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

February 2023

In the News



In observance of Presidents Day, PVI will be closed Monday, February 20

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

In the News @ PVI

Got Groceries?

Free Grocery Pick Up Wednesdays

New Pick Up Time 11:30 am - 1:30 pm



of SILICON VALLEY

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.
- 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 11:30 pm - 1:30 pm on Wednesdays. Head to the front desk!

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

Lunch and Dance

For the Heart of It!
Valentines Day Luncheon
Tuesday, Feb 14
12:00 pm Lunch
1:15 pm Dancing Demo /Activity
Free



Join us for a heart healthy lunch accompanied by David Levin on piano. Following lunch there will be an interactive ballroom dancing session — no partner needed! Wear red and receive an extra raffle ticket!

The menu for our luncheon will consist of
Green Salad
Spaghetti and meatball marinara
Dessert
Coffee, Tea

The ballroom dance presentation activity will be hosted by Anna Aliota-Hogan and David Eastman – both professionally trained dancers. Ballroom dancing can help improve your heart health, lower obesity and type 2 diabetes risk, and also promote lung capacity. We will also be raffling off a basket of healthy goodies. Must be present to win!

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

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

Favorite Food Across America

Wisconsin
Thursday, Feb 23
12:00 pm Lunch
\$17 per plate
RSVP by Thursday, Feb 16



Our culinary adventure across America continues with a stop in the midwestern state of Wisconsin, known as the "Dairyland of America"

Our menu this month will feature

Chicken tenders accompanied by cheddar dipped fries

Ice cream with Oreo cookie crumble

Coffee, tea

Are you from Wisconsin? Join us and share some local history, facts, and stories about this interesting State.

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

Little House Open House Weds, Feb 15** 9 am - 3pm Free

** Our Feb Open House will take place on the 3rd Weds



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 mention the word WAFFLE. You will automatically receive a coupon for one free week membership.

Your week membership will entitle you to participate in any of our fitness classes, games or free social activities for one week at no cost. Or, schedule a free balance assessment with one of our personal training staff and take advantage of our fitness gym.

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

Lunches will be held 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

September- Rhode Island

October - Colorado

November - Idaho

December - California

Vine to Bar - For the love of Chocolate

Wine & Chocolate Pairing Party

Friday, Feb 10

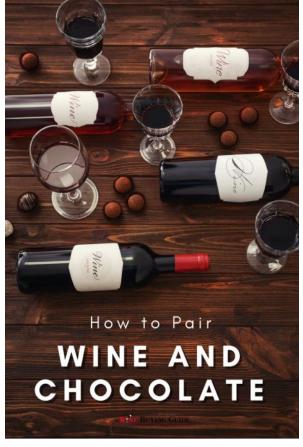
5:00 pm - 7:00 pm

\$40 Members

\$45 Non Members

Ask about our special group rate.

RSVP by Feb 8



Both red wine and cacao - the unprocessed source of chocolate - have high amounts of polyphenols. These polyphenols act as antioxidants and include resveratrol and may have anti-inflammatory properties which have been known to improve cardiac health.

Gather your friends or date for a decadent wine and chocolate pairing tasting party. Our expert wine collectors will facilitate this tasting party showcasing various wines from their collection. They will talk you through the distinguishing characteristics of each wine and help you pair it with your favorite chocolate or cheese. *Perfect for a date night out!*

To register or inquire about group rates, email littlehouse@1pvi.org or 650-326-2025.

Upcoming Events @ PVI

Waffle Wednesday Wednesday, March 8 9:00 am - 10:30 am Free



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

Save the Date Favorite Foods Across America

Louisiana March 30

12:00 pm Lunch

12:45 pm Program

\$17 per plate



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

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

Socializing @ PVI

Tea Anyone?

Afternoon High Tea Mondays, Feb 6, 13 & 27 2:00 pm - 3:30 pm Free

*No tea on Feb 20



What are the health benefits of drinking tea? People have been drinking tea all over the world for thousands of years and for good reason. Numerous studies have shown that a variety of teas may boost your immune system, fight off inflammation and even ward off cancer and heart disease. While some brews provide more health benefits than others, there is plenty of evidence to support regular tea drinking has a lasting positive impact on your overall wellness.

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 and also reap health benefits!

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 scan here for more

membership information



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

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.

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.

