

APRIL
2024

PENINSULA VOLUNTEERS, INC.



Newsletter & Program Guide



WELCOME TO OUR Monthly Newsletter

Dive into the diverse world of PVI as we proudly unveil our comprehensive range of programs and services. From the vibrant activities at the Little House Activity Center to the specialized care at Rosener House Adult Day Services, nourishing solutions from PVI Nutrition Services, seamless journeys with Ride PVI transportation services, and the personalized support of our Aging Life Solutions concierge care program — the possibilities are endless! This is just a glimpse of what we offer, and we're thrilled to showcase how our programs and services align with our mission of empowering older adults to age in place.

Little House · Rosener House · Nutrition Services · Ride PVI · Concierge Care



800 Middle Avenue, Menlo Park, CA 94025



(650) 326-0665




www.1pvi.org

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PVI Presents the 33rd Annual
AUTHORS
Salon




Sunday, April 21, 2024
Rosewood Sand Hill

10:30 AM Doors Open Reception
11:30 AM Luncheon and Program

Join PVI for the 33rd annual Authors Salon. A literary journey featuring New York Times Best Selling Author, actor, producer, and director, Henry Winkler. Guests will enjoy a delicious lunch at the beautiful Rosewood Sand Hill in Menlo Park.

Featuring
HENRY WINKLER
*BEING HENRY...
The Fonz and Beyond*



FOR MORE INFORMATION AND TICKETS
VISIT US ONLINE [1PVI.ORG](https://www.1pvi.org) *or scan the QR code*

*All proceeds benefit Peninsula Volunteers, Inc. in support of our mission to
"Enable Seniors to Age in Place."*

PVI ART STUDIO

WE ARE OPEN!

Unleash your creativity and immerse yourself in the world of creative art with various art classes. We are offering the perfect opportunity to learn, create, and find your inner artist.

WORKSHOP HIGHLIGHTS:

- HANDS-ON EXPERIENCE:

Learn the pottery basics from expert instructors.

- CREATIVE EXPRESSION:


Explore various painting forms & techniques to craft unique and personalized pieces.

- FIRING AND GLAZING:

Understand the firing and glazing process to give your pottery a beautiful finish.

STUDIO RE-OPENS ON APRIL 1ST!

RESERVE YOUR SPOT BY REGISTERING AT

 650-326-2025

 800 Middle Ave, Menlo Park



Saturday, April 6th
11:00 AM - 1:00 PM
800 Middle Ave, Menlo Park

in partnership with Kensington Place Redwood City, PVI invites you to join us for an informative presentation with Dr. Mehrdad Ayati, Rachel Howsmon, and Freddy Silva, CPT about living and thriving with Parkinson's, latest treatments, benefits of exercise and local resources available to you.

Thrive with Parkinson's



Advances in Alzheimer's



*With Stanford Behavioral Neurologist
Irina Anna Sklyar-Scott, MD*

Wednesday, April 24th
4:00 PM - 5:30 PM
500 Arbor Road, Menlo Park

in partnership with Kensington Place Redwood City, PVI invites you to join us as Behavioral Neurologist Irina Anna Sklyar-Scott of Sandford shares the latest advancements in care and treatment.

Learn how early detection and groundbreaking medications like Leqembi are shaping a brighter future for individuals and families affected by Alzheimer's.

12 WEEKS TO WELLNESS

IN PARTNERSHIP WITH Foothill COLLEGE

Relaxation Techniques

Wednesdays | 1:30 PM - 3:20 PM

April 8th through June 29th

Course Overview: Relaxation Techniques uses a variety of methods to help improve one's level of fitness so that an overall relaxed state of being is achieved. Instruction will include various techniques to increase flexibility, muscular strength and endurance, balance, coordination, and cardiovascular fitness as well as guided progressive visualization.



Stress Management

Fridays | 10:30 AM - 12:20 PM

April 8th through June 29th

Course Overview: Stress Management for adults of all abilities uses techniques that help to reduce stress and pain through deep, slow breathing, guided acupressure points, and meditation. While seated, participants will use their own fingertips, thumbs, or knuckles to press acupressure points on the face, arms, and legs while breathing deeply and quieting the mind. These ancient therapeutic practices can produce relaxation, relieve pain, stress, insomnia, and muscle tension, along with strengthening the immune system.



NO CLASSES ON THE FOLLOWING DAYS:

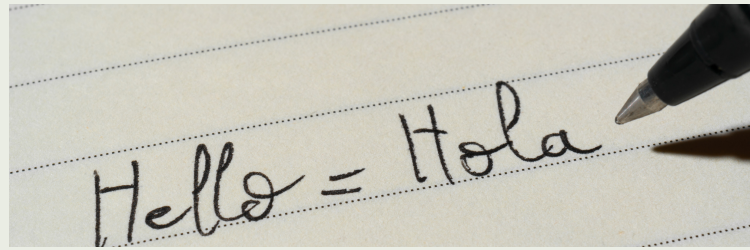
Monday, May 27: Memorial Day

Wednesday, June 19: Juneteenth

This is a complimentary course through Foothill College

REGISTRATION REQUIRED. SPACE IS LIMITED





Spanish Conversation Group

Wednesdays

11:30 AM - 12:30 PM

Whether you are learning, wanting to practice or just chat in a different language, this group is for you! Join us in our new Spanish conversation groups at PVI's Little House. There will be a new discussion topic every session, led by a bilingual speaker!

