

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) 326-2025



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

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## Little House - Save The Date

### Lunar New Year Celebration

THURSDAY

FEBRUARY 8TH, 11:00 AM - 1:00 PM

Join us for an exquisite dining experience filled with delightful flavors and great company! Our event offers a delectable menu featuring Vegetable Chow Mein, Pork Char Siu, and Wonton Soup. As valued members, your entry is priced at a special rate of \$15, while non-members are welcome to join us for \$20. We look forward to your presence and kindly request your RSVP by Monday, February 5th, to ensure we prepare an unforgettable evening for all. Don't miss out on this culinary journey – reserve your spot now!



### Music with Kris

Thursdays in February

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.

2/1 - Name that Tune!

2/8 - **No Class**

2/15 - Love Songs

2/22 - Rock n Roll Through the Ages

2/29 - Influential Black Musicians

### Valentines Day Social

Wednesday, February 14th

12:30 PM - 1:30 PM

Join us for card making coffee, and cookies!

Free for members

\$5 for non-members

### Botanicals with Bonnie

Monday, February 12th

1:30 PM - 2:30 PM

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

\$10 for members & non-members

Sign up now! Only 12 spots available.



**Spanish Conversation Group**

Wednesdays in February  
1:30 PM - 2:30 PM

**Mandarin Conversation Group**

Tuesdays in February  
5:00 PM - 6:30 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 Mandarin and 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.

**Introducing Traditional Chinese Watercolor**

**COURSE BEGINS  
TUESDAY, MARCH 5, 2024  
EVERY TUESDAY  
10:00 AM-12:00PM**



**8 WEEKS COURSE  
MEMBER \$250  
NON-MEMBER \$325**



**FEE INCLUDES INSTRUCTION AND MATERIALS**

- This is an introductory course to Chinese Watercolor Painting.
- This course is for beginners
- Instructor will focus on Peony painting.

**REGISTRATION AND INFORMATION:**



**650-326-2025**



**[mmacuiil@lpvi.org](mailto:mmacuiil@lpvi.org)**

**Please note:** The successful conduct of this class is contingent upon reaching a minimum number of five students and maximum of seven. We encourage you to register early and invite others to ensure the class's viability.



## Sustainable Living Series: Embracing a Heart-Smart, Carb-Conscious Lifestyle through Movement & Nutrition

FEBRUARY 14th, 23rd, 29th

2:30 - 3:30 PM

\$10 for members (for the series)

\$20 for non-members

**Part I (Feb 14):** Managing metabolic Syndrome with Movement: Introduction to heart health and wellness through movement education.

**Part II (Feb 23):** Nutrition and food: Nutrition session focusing on heart-smart and carb-conscious eating, exploring elements from the DASH and Mediterranean diets. The session includes a meal planning segment featuring simple recipes with a practical demonstration.

**Part III (Feb 29):** Movement and Dance: At-home exercise and dance session with Jennilee.

## Tax Aid Services

In partnership with AARP

FEBRUARY 6TH - APRIL 9TH

8:00 AM - 5:00 PM

The 2023 tax season is currently underway and AARP is here to help. Don't rely on guesswork. Let their expert tax aids support you.

Call 650-326-2025 or email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) to reserve your spot. All appointments take place at PVI's Little House and appointments are generally 90 minutes.

## 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 lunch, birthday treats, and great company! Celebrate with your PVI friends!

Reserve your spot by April 9  
[littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) or 650-326-2025

## Aging In Place Part II (Two Part Series)

TUESDAY

FEBRUARY 27TH, 1:30 PM

Join us for an enlightening lecture on "Aging in Place" and learn how to embrace the comforts 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 Leathers  
Coldwell Banker Realty Senior Real Estate  
Specialists

Little House will be closed:  
Monday, February 19th (Presidents' Day)





### Blood Pressure Screening

TUESDAY

February 13TH, 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

## Rosener House - Save The Date

**PVI Rosener House is hosting a  
Caregiver Resource Conference!**

500 Arbor Road  
Menlo Park, CA

FRIDAY

MARCH 29TH, 3:30 PM - 6:30 PM

Expert consultants will present two topics:

**"Fork in the Road: Navigating Mealtime Challenges in Dementia"**

with Adria Thompson, MA, CCC-SLP, CEO of Be Light Care Consulting

**"Family Caregiver Planning (Through the Stages of Dementia)"**

with Tami Anastasia, MA, CSA Alzheimer's and Dementia Counselor and Educator.

