

PVI PROGRAM GUIDE

PENINSULA VOLUNTEERS, INC.

LITTLE HOUSE | ROSENER HOUSE | MEALS ON WHEELS | RIDE PVI

**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

June 2023



Dear Members,

For over 75 years Peninsula Volunteers (PVI) Little House Activity Center has been enabling seniors in our community to ***age in place*** through our programs that support social interaction, physical activity, and emotional well-being. To help us transform aging and as we look to the future, we would like to know what it means to you to be a senior today and what programs and activities you want or need to continue to thrive.

The survey will only take a few moments to complete. Unless you request to be contacted, the optional personal questions will remain anonymous, and your identity will not be known to us. In addition, we will only use any personal data you provide as part of overall responses.

Please complete our survey online by visiting the link:

<https://1pvi.org/little-house-community-survey/> or scan the QR code below.

For a printed copy of the survey visit Little House and any guest services associate will be able to assist you.

Scan with your
smartphone camera



Thank you in advance for your participation and time.

Best,

Nettie Azoulay

PVI Program Manager

Little House Activity Center

800 Middle Ave

Menlo Park, CA 94025

nazoulay@1pvi.org

In the News @ PVI

Now Open

Little Shop Grab-n-Go Market

Mon - Fri

10:30 am - 2:30 pm

The Little Shop Grab-n-Go Market is open! The menu consists of soup, sandwich, salad, drinks or snacks. Stop by and grab a quick lunch, snack or drink or come in and browse some of the one-of-a kind artisanal items.



Are you a hobbyist or artist with one-of-a kind items you would like to sell in our Shop?

Contact us at littlehouse@1pvi.org

Holiday Closure

PVI will be closed in observance of Juneteenth on Monday, June 19.

Juneteenth
FREEDOM DAY

There will be no programs or services offered on this day.
We will resume regular operations on Tuesday, June 20.

In the News @ PVI

Month at a Glance

In the Know at Little House

Monthly Informational

First Week of Each Month

Monday, June 5

12:30 pm - 1:00 pm

Tuesday, June 6

11:30 am - 12:00 pm

Thursday, June 8

12:00 pm - 12:30 pm



Get in the know! Have you looked at a program and wondered what it was all about but never asked? Join us for a 30 minute review of what's happening each month at PVI and get all of your curious questions answered. This open forum will provide you an opportunity to learn more about what programs are being offered that month, ask questions, register and meet other like-minded people.

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

Green Thumb Club

PVI Garden Club at Little House

Days and Times to be Announced

Are you a passionate gardener with a green thumb? Our garden is in need to some TLC and we could use your help. Future plans for our garden club include clean up, planning sowing, and harvesting. We also will feature workshops hosted from Master Gardeners, and a Garden to Table meal. Bring your ideas and green thumbs.



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

In the News @ PVI

Got Groceries?

Free Grocery Pick Up

Wednesdays

11:30 am - 1:30 pm



Are you experiencing 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 on Wednesdays at PVI's Little House between 11:30 am - 1:30 pm .

For more information or to register, email
littlehouse@1pvi.org or phone [650-326-2025](tel:650-326-2025).

Events @ Little House

Creative Pantry Cooking with Chef Hazel

Cooking Demo & Lunch

Thursday, June, 8th

2nd Thursday of each month

11:00 am

Free for Members & Got Groceries participants.

\$5 Non-Members



Are you a Got Groceries recipient and wonder what to do with some of the pantry item ingredients? Chef Hazel will conduct a cooking demonstration based on that week's Got Groceries ingredients. She will walk you through the basics so you can create a menu that's easy and nutritious. A light lunch will follow the cooking demonstration.

Pre-registration is required. Space is limited.

To reserve your spot, email littlehouse@1pvi.org
or phone [650-326-2025](tel:650-326-2025).

This program is made possible by our partnership with Second Harvest of Silicon Valley.



Upcoming Events @ Little House

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 destinations:

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

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

Events @ Little House

Favorite Foods Across America

New Mexico

Thursday, June 29

12:00 pm Lunch

12:45 pm Program

\$17 per plate

RSVP by June 22



Welcome to New Mexico where chilis are a staple! This month's lunch menu will feature classic a green chili burger and fries.

Are you a native from New Mexico? 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.



