



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 PVI Adult Day Services at Rosener House, nourishing solutions from PVI Nutrition Services, seamless journeys with Ride PVI on-demand 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 *enabling seniors 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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4th of July BBQ

You're Invited to Our Fourth of July BBQ Bash!

Join us for a sizzling celebration on
Tuesday, July 2nd at 11:00AM!

Get ready for a feast of grilled goodies, refreshing beverages, and fun-filled activities. Let's gather together to honor the red, white, and blue with great food, laughter, and good company.

Member: \$15 Non-member \$20



Exploring Art with Jorel



Join Jorel for a 4 week art course series. Every Wednesday in June from 3-4 to delve into a world of artistic exploration. This weekly workshop is designed to help you unlock your creative potential. All materials will be provided, and Jorel will offer inspiring ideas to fuel your own unique creations.

Member: \$60 Non-member \$ 80

Space is limited - Register by May 24th

**** Please note: The successful conduct of this class is contingent upon reaching a minimum number of 6 students and maximum of 10. We encourage you to register early and invite others to ensure the class's viability.**

Now Offering! Vibration Therapy



BENEFITS:

Muscle Recovery
Improved Flexibility
Injury Prevention
Stress Reduction
Reduces Soreness

Register Now:

📞 650-326-2025

✉ littlehouse@1pvi.org
or come see us in person

BOOK LONGER SESSIONS & SAVE!

30 min sessions - \$45

60 min sessions - \$60

NUTRITION CLASSES

Join us every month starting
Friday, June 21st
9:00 am - 10:00 am

Learn to build nutritious meals for optimal well-being and master the art of creating balanced and nutritious meals that support your overall health.

Member: \$10 Non-member \$15

**Each interactive lesson held will be taught by Stephanie Figeira
Certified Holistic Nutrition Consultant**



HOME Cooking Class Series

with Chef Hazel

Members: \$10
Non-Member: \$15

**Register
Now!**
Spots Limited!

FIRST CLASS MONDAY, JUNE 24TH

Member priority registration
on May 1st 9:30 - 10:30

Calling all food enthusiasts
and aspiring chefs!
Join us for an unforgettable culinary
experience that will elevate your
cooking skills to new heights.

Promoting Successful Cognitive Aging

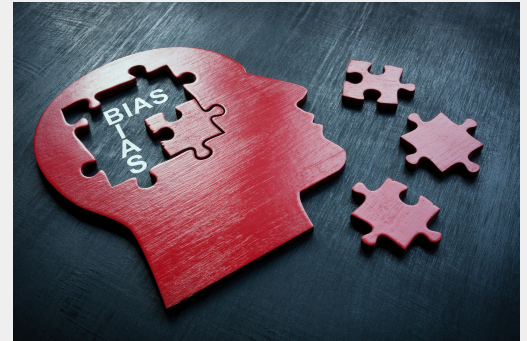
Join us for a presentation
by **Steve Shin** with Psychiatry
and Behavior Sciences at Stanford Medicine

Thursday, June 13th

4:00pm - 5:00pm

800 Middle Ave, Menlo Park

Little House Activity Center - Jane West Room



Are you curious about how your brain changes with age, and what you can do to promote successful cognitive aging? We'll discuss the activities and lifestyle choices which you can adopt to promote healthy cognitive function throughout your life. We'll also talk about the cognitive changes associated with normal aging, and those associated with diseases such as Alzheimer's.

