

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

October 2023



Vaccine Clinic

Flu and Covid

PVI's Little House Activity Center
Thursday, October 26th, 2023
1:30 pm

AVAILABLE VACCINES

FLU
(REGULAR DOSE)

FLU
(HIGH DOSE)

UPDATED COVID
VACCINE

CALL (650)326-2025 OR VISIT THE
LITTLE HOUSE FRONT DESK TO SIGN UP

***Advanced Registration Required.**
Registration begins October 3.
Please see the back of this flyer for
more detailed information.

Sign up by
10/20

Participants must
complete the Vaccine
Administration Record
(VAR) form prior to
shot. Pick up the form
at Little House or scan
to download here:



SCAN ME!

IN PARTNERSHIP WITH
Walgreens

800 MIDDLE AVENUE • MENLO PARK, CA 94025 650-326-2025 • WWW.IPVI.ORG

PVI Vaccine Clinic Information—Thursday, October 26, 2023, at 1:30pm

Vaccinations Available at this Clinic:

- Influenza (flu) Vaccine
- High-dose Influenza (flu) Vaccine, for participants over age 65
- Updated COVID-19 Booster Vaccine

Payment Options:

- **Private Insurance:** Walgreens can bill most insurances, *except Kaiser Permanente*.
- **Medicare:** Most Medicare plans cover the cost of vaccines.
- **Private Pay:** If participant does not have qualifying insurance or Medicare, they may pay out-of-pocket.
 - Contact PVI Little House at (650) 326-2025 for the cost of each vaccine.

Details:

- Participants should consult with their physician prior to signing up for vaccination(s).
- You may obtain information about each of the vaccinations online through the Center for Disease Control (CDC) or Walgreens websites.
- Participants may receive just one vaccination or both the influenza and COVID-19 vaccines at the same time.
- Participants may receive the COVID-19 vaccines if at least two months has passed since their last dose.
- Vaccinations will be performed by a licensed Walgreens pharmacist, pharmacy intern, or trained technician.

All interested participants must sign up by October 20.

How to Sign Up:

1. Sign-up for the Vaccine Clinic begins on October 3.
2. Call PVI Little House at (650) 326-2025, or visit the Front Desk at Little House, to sign up. At the time of sign-up, please indicate which vaccination you would like to receive at the clinic.
3. You must complete the Vaccine Administrative Record (VAR) prior to the clinic. You may pick up a VAR form at Little House or scan the QR code on the flyer.
 - If you are using insurance or Medicare, you must fill out Section D of the VAR form.
 - If you are using Medicare to pay for your vaccine, please let us know at sign-up. Walgreens will determine before the clinic whether your Medicare plan will cover the cost of the vaccine(s). They will contact you prior to the clinic if there are any issues with your Medicare billing.

On the Day of the Vaccine Clinic:

1. Bring the following items:
 - Completed VAR form
 - Form of Identification (drivers license, state ID, passport, etc.)
 - Insurance or Medicare card, if using to pay for vaccination.
 - COVID-19 vaccination record, if receiving COVID-19 vaccination.
 - Cash or check for payment, if paying privately.

2. If you are not feeling well on the clinic day, please do not attend.

You may sign up to receive your vaccination directly with Walgreens when you are feeling well again.

*** Ride PVI** can provide transportation to/from the vaccine clinic. Please contact Ride PVI at (650) 272-5040 to schedule your ride!

Please contact us at (650) 326-2025 or littlehouse@1pvi.org, if you have any questions.

Little House Cafe

**Come dine with us
this autumn!**

**Monday-Friday
11:30AM-1:00PM**

\$5

Check out the October menu on the next page!



650-326-2025



WWW.1PVI.ORG



800 MIDDLE AVENUE • MENLO PARK, CA 94025



OCTOBER 2023

Join us for daily lunch!