Author of Essential Strategies for Dementia Caregiver (Learning to Pace Yourself)

*Light refreshments will be provided  
Registration required (650)322-0126*

# 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**  
**\$1083 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](mailto:littlehouse@1pvi.org) or 650-326-2025.*



## Little House Events At-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <ul style="list-style-type: none"> <li>• Hand and Foot Canasta</li> <li>• Current Events</li> <li>• Dear..” Documentary Discussion Series</li> <li>• Music with Kris</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• Keys &amp; Coffee</li> <li>• Acupressure &amp; Meditation Workshop</li> <li>• Bridge</li> <li>• Cribbage</li> <li>• Friday Comedy Movie</li> </ul>
<b>5</b> <ul style="list-style-type: none"> <li>• Monday Movie</li> <li>• Bridge</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• Mahjong</li> <li>• Blood Pressure Screening</li> <li>• BINGO</li> <li>• Mandarin Conversation Group</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• Waffle Wednesday</li> <li>• Book Club</li> <li>• Knitting Club</li> <li>• Pinochle</li> <li>• Mahjong</li> <li>• Got Groceries?</li> <li>• Spanish Conversation Group</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• Hand and Foot Canasta</li> <li>• Current Events</li> <li>• <b>Lunar New Year Luncheon</b></li> <li>• Dear..” Documentary Discussion Series</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• Keys &amp; Coffee</li> <li>• Distinguished Lecture Series Ancient Egypt</li> <li>• Bridge</li> <li>• Cribbage</li> <li>• Friday Comedy Movie</li> </ul>
<b>12</b> <ul style="list-style-type: none"> <li>• Monday Movie</li> <li>• Bridge</li> <li>• <b>Botanicals with Bonnie</b></li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• Mahjong</li> <li>• Blood Pressure Screening</li> <li>• BINGO</li> <li>• Mandarin Conversation Group</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• Knitting Club</li> <li>• Pinochle</li> <li>• Mahjong</li> <li>• <b>Valentine’s Social</b></li> <li>• Got Groceries?</li> <li>• Spanish Conversation Group</li> <li>• <b>Sustainable Living Series Part 1</b></li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• Hand and Foot Canasta</li> <li>• Current Events</li> <li>• Dear..” Documentary Discussion Series</li> <li>• Music with Kris</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• Keys &amp; Coffee</li> <li>• Bridge</li> <li>• Cribbage</li> <li>• Friday Comedy Movie</li> </ul>
<b>19</b> <p style="text-align: center;"><b>CLOSED IN OBSERVANCE OF PRESIDENTS DAY</b></p>	<b>20</b> <ul style="list-style-type: none"> <li>• Mahjong</li> <li>• Blood Pressure Screening</li> <li>• BINGO</li> <li>• Mandarin Conversation Group</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• Knitting Club</li> <li>• Mahjong</li> <li>• Pinochle</li> <li>• Got Groceries?</li> <li>• Spanish Conversation Group</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• Hand and Foot Canasta</li> <li>• Current Events</li> <li>• Dear..” Documentary Discussion Series</li> <li>• Music with Kris</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• Keys &amp; Coffee</li> <li>• Bridge</li> <li>• Cribbage</li> <li>• Friday Comedy Movie</li> <li>• <b>Sustainable Living Series Part 2</b></li> </ul>
<b>26</b> <ul style="list-style-type: none"> <li>• Monday Movie</li> <li>• Bridge</li> <li>• Afternoon Tea</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>• Mahjong</li> <li>• Blood Pressure Screening</li> <li>• <b>Aging in Place Part 2</b></li> <li>• BINGO</li> <li>• Mandarin Conversation Group</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>• Knitting Club</li> <li>• Mahjong</li> <li>• Pinochle</li> <li>• Got Groceries?</li> <li>• Spanish Conversation Group</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• Hand and Foot Canasta</li> <li>• Current Events</li> <li>• Dear..” Documentary Discussion Series</li> <li>• Music with Kris</li> <li>• <b>Sustainable Living Series Part 3</b></li> </ul>	<p style="text-align: center;">Subject to change *Additional may fees apply</p>





## Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am <b>Lifetime Fitness</b> In Person/ Virtual Roya		8:30 am <b>Non-Traditional Mat Pilates</b> In Person Fran		9:00 am <b>Lifetime Fitness</b> In Person/Virtual Anna
9:45 am <b>Tai Chi for Balance</b> Virtual Jason	9:30 am <b>Fun with Fitness</b> Virtual Vicky	9:00 am <b>Lifetime Fitness</b> In Person /Virtual Roya	9:30 am <b>Fun with Fitness</b> Virtual Vicky	9:30 am <b>Walk &amp; Be Fit</b> Virtual Vicky
10:00 am <b>Active &amp; Fit 20/20/20</b> In Person/Virtual Roya	10:30 am <b>Strong for Life</b> In Person Stanford Health Care F/CH - R	9:45 am <b>Tai Chi for Balance</b> Virtual Jason	10:00 am <b>Qi Gong</b> In Person Jiin	10:00 am <b>Active &amp; Fit 20/20/20</b> In Person/ Virtual Anna
	11:00 am <b>Active &amp; Fit 20/20/20</b> In Person/Virtual Anna	10:00 am <b>Active &amp; Fit 20/20/20</b> In Person/Virtual Roya	11:15 am <b>Chair Yoga</b> In Person Jiin	11:00am <b>Acupressure and Meditation</b> In Person Patty
	12:00 pm <b>Tai Chi for Balance</b> In Person Jason	11:15 am <b>Moving Strong</b> In Person Jenni	10:45 am <b>Strong for Life</b> In Person Stanford Health Care F/CH - R	
<u>Class Experience</u>  In Person - <i>in person only</i> Virtual - <i>virtual via PVI Mindbody portal</i> In Person/Virtual - <i>in person or virtually</i>	12:15 pm <b>Line Dance</b> In Person Evelyn	3:00 pm <b>Taijiquan Tai Chi</b> In Person Lisette	12:00 pm <b>Tai Chi for Balance</b> In Person Jason	<u>Key</u>  F/CH = Free Community Health R= Pre-registration required  Subject to change



## 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**

## Chair Yoga

**Instructor: Jiin 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**



## 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**

## 20/20/20

**Instructor: Roya Hamadani**

**Instructor: Anna Aliota**

This class incorporates 20 minutes cardio moves, 20 minutes of strength and abdominal exercise, and 20 minutes of stretching and flexibility exercises. The holistic approach addresses cardiovascular health, muscular strength, and flexibility and helps to maintain an active and independent lifestyle! Beginner to intermediate level.

**In-Person/Virtual**

**Mondays, Wednesdays,  
and Fridays**

**10:00am to 11:00am**

## 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**



## Lifetime Fitness

**Instructor: Roya Hamadani**

**Instructor: Anna Aliota**

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. The goal is to support your lifetime of fitness! All levels are welcome.

**In-Person/Virtual**  
**Mondays, Wednesdays,  
and Fridays**  
**9:00am to 10:00am**



## Strong for Life

**Community Health**

**Partnership with Stanford  
Adult Aging Services**

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](mailto:littlehouse@1pvi.org)

**In Person**

**Tuesdays at 10:30am**

**Thursdays at 10:45am**



# 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**

## Open Gym Hours:

**8:30am to 2:30pm**  
**Monday to Friday**

**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](mailto: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](mailto: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
<b>30-Minute One-on-One Session Packages</b>	\$46.00	\$195.00	\$350.00	\$52.00	\$218.00	\$400.00
<b>60-Minute One-on-One Session Packages</b>	\$80.00	\$375.00	\$680.00	\$85.00	\$400.00	\$750.00

## BINGO

**Fridays**

**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.

## Social Games

**Mahjong, Bridge, Cribbage,  
Canasta, Pinochle, and Others**

**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.

## Coffee and Keys

**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.

## Afternoon Tea

**Monday, February 26th**

**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.

## 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.

## Interactive Play

**Table Tennis, Billiards, Cornhole**

**Mondays - Fridays**

**8:00am to 4:00pm**

**Free for members**

**\$5 for non-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 Little House membership.



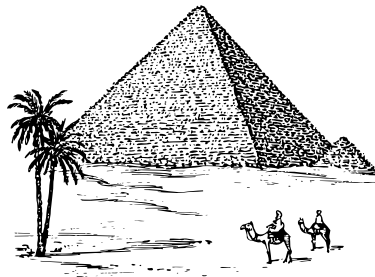
## Ancient Egypt: Land of the Pharaohs

*Friday, February 9*

*11:00am*

*Free for members*

*\$5 for non-members*



Join Rick Deutsch for a special lecture on Ancient Egypt. The Egyptians were the first civilization and they flourished for 3,000 years. Of over 125 known pyramids and royal tombs, only King Tut's has been found intact and full of treasure. Cairo's "must-see" sights include the Giza pyramids, the first pyramid at Saqqara and the Museum of Antiquities. Here you can view the gold King Tut burial mask and 13 mummies, including Ramses II. 400-miles south, the Luxor and Karnak temples are across the Nile from the Valley of the Kings. Abu Simbel was raised and reconstructed to allow the building of the Aswan Dam.