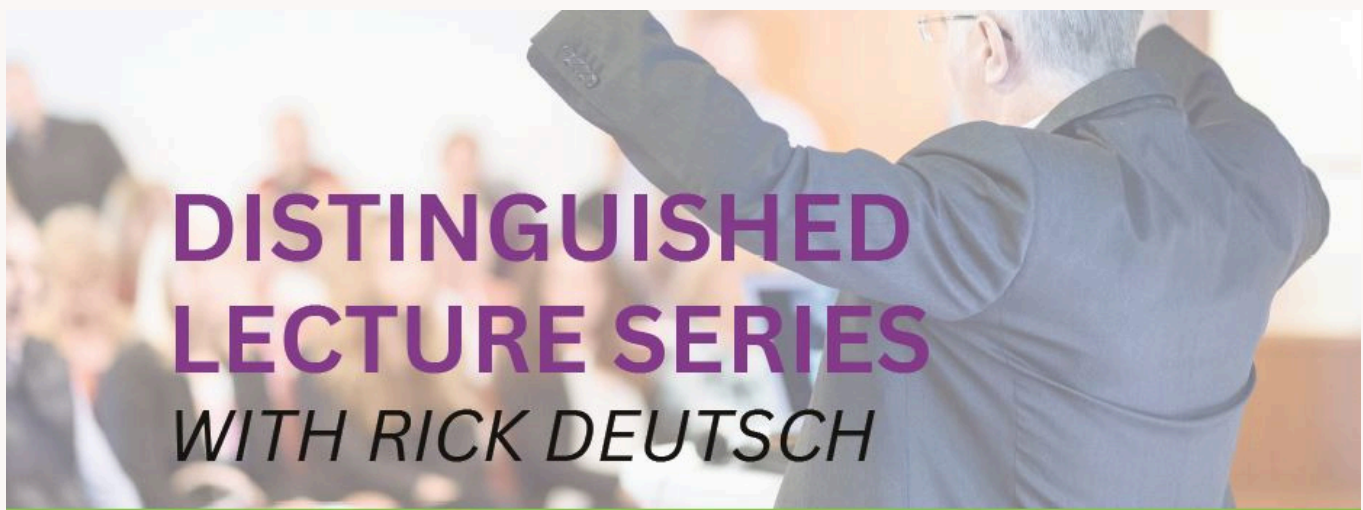
Meet Kevin Dowling

Our new personal trainer

Kevin has 22 years of personal experience in Strength Training, a black belt in Karate and a Purple Belt in Brazilian Jiu-Jitsu, with extensive training in Kickboxing, as well as having been an assistant gymnastics coach to a nationally-ranked team

He is a certified personal trainer with 11 years of experience. His credentials include certifications from ISSA and ASFA, as well as certifications in Exercise Science, and Musculoskeletal & Integumentary.





Second Friday of the Month

11:00 am

\$10 members // \$20 nonmembers

New York

Friday, June 21st

11:00am

Upcoming Lectures:

APRIL 12TH | THE TITANIC

MAY 17TH | AVIATION

JUNE | NEW YORK

JULY | ROCK AND ROLL

AUGUST | THE PANAMA CANAL

SEPTEMBER | THE GOLD RUSH

OCTOBER | UFO'S

NOVEMBER | THE AMERICAN VETERAN

DECEMBER | THE LEGEND OF SANTA

New York City - The Big Apple

New York grew from being a humble Dutch settlement to become THE world's center of finance, media, fashion, publishing and advertising. With more attractions than one could visit in weeks, the fast-paced city is the most photographed in the world. NYC has a rich and diverse culture in ethnicity, food and activities. Remember the tragedy of 9/11.

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!



Father's Day Celebration

Member: \$15 Non-member \$ 20

Celebrate Father's Day with PVI
with music and delicious BBQ!

Friday June 14th
11:00 AM

Menu:

BBQ Brisket
Potato Salad
Coleslaw



Meal Deal Friday

Kicking Off Friday, May 24th

We are grilling in Jilly's Garden
overlooking the park and baseball fields.

11:00AM - 1:00PM

All are welcome!

Includes: Grilled Entree
side, dessert, and a drink!





Why I Should Take This Course

- Recognize current driving challenges as we age.
 - Effects of medications
 - Changes in eyesight
 - Differences in cognitive skills
 - Physical Limitations
- Minimize crash risks and collisions.
- Refresh your driving skills; learn research-based driving strategies.
- Review rules of the road
- Learn defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment: left turns, right-of-way, and roundabouts
- Increase personal confidence.
- Maintain independence and extend mobility.
- Learn latest car tech features.
- Proper car-fit, driver/passenger air bags, use of antilock brakes

Plus

- Upon completion you may be eligible to receive an auto insurance discount. Consult your agent for details.

CLASSROOM COURSE

Dates & Times for 8-hour class (divided into two 4-hour sessions):

June 25, 2024, 9:30am-1:30pm Part 1 &
June 26, 2024, 9:30am-1:30pm Part 2

Location:

Peninsula Volunteer Little House Community
Ctr
800 Middle Ave, Menlo Park, CA

**TO Register: Online AARP
Registration only**

CLASSROOM COST

\$20 for AARP members

\$25 for non-members

(Pay at time of class, checks preferred)

**Note: Food/snacks available for
purchase**



May & June Member

Birthday Luncheon

Tuesday

JUNE 11TH, 11:30 AM

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

Reserve your spot by June 7th

littlehouse@1pvi.org or 650-326-2025

Blood Pressure Screening

Tuesday, June 11th

10:30AM - 12:00PM

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



Every Thursday

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 themes 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.

