

# 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](http://www.1pvi.org)

**July 2023**





Welcome back to  
in-person dining at PVI's  
Little House Cafe



*Memories are made  
when gathered  
around the table*

Starting August 1st, PVI is reopening it's  
Little House Café for in-person dining  
Monday through Friday 11:30 AM – 1 PM

# In the News @ PVI

## Holiday Closure

In observance of Independence Day PVI will be closed on Monday, July 3rd and Tuesday, July 4th.



There will be no programs or services on these days. We will resume regular business hours on Wednesday, July 6th, at 8 am.

## Little House Community Survey

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. Please visit the survey link below or scan the QR code. You can also ask at the front desk for a paper copy of the survey. Thank you for your feedback!



Scan QR code with your smartphone camera:



**Survey Link:** [1pvi.org/little-house-community-survey/](http://1pvi.org/little-house-community-survey/)



# 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](mailto:littlehouse@1pvi.org)



## 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 of 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.



To add your name to our interest list,  
email [littlehouse@1pvi.org](mailto: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 able to offer a free grocery 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](mailto: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](mailto:littlehouse@1pvi.org) or phone [650-326-2025](tel:650-326-2025).



**SECOND HARVEST**  
of SILICON VALLEY





Join PVI in Celebrating  
75 Years!

75<sup>th</sup> Community  
*Celebration*

**SATURDAY, AUGUST 26TH**  
**COMMUNITY EVENT FROM 12PM TO 3PM**  
**LUAU AT 4PM**

800 Middle Ave. Menlo Park 94025

**Free Event**  
**Limited Luau Spots**  
**RSVP for LUAU Today!**

**RSVP online at**  
**PVlis75@1pvi.org or**  
**call 650-326-2025**

**FOOD - DRINKS - ENTERTAINMENT**

# Upcoming Events @ Little House

## Favorite Foods Across America

### Texas

Thursday, July 27

12:00 pm Lunch

12:45 pm Program

\$17 per plate



Saddle up and join us for a culinary trip to Texas. This month's menu consists of Texas BBQ ribs, baked beans, cornbread and pecan pie.

Pre-registration is required.

For more information or to reserve your spot,  
email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) or 650-326-2025

## Save the Date

### Movie Screening & Discussion

Still: A Michael J Fox Movie

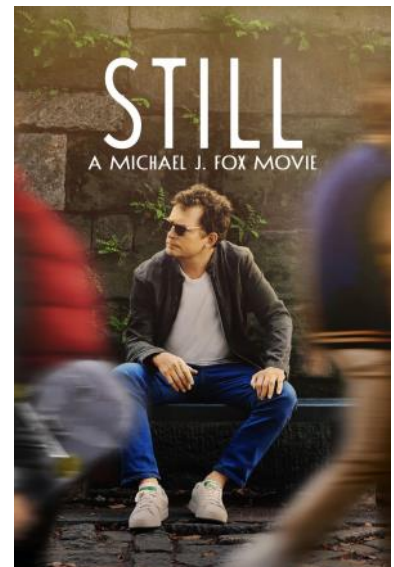
Discussion hosted by Stanford Medicine

Parkinson's Disease Support Group


*Coming in September*

1:00 PM

Free and open to the community



Join us for this special screening of the documentary, Still: A Michael J Fox movie. This story features Michael J Fox and is based on his incredible life and journey dealing with a Parkinson's Disease diagnosis. The movie will be followed by a group discussion and Q&A session hosted by Stanford Parkinson's disease support group.

 **Stanford** HEALTH CARE STANFORD MEDICINE This is a free event, but pre-registration is required. For more information or to register, email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) or 650-326-2025

# Events @ PVI

## Little House Open House

Wednesday, July 12

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](mailto:littlehouse@1pvi.org) or 650-326-2025.

## Waffle Wednesday

Wednesday, July 12

9:00 am - 10:30 am

Free



Come and enjoy an all-you-can-eat homemade waffles bar complete with coffee and tea. Stop by for a bite and some friendly conversation.