Monday to Friday from 11:30am to 1:00pm

Cost: \$5.00 • OPEN TO THE PUBLIC

LITTLE HOUSE CAFÉ MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Entrée 1: Cheese Tortellini Entrée 2: Special of the Day	3 Entrée 1: Southwest Chicken, Cilantro Rice, Corn Entrée 2: Special of the Day	4 Entrée 1: Huli Huli Chicken, Rice, Cabbage Entrée 2: Special of the Day	5 Entrée 1: Roasted Cajun Fish Entrée 2: Special of the Day	6 Entrée 1: Beef Stroganoff, Egg Noodles, Peas Entrée 2: Special of the Day
9 Entrée 1: Chana Masala Entrée 2: Special of the Day	10 Entrée 1: Chicken Teriyaki, Rice, Edamame Entrée 2: Special of the Day	11 Entrée 1: Greek Chicken, Orzo, Zucchini Entrée 2: Special of the Day	12 Entrée 1: Meatball Marinara, Penne, Garden Blend Vegetable Entrée 2: Special of the Day	13 Entrée 1: Korean Beef Bowl, Shredded Carrots Entrée 2: Special of the Day
16 Entrée 1: Baked Ziti, Green Beans Entrée 2: Special of the Day	17 Entrée 1: Loco Moco, Rice, Cabbage Entrée 2: Special of the Day	18 Entrée 1: BBQ Chicken, Fries, Broccoli Entrée 2: Special of the Day	19 Entrée 1: Sausage Jambalaya, Succotash Entrée 2: Special of the Day	20 Entrée 1: Herb Roasted Chicken, Roasted Potato, Green Beans Entrée 2: Special of the Day
23 Entrée 1: Vegetable Chowder Entrée 2: Special of the Day	24 Entrée 1: Chicken Enchilada Casserole, Corn Entrée 2: Special of the Day	25 Entrée 1: Salisbury Steak, Mashed Potato, Vegetable Blend Entrée 2: Special of the Day	26 Entrée 1: Arroz Con Pollo, Carrots Entrée 2: Special of the Day	27 Entrée 1: Beef Bolognese, Pasta, Italian Vegetable Blend Entrée 2: Special of the Day
30 Entrée 1: Carrots and Lentil Stew, Cauliflower Entrée 2: Special of the Day	31 Halloween Entrée 1: Witches' Brew Beef Chili 🍲 Entrée 2: Vegetarian Jack-O-Lantern Stuffed Peppers 🎃			

PVI Nutrition Services Team News

New PVI Director of Nutrition Services

Stephanie Figeira

PVI is welcomes **Stephanie Figeira**, our new **Director of Nutrition Services**! Stephanie will oversee all aspects of the PVI's Nutrition Services, including its Meals on Wheels, congregate dining, and grocery programs.

Stephanie has a deep passion for food and believes that food is medicine, affirming her belief of the body's power to heal. Graduating from Bauman College in December 2011 with honors, Stephanie has worked with Cancer Care Point, providing nutritional education and support, as well as building a private nutrition consulting business supporting clients to manage and overcome health challenges so they can thrive. She is an active member of the National Association of Nutrition Professionals (NANP) since 2011 and a certified holistic nutrition consultant. She has loved spreading knowledge and healing with food over the last 14 years. Stephanie is committed to providing nutritional support, guidance and education while sharing a constructive and positive experience with food. She is also eager to share her knowledge and expertise in helping to support PVI's mission to enable seniors to age in place.

When she is not working with those in need, Stephanie volunteers with groups - from local kitchens, to visiting farmer's markets, or helping in the garden. She is an avid power walker, loves paddle boarding, scuba diving, pickleball, and is learning to enjoy golf!

If you have any ideas, suggestions, feedback, or concerns about the Nutrition Services at PVI, please ask for Stephanie on your next visit (her office is located at Little House), or email her at sfigeira@1pvi.org.



Volunteer with the Nutrition Services Program!

VOLUNTEER



PVI Nutrition Services offers the following volunteer opportunities:

Meals on Wheels: Meal Packers, Delivery Drivers

Little House Café: Cashier, Plater, Server(s)

Got Groceries: Grocery Sorters and Packers

Please contact Idrina Sims to volunteer!

(650) 272-5015

isims@1pvi.org

PVI Little House Team News

New Life Enrichment Services Program Manager

Mariella Montesinos Macuil, M.Ed

Little House is excited to welcome **Mariella Montesinos Macuil, M.Ed**, as the new **Life Enrichment Services Program Manager** at Little House. Mariella will oversee all aspects of the Cultural, Art, Educational, and Technology programs at Little House.

Mariella studied Nutrition and Food Science and published her first book, *Mi libro de alimentacion y Nutricion*, in 2018, a book dedicated to teaching Mexican children all about nutrition in a fun, enjoyable manner. Mariella earned her Master's in Education in 2022 and has worked as an Elementary School English coordinator and principal. For the past year, she has worked as an Activity Leader at Rosener House, where she enjoyed providing educational, recreational and social activities for the Adult Day Program and learned many lifelong lessons!