06/06 - Name that Tune

06/13 - Beatlemania

06/20 - Get in the Groove: Fun with Percussion

06/27 - Songs of the Summer

Members: \$10 per session

Non-members \$15 per session





Tuesday June 4, 2024
3pm-4pm

**In Person Event*

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect.

Join PVI Adult Day Services at Rosener House to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

PRESENTED BY:
ALZHEIMER'S ASSOCIATION

Register Today!



SCAN ABOVE OR CALL
(650)322-0126

PVI Adult Day Services at Rosener House
500 Arbor Road, Menlo Park



800 Middle Avenue, Menlo Park, CA 94025



(650) 326-0665



www.1pvi.org



The Perfect Blend

Next Date: June 11th

Caregivers, Coffee & Connection

PVI Adult Day Services
at Rosener House

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

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.

For inquiries contact Yolanda Chavez at:
650-322-0126
yhavez@lpvi.org

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
3	4	5	6	7
Bridge Monday Movie: <i>Call me Kate (2023)</i>	Current Events iPad Class Mahjong Bingo Billiard Group	Book Club: <i>West with Giraffes</i> by Lynda Rutledge Spanish Group iPad Class Knitting Group GOT Groceries Mahjong Pinochle Art with Jorel Session 1*	Hand and Foot Canasta iPhone Class Music with Kris*	Keys and coffee Cribbage Chinese Mahjong Friday Movie: <i>Einstein and the Bomb (2024)</i>
10	11	12	13	14
Bridge Monday Movie: <i>Gifted Hands (2022)</i>	Current Events iPad Class Mahjong Bingo Billiard Group Birthday Luncheon	Waffle Wednesday iPad Class Spanish Group Knitting Group GOT Groceries Mahjong Pinochle Art with Jorel Session 2*	Hand and Foot Canasta iPhone Class Music with Kris*	Father's Day BBQ* LH Cafe Closed. Cribbage Chinese Mahjong Friday Movie: <i>Parentbood (1989)</i>
17	18	19	20	21
Afternoon Tea* Bridge Monday Movie: <i>Maestro (2023)</i>	Mahjong iPad Class Current Events Bingo Billiard Group	PVI CLOSED FOR JUNETEENTH	Hand and Foot Canasta iPhone Class Music with Kris*	Keys and coffee Chinese Mahjong Cribbage Distinguished Lecture Series – New York* Friday Movie: <i>Legal Eagles (1986)</i>
24	25	26	27	28
Bridge Monday Movie: <i>It could happen to you (1994)</i>	Current Events iPad Class Mahjong Bingo Billiard Group	Spanish Group iPad Class Knitting Group GOT Groceries Mahjong Pinochle Art with Jorel Session 3*	Hand and Foot Canasta iPhone Class Music with Kris*	Keys and coffee Cribbage Chinese Mahjong Friday Movie: <i>Victoria and Abdul (2020)</i>
				Activities are subject to change * Additional fees may apply



Group Fitness Schedule

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>		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 Fitness Room 1 <i>Stanford Health Care F/CH - R</i>	9:00 am Lifetime Fitness In Person/Virtual Garden Room <i>Roya</i>	10:00 am Qi Gong In Person Garden Room <i>Jinn</i>	10:30 am Stress Management In Person Garden Room <i>Patty - ALCB - R</i> <i>Footbill</i>
10:00 am Active & Fit 20/20/20 In Person/Virtual <i>Roya</i>	12:00 pm Tai Chi for Balance In Person Garden Room <i>Jason</i>	9:45 am Tai Chi for Balance Virtual Garden Room <i>Jason - R</i>	10:30 am Strong for Life In Person Fitness Room 1 <i>Stanford Health Care F/CH - R</i>	
	12:15 pm Line Dance In Person Fitness Room 1 <i>Evelyn</i>	10:00 am Active & Fit 20/20/20 In Person/Virtual Garden Room <i>Roya</i>	11:15 am Chair Yoga In Person Fitness Room 1 <i>Jinn</i>	
	1:30 pm Relaxation Techniques In Person Garden Room <i>Patty - ALCB Footbill</i>	11:15 am Moving Strong In Person Fitness <i>Jenni</i>	12:00 pm Tai Chi for Balance In Person Garden Room <i>Jason</i>	
	3:00 pm Zumba! In Person Fitness Room 1 <i>Amy</i>	3:00 pm Chen-style Tai Chi In Person Garden Room <i>Lisette</i>	3:00 pm Zumba! In Person Fitness Room 1 <i>Amy</i>	
Key F/CH = Free Community Health R = Pre - Registration Required ALCB = Adaptive Learning: Community Based				