To RSVP, email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) or phone 650-326-2025



# Events @ PVI

**Botanicals with Bonnie**  
**Flower Arranging Workshop**  
**with Bonnie Evans**  
Monday, July 24  
10:30 am  
\$15 supply fee



All about succulents! In this workshop, learn about succulents and how to use them to make a stunning arrangement and root them to grow your own. Come prepared to let your creativity run wild!

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

**There is a \$15 supply fee payable at time of reservation.**

**Pre-registration is required.**

**Register early! Space is limited**

To register or for more information email  
[littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) or call 650-326-2025

# Events @ Little House

## Summer Concert Series

### Keys and Coffee

Fridays

July 7,14,21,28

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 High Schools, and local jazz ensembles.

### July Performance Schedule

July 7 & 28 Gracelyn Mai on piano

July 14 Luke Poplar on alto sax

July 21 TBA



### August Performance Schedule

August 4 Stephen Szczepanek on guitar

August 11 Claire Marcellini on piano

August 18 Stephen Szczepanek on guitar

August 25 TBA

*Coffee and light snacks will be served.*

Space is limited, register early!

For more information and to register, email

[littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) or 650-326-2025



# Socializing @ Little House

## Tea Anyone?

### Afternoon Garden Tea

Mondays

July 10, 17, 24, 31

*(no tea on 7/3)*

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](mailto: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](mailto: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!



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

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

**Live/Virtual:** 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](mailto: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](mailto: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. Each 30 minute 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](mailto: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](mailto: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](mailto: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 <b>Lifetime Fitness</b> In Person / Virtual* Roya		8:30 am <b>Non-Traditional Mat Pilates</b> In Person Fran		9:00 am <b>Lifetime Fitness</b> In Person /Virtual * Anna
9:45 am <b>Tai Chi for Balance</b> Virtual Jason	9:30 am <b>Fun with Fitness</b> Virtual Vicky	9:00 am <b>Lifetime Fitness</b> In Person /Virtual* Roya	9:30 am <b>Fun with Fitness</b> Virtual Vicky	9:30 am <b>Walk &amp; Be Fit</b> Virtual Vicky
10:00 am <b>Active &amp; Fit 20/20/20</b> In Person/Virtual * Roya	10:30 am <b>Strong for Life</b> In Person Stanford Health Care F/CH - R	9:45 am <b>Tai Chi for Balance</b> Virtual Jason  10:00 am <b>Active &amp; Fit 20/20/20</b> In Person /Virtual* Roya	10:00 am <b>QiGong</b> In Person Jiin  11:15 am <b>Chair Yoga</b> In Person Jiin	10:00 am <b>Active &amp; Fit 20/20/20</b> In Person/Virtual * Anna
	11:00 am <b>Active &amp; Fit 20/20/20</b> In Person/Virtual * Anna	3:00 pm <b>Taijiquan Tai Chi</b> In Person Lisette	10:45 am <b>Strong for Life</b> In Person Stanford Health Care F/CH - R	
	12:00 pm <b>Tai Chi for Balance</b> In Person Jason		12:00 pm <b>Tai Chi for Balance</b> In Person Jason	<b>Class Experience Types</b> <b>In Person</b> - in person only <b>Virtual</b> - virtual via PVI Mindbody portal <b>In Person /Virtual</b> - in person or virtually
	12:15 pm <b>Line Dance</b> In Person Evelyn			<b>Key</b> 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](mailto:littlehouse@1pvi.org)



# Health & Wellness Services @ Little House

## Fall Prevention

Matter of Balance

Wednesdays

August 16 - October 4

10:00 am—12:00 pm

Free

Registration Required

*Classes are weekly for 8 weeks for 2 hours each.*

Through discussions, role playing, videos, and exercise participants will explore ways to decrease fear of falling, increase activity level and reduce fall risks. In this program you will learn:

Falls are preventable

How to set goals for increasing daily activity

Make changes to your home to prevent a fall

Exercises for strength and balance

You should attend this class if you have recently fallen, have restricted your daily activity out of fear of falling, weak balance and want to increase your strength and overall balance ability.