Free for members. \$5 for non-members.

Music with Kris

Thursdays

3:00 PM - 4:00 PM

Come join our new once-a-week Music Therapy session with Music Therapist, Kristopher Hong, MT-BC. We will be doing a variety of musical things each week that will focus on building and maintaining physical and cognitive strength. Every week our session will be a mix of movement to music, songwriting, lyric analysis, drum circles, musical games, group singing, musical improvisation, and more.

4/4 Name that Tune

4/11 Music from the Bay

4/18 Hits from the 70s

4/25 Ballads and love songs

Promotional Rates will end in May

Current Rates:

Free for members

Non-members \$5 per session

Introductory Complimentary session for members

Aging in Place Series

Part 1: Aging in Place

APRIL 16TH, 11:00AM - 12:00PM

Part 2: Aging in a New Place

May 14th, 11:00AM - 12:00PM

Members: Free

Non-members \$5 per session

Join us for an enlightening lecture on “Aging in Place”

and learn how to embrace the comfort of home while aging gracefully.

Explore the secrets to maintaining independence, adapting your living space, and ensuring a fulfilling quality of life. Don't miss this opportunity to discover the keys to a happier and healthier future right in your own space. We will also discuss key components in regards to planning for your future.

Sponsored by Liliana Perazich and Beth Leather's Coldwell Banker Realty
-Senior Real Estate Specialist

New Fitness Class - Let's Zumba

Members: \$13

Non-members \$24

In-Person Class

STARTING APRIL 16TH

Every Tuesday & Thursday, 3:00PM - 4:00PM

Zumba is a high-energy fitness program that combines Latin and international music with dance moves. It incorporates aerobic and dance elements, making it a fun and dynamic way to exercise. Zumba offers numerous benefits, including improved cardiovascular health, increased calorie burning, enhanced coordination, stress relief, and a boost in mood and energy levels.

Botanicals with Bonnie

Monday, April 8th
10:00 AM

Create a lovely bouquet,
with a theme of love and friendship!

\$15 for members & non-members
Sign up now! Only 12 spots available.

March & April Member

Birthday Luncheon

TUESDAY

APRIL 16TH, 11:30 AM

If you are a member and have a birthday in March or April, please join us for a complimentary lunch, birthday treats, and great company! Celebrate with your PVI friends!

Reserve your spot by April 9
littlehouse@1pvi.org or 650-326-2025



Blood Pressure Screening

TUESDAY

APRIL 9TH, 10:30 AM - 12:00 PM

Free monthly drop-in blood pressure screenings are provided by Sequoia Healthcare District nurse, Suzanne Lim. Screenings will be administered on the second Tuesday of each month and are free of charge.

Sponsored by the Sequoia Healthcare District



Tech Connect Program:

Want to learn to be more independent and enjoy using an iPad? PVI welcomes you to join our Tech Connect Program. Participants will receive iPads, which will allow you to access visual apps such as Zoom, explore the Internet, and more.

Over the course of an 8-week class, we will teach you the basics of using the iPad including email, Zoom, internet safety, and taking photos and more, all in a safe, small group environment here at PVI Little House.

The iPad will be available to you as a 12-month complimentary rental, and training materials will be provided.

There is no charge for this promotional course. New rates will apply for the next session

IPad Class:

NEXT SESSION DATES:

April 16 to June 4
Tuesdays 10:00 AM - 12:00 PM

April 17 to June 5
Wednesdays 10:00AM - 12:00 PM

AFTERNOON SESSION NOW AVAILABLE!

April 16 to June 4
Tuesdays 1:00PM-3:00pm

IPhone Class:

NEXT SESSION DATES ARE:

May 2nd to August 15th
Thursdays 10:00 AM - 12:00 PM
Thursdays 1:00 PM - 3:00 PM

Members: \$50
Non-members: \$100

To register, please contact Debi Suslow at dsuslow@1pvi.org.



Distinguished Lecture Series

The Titanic – The Complete Story

\$10 members
\$15 for non-members

Friday, April 12th
11:00am

The Titanic – The complete story

In 1912, the “unsinkable” RMS Titanic left Southampton, England, for New York City on its maiden voyage. The sinking of the world’s largest ship caused the deaths of more than 1,500 people in one of the deadliest peacetime maritime disasters in modern history. Only 333 bodies of victims were ever recovered; many were found adrift over 100-miles away. Why did this tragic event happen to the largest and most modern ship of the day? Halifax, as the closest city to the disaster, received the bodies and became the “City of Mourning.”

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 speeches 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!

EARTH DAY SOCIAL

MONDAY, APRIL 22ND
2:00 PM - 4:00 PM

No charge for members
\$5 for non-members

In celebration of Earth Day, join us for an afternoon traveling the globe. Stop by the Channel Islands in California, Old Faithful Geyser in Yellowstone National Park and the Statue of Liberty in New York City — without even leaving your house!

Nurture your natural environment by creating a bird feeder for your winged neighbors. Watching feathered friends flock to the yard is bound to make your little ones smile with excitement.

CALIFORNIA CONNECT

MONDAY, APRIL 29TH
12:00 PM - 2:00 PM

Join us for a presentation with a representative from California Connect, also called the Deaf and Disabled Telecommunications Program (DDTP). This is a public purpose program that provides communications equipment and services to persons with disabilities. The program’s accessible products and services are fully subsidized, removing financial barriers.