If you have any ideas, suggestions, feedback, or concerns about the Life Enrichment programs at Little House, please ask for Mariella on your next visit, call her at [\(650\) 326-2025 \(Ext. 5018\)](tel:6503262025), or email her at mmacuil@1pvi.org.

In addition, please feel free to contact the **PVI Little House team** if you have any questions, concerns, or feedback about our programs. **We want to hear from you!**

Deeann Hui	Little House Director	dhui@1pvi.org	(650) 272-5108
Nettie Azoulay	Program Manager	nazoulay@1pvi.org	(650) 326-5008
	Membership, Health & Wellness		
Caitlin Claassens	Membership & Guest	cclaassens@1pvi.org	(650) 272-5042
	Services Admin. Specialist		
David Eastman	Community Outreach	deastman@1pvi..org	(650) 326-2025
	Coordinator and Guest Services		

In order to learn and assess better the interests and needs of members, we invite you to participate in the **Little House Community Survey**. You may pick up a paper survey at Guest Services, or you may complete the survey online:



Scan QR code with your
smartphone camera:

Survey Link:

1pvi.org/little-house-community-survey/

Active Aging Week at Little House

Aging Well

Active Aging Week

October 2 - 6

Monday - Friday

Have Fun, Try Something New,
Bring a Friend!

Free and open to the community



Join us for a week of adventure, learning and growth as we celebrate **Active Aging Week**. The week will feature special workshops and classes that focus on your emotional/mental, educational, spiritual, physical, and social well-being. Our goal for this week is to help keep you on track so you can age well in place! Check out the detailed information about each of the workshops/classes on the next few pages.

	Monday	Tuesday	Wednesday	Thursday	Friday
Emotional/Mental Wellness		10:30 am Meditation for Stress			11:00 am Pain and Stress Management
Educational Wellness		1:30 pm What if Someday Never Comes?		1:30 pm Declutter Workshop	
Spiritual Wellness			3:00 pm Tai Chi	10:00 am QiGong	
Physical Wellness	Sign-up for October 26 Vaccine Clinic Opens!		10:30 am Tap, Snap & Clap	11:15 am Chair Yoga	
Social Wellness			2:00 pm Ice Cream Social		2:00 pm Documentary & Discussion Series

For more information, email littlehouse@1pvi.org

or call 650-326-2025

Active Aging Week at Little House

Active Aging Week

Spiritual Wellness

Tai Chi

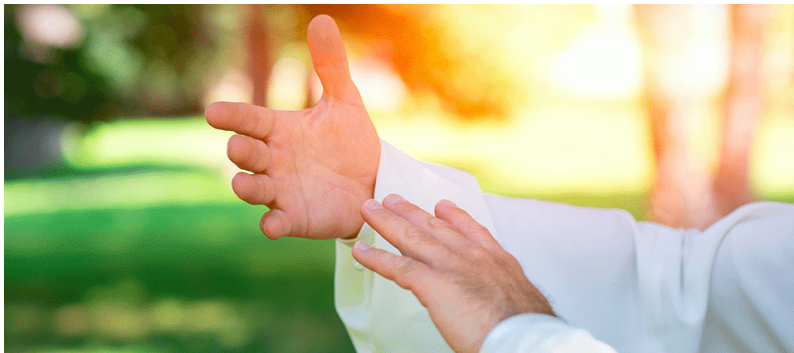
Wednesday, Oct 4

3:00 pm

Free Class Oct 4



Free Class! Learn the art of quieting the mind thru movement. Regular practice can increase flexibility and strength, and improve cardiovascular fitness. Tai chi is also considered a form of meditation. The emphasis on correct posture means that Tai Chi can instill a greater awareness of the body and how it moves through space.



Moving Meditation

QiGong

Thursday, Oct 5

10:00 am

Free Class Oct 5

QiGong 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. Regular QiGong practice has been known to have positive effects on longevity.