To register, email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) or call 650-326-2025



## Monthly Blood Pressure Screening

Tuesday, July 11

10:30 am - 12:00 pm



Free monthly drop-in 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



# Cultural Arts and Learning @ Little House

Read with us!

Little House Book Club

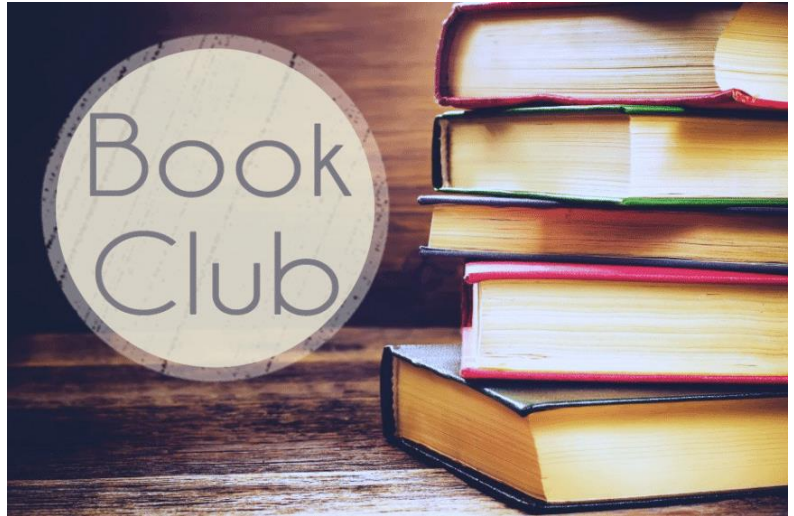
Wednesday, July 5

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.

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](mailto:littlehouse@1pvi.org) or call 650-326-2025

# Cultural Arts and Learning @ Little House

## Let's Go to the Movies

Mondays & Wednesdays

\*July 3 - No movie PVI Closed

1:00 pm

Free Members / \$5.00 Non-Members

Monday movies feature dramas, and Weds movies feature comedies.

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



### Monday Movies

July 10

#### Penelope (Fantasy)

Born with the snout of a pig, young Penelope is kept in her home out of shame. A man named Johnny poses as a suitor to expose her, but complications arise when he begins to fall in love with her.

July 17

#### Passengers (Scifi)

On a routine journey through space to another planet, two passengers, are awakened 90 years too early when their ship malfunctions. As the two face living the rest of their lives onboard, they discover the ship is in grave danger. With the lives of 5,000 sleeping passengers at stake, only they can save them all.

July 24

#### Memoirs of a Geisha (Historical Fiction)

In this reflection of a servant girl who becomes a legendary geisha in the 20's in Japan, 9-year-old Chiyo gets sold to a geisha house.

July 31

#### American Hustle (Mystery Drama)

In this who's coning who film set in the 70's NYC, two fellow grifters are forced to work in an under cover sting operation.

### Wednesday Movies

July 5

#### Last Laugh 2019

After moving to a retirement home, restless talent manager Al reconnects with a long-ago client Buddy and coaxes him back out on the comedy circuit.

July 12

#### Kindergarten Cop

A stern police officer working to bring down a drug dealer faces his toughest assignment yet when he goes undercover as a kindergarten teacher.

July 19

#### Twins

Separated at birth after a genetic experiment gone awry, long-lost twin brothers reunite.

July 26

#### A Knight's Tale

After a young squire finds a way to pass himself off as a bona fide knight, he becomes a jousting champion while romancing an admiring princess.