Rosener House - Save The Date

OPEN HOUSE

PVI's Adult Day Services at Rosener House

Saturday, May 18, 2024
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

JOIN US



PVI Adult Day Services at Rosener House

2nd Tuesday of each month
9:30am-11:00am

650-322-0126
ychavez@1pvi.org



The Perfect blend

Caregivers, Coffee & Connection

Join us for conversations with a supportive and passionate community that understands the dedication, challenges, Love, and a reassurance that you're not navigating the caregiving journey alone.

PVI Little House Membership Information

PVI Little House currently offers two membership options: **Social Basic** membership and **Premium** membership. At Little House, we strive to empower older adults with the freedom to stay active in their community. We offer a variety of programs and services that enrich the lives of seniors through fitness classes, health and wellness workshops, social programs, educational lessons, and more.

Program Highlights:

Fitness/ Health & Wellness Programs - The fitness programs combine socialization with health and wellness to help adults maintain and improve their physical fitness and function. All programs are led by certified instructors. Our programs include group exercise classes and mind-body programs. Members of all ages and mobility are welcome. **In-person, virtual, and hybrid options are available.**

Life Enrichment Programs- The Life Enrichment programs stimulate the intellectual, social, cultural, creative, and recreational interests of adults to enhance quality of life. Specific emphasis is placed on ongoing education and addressing social isolation. The broad range of programs include the arts, technology, games, social clubs, and monthly lectures and discussion groups on topics such as history, current events, science, and aging.

Social Basic Membership

The **Social Basic Membership** allows access to all free social events, clubs, games, and activities and use of the Technology Center during open hours.

\$7 per month
\$85 annually

Premium Fitness Membership

The **Premium Fitness Membership** allows unlimited monthly fitness classes and access to Video-on-Demand. This level includes the Social Basic Membership and Open Gym.

\$97 per month
\$1,083 annually

If not a **Premium Member**, you may attend any fitness class by paying a **Fitness Class Drop-In Fee: \$13 per class (member) or \$24 per class (non-member)**

To learn more about PVI Little House membership, Day Pass and Drop-In options, please visit Little House for a tour or contact us at littlehouse@1pvi.org or 650-326-2025.



Little House Events At-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Monday Movie: <i>Sandlot</i>	Tax with AARP Current Events Mahjong Bingo Zumba! Billiard Group	Book Club: <i>The Awakening</i> by Kate Chopin Spanish Group Knitting Group GOT Groceries Mahjong Pinochle	Current Events Music with Kris Zumba!	Keys and coffee Lifetime Fitness w/ Helen* 20/20/20 w/Helen* Friday Movie: <i>Ace Ventura Pet Detective</i> Cribbage
8	9	10	11	12
Botanicals with Bonnie* Afternoon Tea* Monday Movie: <i>Home Alone</i>	Tax with AARP Current Events Blood Pressure Screening Mahjong Bingo Zumba! Billiard Group	Waffle Wednesday Spanish Group Knitting Group GOT Groceries Mahjong Pinochle	Current Events Zen Doodle Demo Music with Kris Zumba!	Keys and coffee Distinguished Lecture Series* Friday Movie: <i>Mr. Deeds</i> Cribbage
15	16	17	18	19
Monday Movie: <i>The Wedding Singer</i>	Mahjong Current Events Tech Connect: IPad Aging in Place Pt. 1 Birthday Luncheon Bingo Zumba! Billiard Group	Waffle Wednesday Book Club Tech Connect: IPad Spanish Group Knitting Group GOT Groceries Mahjong Pinochle	Current Events Music with Kris Zumba!	Keys and coffee Lifetime Fitness w/ Helen* 20/20/20 w/Helen* Friday Movie: <i>The Pink Panther</i> Cribbage
22	23	24	25	26
Earth Day Social Monday Movie: <i>Marley & Me</i> Bridge	Current Events Tech Connect: IPad Mahjong Bingo Zumba! Billiard Group	Book Club Tech Connect: IPad Spanish Group Knitting Group GOT Groceries Mahjong Pinochle	Current Events Music with Kris Zumba!	Keys and coffee Friday Movie: <i>The waterboy</i> Cribbage
29	30			
California Connect Talk Monday Movie: <i>The Nutty Professor</i> Bridge	Mahjong Tech Connect: IPad Bingo Current Events Zumba! Billiard Group			Activities are subject to change * Additional fees may apply

Group Fitness Schedule

Helen will be teaching the Lifetime Fitness and Active & Fit 20/20/20 classes on Friday, April 5th and 19th.

9:00 am: Lifetime Fitness - Whole Body Beginner Chair Exercise
 10:00 am: Active & Fit 20/20/20 - Upper, Core, and Lower Body Routine