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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 or email littlehouse@1pvi.org

New Year Personal Training Special

4 - 30 Minute Personal Training
Sessions
\$123 Members
\$136 Non-Members
By Appointment Only
Hurry! This offer expires Feb 28th!



Don't lose momentum on your 2023 health and fitness goals with personalized one-on-one personal training. This 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

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 book your appointment, contact us at littlehouse@1pvi.org or 650-326-2025

Boosting Your Heart Health

New Member Exercise Class Promo \$10 Classes Feb 1 - 28* New clients only



Being physically active is a major step toward

good heart health. It's one of your most effective tools for strengthening the heart muscle, keeping your weight under control and warding off the artery damage from high cholesterol, high blood sugar and high blood pressure that can lead to heart attack or stroke. *Doctors recommend a minimum of 150 minutes of cardio activity per week to help boost your heart health.*

To help you achieve this goal, we are offering a special drop in class rate of \$10 per class. Come and experience any of our group fitness exercise classes during the month of February and pay only \$10 per class for the drop in fee (\$3 savings per class).

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
Line Dance
Non-Traditional Mat Pilates (returns March 1)
QiGong
Chair Yoga
Walk & Be Fit (virtual only)
Dance and Tone

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

^{*} This offer applies to new participants only and expires Feb 28, 2023. All classes purchased must be used prior to the expiration date.

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Lifetime Fitness In Person / Virtual* Roya		8:30 am Non-Traditional Mat Pilates Returns in March 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 Active & Fit 20/20/20 In Person / Virtual* Roya	10:00 am QiGong In Person Jiin 11:15 am Chair Yoga In Person Jiin	10:00 am Active & Fit 20/20/20 In Person/Virtual * Anna
	11:00 am Dance and Tone In Person /Virtual Anna	10 :30 am - 12:30 pm March 1 - April 12 Stepping On 7 Week Balance Series Stanford Health Care F/CH - R	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 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.

QiGong

10:00 am - 11:00 am In Person

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. Beginners are welcome. Try your first class for free!

Chair Yoga

Thursdays 11:15 am - 12:15 pm In Person

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.



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. All levels are welcome.



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

Returns in March

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. 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 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 welcome.



Lifetime Fitness

In Person / Virtual Mondays, Wednesday, Fridays 9:00 am - 9:50 am

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. Beginner level.

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 welcome.

20/20/20

In Person / Virtual Mondays, Wednesdays, Fridays 10:00 am - 10:50 am

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.



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.

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.

Free

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 at 650-723-1303. This class is free, however, a PVI Little House membership is required. To learn more about this, contact PVI at 650-326-2025 or littlehouse@1pvi.org

Stepping On

Building Confidence and Preventing Falls

Community Health Partnership with Stanford Health Care Wednesdays, 10:30 am - 12:30 pm In Person

Mar 1 - Apr 12

Pre-registration is required.

Free

Stepping On is a free evidence-based program for older adults who have fallen or are at risk of falling offered through Stanford Health Care. The program looks at falls and fall risks, safe footwear, vision, home and community safety, medication management, bone health and exercises for strength and balance. Stepping On meets for 7 sessions for 2-hours each, and is led by an occupational therapist, with support from a peer leader. Guest experts include a physical therapist, pharmacist and vision specialist. This class is free however, a PVI Little House membership is required. To learn more about this, contact PVI at 650-326-2025 or littlehouse@1pvi.org



Health & Wellness Services @ Little House

Acupuncture Wellness Service

Dr. Miyashita

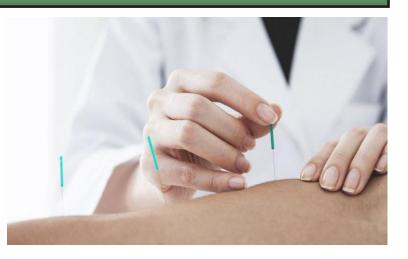
Mondays and Thursdays

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 or littlehouse@1pvi.org

Monthly Blood Pressure Screening

Tuesday, Feb 14 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



Save the Date

St Patrick's Day Lunch

Friday, March 17
12:00 pm Lunch
1:15 pm Entertainment
Lunch is Free
Irish Coffee \$ 5 per person
RSVP by March 10



Let's eat, drink, and be Irish! Come celebrate the luck of the Irish with a traditional Irish lunch complete with Irish dancers who will perform an array of traditional dances.

