

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

August 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

Have an Opinion?

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/

In the News

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



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 or 650-326-2025.

In the News

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. *One name per household.*

- ♦ **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).



SECOND HARVEST
of SILICON VALLEY

Upcoming Events



**Join PVI in Celebrating
75 Years!**

75th 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

Events @ PVI

Botanicals with Bonnie Flower Arranging Workshop with Bonnie Evans

August 28

10:30 am

\$10 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 \$10 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 or call 650-326-2025

Upcoming Events

Save the Date

Movie Screening & Discussion

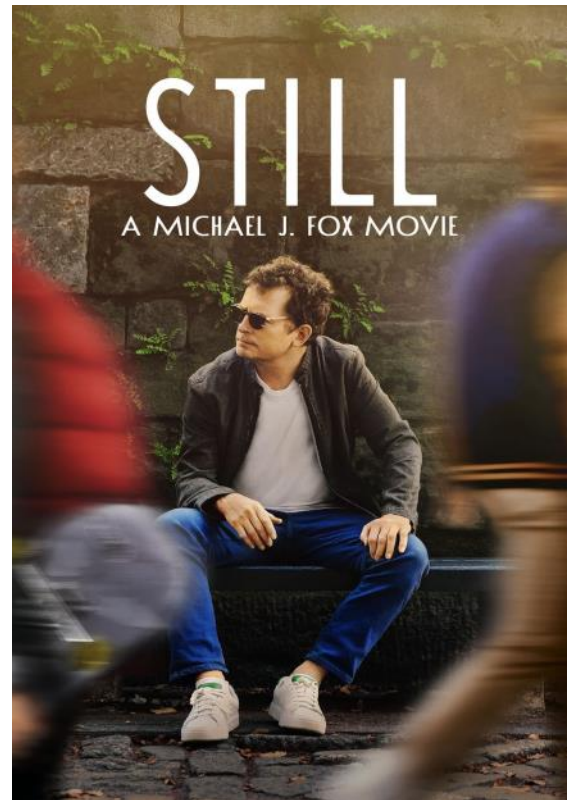
Still: A Michael J Fox Movie

Discussion hosted by Stanford Medicine Parkinson's Disease Support Group

September 12

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 and facilitator, Robbin Riddle.

This is a free event, but pre-registration is required. For more information or to register, email littlehouse@1pvi.org or 650-326-2025

Events

Little House Open House

Wednesday, August 9

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, August 9

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 or phone 650-326-2025

Events @ Little House

Summer Concert Series

Keys and Coffee

Fridays

August 4, 18

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.

August Performance Schedule

August 4 Stephen Szczepanek on guitar

August 11 Lu Yujuico on piano

August 18 Stephen Szczepanek on guitar

August 25 Lu Yujuico on piano



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

August 7,14,21,28

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!



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

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. It 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. 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

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 QiGong 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	10:00 am Active & Fit 20/20/20 In Person /Virtual* Roya	11:15 am Chair Yoga In Person Jiin	
	12:00 pm Tai Chi for Balance In Person Jason	11:15 am New Class! * Starts Aug 16 Moving Strong In Person Jenni	10:45 am Strong for Life In Person Stanford Health Care F/CH - R	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	3:00 pm Taijiquan Tai Chi In Person Lisette	12:00 pm Tai Chi for Balance In Person Jason	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.

Per-class drop-in rates are \$13 for members, \$24 for non-members.

New Class Begins Aug 16

Moving Strong

Wednesdays

11:15 am - 12:15 pm

In Person

First two classes are FREE!



This class focuses on strength and toning the whole body, while focusing on balance, flexibility, posture and stability. It's a great way to elevate your heart rate with low impact aerobic exercises and develop strength for daily living such as carrying groceries, lifting, bending and reaching in a safe way that prevents injuries. Try your first two classes for free!

For more information email littlehouse@1pvi.org

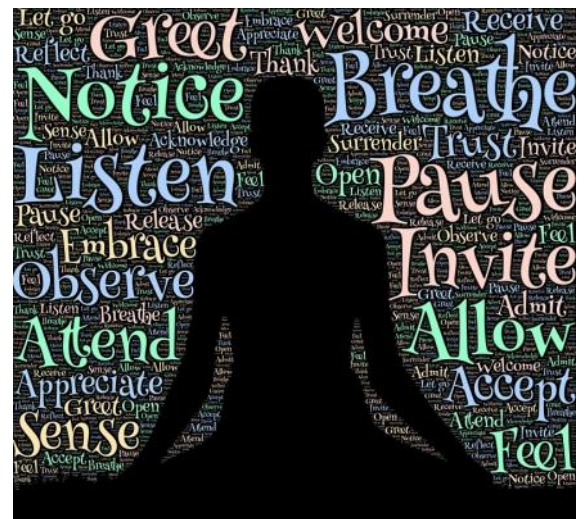
Coming in Sept
Health and Healing Workshop

Thursday

Sept 28

10:00 am - 1:00 pm

\$ 65.00



Join us for a morning health and healing workshop that will include mediation, QiGong and yoga sessions featuring live music. The workshop will culminate with a healing hollistic lunch. Advance registration is required. For more information email littlehouse@1pvi.org

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.

