

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

March 2023

In the News @ PVI

Got Groceries?

Free Grocery Pick Up

Wednesdays

New Pick Up Time

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



SECOND HARVEST
of SILICON VALLEY

Events @ PVI

Luck of The Irish

St. Patrick's Day Celebration

Friday, March 17

12:00 pm Lunch

1:15 Irish Dance Performance

Free

Irish Coffee for purchase

\$5 Advance / \$7 Day of

RSVP by March 10th



Erin Go Bragh! Come celebrate the luck of the Irish with a free traditional Irish lunch and an Irish dance performance. The menu for our luncheon will consist of green salad, corned beef and cabbage served with potatoes and carrots, dessert and beverage. *Irish Coffee is available for purchase and will be served with desert. Advance purchase is recommended. Join us in the courtyard after lunch for an Irish Dance Performance by Green Academy of Irish Dance..*

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

St Patrick's Day Bake Sale

Friday, March 17

10:00 am - 12:00 pm

The PVI Leprechaun's have been busy baking and will be here to showcase and sell their

baked goods. There will be traditional soda bread, cookies, cakes, cupcakes and more! Come browse the sale, buy a few goodies and share a cup of coffee with friends.



All proceeds benefit Little House. Cash is preferred.

St Patrick's Day Lunch will begin at 12pm

Events @ PVI

Favorite Food Across America

Louisiana

Thursday, April 6

12:00 pm Lunch

1:00 pm Program

\$17 per plate

RSVP by Thursday, March 30



Did someone say Gumbo? Welcome to Louisiana, the home to some of America's most colorful culture, including a huge Creole and Cajun population. The Spanish, French, African, and Native American influences are visible in every conceivable way. They speak their own language, have their own style of music and a uniquely delectable cuisine.

Are you from Louisiana? 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.

Save the Date

Favorite Foods Across America

Arkansas

April 27

12:00 pm Lunch

12:45 pm Program

\$17 per plate



The next stop on our favorite foods across America culinary adventure will be Arkansas. For more information or to reserve your spot, email

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

Events @ PVI

Little House Open House

Wednesday, March 8

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 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 or to schedule a tour, email

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

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.

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

Upcoming Events @ PVI

New Culinary Adventure for 2023

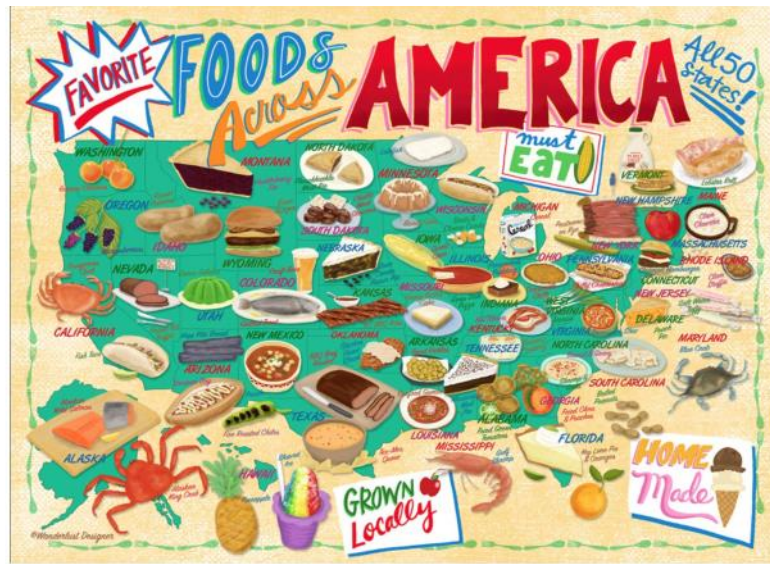
Favorite Foods Across America

12:00 pm Lunch

12:45 pm Program

\$17 per plate

Check our schedule for
specific dates.



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 – *rescheduled to March*

March - Louisiana – *rescheduled to April*

April - Arkansas

May - Indiana

June - New Mexico

July - Texas

August - Alabama

September- Rhode Island

October - Colorado

November - Idaho

December - California

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

Upcoming Events @ PVI

Creative Pantry Cooking with Chef Hazel

Cooking Demo & Lunch

Thursday, March 23

10:30 am

Free Members

\$5 Non-Members

RSVP by March 15th



Are you a Got Grocery recipient and wonder what to do with some of the pantry item ingredients? Chef Hazel will be offering a cooking demo based on that week's grocery pick up ingredients and creating a menu that's easy and nutritious. Lunch will follow the cooking demo.