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

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

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: 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

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 and 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



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

June 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

NEW RATES	Member			Non-member		
	1 Session	5 Sessions	10 Sessions	1 Session	5 Sessions	10 Sessions
30-Minute One-on-One Session Packages	\$50	\$215	\$385	\$57	\$240	\$550
60 Minute One-on-One Session Packages	\$88	\$413	\$748	\$94	\$440	\$825

For details, please contact Anthony Diaz: adiaz@1pvi.org or 650-326-2026



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.

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

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

June 12th, 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.

Afternoon Tea

Monday, June 17th

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.

NEW GROUP Billiard Group

Tuesday 2:00 - 4:00 pm

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!

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.



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 Tuesdays

6/4, 6/11, 6/18, 6/25

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.

June 5th West with Giraffes
by Lynda Rutledge
Historical Fiction

July 3rd Women in White Coats
by Olivia Campbell
Non-fiction

Aug 7th Paris Library
by Janet Skeslien Charles
Historical Fiction

First Wednesday of the Month @ 1:00pm

Spanish Conversation Group

Wednesdays

11:00 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.**



Open Studio Glazing & Painting

Use this time and space to take out your paint, brushes, glazes or watercolors and let your imagination run wild!

This is the perfect space if your looking to paint, draw or sketch. Please, no wet clay work! This open studio is reserved for painting and glazing only

Tuesday: 1:00 PM - 5:00 PM

Member:

Drop-in \$20

5 Passes \$70

10 Passes \$110

Non-member:

Drop-in \$22

5 Passes \$90

10 Passes \$130

Reserve your spot

Space is limited

Open Studio

In between classes, practice what you're learning to solidify your skills and progress more quickly. Use this time to build, slab, throw or wheel.

Additional clay may be purchased during staffed hours or with the assistance of your instructor during class time.

Thursday: 12:00 PM - 5:00 PM

Member:

Drop-in \$20

5 Passes \$70

10 Passes \$130

Non-member:

Drop-in \$22

5 Passes \$90

10 Passes \$130

Reserve your spot

Space is limited



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 pieces.

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!

Tuesday 10:00 - 12:00 pm

Cost: \$130 members \$180 non members

Clay not included *

Duration: 4 weeks

NEW HOURS

Intermediate Ceramics

Instructor: Caroline R

Instructor led class to expand your comfort and creativity with Clay!

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

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

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

June 3: Call me Kate (2023)

A feature documentary which captures Katharine Hepburn's spirit and determination, exploring her story using her own words, through a combination of hours of previously hidden and intimate audio tapes, video and photographic archive.

June 10: Gifted Hands: The Ben Carson Story (2022)

Young Ben Carson didn't have much of a chance. Growing up in a broken home amongst poverty and prejudice, his grades suffered and his temper flared, and yet, his mother never lost her faith in him. Insisting he follow the opportunities she never had, she helped to grow his imagination, intelligence and, most importantly, his belief in himself. That faith would be his gift.

June 17: Maestro (2023)

On the verge of securing a golden opportunity, American conductor Leonard Bernstein begins a tumultuous relationship with actress Felicia Monteleone, upturning their lives.

June 24: It could Happen to you

Charlie Lang (Nicolas Cage) is a simple, kindhearted New York City cop. When he realizes he has no money to tip waitress Yvonne Biasi (Bridget Fonda), Lang offers her half the winnings of his lottery ticket. Amazingly, the ticket happens to be a winner, in the sum of \$4 million. True to his word, Lang proceeds to share the prize money with Biasi, which infuriates his greedy wife, Muriel (Rosie Perez). Not content with the arrangement, Muriel begins scheming to take all the money.

Friday Movies

June 07: Einstein and the Bomb (2017)

What happened after Einstein fled Nazi Germany? Using archival footage and his own words, this docudrama dives into the mind of a tortured genius.