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Lifetime Fitness In Person/Virtual <i>Roya</i>	9:30 am Fun with Fitness Virtual <i>Vicky - R</i>	8:30 am Non-Traditional Mat Pilates In Person <i>Fran</i>	9:30 am Fun with Fitness Virtual <i>Vicky - R</i>	9:30 am Walk and be Fit Virtual <i>Vicky</i>
9:45 am Tai Chi for Balance Virtual <i>Jason - R</i>	10:30 am Strong for Life In Person <i>Stanford Health Care F/CH - R</i>	9:00 am Lifetime Fitness In Person/Virtual <i>Roya</i>	10:00 am Qi Gong In Person <i>Jinn</i>	10:30 am Stress Management In Person <i>Patty – ALCB - R Foothill</i>
10:00 am Active & Fit 20/20/20 In Person/Virtual <i>Roya</i>	12:00 pm Tai Chi for Balance In Person <i>Jason</i>	9:45 am Tai Chi for Balance Virtual <i>Jason - R</i>	10:30 am Strong for Life In Person <i>Stanford Health Care F/CH - R</i>	
	12:15 pm Line Dance In Person <i>Evelyn</i>	10:00 am Active & Fit 20/20/20 In Person/Virtual <i>Roya</i>	11:15 am Chair Yoga In Person <i>Jiin</i>	
	1:30 pm Relaxation Techniques In Person <i>Patty – ALCB Foothill</i>	11:15 am Moving Strong In Person <i>Jenni</i>	12:00 pm Tai Chi for Balance In Person <i>Jason</i>	
	3:00 pm Zumba! In Person <i>Amy</i>	3:00 pm Chen-style Tai Chi In Person <i>Lisette</i>	3:00 pm Zumba! In Person <i>Amy</i>	
Key F/CH = Free Community Health R = Pre – Registration Required ALCB = Adaptive Learning: Community Based				

Personal Fitness – Appointment Availability

Monday	Tuesday	Wednesday	Thursday	Friday
Personal Training with Roya By appointment Only* 11:00 – 2:30	Personal Training with Kevin By appointment Only* 9:00 – 3:30	Personal Training with Roya By appointment Only* 11:00 – 2:30	Personal Training with Kevin By appointment Only* 9:00 – 3:30	Personal Training with Kevin By appointment Only* 9:00 – 3:30



Moving Strong

Instructor: Jenni Castaldi

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 welcome.

In-Person

Wednesdays

11:15am to 12:15pm

Qi Gong

Instructor: Jiin Liang

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. Class is suitable for beginners to intermediate.

In-Person

Thursdays

10:00am to 11:00am

New! Zumba

Instructor: Amy Chan

Zumba is a high-energy fitness program that combines Latin and international music with dance moves. It incorporates aerobic and dance elements, making it a fun and dynamic way to exercise. Zumba offers numerous benefits, including improved cardiovascular health, increased calorie burning, enhanced coordination, stress relief, and a boost in mood and energy levels.

In-Person

Tuesdays and Thursdays

3:00pm - 4:00pm

Line Dancing

Instructor: Evelyn Khinoo

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, and all levels are welcome!

In-Person

Tuesdays

12:15pm to 1:15pm

Tai Chi for Mobility and Balance

Instructor: Jason Chan

Tai chi is proven to improve balance and has the potential to restore the physical functioning of our bodies. Performing tai chi regularly is a great way to improve one's posture and balance. The movements are easy to learn and a joy to practice. All levels are welcome.

Virtual

Mondays and Wednesdays

9:45am to 10:45am

In Person

Tuesdays and Thursdays

12:00pm to 1:00pm

Non-Traditional Mat Pilates

Instructor: Fran Philip

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, pelvic floor, hip joint, and lower back. Please bring your own mat. All levels.

In Person

Wednesdays

8:30am to 9:30am



Chen-Style Tai Chi

Instructor: Lisette Yung

Chen-style tai chi (Taichiquan) is a set of linking movements that help develop balance, body coordination, and strength. Cultivate life energy (chi) through a movement meditation that relaxes the muscles, calms the mind, and reduces stress. The slow movements and subtle shifting of weight develop flexibility and extremely good balance, making it ideal for all ages young and old. All levels are welcome.

In-Person
Wednesdays
3:00pm to 4:00pm

Strong for Life

Community Health Partnership with Stanford
 Adult Aging Services

In Person
Tuesdays at 10:30am
Thursdays at 10:45am

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.

*Pre-registration is required. 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 us at 650-326-2025 or email littlehouse@1pvi.org

Walk and Be Fit

Instructor: Vicky Cruz

Join us for a virtual walk that includes marching, walking in place, and light stretching to activate your neuromuscular system. Walking can lower your risk of heart disease, stroke, cancer and diabetes, strengthen your bones, and prevent osteoporosis. All levels welcome.

Virtual
Fridays
9:30am to 10:30am

Chair Yoga

Instructor: Jjin Liang

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 as support. This class is ideal for individuals who are unable to get up and down from the floor easily or those with balance issues. All levels are welcome.

In-Person
Thursdays
11:15am to 12:15pm



PVI Little House Fitness Gym



Open Gym

Open Gym in the PVI Little House Fitness 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.

The Little House Gym caters to individuals who would like to work out in a small, supportive, and safe gym environment. The gym is supervised at all times during open hours and is a wonderful alternative to a larger, noisier, and more intimidating Big Box Gym!

The **Gym Only Membership** allows unlimited gym access during open gym hours. This level includes the Social Basic Membership.

\$43 per month
\$240 bi-annually
\$420 annually

April Gym Hours:

Monday - Friday
8:30am - 2:30 pm

Closed for lunch between:
12:00pm - 1:00pm

Current Personal Training and Premium Members have access to the gym.

Closed-toe shoes are required while using the gym.

During peak times, staff may impose a 30-minute time limit on cardio machines.

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 or email littlehouse@1pvi.org



PVI Little House Personal Training Program



PVI Little House’s Personal Training program is a customized exercise session tailored to each individual’s physical abilities. It benefits all fitness levels, including those with physical limitations and those needing post-physical therapy training. Our Personal Training staff members are adept at working with the older adult population and are certified by nationally accredited organizations.