Upcoming Events @ Little House

Save the Date Favorite Foods Across America

Texas

Thursday, July 27

12:00 pm Lunch

12:45 pm Program

\$17 per plate



For June, our Favorite Foods Across America culinary adventure will be making a stop in the great state of Texas. The lunch will include a classic barbecue menu with baked beans, corn bread and dessert.

For more information or to reserve your spot, email

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

Save the Date Favorite Foods Across America Alabama

Thursday, Aug 17* (3rd week)

12:00 pm Lunch

12:45 pm Program

\$17 per plate



The next stop on our Favorite Foods Across America culinary adventure, we will be offering a taste of Alabama.

For more information or to reserve your spot, email

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

Events @ PVI

Little House Open House

Wednesday, June 14

9am - 3pm

Free



Come see what's happening at Little House!
Waffles will be served from 9am - 10:30am.

Take a tour of Little House and learn about our programs! Mention the word **WAFFLE** and receive a coupon for a **complimentary one-week membership**. Your trial membership will entitle you to participate in any of our fitness classes, games, or social activities for one week at no cost. Or, schedule a **free balance assessment** with one of our personal trainers and take advantage of our gym.

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

Waffle Wednesday

Wednesday, June 14

9:00 am - 10:30 am

Free



Come and enjoy an all-you-can-eat homemade waffles bar. 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

Events @ PVI

Botanicals with Bonnie Flower Arranging Workshop with Bonnie Evans

June 5

10:30 am

\$5 supply fee



Celebrating the colors of summer! In this workshop, learn about the art of flower arranging and what elements make up a composed and balanced arrangement. Come prepared to let your creativity run wild!

Leave with a beautiful arrangement that you can enjoy at home.

*When your arrangement has dried up,
please bring back the vase to use for the next workshop.*

There is a \$5 supply fee payable at time of reservation.

Pre-registration is required.

Register early! Space is limited

*Botanicals with Bonnie will be offered on the first
Monday of each month.*

Instructor: Bonnie Evans

To register or for more information email
littlehouse@1pvi.org or call 650-326-2025

Events @ Little House

Summer Concert Series

Keys and Coffee

Fridays

June 2, 9, 16, 23, 30

10:30 am - 11:30 am

Free



Join us in a musical adventure this summer. Each week, we will feature rising youth musicians from the local Young Men's Service League and Menlo Atherton Jazz Ensemble band.

June Performance Schedule:

June 2 & June 9	Daniel Ding (Piano)
June 16	Luke Popular (Alto Saxophone)
June 23	Zach Gosler (Ukulele/Jazz Ensemble)
June 30	To be announced

Coffee and light snacks will be served.

Space is limited, register early!
For more information and to register, email
littlehouse@1pvi.org or 650-326-2025

Socializing @ Little House

Tea Anyone?

Afternoon Garden Tea

Mondays

June 5, 12, 26

(No Tea on June 19)

2:00 pm - 3:30 pm

Free



Come gather with us outside in our beautiful courtyard and enjoy the summer weather! Just bring your friends for some laughter and conversation and we will provide the refreshments. This is a great way to reconnect with your friends while enjoying a cold glass of iced tea in our courtyard.

Health benefits of tea drinking:

What are the health benefits of drinking tea? People have been drinking tea all over the world for thousands of years and for good reasons. 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.

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

Membership Information

Little House Membership Information

Little House offers 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 during open hours.
- ♦ **Premium Fitness Activity Membership:** Unlimited fitness classes per month and access to Video on Demand. Premium Fitness membership includes a Little House Social Basic membership. Don't need unlimited classes? No worries. Drop-in classes are also available.
- ♦ **Gym Only Membership:** Unlimited gym access during open gym hours. This includes a Little House Social Basic membership.

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

For questions about membership and class registration, simply email littlehouse@1pvi.org or call us at [650-272-5008](tel:650-272-5008) and one of our Guest Services Associates will happily assist you.

If viewing online program guide: For pricing and full membership category descriptions, click to download a copy of our [Membership Brochure](#).

Or, scan 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!



Live: *Class is taught in-person at Little House.*



Virtual: *Class is streamed online through the PVI Mindbody portal.*

Live/Virtual: *Member may attend class 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

During Open Hours

Open Gym is a monthly fee-based program ideal for individuals preferring to workout on their own that gives you unlimited gym visits during open hours throughout the month.

For pricing information call
[650-326-2025](tel:650-326-2025).