To save your spot , call or email us at 650-326-2025 or littlehouse@1pvi.org

Destination Talks Are Back!

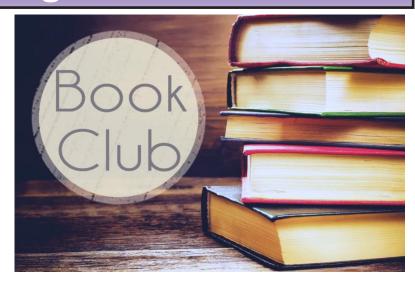
March 1 1:30 pm Free



Rich Deutsch returns to Little House with another destination presentation. Stay tuned - the location will be revealed in our March Activity Guide

Read with us!

Little House Book Club
Wednesday, Feb 1
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.

* Due to the inclement weather in Jan, we will also be discussing the Jan book along with the Feb selection. The club will have an extended meeting time.

- 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

Monday Movie Time

Mondays

1:00 pm

Free Members

\$5.00 Non-Members

Join us for Monday movies and popcorn with friends!



Feb 6

Local Color

2006 1 hr 47min

Period piece in early - mid 70's based on a true story: One Master. One Student. One Summer to Dream.

Feb 20

No Movie PVI Closed

Feb 13

Britt-Marie Was Here

2019 1 h 37 min

After the end of a long marriage, Britt-Marie is starting over at age 63. In the small town of Borg, the only job she can find is quite challenging: to coach the town's youth soccer team. Feb 27

A Green Journey (aka The Love She Sought)

1990 1 h 35 min

Angela Lansbury stars as a teacher at a Catholic school who begins to question whether or not she feels her life is fulfilled.

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, pinocle, 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

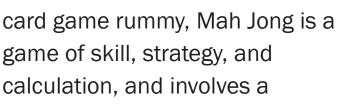


Join friends, new and old, for this stimulating game of strategy and competition.

Mahjong Mon - Thurs

1:00 pm Similar to the

game of skill, strategy, and calculation, and involves a degree of chance.



Knitting Club

Wednesdays 10:00 am



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

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.

Social Clubs and Games
PVI Interactive Play Program
Table Tennis, Chess, Four
Square
Weekdays
Mondays – Fridays



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 table tennis, card games or other social games? Let us know and we can pair you up with either a partner or group.

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.

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

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

Ceramics Class Pricing

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

Non-Member

Ceramics for Kids & Families

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. Families are welcome to join.

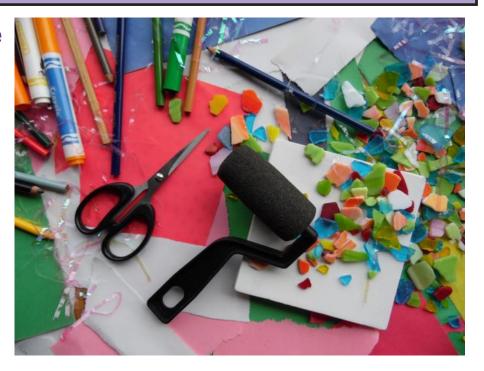
Space is limited - Reserve your spot today

Advance registration is required.

Contact Guest Services at 650-326-2025 or email at littlehouse@1pvi.org

Paper, Scissors & Glue

Crafting with Taun Thursdays Feb 9 & 23 1:00 pm Free



Get your creative juices flowing and let your inner artist out! Our instructor Taun Relihan will guide you through different projects using various medias such as water colors, paper, and glue. Class meets every other Thursday.

Space is limited - Reserve your spot today

Contact Guest Services at 650-326-2025 or email at littlehouse@1pvi.org



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

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





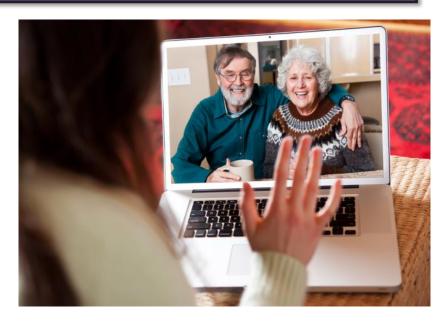
^{*}Preregistration Required

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 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.