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

Active Aging Week at Little House

Active Aging Week

Mental Wellness

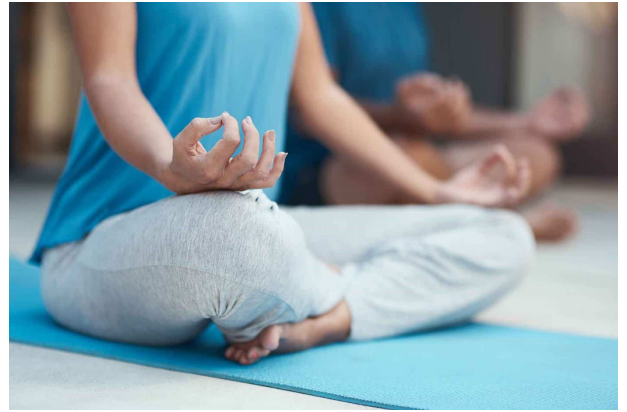
Pain and Stress Management

Acupressure and Meditation

Workshop

Friday, October 6

11:00 am



Relax and rejuvenate with ancient therapeutic techniques to relieve pain, stress, insomnia, headaches, allergies, muscle tension, along with strengthening the immune system. While seated, you will learn some of the most potent acupressure points on your hands, arms, legs, and face. With your instructor's guidance, you will use your own fingertips to press the points and use breathing techniques with meditations to quiet the mind. *Masks are recommended.*

About the Instructor: Patty Mayall has 35 years of experience in Hatha Yoga, Acupressure techniques, and Guided Meditation. She is an instructor with Foothill Community College.



Social Wellness

Ice Cream Social & Brain Games

Wednesday, Oct 4

2:00 pm

I scream, you scream, we all scream for ice cream! Stop by for a treat and have fun with some brain games with your fellow Little House members.

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

Active Aging Week at Little House

Active Aging Week

Physical Wellness

Tap, Snap and Clap!

Wednesday, October 4

10:30 am



Try something new! Enjoy tap dancing standing in place, traveling across the floor, and/or sitting in a chair. Add snapping and clapping to your dancing or just sing along to 1950's Oldies but Goodies! Tap shoes optional.

Physical Wellness

Chair Yoga

Thursday, Oct 5

11:15 am

Free Class Oct 5



Stretch away stress and anxiety with chair yoga. Reap the same benefits of traditional floor yoga while seated in a chair. 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. No experience necessary.

To register or more information, email littlehouse@1pvi.org

or call 650-326-2025

Active Aging Week at Little House

Active Aging Week

Cultural Lecture

Someday Never Comes

Discover Your Passion

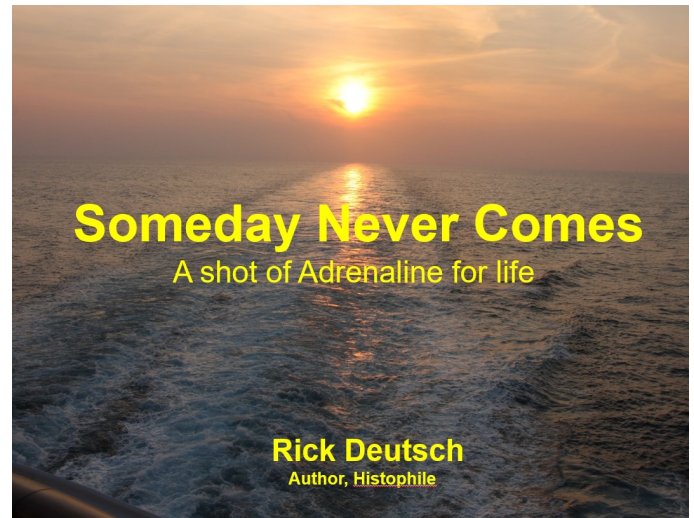
Tuesday, October 3

1:30 pm

Finding YOUR cause, ideal, or goal is key to a fulfilling life. When we realize that four actions will lead us to success, any goal is attainable. How? Try **D.O.M.E.** It's a metaphor for life based on my 42 ascents of Yosemite's 9,000 ft mountain, Half Dome. **Discover** your passion; identify and overcome **Obstacles** that can impede your progress; become **Motivated** to keep at it; and develop the **Enthusiasm** to succeed. To fully appreciate life's journey, enjoy life without regrets. Learn how to Carpe Diem - Seize the day. *Don't dream it – BE it.*

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 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!



Educational Wellness

Declutter Workshop

Expert Tips for Decluttering

Thursday, November 9



Clear your clutter, clear your mind! Transitioning out of your home of many years? This workshop is designed to help you clear out the things that don't matter anymore and make it easy to prepare for a move or to create a safer space without trip hazards.

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

This workshop is being presented by The Move Alliance and hosted by Liliana Perazich and Beth Leathers-Senior Real Estate Specialists Coldwell Banker Realty.