Open Gym Hours

Monday	8:30 am - 2:30 pm
Tuesday	8:30 am - 2:30 pm
Wednesday	8:30 am - 2:30 pm
Thursday	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](tel:650-326-2025) or email littlehouse@1pvi.org

Free Fitness Assessments

By Appointment Only

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

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

Health & Wellness @ Little House

Working Out With Friends

Partner Training

Free Session

New Clients Only

By Appointment Only



Working out is always more fun with a friend. Summer is just around the corner and what better way to enjoy it than with your bestie! Purchase a 5 session partner training package and receive a **free partner training session** for each of you. This applies to new clients only. **Value of free session is \$35 per person.** To schedule an appointment or to learn more, contact us a littlehouse@1pvi.org or call [650-326-2025](tel:650-326-2025).

Prevent Falls

Free Balance Assessments

By Appointment Only



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 prevent future falls

For questions or to book your appointment contact us at littlehouse@1pvi.org or [650-326-2025](tel:650-326-2025)

Health & Wellness @ Little House

Group Fitness Schedule

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

Group Fitness & Wellness @ Little House

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 are \$13 for members, \$24 for non-members.

Qi Gong

Thursdays

10:00 am - 11:00 am

In Person

Qi Gong, 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, well-being and mental focus. With Qi Gong's long tradition, the movements evolved into various styles. We will begin with "Five Animal Frolics", "Baduanjin", and movements taken from Tai Chi. 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

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 are \$13 for members, \$24 for non-members.

Non-Traditional Mat Pilates

In Person

Wednesdays

8:30 am - 9:30 am

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



Line Dancing

In Person

Tuesdays

12:15 pm – 1:15 pm

Line Dancing is a fun way to stay fit and meet friends. Line dancing increases endurance and balance along with enhanced memory and awareness. Each class is choreographed by song and taught so the group is dancing in unison. No partners needed, just your dancing 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.

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.



Group Fitness & Wellness @ Little House

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 are \$13 for members, \$24 for non-members.

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.

20/20/20

In Person / Virtual

Mondays, Wednesdays, Fridays

10:00 am - 10:50 am

Tuesdays

11:00 am - 11:50 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.



Strong For Life

Community Health Partnership with
Stanford Adult Aging Services

Tuesdays 10:30 am

Thursdays 10:45 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](#).

* Registration is limited to one class per week.

This class is free, however, a PVI Little House membership is required. To learn more about membership, contact PVI at [650-326-2025](tel:650-326-2025) or littlehouse@1pvi.org

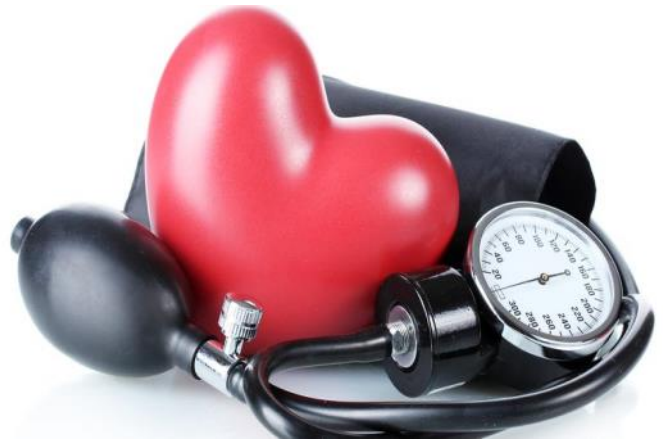
Health & Wellness Services @ Little House