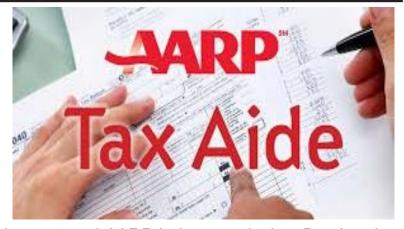
Member Pricing
Single Session \$ 12
5 Sessions \$ 50
10 Sessions \$ 85

Non-Member Pricing
Single Session \$ 15
5 Sessions \$ 65
10 Sessions \$ 115

Community Service

AARP Tax Assistance

Feb 7 - April 11 Tuesdays 9:00 am - 3:30 pm Free



The 2022 tax season is currently underway and AARP is here to help. Don't rely on guesswork. Let the expert tax aides take the hassle out of preparing your yearly taxes. All appointments are free and confidential and only take about 60 minutes. Prior to your appointment please have all of your paperwork organized and ready.

Key documents to bring for the appointment:

- Valid photo I.D. and Social Security card (for all taxpayers and dependents)
- W-2
- All 1099 forms (interest, dividends, Social Security, brokerage activity and retirement pensions)
- 1095A if health insurance through Covered California
- If you believe you can itemize your deductions, bring all supporting documents and amounts such as medical expenses, mortgage, property tax, vehicle registrations.

To schedule an appointment, contact Little House at 650-326-2025.

Need transportation to Little House for your appointment? Ride PVI can assist you with that! Contact us at 650-272-5006 for more information.



Please note: Little House staff are unable to organize or photocopy any of your documents.

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 concierges 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









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Adult Day Services @ Rosener House

PVI Adult Day Services

Caring for your loved one Monday - Friday Client Participation Hours 9:00 am - 4:00 pm Office Hours 9:00 am - 4:30 pm



PVI Adult Day Services at Rosener House offers a positive care option for older adults in need of support and their family caregivers. Our goal is to help families remain together, both by active therapeutic intervention for the participant and by reducing the emotional and physical demands on the caregiver. We promote health, independence, and dignity for individuals living with Alzheimer's disease, dementia, early memory loss, stroke, Parkinson's disease, and other chronic conditions.

When are you ready to use our PVI Rosener House Services?

- Does your family member have difficulty planning their own activities?
- Does your family member have significant difficulty staying focused and initiating on activity eg - reading, conversation, usual hobbies?
- Would your family member benefit from social engagement?
- Can your family member no longer be safely left home alone?
- Would your family member benefit from exercise & therapies to maintain strength and balance?
- Do the actions of your family member require your attention so much so that it's interfering with your own health, happiness, or causing anxiety, frustration or depression?

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 or ychavez@1pvi.org

Adult Day Services @ Rosener House

The Perfect Blend: Caregivers and Coffee

Tuesday, Feb 14 (2nd Tues of each month) 9:30 am - 10:30 am Free



As a thank you for all you do for your loved ones, our Adult Services team and social worker host a caregiver coffee the 2nd Tuesday of each month. Join us for coffee, conversation and sharing. This is a great opportunity for you to connect with other caregivers and also ask questions of our staff and social worker in an informal setting. Can't stay? No worries, we have take out cups. All caregivers are welcome!

Please park in the parking lot or use street parking as this time of the morning is also client drop off.

If your loved one is not scheduled for Tuesday and you would like to attend, please call our office and let us know. For a limited number of participants, they can join part of our morning program while you drink your coffee.

For more information or to RSVP, call 650-322-0126 or email our Outreach Coordinator, Yolanda Chavez ychavez@1pvi.org



Please join us for an afternoon of networking with colleagues and a special presentation given by Sandra Leigh Bardas.

Sandra received her pharmacy education at Massachusetts College of Pharmacy and the Massachusetts General Hospital. She is a member of both the state and federal medical disaster teams. She will be sharing her experiences to help you prepare for an emergency response to best insure you and your patients' safety and well-being

Tour our Adult Day Program and learn more about PVI's services while enjoying hors d' oeuvres and refreshments.

Bring your business cards and brochures to enter to win door prizes!

When:

February 28th, 2023 4:00 pm- 6:00 pm Presentation at 4:15 -The Pill Drill: Medication Management for Emergency Response

Cost:

Free

Contact:

650-322-0126 or ychavez@1pvi.org

Nutrition Services @ Little House

Meals on Wheels Home Delivered 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, Pacifica and North County) 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

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 for details about the enrollment process.