HALLOWEEN

PRESCHOOL VISIT

Join us for a fun visit by the students of
Menlo-Atherton Cooperative Nursery School!
The preschoolers will sing Halloween songs and trick-
or-treat in their costumes throughout our building!

Halloween, Tuesday, October 31
1:00pm at Little House



Come and join in the fun!
Members are encouraged to dress in costume!

In the News at Little House

Now Open

Little Shop Grab-n-Go Market

Mondays—Fridays

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.

Upcoming Events at Little House

Botanicals with Bonnie Flower Arranging Workshop with Bonnie Evans

New Date

Monday, October 23

10:30 am

\$10 supply fee



Come celebrate the colors of Fall and create a stunning arrangement just in time for your Halloween décor! 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.

Flowers are supplied. However, feel free to bring your own flowers to use or share.

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

Save the Date—Little House Events

Saluting Our Veterans

Veterans Day Luncheon

Friday Nov 10

Free for Veterans

Guest \$10



Giving Thanks

Thanksgiving Luncheon

Tuesday, Nov 21

12:00 pm

Pre-registration required by Nov 15

littlehouse@1pvi.org

Celebrating the Holidays

with Friends at PVI

Holiday Lunch

Tuesday, Dec 19

12:00 pm

Pre-registration required by Dec 13

littlehouse@1pvi.org



Happy New Year 2024

New Year Eve Brunch

Friday, Dec 29

11:30 am

Pre-registration required by Dec 20

littlehouse@1pvi.org

For pricing and menus, contact us at littlehouse@1pvi.org or 650-326-2025

Events at Little House

Little House Open House

Wednesday, Oct 11

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, October 11

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

Socializing @ Little House

Tea Anyone?

Afternoon Tea

Mondays

October 2, 9, 16, 23 & 30*

2:00 pm - 3:30 pm

Free

* *Halloween-themed
costumes welcome!*



Come gather with us outside in our beautiful courtyard and enjoy the beautiful fall 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 cup of tea. We will celebrate Halloween on Oct 30 with some spooky treats. Costumes optional!

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

Get Strong to Prevent Falls

Fall Prevention & Balance
Workshop

Tuesday, Oct 10

Meets monthly, 2nd Tuesdays

10:30 am

Free Session



Learn fun and creative ways you can incorporate exercises into your daily routine to help improve your balance and coordination to continue living independently. This workshop will provide the latest information on why good balance is the leader in longevity. Learn how to move through life confidently. These workshops will be held monthly and taught by Tammie Trambitas, CPT.

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

Spice Up Your Routine

October Personal Training Special
3 Session Package

\$125

New Clients Only



Fall is here. Spice up your fitness routine and stay strong by working with a personal trainer. Learn exercises to prevent falls from happening to you. Our October special is designed to get you on the right track to help you stay strong.

Special is valid Oct 1 - 31 and is for new clients only.

Each new client will be entered into a drawing for a chance to win a gift card to your favorite coffee shop !

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

Health & Wellness @ Little House

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Lifetime Fitness In Person / Virtual* Roya		8:30 am Non-Traditional Mat Pilates 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! 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 Tajiquan 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.

New Class! First two classes are FREE!

Moving Strong

Wednesdays

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

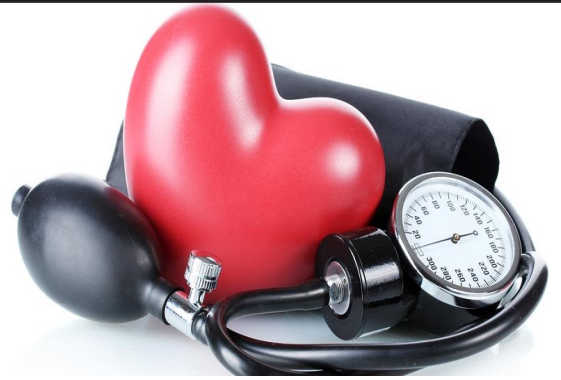
Health & Wellness Services @ Little House

Monthly Blood Pressure Screening

Tuesday, October 10

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.

Sponsored by the Sequoia Healthcare District



The Nurse is In

Meditation for Stress Relief Workshop

Tuesday, Oct 3

10:30 am

Free



The Samuel Merritt nursing students will be hosting a workshop on Meditation and Stress Relief. Join them to learn about how to lower your blood pressure thru meditation and stress reduction.