The Personal Training program is a unique option for older adults looking for fitness training in a supportive, specialized, and motivating environment. The first appointment with the trainer will involve a comprehensive assessment of fitness level and ability, restrictions or health concerns, and fitness goals. The trainer will use the information from the assessment to design a specialized and custom personal training routine for each client.

To schedule an appointment with a Personal Trainer, or to learn more about our Personal Training program: littlehouse@1pvi.org or 650-326-2025

PVI Little House Personal Training Packages

	Member			Non-Member		
	1 Session	5 Sessions	10 Sessions	1 Session	5 Sessions	10 Sessions
30-Minute One-on-One Session Packages	\$46.00	\$195.00	\$350.00	\$52.00	\$218.00	\$400.00
60-Minute One-on-One Session Packages	\$80.00	\$375.00	\$680.00	\$85.00	\$400.00	\$750.00

BINGO

Tuesdays

1:30pm - 2:45pm

Free for members

\$5 for non-members

Due to popular demand, Bingo returns this month to Little House! Come join us for this fun and social activity with your friends! Bingo is free to all members, and \$5 fee for non-members.

Afternoon Tea

Monday, April 8th

2:00pm to 3:00pm

Free for members

\$5 for non-members

Come gather with us together outside in our beautiful courtyard (weather permitting) or inside the cozy and warm Jane West Room, and enjoy a cup of tea and sweet treats with friends! Just bring your friends for some laughter and conversation. This weekly social gathering is a popular way for Little House members to reconnect with friends while enjoying a cup of tea.

Social Games / Interactive Play

Mahjong, Bridge, Cribbage,
Canasta, Pinochle, Table Tennis,
Cornhole

Mondays - Fridays

8:00am to 4:00pm

Free for members

\$5 for non-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! We offer a variety of game opportunities to keep you engaged.

Knitting Club

Wednesdays

10:00am to 12:00pm

Free for members

\$5 for non-members

Bring your knitting needles and projects and be a part of the popular Little House Knitting Club! All skill levels are welcome to join! Weekly get-togethers are intended to be relaxed knitting sessions with good company.



Keys & Coffee

Fridays

10:30am to 11:30am

Free for members

\$5 for non-members

Join us on Fridays for a musical journey. We will serve coffee and pastries and host a special concert for members. Each week will feature different musicians and performers.

Waffle Wednesday

April 10th

9:30 AM

Free for members

\$5 for non-members

Indulge in the delightful tradition of Waffle Wednesday with us! Join for a morning of delicious waffles, good company, and a midweek treat that's sure to sweeten your day.

NEW GROUP Billiard Group

Whether you are starting to learn, refreshing your skills or even just wanting to socialize, the Little House Billiard Group welcomes you! Join us for friendly games every Tuesday!

In Person

Tuesday 2:00 - 4:00 pm

Zen Doodle DEMO CLASS

Facilitators: Erin Rose and Ruth Newell

Join us for this hands-on Zentangle Demo class! Introspection, Inspiration and Innovation. There are no mistakes, only originality.

In Person

Thursday April 11th

11:00 am

Current Events in The News

NEW DATE - NOW ON TUESDAYS

Are you passionate about local and world affairs? Join our current events group, where we 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, and what's trending socially. This moderated weekly forum will use your ideas as the backdrop for the weekly topics. Come with an open mind or some topics you are eager to chat about or to learn!

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

Weekly on Tuesdays

10:00am to 12:00pm

Free for members

\$5 for non-members

About The 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 Stanford University. He holds two U.S. patents, and his interests are current affairs, history, archeology, geology, astronomy, classical music, and live theater.

Little House Book Club

The Little House Book Club is a wonderful opportunity for members to meet and enjoy interesting reads and lively conversations over the monthly book selection.

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

April 3 The Awakening
by Kate Chopin
Early Feminist Literature

May 1 Still Life
by Sara Winman
Historical Fiction

First Wednesday of the Month
1:00pm

For more information about the Zoom option, email us at mmacuil@1pvi.org or call (650)326-2025.



NEW CLASS

Ceramic Piece Painting

Instructor: Caroline R

Do you want to create a unique piece, without the hassle of clay work? Then this class is for you! Choose from a wide selection of unpainted ceramic pieces, such as plates, mugs, bowls, figurines, and more. Then, personalize your chosen pottery by painting it with your own designs and colors. This instructor led class will help you expand your creativity and skillset, find out more today!

In Person

Monday 10:00 - 12:00 pm

Cost: \$100* (Includes material) Price may vary depending on the piece.

Duration: 4 weeks

Beginners and Advanced Class

Instructor: Ed Bellinger

Beginners: Get ready to learn ceramics in a fun and practical method! We'll be making functional & decorative pottery on the wheel, instruction includes throwing, trimming, handles, and glazing! Find out more today! Class passes are only available in bundles of 3.

Friday 1:00 - 3:00 pm

Advanced : If you enjoy independent work, with an instructor available, then this class is for you!

Thursday 9:00 - 12:00 am

Member: Drop in 3 classes \$100/ 6 passes \$140 / 10 passes \$190

Non Member: Drop in 3 classes \$110/ 6 passes \$160 / 10 passes \$210

NEW CLASS

Handbuilding Ceramics

Instructor: Caroline R

Make a piece using only your hands. Most of these projects are very simple, but practice a particular technique with a fun or useful product. Find out more today!