Monthly Blood Pressure Screening

Tuesday, June 13

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

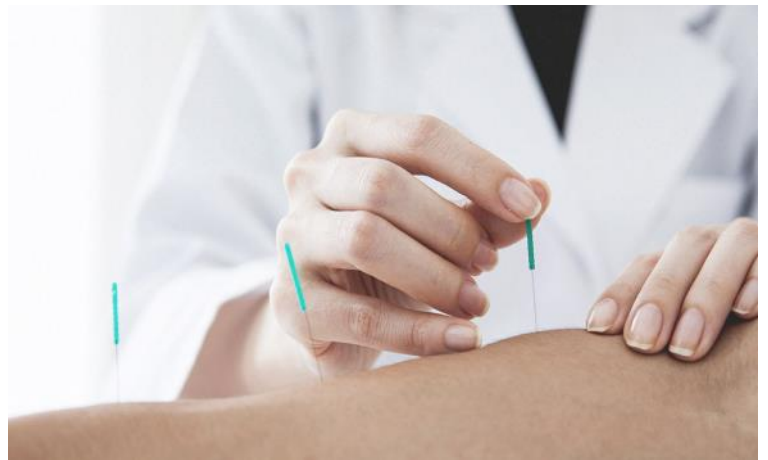
Mondays and Thursdays

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

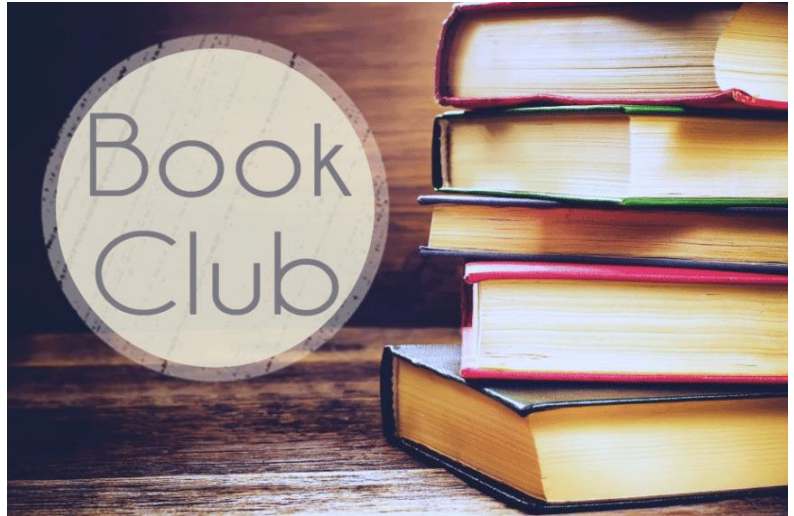
Wednesday, June 7

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. The book club meets the 1st Wednesday of each month.

June 7 *A Town Like Alice* by Nevil Shute

July 5 *Lessons in Chemistry* by Bonnie Garmus

August 2 *The Lost Apothecary* by Sarah Penner

For more information about the Book Club
or the Zoom option, email us at
littlehouse@1pvi.org or call [650-326-2025](tel: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.

Enjoy a movie, popcorn, and a nice matinee movie with friends!



Monday Movie Times

June 5

Free Will? 2023

An in-depth investigation featuring world renowned philosophers and scientists into the most profound philosophical debate of all time: Do we have free will?

June 12

The Secret Life of the Cruise 2018

A floating city on the sea, the MSC Seaside is one of the biggest cruise ships in the world. This film uncovers the army of people and complex systems that keep this extraordinary ship at the top of its game.

June 19

No Movie—PVI Closed for Juneteenth

June 26

Milk 2008

The story of Harvey *Milk*, and his struggles as an American gay activist who fought for gay rights and became California's first openly gay elected official.

Wacky Wednesday Movies

June 7

A Man Called Otto 2023

Enraged by the world and hardened by grief, a cranky retired plots his own demise but is foiled when a lively young family bursts into his life.

June 14

The Pink Panther 2006

Bumbling Inspector Clouseau must solve the murder of a world-famous soccer coach and catch the thief who stole his priceless diamond ring.

June 21

Yes Day 2021

A family comedy based on the children's book by Amy Krouse Rosenthal and Tom Lichtenheld.

June 28

The Birdcage 1996

In this remake of the classic French farce, “La Cage aux Folles”, engaged couple Val Goldman and Barbara Keeley shakily introduce their future in-laws to each other.

Cultural Arts and Learning @ Little House

In the News

Current Events & Coffee

Thursdays

10:30 am - 12:00 pm

Free



Are you passionate about local and world affairs? Do you enjoy chatting with like-minded people about the local government and what concerns you most? Or do you just want to learn what's trending on social media and other news channels? Then join our current events group where we will discuss all things past, present and future over a nice cup of coffee. Topics range from the state of the world, public education, healthcare, music to what's trending socially.

This moderated weekly forum will use your ideas as the backdrop for the weekly topics. Come with an open mind and some things you are eager to chat about or simply learn.

This is a non-judgmental, open forum where
all opinions are welcomed and respected.
Reservations are recommended.
Space is limited.