June 14: Parenthood (1989)

Perfectionist Gil Buckman (Steve Martin) struggles with the deficiencies of his children, thinking they reflect poorly on his parenting -- and Gil's siblings only add to the stress of his life. One of his sisters (Dianne Wiest) faces difficulty when her teenage daughter (Martha Plimpton) becomes pregnant. Another (Harley Jane Kozak) clashes with her husband (Rick Moranis) when she asks for more children. Gil's immature brother (Tom Hulce) turns up as well, with a young son he can barely handle.

June 21: Legal Eagles (1986)

Chelsea Deardon (Daryl Hannah) is arrested for stealing artwork painted by her deceased father, and sympathetic attorney Laura Kelly (Debra Winger) sets out to defend the young woman against slick prosecutor Tom Logan (Robert Redford). After a series of romantic exchanges, Tom ends up falling in love with Laura and teaming up with her to help clear Chelsea of the charges. However, as the lawyers dig deeper into the case, things take a shocking turn, and Tom finds his career in jeopardy.

June 28: Victoria and Abdul (2017)

Abdul Karim arrives from India to participate in Queen Victoria's golden jubilee. The young clerk is surprised to find favour with the queen herself. As Victoria questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance that her household and inner circle try to destroy. As their friendship deepens, the queen begins to see a changing world through new eyes, joyfully reclaiming her humanity.



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

Cancellation Policy

**\$15.00 fee for No Show or Cancellation
within 24 hours notice**

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:

September 3rd - October 22nd
Tuesdays 10:00 AM - 12:00 PM

September 4th - October 23rd
Wednesdays 10:00AM - 12:00 PM

AFTERNOON SESSION NOW AVAILABLE!

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

Members: \$60
Non-members: 80

IPhone Class:

NEXT SESSION DATES AR

September 5th - December 19th
Thursdays 10:00 AM - 12:00 PM
Thursdays 1:00 PM - 3:00 PM

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





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

Exciting News at Rosener House!

Discover PVI Adult Day Services at Rosener House with our weekly tours.

We're thrilled to introduce our new drop-in hours **every Wednesday, from 11:00 am to 2:00 pm**, eliminating the need for advance tour bookings. Swing by our center at your convenience and witness our vibrant activities firsthand.

We can't wait to guide you through our facilities!

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 SCHEDULE

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
3	4	5	6	7
Bean and Vegetable Soup, Rice	Salisbury Steak, Mashed Potato, Green Beans	Arroz Con Pollo, Carrots	Roasted Pork Loin, Potato, Mixed Vegetable	Meal Deal Friday In Jilly's Garden
*Special of the day	*Special of the day	*Special of the day	*Special of the day	
10	11	12	13	14
Mac and Cheese, Broccoli	Roasted Fish, Couscous, Peas and Carrots	Chana Masala, Cauliflower	Sausage Jambalaya, Corn and Peppers	Meal Deal Friday In Jilly's Garden
*Special of the day	*Special of the day	*Special of the day	*Special of the day	
17	18	19	20	21
Vegetable Fried Rice, Green Beans	Beef Stroganoff, Egg Noodles, Carrots	PVI CLOSED	Chicken Enchilada, Spanish Rice, Corn	Meal Deal Friday In Jilly's Garden
*Special of the day	*Special of the day		*Special of the day	
24	25	26	27	28
Vegetable Chowder, Green Beans	BBQ Chicken, Fries, Corn	Roasted Pork Loin, Mashed Potato, Brussel Sprouts	Greek Chicken, Turmeric Rice, Spinach	Meal Deal Friday In Jilly's Garden
*Special of the day	*Special of the day	*Special of the day	*Special of the day	
				Menu is subject to change
				*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 & PVI Rosener House**

- Are you experiencing increased food costs?
- Do you wish you had access to a more nutritious, healthy, range of ingredients?
- Could you use fresh produce to feed you and your family?

PVI Got Groceries is here to help.
Thanks to our partnership with Second Harvest Food Bank, PVI is able to offer free weekly grocery pick up for our community at Little House.

Frequently-Asked Questions

Do I need to be a member of PVI or Little House to participate?

No the program is open to all adults in the community

How do I register?

We have three options

1. Fill out a registration form at Little House 800 Middle Ave, Menlo Park
2. Email us at gotgroceries@1pvi.org request a registration form
3. Call us at 650-323-2022

How often will I receive groceries?

Once a week on Wednesdays. One grocery bag per household.

Where do I pick up my Groceries?

800 Middle Avenue, Menlo Park CA 95025

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: 650-272-5040

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.