Coil pot - creating a bowl or plant pot or mug using coils.

Slab work: can do a sushi platter, fruit bowl, vase or mug.

Pinch pot and coil sculpture: creating a fun simple sculpture using a collection of pinch pots for the various sections and coils for details and holding bits together.

Tuesday 10:00 - 12:00 pm

Cost: \$130 members \$180 non members

Clay not included *

Duration: 4 weeks

Make a Piece!

Instructor: Janelle, G.

Join us for this amazing 2 week class. You will be able to choose from a variety of projects and create pieces to take home! Pieces will be available for pick up 3 week after the last class. Find out more today!

Tuesday 6:00 - 8:30 pm

Cost: \$75 members \$90 non members

Clay not included *

Duration: 2 classes

Let's Go To the Movies



Monday Movies

April 1:

Sandlot (1993)

In the summer of 1962, a new kid in town is taken under the wing of a young baseball prodigy and his rowdy team, resulting in many adventures.

April 8:

Home Alone (1990)

An eight year old troublemaker mistakenly left home alone must defend his home against a pair of burglars on Christmas Eve.

April 15:

The Wedding Singer (1998)

Robbie, a singer, and Julia, a waitress, are both engaged, but to the wrong people. Fortune intervenes to help them discover each other.

April 22:

Marley & Me (2008)

A family learns important life lessons from their adorable, but naughty and neurotic dog.

April 29:

The Nutty Professor (1996)

Grossly overweight yet good-hearted professor Sherman Klump takes a special chemical that turns him into the slim but obnoxious Buddy Love.

Mondays and Fridays

1:00pm

Free for members

\$5.00 for non-members

*Enjoy a matinee movie with popcorn and friends!
Have a movie suggestion? Let us know!*

Friday Movies - Comedy

April 5:

Ace Ventura Pet Detective (1994)

A goofy detective specializing in animals goes in search of the missing mascot of the Miami Dolphins.

April 12:

Mr. Deeds (2002)

A sweet natured, small-town guy inherits a controlling stake in a media conglomerate and begins to do business his way.

April 19:

The Pink Panther (1963)

The bumbling Inspector Clouseau travels to Rome to catch a notorious jewel thief known as "The Phantom" before he conducts his most daring heist yet: a princess' priceless diamond with one slight imperfection, known as "The Pink Panther".

April 26:

The Waterboy (1993)

A waterboy for a college football team discovers he has a unique tackling ability and becomes a member of the team.



PVI Little House Technology Center

Mondays-Thursdays: 9:00am - 4:00pm

Fridays: 9:00am - 3:00pm

*Closed during select times for program/classes

The PVI Little House Technology Center is open for independent computer use or one-on-one sessions with a Tech Tutor (by appointment and with extra fee). The annual Little House membership includes unlimited access to the Technology Center during hours of operation. You may also purchase a Day Pass for \$5.

Personalized One-on-One Tech Tutoring Pricing:

Single Session:

\$12/member, \$15/non-member

5 Sessions:

\$50/member, \$65/non-member

10 Sessions:

\$85/member, \$115/non-member

To schedule an appointment, contact us at 650-326-0665 or dsuslow@1pvi.org





ROSENER HOUSE PVI Adult Day Services

Are you caring for your loved one?

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.

Rosener House Office Hours:

9:00 am - 4:30 pm (M-F)

Client Participation hours:

9:00 am- 4:00 pm (M-F)

Want 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 or ychavez@lpvi.org

When is your family member ready to use our PVI Rosener House Adult Day Services?

If you answer "yes" to *more than 3* of the following questions:

- Does your family member have difficulty planning their own activities?
- Does your family member have significant difficulty staying focused and initiating on activity e.g. - reading, conversation, hobbies?
 - Would your family member benefit from social engagement?
 - Can your family member no longer be safely left at home?
- 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?

Rosener House Programs At-a-Glance

* New Update for Rosener House *

Join us every Wednesday for a tour of PVI Adult Day Services at Rosener House.

We are excited to announce that we now offer

drop-in hours from 11:00 am to 2:00 pm,

so you don't need to schedule a tour in advance.

Come by and visit our center to see our activities in action.

We look forward to showing you around!

PVI Adult Day Services at Rosener House
Daily Activities & Schedule
Specialized Music/Music Therapy
Exercise Group
Art Group
Current Events & Discussion
Games Group & Other Specialized Activities

SAMPLE

9:00-2:30 Main Program

9:00 Trivia & Morning Coffee

10:30 Movement or Music

11:15 Art, Current Events or Games

12:00 Hot Lunch & Dessert

1:00 Travel or Seasonal Activities

2:00 Trivia

3:00 Respite Care



Join us for daily lunch in the Little House Cafe!

We invite you to have lunch at PVI Little House Cafe! Our cafe is a wonderful dining option for our members or friends from the community! Lunch is served Monday to Friday, from 11:30am to 1:00pm. Each day, there are two entree options, and lunch includes coffee/tea/milk and fruit. **The cost of each meal is only \$5.00!**

Come and enjoy a hot lunch with your friends! Since re-opening in August, PVI Little House Cafe has been a great meeting place for friends, old and new. Diners have enjoyed the socialization, great company, and delicious meals. Join us today for lunch at the Little House Cafe!