New Class Begins Aug 16!

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11:15 am - 12:15 pm

In Person

This class focuses on strength and toning the whole body, while focusing on balance, flexibility, posture and stability. It's a great way to elevate your heart rate with low impact aerobic exercises and develop strength for daily living such as carrying groceries, lifting, bending and reaching in a safe way that prevents injuries. Class involves hand weights, resistance bands and floor work. All levels are welcome.

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

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

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 or call 650-326-2025

Monthly Blood Pressure Screening

Tuesday, August 8

10:30 am - 12:00 pm

Free



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.

Cultural Arts and Learning @ Little House

Read with us!

Little House Book Club

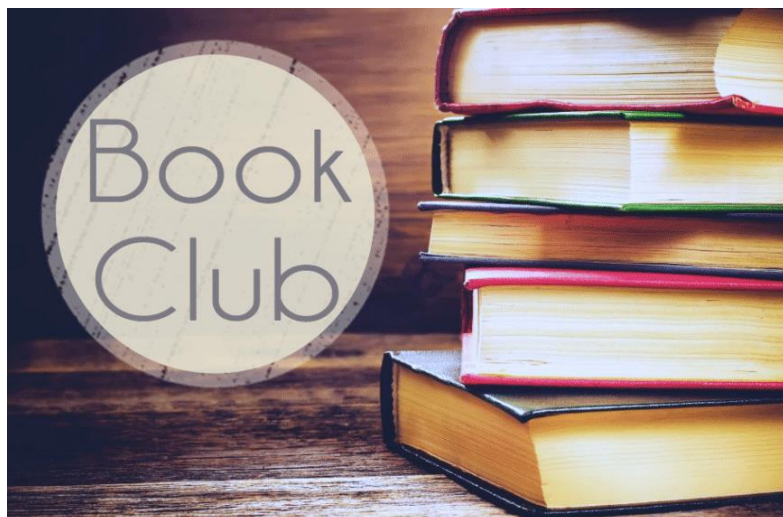
Wednesday, August 2

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.

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

Cultural Arts and Learning

Let's Go to the Movies

Mondays & Wednesdays

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

August 7

Big Fish 2019

To get to know the real man behind the myth, a son begins piecing together a true picture of his father from snippets of amazing stories and magical tales of his youth in this brilliantly fantastical movie.

August 14

Tea With Mussolini 1999

An illegitimate child is raised by an Englishwoman in pre-WWII Fascist Italy, part of an English community in Florence presided over by a diplomat's widow.

August 21

Paris Je T'aime 2006

18 vignettes (short films) revolving around love and romance and set in the City of Paris. Watch as multiple stories unfold as the residents' experience love and romance on different levels

August 28

Dolores 2017

Documentary that tells the story about Dolores Huerta who co-founded the country's first farm workers union.

Wednesday Movies

August 2

Terminal 2004

War has broken out in Eastern Europe, and unsuspecting tourist Viktor is stuck at the JFK airport, unable to enter or exit the United States. Taking up temporary residence in the terminal, Viktor finds himself falling for a flight attendant.

August 9

LiarLiar 1997

A shady lawyer, through a wish from his young son, is compelled to tell the truth - no matter what the situation - with hilarious results!

August 16

National Security 2003

Two hapless security guards –a disgraced former cop and a police academy washout- try to overcome their differences to bust a smuggling ring.

August 23

The Adam Project 2022

.After accidentally crash-landing in 2022, time-traveling fighter pilot Adam Reed teams up with his 12-year old self on a mission to save the future.

August 30

Murder Mystery 2019

When an NYC cop finally takes his wife on a long promised European trip, a chance meeting on the flight gets them invited to an intimate family gathering on the Super Yacht of elderly billionaire Malcolm Quince. When Quince is murdered, they become the prime suspects in a modern day whodunit .

Free



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.



How to Avoid Scams Program with FBI Representative

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.

When:

Thursday, August 17
2:00pm

Cost:

Free for all members

To register:

littlehouse@1pvi.org
650-326-2025

Cultural Arts and Learning

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 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 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 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 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 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.

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 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

Summer Learning Series

Session 3

Wednesday, Aug 2

10:00 am - 11:00 am

Advance registration is required.