To learn more about other weekly topics, email or call us at littlehouse@1pvi.org or 650-326-2025



Cultural Arts and Learning @ Little House

Read with us!

Little House Book Club

Wednesday

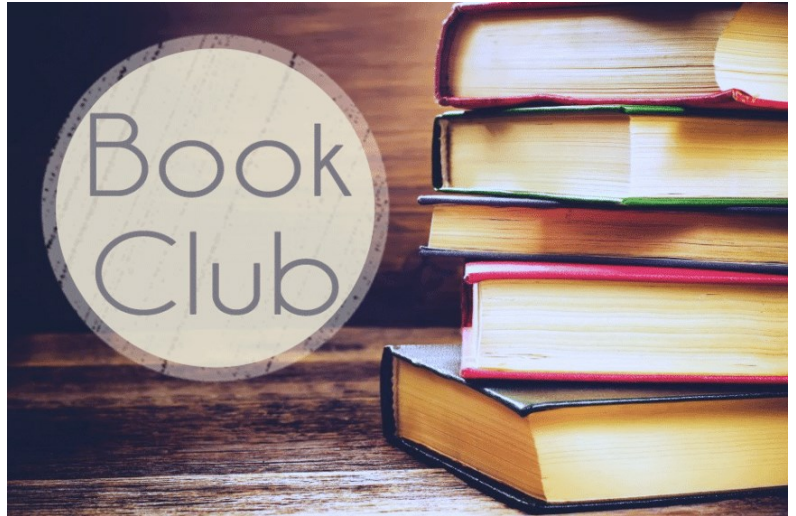
October 4

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.

Oct 4 *Lucy By the Sea* by Elizabeth Strout

Nov 1 *The Mitford Affair* by Marie Benedict

Dec 6 *Horse* by Geraldine Brooks

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 @ Little House

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

October 2

Practical Magic

Sally and Gillian Owens born into a magical family, have mostly avoided witchcraft themselves. But when Gillian's vicious boyfriend, Jimmy Angelov dies unexpectedly, the Owens sisters give themselves a crash course in practical magic.

October 9

Interview with the Vampire

Born as an 18th-century Lord, Louis is now a bicentennial vampire, telling his story to an eager biographer. He meets Lestat, a vampire who persuades him to choose immortality over death and become his companion.

October 16

Adams Family Values

Gomez Adams and his wife, Morticia are celebrating the arrival of a baby boy. But siblings Wednesday and Pugsley are none too happy about the new addition and try their best to eliminate the infant. When nanny Debbie Jelinsky appears to keep the kids in line, her presence leads to an unexpected treacherous twist.

October 23

Beetlejuice

After a couple dies in a car accident, they find themselves stuck haunting their country residence, unable to leave the house.

October 30

Sleepy Hollow

Set in 1799, "Sleepy Hollow" is based on Washington Irving's classic tale "The Legend of Sleepy Hollow." Faithful to the dreamy custom-bound world that Irving paints in his story, the film mixes horror, fantasy and romance and features an extraordinary cast of characters that dabble in the supernatural.

Wednesday Movies

October 4

We Have a Ghost

The discovery that their house is haunted by a ghost named Ernest makes Kevin's family a social media sensation. But when Kevin and Ernest get to the bottom of the mystery of Ernest's past, they become targets of the CIA.

October 11

Hocus Pocus

Three 17th-century Salem witches are conjured up by unsuspecting children

October 18

Ghostbusters

Ghosts invade New York and force a trio of spirit exterminators to save the city in one of the biggest comedies of all time.

October 25

Death Becomes Her

When a novelist loses her man to a movie star and former friend, she winds up in a psychiatric hospital. Years later, she returns home to confront the now-married couple, looking radiant. Her ex-husband's new wife wants to know her secret, and discovers that she has been taking a mysterious drug which grants eternal life to the person who drinks it. The actress follows suit, but discovers that immortality has a price.