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

Where's the Meat?

Cooking Demo and Lunch

Friday, April 21

11:00 am Cooking Demo

12:00 pm Lunch

Free (with demo)

Lunch Only, \$5



What? No meat? Come learn what nutritious and delicious easy meals you can create without meat. Chef Hazel will be offering a plant based cooking demo followed by lunch. Attend the cooking demo and lunch is free! If not attending the demo, lunch is \$5.

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

Upcoming Events @ PVI

Plan it, Plow it, Eat it!

Organic Summer Vegetable

Gardening Workshop

Tuesday, April 18

10:30 am

Free



Ring in the summer, start sowing in winter, for your fabulous tomatoes, peppers, eggplant, cucumbers, zucchini, winter squash (yep, grown in SUMMER) corn, and more! This class will cover what is possible to grow and harvest in summer in our area, as well as how to care for your summer garden. We will explore sowing seeds, care for seedlings, when to plant them out, how to amend your soil before planting, how and when to harvest, all using sustainable and organic techniques. We will also review composting and how to keep your soil alive.

Presenter Master Gardener: Kathleen Putnam is a professional organic vegetable gardener serving the Mid-Peninsula and is an ISA Certified Arborist. Kathleen has a degree in Environmental Horticulture from City College of San Francisco and is a UC Master Gardener. Kathleen's passion is fruit trees and soil.

Presenter Master Gardener: Lisa Putnam has a BS in Agricultural Economics from UC Davis and also studied nutrition science at Davis. She currently operates a small sustainable organic farm and orchard in Woodside and a home vegetable garden in Portola Valley. Lisa is a UC Master Gardener and Master Composter. Her passion is soil and compost.

Space is limited, register early!

For more information and to register, email

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

Earth Day Celebration

PVI Plant Sale

Friday, April 21

10:00 am - 1:00 pm

Open to all!



Happy Earth Day! To honor Mother Earth, PVI will be hosting a plant sale from our very own garden. Come shop for some great deals on succulents and greenery to brighten your garden or windowsill. All proceeds will benefit PVI Little House programs.

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

Socializing @ PVI

Tea Anyone?

Afternoon High Tea

Mondays, March

6, 13, 20, 27

2:00 pm - 3:30 pm

Free

*Celebrate the first day of
Spring with us March
20th!*



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.

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

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](#).

We are here for you. For questions about membership and class registration,



**ADD QR CODE HERE FOR
MEMBERSHIP**

Health & Wellness @ Little House

Fitness Classes Your Way!

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

Virtual: Class is streamed online through our Mindbody portal.

Live: Class is taught in person.

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

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

Now Open Thurs 8:30 am!

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.

*We ask that members not use the gym
unattended*

For pricing information call
650-326-2025.

Monday	8:30 am - 2:30 pm
Tuesday	8:30 am - 2:30 pm
Wednesday	8:30 am - 2:30 pm
Thursday	8:30 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** or email littlehouse@1pvi.org

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

Health & Wellness @ Little House

Spring Forward with Friends

Personal Training Special

Free Session

New Clients Only

By Appointment Only



Spring is just around the corner and what better way to enjoy it than with a friend. Receive one **free personal training session** for each friend who purchases a new client 5 session training package. Applies to new clients only. Expires March 31st.

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

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 Begins March 1st 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	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
	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.

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 & 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 is Back!

In Person

Wednesdays

8:30 am - 9:30 am

Class resumes March 1st

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 & 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 welcome.



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.

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.



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.

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](mailto:StanfordAdultAgingServices@stanford.edu) 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

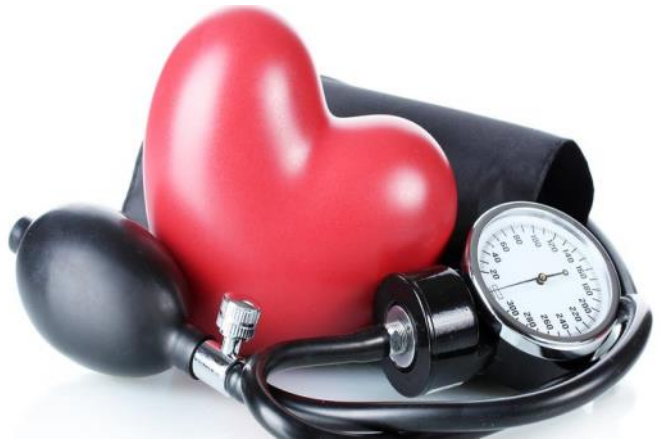
Health & Wellness Services @ Little House