Members \$10.00 per session

Non-Members \$12.00 per session



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 or
call 650-326-2025

These learning sessions are being sponsored and hosted by Tech CU.

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 [ychavez@1pvi.org](mailto:y Chavez@1pvi.org)

Adult Day Services @ Rosener House

The Perfect Blend: Caregivers and Coffee

Tuesday, August 8

(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 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

Medicare Counseling

HICAP of San Mateo County

Tuesdays

10:00am and 11:00am

(Two 1-hour appointments weekly)

Beginning August 1

By Appointment Only



Health Insurance Counseling and Advocacy Program (HICAP) is federally funded through the Older Americans' Act, monitored and regulated by the California Department of Aging and contracted by Aging & Adult Services of San Mateo County – the Area Agency on Aging to provide Medicare Counseling services to Medicare beneficiaries in San Mateo County. **HICAP is a volunteer program that provides free counseling to Medicare beneficiaries about their benefits, rights and options, and other health insurance related questions.** HICAP Counselors are certified by the California Department of Aging. Counselors provide unbiased information to help clients make an informed decision about their individual health care needs. The HICAP Program does not sell, endorse or recommend any insurance products, companies or agents. HICAP volunteers counsel beneficiaries about Medicare basics, connect with beneficiaries who have limited incomes and help them apply for programs that can save them money, and search the Medicare website to determine best prescription drug plans. HICAP serves current Medicare beneficiaries, individuals ready to begin their Medicare benefits, Healthcare providers and prospective buyers of Long-Term Care Insurance Policies.

To schedule an appointment with a HICAP counselor, call [650-627-9350](tel:650-627-9350).



**Self-Help for
the Elderly**
安老自助處

Community Resources

San Mateo Pride Center

Inclusion for All



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.

For more information about programs and services, contact
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.



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

(650) 348-6660
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

800 MIDDLE AVENUE • MENLO PARK, CA 94025 650-272-5112 • 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



August Little House Events and Activities at a Glance

Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
* Additional Fee Applies	<ul style="list-style-type: none"> • Mahjong • Blood Pressure Screening • Ceramics for kids • Daily lunch service begins • HICAP • Clay & Chardonnay* 	<ul style="list-style-type: none"> • Knitting Club • Book Club • Wednesday Movies • Fraud Awareness • Pinochle • Mahjong • Got Groceries? 	<ul style="list-style-type: none"> • Hand and Foot Canasta • In the News 	<ul style="list-style-type: none"> • Summer Concert Series • Bridge • Cribbage
7 <ul style="list-style-type: none"> • Monday Movies • Bridge • High Tea 	8 <ul style="list-style-type: none"> • Mahjong • Blood Pressure Screening • Ceramics for kids • Clay & Chardonnay* 	9 <ul style="list-style-type: none"> • Knitting Club • Waffle Weds • Wednesday Movies • Pinochle • Mahjong • ATM Safety • Got Groceries? 	10 <ul style="list-style-type: none"> • Hand and Foot Canasta • In the News • Money Matters Lecture 	11 <ul style="list-style-type: none"> • Summer Concert Series • Bridge • Cribbage • Culture /Travel Lecture
14 <ul style="list-style-type: none"> • Monday Movies • Bridge • High Tea 	15 <ul style="list-style-type: none"> • Mahjong • Social Games Meet & Greet • Ceramics for kids • Clay & Chardonnay* 	16 <ul style="list-style-type: none"> • New Fitness Class begins! • Wednesday Movies • Knitting Club • Mahjong • Pinochle • Mahjong • Got Groceries? 	17 <ul style="list-style-type: none"> • Hand and Foot Canasta • Avoid Scams • Canasta • In the News 	18 <ul style="list-style-type: none"> • Summer Concert Series • Social Games Meet & Greet • Bridge • Cribbage
21 <ul style="list-style-type: none"> • Botanicals with Bonnie • Monday Movies • Bridge • High Tea 	22 <ul style="list-style-type: none"> • Mahjong • Ceramics for kids • Clay & Chardonnay* 	23 <ul style="list-style-type: none"> • Knitting Club • Wednesday Movies • Mahjong • Pinochle • Got Groceries? 	24 <ul style="list-style-type: none"> • Hand and Foot Canasta • In the News • Favorite Foods Lunch* 	25 <ul style="list-style-type: none"> • Summer Concert Series • Bridge • Cribbage
28 Botanicals with Bonnie <ul style="list-style-type: none"> • Monday Movies • Bridge • High Tea 	29 Mahjong <ul style="list-style-type: none"> • Ceramics for kids • Clay & Chardonnay* 	30 Knitting Club <ul style="list-style-type: none"> • Wednesday Movies • Mahjong • Pinochle • Got Groceries? 	31	