HALLOWEEN
MOVIE MONTH

Cultural Arts and Learning at Little House

In the News

Current Events & Coffee

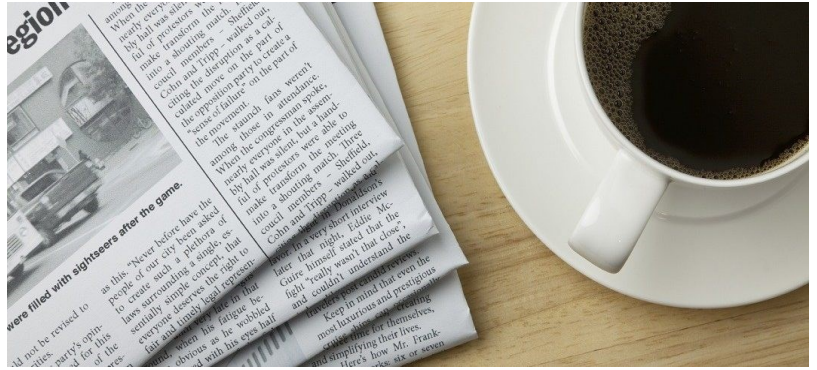
Thursdays

October 5, 26

10:00 am - 12:00 pm

Free

** No program on 10/12 & 10/19*



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

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

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

Reservations are recommended.

Space is limited.

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

About your moderator: David Klausner holds degrees from Brooklyn College in Mathematics and Physics, and from Polytechnic Institute of Brooklyn in Electrical Engineering. He has worked as a testifying expert witness for over 20 years in Federal and State courts and has taught at the City University of New York, Golden Gate University, 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 at Little House

Weekly Concert Series

Keys and Coffee

Fridays

10:30 am - 11:30 am

Free



Join us on Fridays for a musical adventure.
Each week will feature talents musicians and performers.

October 6 & 20

We welcome back Lu on piano playing some good classics.
Feel free to sing along!

October 13 & 27

We welcome back Aline Younge and Jenny B-G as they perform
traditional Hawaiian classics.

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

Cultural Arts and Learning at Little House

Documentary and Discussion Series

"Dear..."

Weekly series begins

Friday, October 6

2:00 pm

Free

* No program on 10/13,
10/20,11/10,11/24,12/22,12/29



Dear... is inspired by the "Dear Apple" advertising campaign, where customers share stories about how Apple products have changed their lives. In the same vein, this docuseries features celebrities reading letters by people "whose lives have been changed through their work." Each episode focuses on one celebrity "Dear..." presents letters written by those whose lives have been changed by the work of iconic trailblazers. Each episode profiles acclaimed leaders including Oprah Winfrey, Gloria Steinem, Spike Lee, Lin-Manuel Miranda, Yara Shahidi, Stevie Wonder, Aly Raisman, Misty Copeland, Jane Goodall, and Big Bird. The letter writers are people who were inspired to become a college president, to run for elected office, to start a movement, to change the system, to push past racial and gender boundaries, and to accomplish other groundbreaking feats. Each 30 minute episode will be followed by a discussion moderated by David Klausner our current event facilitator.

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, Golden Gate University, 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.

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

Cultural Arts and Learning at 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 at 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.

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 at 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. Unleash your inner artist and tap into your imagination in a workshop that promises an evening of boundless creativity and endless fun. As you sip on wine, the instructor will guide you on a step-by-step artistic adventure to create your own clay masterpiece. Whether you're a seasoned artist or a complete beginner, the instructor will ensure that you feel comfortable and confident throughout the entire creative process. 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](tel:650-326-2025)

or email at littlehouse@1pvi.org.

Cultural Arts and Learning @ Little House

Ceramics

Open Studio

Tuesdays and Wednesdays

9:00 am - 4:00 pm

Class

Thursdays and Fridays

10:00 am – 3:00 pm

Find the artist in you in our ceramics studio. We offer open studio time for those who are confident working on their own as well as instructor- led class options for those needing more hands-on assistance 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 mmacuil@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

Technology Center

Mondays—Thursdays

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](tel: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

Ride PVI Transportation Service

Getting You There Safely

Ride PVI Transportation Services

We 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.

We are excited to announce that we are now serving San Mateo County (except for the Pescadero region) and all of Santa Clara County.

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 - Tuesdays

9:00 am - 5:30 pm

Wednesday, Thursdays, Friday

9:00 am - 4:00 pm

Rates Vary by Residence

Call 650-272-5040

for current rate
Information.