"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.



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





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 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/ irh100M-Gs0?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

February Events and Activities at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday		
		1Knitting ClubBook ClubMahjongPinochleGot Groceries	Hand and foot Canasta	3BridgeCribbage		
6 • Monday Movies • Bridge	 Blood Pressure Screening Mahjong Clay & Chardonnay* AARP Tax Prep 	Knitting ClubPinochleMahjongGot Groceries	 Paper, Scissors, Glue Hand and foot Canasta 	10 • Bridge • Cribbage • Wine Pairing Party*		
13 • Monday Movies • Bridge	 14 Mahjong Clay & Chardonnay* AARP Tax Prep Valentine's Day Lunch 	 15 Open House Waffle Weds Knitting Club Mahjong Pinochle Mahjong Got Groceries 	16Hand and footCanasta	17BridgeCribbage		
PVI CLOSED President's Day	21MahjongClay & Chardonnay*AARP Tax Prep	22Knitting ClubMahjongPinochleGot Groceries	 Fav Foods Across America * Paper, Scissors, Glue Hand and foot Canasta 	24 • Bridge • Cribbage		
27 • Monday Movies • Bridge	28 • Mahjong • Clay & Chardonnay* • AARP Tax Prep		Pool, Ping Pong and puzzle making available daily M-F 8 am - 4 pm	*Additional fees apply.		
For questions or to register, email at <u>littlehouse@1pvi.org</u> or call 650-326-2025						

Are you caring for your loved one?

PVI Adult Day Services at Rosener House offers a positive, care option for older adults in need of support and their family caregivers. Our goal is to help families remain together, both by active therapeutic intervention for the participant and by reducing the emotional and physical demands on the caregiver. We promote health, independence,

and dignity for individuals living with Alzheimer's disease, dementia, early memory loss, stroke, Parkinson's disease, and other chronic conditions.

When are you ready to use our PVI Rosener House Services?

If you answer "yes" to more than 3 of the following questions:



- Does your family member have difficulty planning their own activities?
- Does your family member have significant difficulty staying focused and initiating on activity eg reading, conversation, usual hobbies?
- Would your family member benefit from social engagement?
- Can your family member no longer be safely left at home?
- Would your family member benefit from exercise & therapies to maintain strength and balance?
- Do the actions of your family member require your attention so much so that it's interfering with your own health, happiness, or causing anxiety, frustration or depression?

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 or ychavez@1pvi.org



Savvy Caregiver Training Series!

PVI Adult Day Services at Rosener House in partnership with the Alzheimer's Association will be a hosting an in-person *Savvy Caregiver Trainings* Series. A nocost event to learn:

- » Enhanced knowledge and caregiving outlook
- » Skills to assess the abilities of your loved one with dementia
- » Confidence to set and alter caregiving goals
- » Strategies to manage activities of daily living

Please note that this series is designed for family caregivers only.

Location: PVI Rosener House 500 Arbor Rd Menlo Park

Dates: Tuesdays

• March 21, 28

• April 4, 11, 18, 25

Time: 1:30 - 3:30

To sign up please call us at Rosener House today: 650-322-0126

Or Pre-Register through the Alzheimer's Association: <u>tinyurl.com/menloparksavvyfy23q3</u>

ALZHEIMER'S (ASSOCIATION

Visit alz.org/CRF to explore additional education programs in your area.

The Perfect Blend: Caregivers and Coffee

PVI Adult Day Services at Rosener House

Every 2nd Tuesday of the month (February 14th) 9:30-10:30am

This is a no-cost event hosted by our team as a "thank you" for all you do for your loved ones and a chance for you to connect with other family caregivers. It will be a group of conversations supported by our team, including our social worker. Please feel free to take your drink to-go if you need to!



As it is a drop-off time for our program the buses will be using our front drive-thru, please do park in the parking lot or use street parking. Let us know if you have any questions: 650.322.0126

We hope you can make it!

Location: PVI Rosener House Address - 500 Arbor Rd Menlo Park (Front Conference Room)

(If your loved one is not scheduled for Tuesday and you would like to attend the event, please call our office and let us know! For a limited number of participants, they can join part of our morning program while you drink your coffee.)