>5</p> <ul style="list-style-type: none"> • Hand and foot Canasta 	<p>6</p> <ul style="list-style-type: none"> • Bridge • Cribbage
<p>9</p> <ul style="list-style-type: none"> • Monday Movies • Bridge 	<p>10</p> <ul style="list-style-type: none"> • Blood Pressure Screening • Mahjong • Clay & Chardonnay* 	<p>11</p> <ul style="list-style-type: none"> • Knitting Club • Open House • Waffle Wednesday • Pinochle • Mahjong • Got Groceries 	<p>12</p> <ul style="list-style-type: none"> • Crafting with Taun • Hand and foot Canasta 	<p>13</p> <ul style="list-style-type: none"> • Bridge • Cribbage
<p>16</p> <p>PVI Closed</p>	<p>17</p> <ul style="list-style-type: none"> • Mahjong • Clay & Chardonnay* 	<p>18</p> <ul style="list-style-type: none"> • Knitting Club • Mahjong • Pinochle • Mahjong • Got Groceries 	<p>19</p> <ul style="list-style-type: none"> • Hand and foot Canasta • Decluttering is the New Organizing Workshop 	<p>20</p> <ul style="list-style-type: none"> • Bridge • Cribbage
<p>23</p> <ul style="list-style-type: none"> • Monday Movies • Bridge 	<p>24</p> <ul style="list-style-type: none"> • *Fav Foods Across America • Mahjong • Clay & Chardonnay* 	<p>25</p> <ul style="list-style-type: none"> • Knitting Club • Mahjong • Pinochle • Got Groceries 	<p>26</p> <ul style="list-style-type: none"> • Crafting with Taun • Hand and foot Canasta 	<p>27</p> <ul style="list-style-type: none"> • Bridge • Cribbage
<p>30</p> <ul style="list-style-type: none"> • Monday Movies • Bridge 	<p>31</p> <ul style="list-style-type: none"> • Mahjong • Chinese New Year* • Clay & Chardonnay* 		<p>Pool, Ping Pong and puzzle making available daily M-F 8am-4pm</p>	<p>*Additional fees apply.</p>
<p>For questions or to register, email at littlehouse@1pvi.org or call 650-326-2025</p>				