**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!

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## Documentary & Discussion

### "Dear..."

*Weekly Series on Thursdays at 2:00pm*

*Free for members*

*\$5 for non-members*

This docu-series 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. 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.

**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, and geology.



## Current Events in The News

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 Thursdays

10:00am to 12:00n

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.

February 7     *Fear of Flying*  
by Erica Jong

March 6        Hula  
by Jasmine Iolani Hakes

April 3         The Awakening  
by Kate Chopin

### First Wednesday of the Month

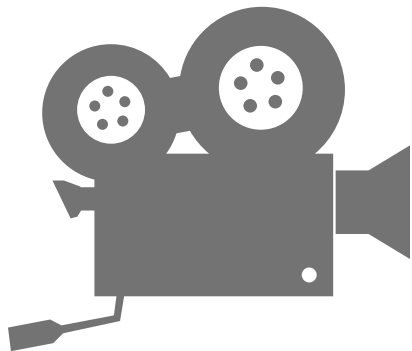
Zoom Option Available

1:00pm

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







## Let's Go To the Movies

**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!*

### Monday Movies - Adventure

**February 5 :**

**Pompeii (2014)**

In the days leading up to the eruption of Mount Vesuvius, an enslaved man on a ship bound for Naples vows to get back home to save his loved ones.

**February 12:**

**Jurassic Park (1993)**

In Steven Spielberg's massive blockbuster, paleontologists Alan Grant (Sam Neill) and Ellie Sattler (Laura Dern) and mathematician Ian Malcolm (Jeff Goldblum) are among a select group chosen to tour an island theme park populated by dinosaurs created from prehistoric DNA.

**February 19:**

**Little House Closed - Presidents' Day**

**February 26:**

**The Legend of Tarzan (2016)**

Tarzan, having acclimated to life in London, is called back to his former home in the jungle to investigate the activities at a mining encampment.

### Friday Movies - Comedy

**February 2 :**

**Queen Bees (2021)**

Temporarily forced to stay in a retirement community, a headstrong woman navigates mean cliques, high-stakes bridge games and new relationships.

**February 9:**

**The Four Seasons (1981)**

In this heartfelt comedy about three 40-something couples who frequently vacation together, life's ups and downs take their toll. Their perfect dynamic is forever changed when one friend leaves his wife for a much younger woman.

**February 16:**

**A Walk in the Woods (2015)**

After years of living in Britain, celebrated travel writer Bill Bryson returns to New Hampshire. But instead of retiring, the 60-year-old announces he's going to hike over two thousand miles along the Appalachian Trail.

**February 23:**

**St. Vincent (2014)**

A young boy whose parents have just divorced finds an unlikely friend and mentor in the misanthropic, bawdy, hedonistic war veteran who lives next door.



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

PVI Technology sponsored by:





## 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

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Welcome Exercise Group Specialized Music/Music Therapy Art Group Current Events Games Group Sensory Group	Morning Welcome Exercise Group Specialized Music/Music Therapy Bible Study (2 <sup>nd</sup> Tuesday) Art Group Current Events Occupational Therapy Games Group Sensory Group Walk in the Park	Morning Welcome Exercise Group Specialized Music/Music Therapy Art Group Current Events Games Group Occupational Therapy Sensory Group Walk in the Park	Morning Welcome Exercise Group Dance and Movement Specialized Music/Music Therapy Art Group Current Events Games Group Speech Therapy Sensory Group Walk in the Park	Morning Welcome Lu's Relaxation Techniques/ Exercise Specialized Music/Music Therapy Art Group Current Events Games Group Occupational Therapy Speech Therapy Walk in the Park

### Coffee with Caregivers

**Tuesday, February 13, 9:30am to 11am**

Join us for a morning of conversation and connection.

You're doing a great job and you're not alone in your caregiving journey. This month we will be discussing ways to promote your own personal self-care. We welcome family and friends who are providing unpaid caregiving to their loved one.

Location: PVI Rosener House, 500 Arbor Road, Menlo Park.