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Cheese Tortellini, Mariana Sauce, Peas	Herbed Roasted Fish, Sweet Potato and Veggies	Roasted Herbed Chicken, Roasted Potato and Veggies	Vegetable chowder and carrots.	Roasted Pork Loin, Roasted Potato, Green Beans
*Special of the day	*Special of the day	*Special of the day	*Special of the day	*Special of the day
8	9	10	11	12
Three Bean Chili and Corn	Loco Moco, Rice and Cabbage	BBQ Chicken, Mashed Potato and Broccoli	Beef Stroganoff, Egg Noodles and Peas	Jerk Chicken, Coconut Rice and Caribbean Veggie Blend
*Special of the day	*Special of the day	*Special of the day	*Special of the day	*Special of the Day
15	16	17	18	19
Lentil Curry and Spinach	Meatloaf with Gravy, Mashed Potato, Green Beans	Roasted fish, Couscous and Veggie blend	Arroz con Pollo and Carrots	Chicken Alfredo, Penne Pasta, Roasted mixed Veggies
*Special of the day	*Special of the day	*Special of the day	*Special of the day	*Special of the day
22	23	24	25	26
Vegetable Fried Rice, Broccoli	Green Enchilada, Spanish Rice and Corn	Huli Huli Chicken, Rice and Cabbage	Pork Loin w/Gravy, Roasted Potato, Green Beans	Beef Bolognese, Pasta and Cauliflower
*Special of the day	*Special of the day	*Special of the day	*Special of the day	*Special of the day
29	30			
Baked Ziti and Broccoli	BBQ Meatballs, Mashed Potato and Broccoli			Menu is subject to change
*Special of the day	*Special of the day			*Special of the day is designed each morning

PVI Meals on Wheels Home-Delivered Meal Service

PVI is proud to be a Meals on Wheels provider.

The PVI Meals on Wheels home-delivered meal service prepares and delivers meals to residents of San Mateo County (excluding Coastside, 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 aged 18-59 with disabilities.

Meals on Wheels Criteria for Individuals with Disabilities:

- 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 of 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



If you, or anyone you know,
would benefit from the
PVI Meals on Wheels program,
please contact the MOW office:

Mondays to Fridays
650-323-2022

All of the PVI Meals on Wheels
freshly-prepared meals are also
available to anyone, even if they do
not meet the above criteria, for five
days a week for a reduced rate.

Please contact us for more
information.



PVI *Got Groceries?* Free Grocery Pick-Up



**Wednesdays 11:30 AM - 1:30 PM
at PVI Little House & Rosener House**

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?

The PVI *Got Groceries?* program is here to help. Thanks to our partnership with Second Harvest Food Bank, we are able to offer a free weekly grocery pick-up program for our community.

Frequently-Asked *Got Groceries?* Questions

Do I need to be a member of PVI to participate in the program?

This program is open to all adults 55+ in the community.

How do I register?

Fill our registration form and provide form of ID upon submission.

How often will I receive groceries?

Got Groceries? is a weekly pick-up program. One grocery bag per household.

Where do I pick up my groceries?

Call 650-326-2025 to confirm pick up location.

Got Groceries? is made possible by the PVI-Second Harvest of Silicon Valley Partnership.



Ride PVI

On-demand, Concierge Ride Service

RIDE PVI is your convenient and dependable concierge transportation service. One call to our helpful, friendly ride coordinator gets you a Lyft or Uber driver to your home within minutes of your call (no smartphone needed). Your daily errands and essential appointments are now easy to get to, with the added security of knowing your rides are monitored from beginning to end.



Ride PVI Hours of Operation:

Monday, Tuesday
9:00am - 5:30pm

Wednesday, Thursday, Friday
9:00am - 4:00pm

Ride PVI Hotline: 650-272-5006

Frequently-Asked Ride PVI Questions

How do I register?

All participants must register before first ride. Register by calling the Ride PVI at **650-272-5006**. Registration only takes a few minutes.

What is the service area?

We serve San Mateo County (except for the Pescadero region) and all of Santa Clara County. Standard Lyft rates apply for riders outside the program area.

What is cost/rate for each ride?

Rates vary by residence. Please call 650-272-5040 for current rate information. Any subsidized ride is only available through Ride PVI. If you request your own ride, you will pay the full price.

Can the driver help the rider get in/out of the car?

All riders must be able to get in and out of the car without assistance. However, the driver can help load any mobility devices the rider has, such as a cane, walker and wheelchair.

Is Ride PVI safe?

All drivers undergo background checks, DMV checks, and vehicle inspections. Each ride is monitored by a Ride PVI team member to ensure you have been safely picked up and dropped off.





PVI Aging Life Solutions Concierge Care Program

PVI Aging Life Solutions is a specialized concierge service dedicated to providing compassionate, non-medical support to seniors. Our commitment is to deliver genuine care and assistance tailored to your unique lifestyle. The customized services aim to offer peace of mind to your loved ones while enabling you to maintain an independent, safe, and comfortable life in your own home.

**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

A dedicated Program Manager oversees and provides support for the Aging Life Solutions program. The goal is to diminish the emotional and physical burdens on caregivers. The Program Manager will:

- Conduct a complimentary in-home assessment to qualify a client, determine the needs, and assess the safety of the home
- Create tools, such as non-medical care plans, in-home emergency binders, and comprehensive resource lists
- Perform conduct weekly in-person quality assurance visits, aid in managing household calendars, schedule doctors' appointments, and provide ongoing support for resources and referrals
- Monitor evolving needs through frequent reevaluations, making necessary adjustments, and continually assessing capabilities as time progresses.