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

About your moderator: David Klausner holds degrees from Brooklyn College in Mathematics and Physics, and from Polytechnic Institute of Brooklyn in Electrical Engineering. He has worked as a testifying expert witness for over 20 years in Federal and State courts and has taught at the City University of New York, the University of Phoenix, as well as Stanford University. He has been a guest speaker at IBM, AT&T, and at Stanford University. He holds two U.S. patents and his interests are current affairs, history, archeology, geology, astronomy, classical music, and live theater.

Cultural Arts and Learning @ Little House

Cultural Lecture

The Space Age:

The Final Frontier

Thursday, June 8

10:30 am

Free



Rick Deutsch will present a cultural lecture, entitled “The Space Age: The Final Frontier”. Man has dreamed of leaving the earth since before the Chinese invented gunpowder as the stepping stone. We’ve now been beyond the edge of the solar system. But what exactly is “space” and where have we probed? How are private companies taking the load off of NASA? What is the future of the human race to go beyond our terrestrial home, back to the Moon, to Mars and beyond?

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

About the presenter: Rick Deutsch is an accomplished and professional speaker. He holds a degree in Aerospace Engineering, an MS and an MBA. After serving in the US Air Force, he worked in Silicon Valley for defense contractors, Intel Corp and Sun Microsystems in marketing positions. Rick is an adventurer. He has over 300 scuba dives, rafted the Grand Canyon 3 times and has driven a dogsled in the shadow of Denali in Alaska. He’s summited the tallest peak in the continental US – Mt. Whitney. rode his bike across Iowa – twice. Rick’s hiked the Inca Trail in Peru and crawled inside the pyramids at Giza. He’s lectured on Cruise Ships over 30 times. He is also a histophile – a lover of history and gives talks the “average” audience enjoys: the Great Wall of China, Aviation, the Renaissance, Napoleon, Genghis Kahn, the Titanic and even UFO’s. The list includes 70+ image based talks – no “death by PowerPoint” here!

Cultural Arts and Learning @ Little House

Gaming Together

Social Games Meet and Greet

Mahjong & Table Tennis

Tuesday, June 13

Bridge & Table Tennis

Friday, June 16

12:30 pm Meet and Greet

1:00 pm Games Begin

Free



Come meet like-minded gamers for our Social Games Meet and Greet Session. This free event is being hosted to assist you in meeting new players for your Mahjong, Table Tennis, Bridge & other card game groups. Get to know future teammates or opponents and create a play calendar schedule that works for your group. Come for some fun. Light Refreshments will be served. To register, contact us at littlehouse@1pvi.org or 650-326-2025

Interactive Play

Table Tennis, Cornhole, Billiards

Mondays – Fridays

8:00 am - 3:00 pm

Free for members



Come play with us! Are you interested in Table Tennis, Cornhole, or Billiards Pool and looking for partners or a tournament? Let us know, and we can help connect you with others. Games are available on a first come, first serve basis and are included with your membership dues.

Reservations are recommended.

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

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

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. Clay and Chardonnay is a great option 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 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, creativity, 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**

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 and instruction. 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

Technology @ Little House

Helping you Stay Connected

iPhone: Back to Basics and More!

Thursdays, Sept 7 - Dec 14

*No Class Nov 23

\$30.00 Members

\$60.00 Non-Members

Advance registration is required.



Tired of asking the family for help with your iPhone? Want to learn how to use it with other seniors in a warm, patient, and safe environment? You have come to the right place!

During this 15-week course, we cover the most basic features of your iPhone as well as some hidden tricks!

Contacts and Voicemail

Browsing the internet

FaceTime

Using Notes

Organizing your home screen

All about texting

Safety features for your iPhone

Apple maps and how to use them

Taking and editing photos

Using Siri

To get the most out of this course, it is highly recommended that you own an Apple device.

For questions or to register, contact [650-326-2025](tel:650-326-2025)

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 \$5 Day Pass for the day.

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

Personalized Tech Tutoring

By Appointment Only

Personalized individual technology tutoring is also available, by appointment only.



Tech Tutoring Pricing

Member Pricing		Non-Member Pricing	
Single Session	\$ 12	Single Session	\$ 15
5 Sessions	\$ 50	5 Sessions	\$ 65
10 Sessions	\$ 85	10 Sessions	\$ 115

To schedule an appointment, email littlehouse@1pvi.org

Technology @ Little House

Helping you Stay Connected TechConnect

Tuesdays, starting Sept 5

(Choose a timeslot)

10:00 am – 12:00 pm

6:30 pm – 8:30 pm

or

Wednesdays, starting Sept 6

(Choose a timeslot)

10:00 am–12:00 pm

Free



Join the fun, increase your confidence, and meet new people!