Monthly Blood Pressure Screening

Tuesday, March 8

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



Acupuncture Wellness Service

Dr. Miyashita

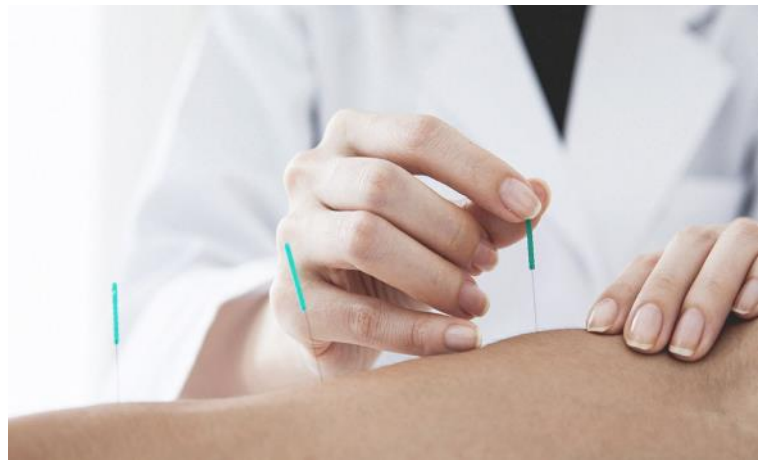
Mondays and Thursdays

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

Cultural Arts and Learning @ Little House

Read with us!

Little House Book Club

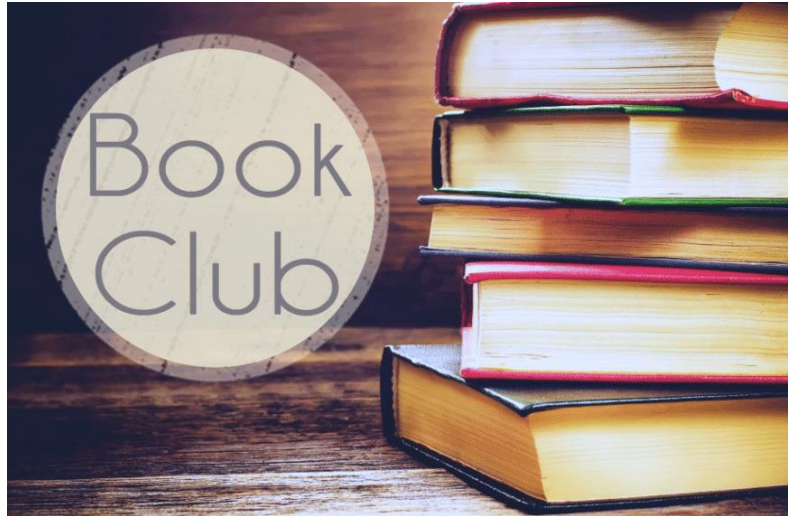
Wednesday, Feb 1

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.

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

For more information about the Book Club, email us at littlehouse@1org or call 650-326-2025

Cultural Arts and Learning @ Little House

Let's Go to the Movies

Mondays & Wednesdays

1:00 pm

Free Members / \$5.00 Non-Members

Monday Movies Time will feature dramas

Wacky Wednesdays will feature comedies

Join us for Monday & Wednesday movies add popcorn and some friends for a fun afternoon!



Monday Movie Time

March 6

Arctic Daughter: A Lifetime of Wilderness
(2018)

At twenty-two, Jean and a friend set off on the Yukon River for a year alone. A lyrical odyssey across seven decades celebrates the art of following one's dreams beyond a beaten trail.

March 13

Labor Day (2014)

Labor Day is a "romance to root for" starring Kate Winslet and Josh Brolin as two strangers drawn together under adverse circumstances.

March 20

From The Vine (2020)

A downtrodden man experiences an ethical crisis and travels back to his hometown of Acerenza, Italy to recalibrate his moral compass. There he finds new purpose in reviving his grandfather's old vineyard.

March 27

Birdy (1984)

Starring Nicolas Cage and Matthew Modine in this riveting drama about two childhood friends and the physical and mental wounds they suffer in the aftermath of the Vietnam War.

Wacky Wednesday Movies

March 8

Grumpy Old Men (1993)

This classic comedy stars Jack Lemmon as Max and Walter Matthau as John, two elderly neighbors who can't stand each other but find themselves in a friendly rivalry.

March 15

Going in Style (2017)

Starring Morgan Freeman, Michael Caine, and Alan Arkin, this movie follows three retirees who, after losing their pensions, decide to rob a bank to get back the money they deserve.