# 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!



## LITTLE HOUSE CAFÉ Menu

**FEBRUARY 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Entrée 1: Sausage & Kale Soup, Spinach Entrée 2: Special of the Day	2 Entrée 1: Roasted Pork Loin, Potato, Green Beans Entrée 2: Special of the Day
5 Entrée 1: Baked Ziti, Italian Mixed Vegetable Entrée 2: Special of the Day	6 Entrée 1: Teriyaki Chicken, Rice, Edamame Entrée 2: Special of the Day	7 Entrée 1: Pork Loin w/ Mushroom Gravy, Roasted Potato, Green Beans Entrée 2: Special of the Day	8 Lunar New Year Luncheon Little House Café Closed	9 Entrée 1: Roasted Fish, Couscous, Mixed Vegetables Entrée 2: Special of the Day
12 Entrée 1: Vegetable Chow Mein, Peppers and Onion Entrée 2: Special of the Day	13 Entrée 1: Roasted Herb Chicken, Rice Pilaf, Broccoli Entrée 2: Special of the Day	14 Entrée 1: Pork Loin w/ Mushroom Gravy, Roasted Potato, Green Beans Entrée 2: Special of the Day	15 Entrée 1: BBQ Meatballs, Mashed Potato, Corn Entrée 2: Special of the Day	16 Entrée 1: Roasted Fish, Rice Pilaf, Spinach
19 PVI HOLIDAY Little House Café Closed	20 Entrée 1: Huli Huli Chicken, Rice, Cabbage Entrée 2: Special of the Day	21 Entrée 1: Fish Piccata, Quinoa, Roasted Vegetables Entrée 2: Special of the Day	22 Entrée 1: Chicken Enchilada, Spanish Rice, Corn & Bell Peppers Entrée 2: Special of the Day	23 Entrée 1: Teriyaki Meatballs, Rice, Edamame Entrée 2: Special of the Day
26 Entrée 1: Minestrone Soup, Green Beans Entrée 2: Special of the Day	27 Entrée 1: Sausage Jambalaya, Succotash, Vegetables Entrée 2: Special of the Day	28 Entrée 1: Southwest Chicken, Cilantro, Rice, Grilled Vegetables Entrée 2: Special of the Day	29 Entrée 1: Roasted Fish w/ Lemon Basil, Grain Medley, Carrots & Peas Entrée 2: Special of the Day	*Subject to change

800 MIDDLE AVE □ MENLO PARK, CA 94025 □ 650-326-2025 □ [www.1pvi.org](http://www.1pvi.org)



## 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

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.



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



## 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 Transportation Services

Ride PVI is committed to helping you get where you need to go safely. If you need a ride from your home to Little House, the doctor or dentist, grocery stores, and pharmacies, just call our transportation hotline during open hours. We will arrange for a Lyft Driver to pick you up from your home within a few minutes. When you're ready to return, call us back and we will get you a safe, comfortable ride home. No cell phone needed!



### Ride PVI Hours of Operation:

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

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

**Ride PVI Hotline: 650-272-5040**

## 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.

Ride PVI is made possible by partial funding by and partnership with:







## 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 \* URGENT NEED!!**

**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/Mandarin Chinese Tutors/Spanish 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

**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: Lentil Soup

### Ingredients:

12 to 18 mushrooms of choice cleaned and chopped  
1 to 2 Tbsp Ghee  
1 large organic yellow onion, finely chopped  
3 stalks celery finely finely chopped  
4 medium carrots chopped  
4 to 6 cloves of garlic chopped  
1 - 14.5 ounce BPA free can of diced tomatoes no salt  
6 cups organic vegetable stock or chicken bone broth  
1 cup lentils french or common brown or green lentils  
1/2 tsp dried thyme  
2 bay leaves  
1 teaspoon real salt such as Redmond's Ancient Sea Salt  
1/2 teaspoon ground black pepper  
1/4 cup chopped fresh parsley for garnish



### Assembly:

Finely chop the mushrooms. Continue preparations by finely chopping onion and celery. Chop the carrots a little larger than the celery and onions so they have a little size and bite to them. Chop garlic cloves.

Sauté the mushrooms in large soup pot or dutch oven over medium heat with 1 tablespoon ghee and a pinch of salt until mushrooms are cooked through and liquid is rendered. Once cooked add additional ghee if needed to sauté onion and celery with mushrooms until fragrant and translucent.

Add the tomatoes, broth, lentils, thyme, bay leaves, salt and pepper; bring to a boil. Once boiling cover partially and reduce heat to a simmer cook until the lentils are tender, but not mushy. Approximately 45 minutes to 1 hour.

At this point, if you enjoy a creamier thick soup you might elect to puree a portion (1/2 or less) of the soup in a blender and then return blended portion to the pot and heat through. Enjoy soup garnished with fresh parsley.

### Health Highlights:

Mushrooms are an excellent addition to a healthy eating lifestyle in that they provide a host of nutritional benefits to support a robust immune response.

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