Program Fees:

Starting at \$250/week membership (weekly visits included)

\$75/hour as-needed support

**Contact us for a complimentary consultation:
conciergecare@1pvi.org or (650) 272-5112**



PVI Volunteer Opportunities

Volunteers are the heart of our organization. They support our mission in so many ways, whether from the headquarters in Menlo Park, remotely, or throughout the mid-Peninsula. Volunteer hours are typically held Monday through Friday, and most in-person volunteering ends by 3 p.m. We invite you to volunteer with PVI and support our mission to enable seniors to age in place.



Current Volunteer Opportunities at PVI

PVI Rosener House

Front Desk Volunteer: *Mon-Fri - 10am-12pm; 12pm-2pm; 2pm-4pm*

A volunteer shift will consist of the following: answering PVI phone and take messages, complete over-the-phone intakes for interested prospective clients, assist with mailing and other office duties.

Care Companions: *Mon-Fri - 10:30am-2pm*

A volunteer shift will consist of the following: setting up for lunch (wiping tables, set up placemats), assisting activity leaders with morning activities, cleaning up after lunch, engaging in conversation with the participants

PVI Nutrition Services

Meal on Wheels Delivery Drivers: *Tues, Weds, Thurs - 10am to 12:30pm*

A volunteer shift will consist of the following: Drivers arrive at one of two pick-up locations— Menlo Park or San Mateo. Delivering meals to clients.

PVI Little House

- **Tech Connect Tutors:** Days and times vary.
- **Little House Movie Assistant:** Movie set up/Make popcorn-Every Monday and Friday from 12:30pm-3:00pm
- **BINGO Assistant:** Call numbers during game-Tuesdays from 1:30pm-3:00pm
- **URGENT NEED!! Guest Services/Little shop attendants:** Reception desk or store attendant-hours vary*
- **Little House Café:** Server Plater, Cashier. Mon-Fri 11:15-1:30pm
- **Musician:** Volunteer to perform at Little House Keys & Coffee on Fridays from 10:30-11:30am. Sign up for one performance or several!

Ride PVI

Transportation Coordinator: *Schedule varies, check availability.*

A volunteer shift will consist of the following: Ordering Lyft/Uber rides for seniors and code each ride in desktop program. Work from Little House or from home. Schedule varies, check availability.

Interested in Volunteering with PVI?

Please contact Idrina Sims, Volunteer Coordinator

isims@1pvi.org or 650-272-5015



Stephanie's Recipe: Spring Minestrone Soup

Ingredients:

1 tablespoon extra-virgin olive oil
2 garlic cloves, chopped
4 carrots chopped
1 small bunch scallions, white and light green parts, thinly sliced
1 teaspoon lemon zest
4 cups vegetables stock or broth
2 cups water
1 large leek, white and pale green parts only, tough outer layer removed
1 turnip, peeled and cut into roughly 1-inch cubes
1 15-oz. can cannellini beans, rinsed
1 15-ounce can diced tomatoes
1 small bunch asparagus, cut into 1-inch pieces
2 cups chopped chard or collard
1 cup fresh or frozen peas
1 Tbsp. Italian seasoning
1 Tbsp. organic non GMO or genetically engineered white miso (optional)
¼ cup chopped fresh parsley
2 cups cooked small pasta (optional)



Assembly:

1. Heat oil in a large pot. Sauté garlic, stirring often, until garlic is softened, 1-2 minutes. Add scallions, and lemon zest and continue to sauté, stirring occasionally, 3-4 minutes.
2. Add broth and water to pot and increase heat to medium-high, bringing to a simmer. Add leeks, turnip, beans, tomatoes, and kale and let simmer approximately 10 minutes. If using pasta add here.
3. Add peas and asparagus and continue simmering a further 3-4 minutes.
4. Stir miso into warm soup. Season to taste with sea salt and black pepper, top with chopped fresh parsley.

Nutritional Highlights:

Eating seasonal foods supports natural detoxification pathways and supports overall balanced digestive and immune function. This soup is easily modified to support vegetables available in your area.

Stephanie Figeira, PVI Director of Nutrition Services, is a certified holistic nutrition consultant.



Thank you for your support and partnership





PVI Program Guide

Ad Space Pricing

PVI PROGRAM GUIDE COLOR DISPLAY AD SPECS RATES ARE PER ISSUE All ads printed in color (if provided in color)	MONTHLY RATES		
	Month to Month Price	6+ Months Prepaid Price	12+ Months Prepaid Price
INSIDE PLACEMENT			
QUARTER: 3.75" wide X 5.0" tall	\$45	\$35	\$30
HALF HORIZONTAL: 7.5" wide X 5.0" tall	\$75	\$65	\$55
FULL: 7.5" wide X 10.0" tall	\$100	\$90	\$80
INSIDE COVER PLACEMENT (contact for availability)			
QUARTER: 3.75" wide X 5.0" tall	\$60	\$50	\$45
HALF HORIZONTAL: 7.5" wide X 5.0" tall	\$100	\$90	\$80
OUTSIDE BACK COVER PLACEMENT (contact for availability)			
QUARTER: 3.75" wide X 5.0" tall	\$75	\$65	\$55
HALF HORIZONTAL: 7.5" wide X 5.0" tall	\$120	\$110	\$100

Please contact Artemis Rong if you are interested in advertising in the monthly PVI program guide.
Arong@1pvi.org



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