March 22

Julie and Julia (2009)

Meryl Streep and Amy Adams cook their way through Julia Child's 524 recipe cook book in a year. A sweet and creative movie that is sure to leave you hungry

March 29

Saving Mr. Banks (2013)

An inspiring story starring Tom Hanks, telling the story about the creation of the movie Mary Poppins through Walt Disney's eyes.

Cultural Arts and Learning @ Little House

Ireland: The Land Of Green

Travel Lecture with Rick Deutsch

Wednesday, March 1

1:30 pm

Free



Ireland was part of the United Kingdom until their independence in 1922. Rich in history dating from the Middle Ages: 1,000-year-old castles and towers. Its soggy weather results in year-round green. Perhaps Leprechauns and 4-leaf clovers helped them recover from the potato famine. Join us as we learn about this and many more wonderful tales about the Green Island.

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

Upcoming Travel Lecture with Rick Deutsch

African Safari – Tanzania, Nature Expedition

Wednesday, April 5

1:30 pm

Free



The African Continent is rapidly shrinking. Extinction of the grandest creatures on earth is happening before our eyes. There are about 500,000 elephants left – that's a 50% decline in the last 35 years; they could become extinct within 10 years. 4,000 rhinos were killed for their horns in the last 5 years. Human impact is severely changing the planet. Tanzania is one of a few places where you can still marvel at rare giraffes, rhinos, lions, water buffalo and hippos.

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

Cultural Arts and Learning @ Little House

Money Matters

Managing your Money

Wednesday, March 23

1:30 pm

Free



Managing your money is no easy task especially in today's uncertain market. This free workshop is designed with the senior in mind. Financial expert, Cindy Craig Vindasius, will provide insight and discuss some of the challenges that come with managing your money.

In this free work you will learn:

- ♦ Tips on navigating the day to day business of managing your finances on a fixed income
- ♦ How to recognize a scam and how you can avoid them
- ♦ What to do if you suspect you are a victim of a financial scam.

Sponsored by Beth Leathers and Liliana Perazich
Realtor, Senior Real Estate Specialist, Green Designation



Cultural Arts and Learning @ Little House

Getting to Know You

Expanding Your Social Circle Series

Tuesdays, 5 weeks

April 11, 18, 25

May 2, 9

10:30 am

Free



We are thrilled to announce a new 5-week program aimed at helping individuals make new friends and connect with their community. This facilitated program is designed to foster new relationships and to assist you with building your own inner circle and create a sense of personal community and belonging.

This 5-week program consists of one hour weekly sessions filled with activities to help you build the confidence and trust to begin your journey in a non-judgmental, warm and caring space.

Whether you are new to the area, recently retired or simply looking to meet new people to expand your social circle, this program offers a fun and supportive environment to connect with like-minded individuals.

Come with an open mind and a willingness to explore and have fun!

Space is limited. Register Early!

To register, email

littlehouse@1pvi.org or call 650326-2025

About the facilitator: Roni Strauss is a program facilitator extraordinaire! She created and led dynamic training programs that empowered individuals to reach their full potential. She has hosted numerous engaging salons in community settings and instructed the world-renowned Dale Carnegie classes. With Roni at the helm, participants are guaranteed a fun and uplifting learning experience that will leave them feeling inspired!

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, 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.

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, 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.

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](tel:650-326-2025)

or email at littlehouse@1pvi.org

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

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

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

Paper, Scissors & Glue

Crafting with Taun

Thursdays

March 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](tel:650-326-2025) or email at littlehouse@1pvi.org

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](tel: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](tel:650-326-2025).

Need transportation to Little House for your appointment? Ride PVI can assist you with that! Contact us at [650-272-5006](tel: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



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 an activity such as reading, conversation, or 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](tel:650-322-0126) or yhavez@1pvi.org

Adult Day Services @ Rosener House

The Perfect Blend: Caregivers and Coffee

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



Join us for coffee, conversation and sharing as our way of thanking you for what you do each day to care for your loved one. Take a moment to chat with our staff, social worker and other caregivers such as you to ask questions, get advice or just share a laugh or two in an informal setting. Take out cups are available if you are not able to stay. All caregivers are welcome!

To avoid traffic back ups, 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. Space is available for a limited number of participants to join our morning program while you enjoy our coffee time.