Sign up now for our next free session starting in September. You will receive a free iPad for the period of one year, lent to you by PVI. Over the 8-week course, we will teach you how to use the iPad, create and send email, take photos, safely browse the internet and more! Our classes are taught by experienced staff and volunteers.

Pre-registration is required.

For questions or to register, contact [650-326-2025](tel:650-326-2025)
or email the dsuslow@1pvi.org

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



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 y Chavez@1pvi.org

Adult Day Services @ Rosener House

The Perfect Blend: Caregivers and Coffee

Tuesday, June 13

(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

Nutrition Services @ PVI

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 criteria.



Meals on Wheels Criteria for Older Adults:

- 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.



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
650-591-0133



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



"I think the world of PVI, I don't know what I would do without your meals."

In declining health, Antonio is no longer able to shop or prepare healthy food on his own. He skips meals and does not want to bother his family or neighbors for help. Antonio's adult children turned to PVI's Meals on Wheels and now Antonio can stop wondering where his next meal will come from. He can focus on enjoying family and his caring friendships with neighbors. Antonio's conversations and stories he shares with his loyal meal delivery driver are the highlight of his day.

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

Community Voices:

"I was delighted to find out the mission of PVI was to honor older adults like my mom. I like the positive vibes here. I'm amazed by the people working in different roles toward the same mission!" - Hiroko, Volunteer

"It's my privilege to support the wonderful work that PVI is doing for our community" - PVI Donor

"Your weekly groceries helps me make ends meet"
- Ruth, Got Groceries Program beneficiary

Celebrating 75 years

PVI

Enabling Seniors to Age in Place

No senior in our community should be left isolated or hungry—no loved one, no friend, no neighbor!

Every senior in our community deserves to live a vital and independent life—to **age in place** with access to nutritious food, Alzheimer's care services and caregiver support as needed, transportation services, and senior center health and wellness activities to live a happy and healthy life.

Peninsula Volunteers, Inc. (PVI) is in our **75th year**, dedicated to **enabling seniors to age in place**. We are leading senior care in the community, addressing the pressing issues of aging adults. And we cannot do it without you.

The challenges of aging are now greater than ever

Many local seniors are struggling to stay afloat in today's post-pandemic living. Needs are outstripping local **aging population growth**. Federal **emergency payments for food to individuals ends** in April, triggering the **"hunger cliff"** for recipients. Historic **inflation**, widespread **loneliness, social isolation, and hunger and health inequities** cut deeper across our culturally and ethnically diverse community lives. Recent **power outages** hit those most in need hardest.

Your generosity matters

You enable PVI to change the lives of local seniors for the better. Because of you care, **we have not missed a day** preparing and delivering **over 177,000 nutritious meals**; offering therapeutic **care to those with Alzheimer's and overwhelmed family caregivers**; providing daily **meaningful activities and social connections** to isolated seniors; and providing **vital transportation rides** for daily needs.

PVI's new and fast-growing weekly **"Got Groceries"** program is **providing over 250 seniors per month** with a vital lifeline of **3,000 pounds of protein, dairy, pantry items and fresh produce**. Lives are being changed.

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, and the expansion of innovative community partnerships and local geographic coverage will meet the challenges ahead for you and your senior family members. We are **inspired by the community support** that makes this possible.

You can make a difference right now. Your gift of an amount that is right for you* is indispensable to the **thousands of local families relying on us** for their daily health and well-being. **Together we can fill empty plates** with nutritious food and provide meaningful programs to your neighbors who need us most.

Learn more and give securely online at www.1pvi.org/donate or use the QR code. We are grateful for your gift of any amount to help us protect our local seniors and families. Share your passion to help extend senior health and independence.

***\$500 funds** one month of PVI Meals on Wheels for two at-risk seniors; or one annual Senior Center fitness membership for a senior in need; **\$1,000 funds** the Senior Center lecture series for 6 months; **\$2,500 funds** an iPad and training for one senior in need or Ride PVI transportation services for one month for five seniors.