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: Activity Leader:

Responsible for prepping the activity room, work hands-on helping the client while supporting the staff, and cleaning up activity supplies. M-F 10am-12pm and 12pm-2pm

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*
- **URGENT NEED!! Gym Assistant:** 1st point of contact within our fitness department. Provide information on current programs and upcoming events. Organize wipe down equipment as needed.
- **Little House Café:** Server Plater, Cashier. Mon-Fri 11:15-1:30pm

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: Overnight Oats - Strawberries and Cream

Health Benefits of Berries

Berries are antioxidant, vitamin and mineral rich addition to any diet. Berries can be enjoyed year round fresh when in season and frozen for the off season. Berry season in Northern California runs from March to November. With prime season for all berries being May through August. Always consume strawberries and blueberries organic, conventional strawberries have a toxic load 98% pesticides, check with the Environmental Working Group Dirty Dozen and Clean 15 shopping guide. www.ewg.org



How to shop for Berries

Strawberries 🍓 look for berries that are red in consistent color with no moisture and lush green tops. Always purchase ORGANIC Strawberries.

Blueberries - look for dark blue color, kissed with a light white blush, smooth skin, plump and similar in size

Raspberries you want brightly colored berries, smooth skins. Avoid crushed, dented berries.

Blackberries color varies from deep purple black to deep blue purple avoid yellowish or green spots these won't continue to ripen. Plump from to the touch.

How to store Berries

If your going to enjoy berries the day you purchased them. Then store them at room temperature in a cool dry place. When ready to enjoy; rinse berries under cool water in a colander, remove in leafs or stems, place in bowl so berries aren't packed in and enjoy at your leisure.

Want to have your berries throughout the week. Fresh berries can typically be stored in the refrigerator, unwashed for 5 to 7 days. You might choose to transfer them from the container they came in to a shallow glass dish where they are not overly packed together. Once ready to enjoy remove from fridge, rinse, and enjoy!

Have bounty of fresh berries and want to preserve them for enjoyment at a later time. Wash berries under cool water, remove any stems and leaves, straw or earth. Check berries for smooth texture consume any that lightly bruised or crushed. Lay berries out on a kitchen towel and gently roll to dry. Once dry with berries in a single layer on a tray or in a dish place them in the freezer for 45 minutes to an hours to freeze. Remove transfer to a freezer safe container and freeze up to one year to have the amazing benefits of berries year round.

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



Stephanie's Recipe: Overnight Oats - Strawberries and Cream

Equipment:

4 - 12 to 16oz wide mouth mason jars

Ingredients:

1 cup organic full fat yogurt or 1 can coconut milk

1/2 cup almond milk or milk of choice

4 heaping Tbsp vanilla protein powder or 2 Tbsp chia seeds (optional) 1 Tbsp ceylon cinnamon or to taste

4 tsp raw honey

1 cup organic thick old fashion rolled oats or steel cut oats

2 cups organic strawberries cleaned and sliced (reserve)

Assembly:

1. Prepare all ingredients and have ready for assembly. Divide ingredients among 4 mason jars, reserving the strawberries for serving, give each a good stir. Secure lids and refrigerate overnight.
2. Add Strawberries when ready to enjoy, you may want to add additional milk, yogurt, or honey based on taste.
3. Overnight oats can keep in the refrigerator for 3 to 5 days.

Health Notes:

Oats one of the healthiest grains available, naturally gluten free and loaded with vitamins, mineral, fiber, and antioxidants. Great for blood sugar management and heart health. Additional benefits of eating oats, can relieve constipation, support skin health, and keep you feeling satisfied for extended periods of time. When making oats apart of your healthy lifestyle consider organic to reduce the risk of eating chemicals and fertilizers that have been link to toxic overload and cancer. Purchase organic to reduce toxins. Strawberries are the most popular fruit enjoyed all over the world. Due to the popularity of strawberries I strongly encourage enjoying them in season and organic. Once again Strawberries are the number 1 item that should be consumed organic due to the pesticides used to grow strawberries according to the Environmental Working Group www.ewg.org. Look for strawberries that are glossy, fragrant and have deep red color all the way to the stem. In northern California strawberry season runs from last March to November. Enjoy!

References: <https://www.naturipefarms.com/how-buy-perfect-berries/>
<https://www.eatingwell.com/article/7952837/how-to-store-blueberries/>
<https://www.ewg.org/who-we-are>

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



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FOR YOUR HEALTH





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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