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

Adult Day Services @ Rosener House

All About Caregivers

Savvy Caregiver Training Series

Tuesdays

March 21, 28

April 4, 11, 18, 25

1:30 pm - 3:30 pm

Free



In partnership with the Alzheimer's Association our Adult Day Services will be a hosting an in-person Savvy Caregiver Trainings Series. This is a no-cost event and is designed for the non- professional, home caregiver 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

To gain the maximum benefit from this training series, we ask that you commit to attending all 6 weeks of the training. Space is limited.

For more information or to reserve your spot, call [650-322-0126](tel:650-322-0126) or email our Outreach Coordinator, Yolanda Chavez y Chavez@1pvi.org

Or

Pre-Register through the Alzheimer's Association
tinyurl.com/menloparksavvyfy23q3

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 Coastsides, 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.

Peninsula Volunteers, Inc.



THANK YOU

for 75 years by our side!

Thank you to our wonderful donor community for your remarkable support in 2022 and the year-end holiday season.

Both long-time friends and new ones changed the lives of seniors for the better — **for the thousands of local families** in our community relying on us for their daily health and well-being.

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

PVI is transforming aging with **freshly prepared nutritious meals** home delivery for the homebound, **exceptional Alzheimer's and caregivers support** for local families living with this devastating disease, new and ongoing **Senior Center programs** for healthy connections and **transportation concierge services** to sustain independence.

"Thank you, PVI, for all you do for the senior community." - Grateful Donor

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

Peter Olson
Chief Executive Officer

Georgie Gleim
Chairman of the Board/Board President



PVI Presents the 32nd Annual



Save the Date

Sunday, April 23th, 2023 · 10:30 am - 2:00 pm
800 Middle Ave Menlo Park, CA 94025



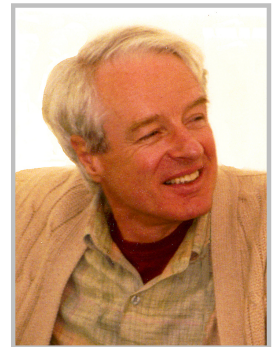
Jan Yanehiro



Jane Smiley



Vanessa Hua



Adam Hochschild



*In partnership with
Books Inc.*

For more information and tickets visit:

1pvi.org/authorssalon2023/

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

March Events and Activities at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <ul style="list-style-type: none"> Knitting Club Wednesday Movies Book Club Mahjong Pinochle Got Groceries 	2 <ul style="list-style-type: none"> Fav Foods Across America * (rescheduled) Hand and foot Canasta 	3 <ul style="list-style-type: none"> Bridge Cribbage
6 <ul style="list-style-type: none"> Monday Movies Bridge 	7 <ul style="list-style-type: none"> Blood Pressure Screening Mahjong Clay & Chardonnay* AARP Tax Prep 	8 <ul style="list-style-type: none"> Knitting Club Open House Waffle Weds Wednesday Movies Pinochle Mahjong Got Groceries 	9 <ul style="list-style-type: none"> Paper, Scissors, Glue Hand and foot Canasta 	10 <ul style="list-style-type: none"> Bridge Cribbage
13 <ul style="list-style-type: none"> Monday Movies Bridge 	14 <ul style="list-style-type: none"> Mahjong Clay & Chardonnay* AARP Tax Prep 	15 <ul style="list-style-type: none"> Wednesday Movies Knitting Club Mahjong Pinochle Mahjong Got Groceries 	16 <ul style="list-style-type: none"> Hand and foot Canasta 	17 <ul style="list-style-type: none"> Bridge Cribbage
20 <ul style="list-style-type: none"> Monday Movies Bridge 	21 <ul style="list-style-type: none"> Mahjong Clay & Chardonnay* AARP Tax Prep 	22 <ul style="list-style-type: none"> Knitting Club Wednesday Movies Mahjong Pinochle Got Groceries 	23 <ul style="list-style-type: none"> Paper, Scissors, Glue Cooking Demo & Lunch Hand and foot Canasta 	24 <ul style="list-style-type: none"> Bridge Cribbage
27 <ul style="list-style-type: none"> Monday Movies Bridge 	28 <ul style="list-style-type: none"> Mahjong Clay & Chardonnay* AARP Tax Prep 	29 <ul style="list-style-type: none"> Knitting Club Wednesday Movies Mahjong Pinochle Got Groceries 	30 <ul style="list-style-type: none"> Fav Foods Across America * Hand and foot Canasta 	31 <ul style="list-style-type: none"> Bridge Cribbage
For questions or to register, email at littlehouse@1pvi.org or call 650-326-2025				<i>* Extra Fees apply</i> <i>Pool, table tennis, games available daily</i> <i>M-F 8 am - 4 pm</i>