# 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](mailto: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

## Money Matters

### Investment Mistakes Even Smart Investors Make

Thursday

July 13

1:30 pm

Free



Interested in investing? Join us to learn what investment mistakes even the smartest of investors make. This workshop, hosted by Jack Dominge Managing Partner at Uptrex Wealth Investors, will include a presentation and a question and answer session. Bring your questions and learn solid investing tips.

Refreshments served

To register email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) or call 650-326-2025



Hosted by Liliana Perazich and Beth Leathers-Senior Real Estate Specialists Coldwell Banker Realty

## Avoiding Scams

### How to Detect Fraud and What to Do If You are a Victim

Thursday, August 17

2:00 pm - 3:00 pm

Free



Don't fall victim to financial fraud! Attend this insightful workshop led by an FBI representative and gain crucial knowledge about the latest scams, common financial frauds, red flags to watch out for, and effective steps to take if you find yourself targeted by fraudsters. Arm yourself with the information you need to protect your finances and stay one step ahead of potential scammers.

To register email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) or call 650-326-2025

# Cultural Arts and Learning @ Little House

## Save the Date

### AARP Driver Safety Class

Tuesday, August 29 &

Wednesday, August 30

2 Four Hour Sessions

9:30 am – 1:30 pm

Fee \$29.95



*\*AARP California Member Price \$26.95*

The AARP Driver Safety course has helped millions of drivers age 50+ sharpen their skills and drive safely on today's roads. This course is taught in two consecutive, 4 hour sessions by an AARP driver safety specialist.

For reservations and more information, email  
[littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) or call 650-326-2025

## Cultural Lecture

### Japan: The Land of the Rising Sun

Friday

August 11

11:00 am

Free



The Japanese culture has existed for thousands of years. Tokyo is the gem of Asia. Once our enemy, Japan is now flourishing and a strong ally. At 12,000 feet, Mount Fuji's exceptionally symmetrical cone is the near-mythical symbol of Japan. It is a must-do hike. *"Everyone should climb Mount Fuji once; only a fool would climb it twice."*

For reservations and more information, email  
[littlehouse@1pvi.org](mailto: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

Mahjong , Bridge, and other card games

Mondays – Fridays

8:00 am - 4:00 pm

Free for members



Looking to play card games? Join an existing group looking for more players or form your own. Play times and type of games are decided by you— we provide the cards and mahjong sets. You provide the fun.

To learn more about what days and times are open, contact us at [littlehouse@1pvi.org](mailto: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 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](mailto: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, pinochle, cribbage, book club or knitting. Games are free for members and \$5.00 for non-members.

Interested in forming a club, or have questions, email us at [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) or call [650-326-2025](tel:650-326-2025).

## Duplicate Bridge

Mondays

1:00 pm



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

## Mahjong

Mon - Thurs

1:00 pm

Similar to the card

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



## Knitting Club

Wednesdays

10:00 am



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

## Pinochle

Wednesdays

1:00 pm

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

# 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](mailto: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](mailto: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 [dhui@1pvi.org](mailto:dhui@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

## Summer Learning Series

### Banking and Financial Safety- Keeping your ID and your Money Safe

3 Part Summer Learning Series

Wednesdays, July 12, 26 & Aug 2

10:00 am - 11:00 am

Advance registration is required.

Members \$10.00 per session

Non-Members \$12.00 per session

*\*Receive a \$5 discount for purchasing all 3 sessions*



July 12 - Session 1

#### **Debit Card & ATM Safety**

This topic will focus on best practices and precautions to help with the security of debit card and ATM transactions.

July 26 - Session 2

#### **Most Common Financial Scams**

Financial scams are on the rise – they are designed to catch us off guard and can happen to anyone. This topic will explore the most prevalent types of financial scams, methods used by scammers, and signs to look out for.

August 2 – Session 3

#### **Fraud Awareness**

Practical tips and guidance to increase fraud awareness and empower individuals with knowledge and proactive measures to maintain financial security.