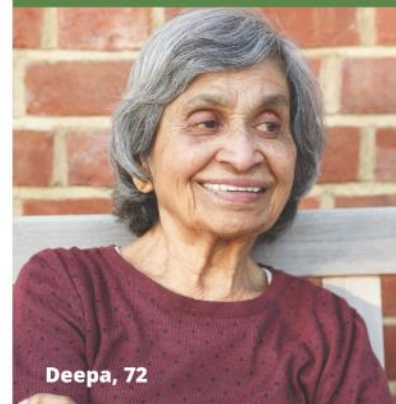
With hope and gratitude,


Peter Olson
Chief Executive Officer


Georgie Gleim
Board President



USE YOUR SMARTPHONE CAMERA
TO SCAN OUR QR CODE AND
DONATE FROM YOUR PHONE.



Deepa, 72

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.

PVI

Enabling Seniors to Age in Place

Volunteer Opportunities

PVI Meals on Wheels

Meal Packers: M-F from 8-10 a.m.

Delivery Drivers: T, W, Th from 10 a.m. to 12:30 p.m. Drivers arrive at one of two pick-up locations—Menlo Park or San Mateo.

PVI's Little House

Tech Connect Teacher's Assistant:

Various sessions throughout the year. Must enjoy working with seniors, basic navigation, email, Chrome, Zoom, taking pictures, etc. Must be available once a week during the session. Classes are held Tues. afternoon, Wed & Thurs mornings.

iPhone Instructor:

Based on your schedule, we'll book times for you to tutor seniors on their iPhones. In-person only. Guest Services/Little shop attendants. Hours vary.

Gardeners:

We are looking for people who are passionate and knowledgeable about gardening and willing to help us establish our garden program. Days/times are flexible.

PVI Rosener House

Front Desk Volunteer:

Front desk volunteers will perform office duties. M-F

Care Companions:

Care Companions will assist with lunch, activities, and positive conversation. M-F

Virtual Volunteers:

The virtual volunteers facilitate Bingo on Fridays.

Ride PVI

Transportation

Coordinator: Order Lyft/Uber rides for seniors and code each ride in the desktop program. Work from Little House or from home.

SIGN UP TODAY!



Contact: Idrina Sims
(650) 272-5015 isims@1pvi.org



June Little House Events and Activities at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
* Additional Fee Applies			1 <ul style="list-style-type: none"> Hand and Foot Canasta Month at a Glance In the News 	2 <ul style="list-style-type: none"> Summer Concert Series Bridge Cribbage
5 <ul style="list-style-type: none"> Monday Movies Bridge Month at a Glance High Tea 	6 <ul style="list-style-type: none"> Mahjong Month at a Glance Botanicals with Bonnie Clay & Chardonnay* 	7 <ul style="list-style-type: none"> Knitting Club Wednesday Movies Pinochle Mahjong Got Groceries? 	8 <ul style="list-style-type: none"> In the News Month at a Glance Space Age: <i>Final Frontier</i> Cook the Pantry Hand and Foot Canasta 	9 <ul style="list-style-type: none"> Summer Concert Series Bridge Cribbage Culture Lecture
12 <ul style="list-style-type: none"> Monday Movies Bridge High Tea 	13 <ul style="list-style-type: none"> Mahjong Social Games Meet & Greet Clay & Chardonnay* 	14 <ul style="list-style-type: none"> Wednesday Movies RH Open House Waffle Weds Knitting Club Mahjong Pinochle Mahjong Got Groceries? 	15 <ul style="list-style-type: none"> Hand and Foot Canasta Social Games Meet & Greet Canasta In the News 	16 <ul style="list-style-type: none"> Summer Concert Series Social Games Meet & Greet Bridge Cribbage
19 PVI is closed to observe the Juneteenth Holiday.	20 <ul style="list-style-type: none"> Mahjong Clay & Chardonnay* 	21 <ul style="list-style-type: none"> Knitting Club Wednesday Movies Mahjong Pinochle Got Groceries? 	22 <ul style="list-style-type: none"> Hand and Foot Canasta In the News 	23 <ul style="list-style-type: none"> Summer Concert Series Bridge Cribbage
26 <ul style="list-style-type: none"> Monday Movies Bridge High Tea 	27 <ul style="list-style-type: none"> Mahjong Clay & Chardonnay* 	28 <ul style="list-style-type: none"> Knitting Club Wednesday Movies Mahjong Pinochle Got Groceries? 	29 <ul style="list-style-type: none"> Favorite Foods Lunch* In the News 	30 <ul style="list-style-type: none"> Summer Concert Series Bridge Cribbage