Adult Day Services @ Rosener House

PVI Adult Day Services

Caring for your loved one

Monday - Friday

Client Participation Hours

9:00 am - 4:00 pm

Office Hours

9:00 am - 4:30 pm



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

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

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

To learn more about how we can help you and your family, schedule a tour by contacting Yolanda Chavez, Outreach Specialist, at [650-322-0126](tel:650-322-0126) or [ychavez@1pvi.org](mailto:y Chavez@1pvi.org)



PVI's Adult Day Services at Rosener House

Open House

Join us! Saturday, October 14, 2023

10:00 AM - 1:00 PM

500 Arbor Rd, Menlo Park, CA 94025

This event will offer the opportunity to tour our facility, sample engaging activities, and meet our professional staff including our registered nurses and therapists. Sample our activities: Exercise class, Music, Brain Games, and Art. Questions about Adult Day Services? We'll have an answer for you!

For more information call: (650)322-0126



500 ARBOR RD • MENLO PARK, CA 94025 650-322-0126 • WWW.1PVI.ORG

Adult Day Services @ Rosener House

The Perfect Blend: Caregivers and Coffee

Tuesday, Oct 10

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

Nutrition Services @ 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. *One name per household.*

- ♦ **How do I register?**

Contact us at littlehouse@1pvi.org or call us at [650-272-5042](tel:650-272-5042).

- ♦ **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 [650-272-5042](tel:650-272-5042).



SECOND HARVEST
of SILICON VALLEY

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

10:00 am and 11:00 am

(Two 1-hour appointments weekly)

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

Improving housing and lives in the community.

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

For more information, call HIP Housing at [\(650\) 348-6660](tel:650-348-6660) or visit 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

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



October Little House Events and Activities at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
2 <ul style="list-style-type: none"> Monday Movie Bridge High Tea <p>Sign-up for October 26 Vaccine Clinic Starts Today!</p>	3 <ul style="list-style-type: none"> Mahjong Tech Connect: iPad class Stress Relief Workshop Culture Lecture Clay & Chardonnay* 	4 <ul style="list-style-type: none"> Knitting Club Tap, Snap, Clap! Tech Connect: iPad class Wednesday Movie Pinochle/Mahjong Got Groceries? Book Club Ice Cream Social 	5 <ul style="list-style-type: none"> Hand and Foot Canasta Current Events/ In the News Declutter Workshop Ceramics* Tech Connect: iPhone Class* 	6 <ul style="list-style-type: none"> Keys & Coffee Acupressure & Meditation Workshop Ceramics* Bridge Cribbage "Dear.." Documentary Discussion Series
It's Active Aging Week!				
9 <ul style="list-style-type: none"> Monday Movie Bridge High Tea 	10 <ul style="list-style-type: none"> Mahjong Blood Pressure Screening Tech Connect: iPad class Clay & Chardonnay* 	11 <ul style="list-style-type: none"> Waffle Wednesday Knitting Club Tech Connect: iPad class Wednesday Movie Pinochle Mahjong Got Groceries? 	12 <ul style="list-style-type: none"> Hand and Foot Canasta Ceramics* Tech Connect: iPhone Class* 	13 <ul style="list-style-type: none"> Keys & Coffee Ceramics* Bridge Cribbage
16 <ul style="list-style-type: none"> Monday Movie Bridge High Tea 	17 <ul style="list-style-type: none"> Mahjong Blood Pressure Screening Tech Connect: iPad class Clay & Chardonnay* 	18 <ul style="list-style-type: none"> Knitting Club Tech Connect: iPad class Wednesday Movie Pinochle Mahjong Got Groceries? 	19 <ul style="list-style-type: none"> Hand and Foot Canasta Ceramics* Tech Connect: iPhone Class* 	20 <ul style="list-style-type: none"> Keys & Coffee Ceramics* Bridge Cribbage
23 <ul style="list-style-type: none"> Botanicals with Bonnie* Monday Movie Bridge High Tea 	24 <ul style="list-style-type: none"> Mahjong Tech Connect: iPad class Clay & Chardonnay* 	25 <ul style="list-style-type: none"> Knitting Club Tech Connect: iPad class Wednesday Movie Mahjong Pinochle Got Groceries? 	26 <p>Vaccine Clinic</p> <ul style="list-style-type: none"> Hand and Foot Canasta Ceramics* Current Events/ In the News Tech Connect: iPhone Class* 	27 <ul style="list-style-type: none"> Keys & Coffee Ceramics* Bridge Cribbage "Dear.." Documentary Discussion Series
30 <ul style="list-style-type: none"> Monday Movie Bridge Halloween Tea 	31 Halloween <ul style="list-style-type: none"> Preschoolers Singing and Trick-or-Treating Mahjong Tech Connect: iPad class Clay & Chardonnay* 			*Additional fees apply.