For questions or to register,  
email [littlehouse1@pvi.org](mailto:littlehouse1@pvi.org) or  
call 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](mailto: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](mailto: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](mailto: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](mailto:y Chavez@1pvi.org)

# Adult Day Services @ Rosener House

## The Perfect Blend: Caregivers and Coffee

Tuesday, July 11

(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](mailto: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](mailto: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](http://WWW.HIPHOUSING.ORG)



# AGING LIFE SOLUTIONS

Are you overwhelmed caring for your aging loved one?

Do you need support with everyday tasks to better care for your family and yourself?

*"Empathetic individualized in-home support for an aging relative can be a management, financial, emotional, and psycho-social burden for a family caregiver. PVI's program provides customized assistance to reduce that burden."*

**-Dick Levy**  
Family Caregiver

At PVI we offer non-medical assistance to seniors and family caregivers. Our goal is to provide peace of mind while allowing our clients to age in place, safely, and comfortably. We are a "one stop shop" for finding resources, making decisions, and managing stress.



**CONTACT US TODAY**  
[conciergecare@1pvi.org](mailto:conciergecare@1pvi.org)

800 MIDDLE AVENUE • MENLO PARK, CA 94025 650-272-5112 • [WWW.1PVI.ORG](http://WWW.1PVI.ORG)



# 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**





# July Little House Events and Activities at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  <b>PVI</b>  <b>CLOSED</b>  * Additional Fee Applies	<b>4</b>  <b>PVI</b>  <b>CLOSED</b>	<b>5</b> <ul style="list-style-type: none"> <li>Knitting Club</li> <li>Book Club</li> <li>Wednesday Movies</li> <li>Pinochle</li> <li>Mahjong</li> <li>Got Groceries?</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Hand and Foot Canasta</li> <li>In the News</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>Summer Concert Series</li> <li>Bridge</li> <li>Cribbage</li> </ul>
<b>10</b> <ul style="list-style-type: none"> <li>Monday Movies</li> <li>Bridge</li> <li>High Tea</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Mahjong</li> <li>Blood Pressure Screening</li> <li>Ceramics for kids</li> <li>Clay &amp; Chardonnay*</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Knitting Club</li> <li>Waffle Weds</li> <li>Wednesday Movies</li> <li>Pinochle</li> <li>Mahjong</li> <li>ATM Safety</li> <li>Got Groceries?</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>Hand and Foot Canasta</li> <li>In the News</li> <li>Money Matters Lecture</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>Summer Concert Series</li> <li>Bridge</li> <li>Cribbage</li> <li>Culture Lecture</li> </ul>
<b>17</b> <ul style="list-style-type: none"> <li>Monday Movies</li> <li>Bridge</li> <li>High Tea</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Mahjong</li> <li>Social Games Meet &amp; Greet</li> <li>Ceramics for kids</li> <li>Clay &amp; Chardonnay*</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Wednesday Movies</li> <li>Knitting Club</li> <li>Mahjong</li> <li>Pinochle</li> <li>Mahjong</li> <li>Got Groceries?</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>Hand and Foot Canasta</li> <li>Canasta</li> <li>In the News</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>Summer Concert Series</li> <li>Social Games Meet &amp; Greet</li> <li>Bridge</li> <li>Cribbage</li> </ul>
<b>24</b> <ul style="list-style-type: none"> <li>Botanicals with Bonnie</li> <li>Monday Movies</li> <li>Bridge</li> <li>High Tea</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>Mahjong</li> <li>Ceramics for kids</li> <li>Clay &amp; Chardonnay*</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>Knitting Club</li> <li>Wednesday Movies</li> <li>Mahjong</li> <li>Pinochle</li> <li>Got Groceries?</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>Hand and Foot Canasta</li> <li>In the News</li> <li>Favorite Foods Lunch*</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>Summer Concert Series</li> <li>Bridge</li> <li>Cribbage</li> </ul>
<b>31</b> <ul style="list-style-type: none"> <li>Monday Movies</li> <li>Bridge</li> <li>High Tea</li> </ul>				