



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 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



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www.1pvi.org

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Mother's Day Brunch

RSVP by: May 1st

FRIDAY | MAY 10 | 11:00 AM

Join us as we celebrate Mother's Day at PVI. We'll be serving a delicious brunch while listening to an amazing jazz band!

Brunch Menu

Lemon Herb Salmon
Roasted Potatoes
Poached Asparagus

Members: \$15

Non-members: \$20

Cinco de Mayo Celebration

It's a Taco Party!
Join us for tacos, music and dancing

Friday, May 3rd
11:00AM - 1:00PM

Members: \$15

Non-members: \$20



Burger Fridays

Join us on Fridays in Jilly's Garden starting

Friday, May 24th
11:30AM - 1:00PM

All are welcome!

\$10.00 - Wagyu burgers made to order
Chips, dessert, and drink of choice



FIRST CLASS MONDAY, JUNE 24TH

Member priority registration
on May 1st

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

NUTRITION CLASSES

Join us every month starting
Friday, June 21st from 12:30-1:30

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**





**Peninsula Volunteers Inc. is thrilled to
announce our partnership with Care Indeed,
a distinguished home care provider in the Bay Area.**

PVI members through referrals, will now have **access to exclusive discounts** on home care services provided by Care Indeed.

This includes a range of services, from companionship to lifestyle assistance, with expert caregivers from the Care Indeed team.

Together, we are dedicated to furthering our mission of fostering independence and *enabling seniors to age in place*.

For inquiries or to learn more, please reach out to us!

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12 WEEKS TO WELLNESS

IN PARTNERSHIP WITH FOOTHILL COLLEGE

Relaxation Techniques

Wednesdays | 1:30 PM - 3:20 PM

April 8th through June 29th

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



Stress Management

Fridays | 10:30 AM - 12:20 PM

April 8th through June 29th

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



NO CLASSES ON THE FOLLOWING DAYS:

Monday, May 27: Memorial Day

Wednesday, June 19: Juneteenth

This is a complimentary course through Foothill College

REGISTRATION REQUIRED. SPACE IS LIMITED



Aging in Place Series

Part 2: Aging in a New Place

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

Members: Free

Non-members: \$5 per session

Join us for an enlightening lecture on “Aging in Place” and learn how to embrace the comfort of home while aging gracefully. Explore the secrets to maintaining independence, adapting your living space, and ensuring a fulfilling quality of life. Don't miss this opportunity to discover the keys to a happier and healthier future right in your own space. We will also discuss key components in regards to planning for your future.

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



Music Therapy

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.

05/02 - Name that Tune

05/09 - Crooners

05/16 - Songwriters of the 20th Century

05/23 - Music from Movies

05/30 - Fun with Singing

Members: \$10 per session

Non-members \$15 per session



Join us for a special presentation by the Alzheimer's Association on Effective Communication Strategies

Tuesday, June 4th

3:00 PM - 4:00pm

PVI Adult Day Services at Rosener House

500 Arbor Road, Menlo Park

This is a no cost event

Space is limited

For registration call: 650-322-0126



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 limited, families need new ways to connect.

Join us as we explore how communication takes place when someone living with 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.



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, May 12th

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

Distinguished Lecture Series

Aviation

Friday, May 17th

11:00am

\$10 members

\$15 for non-members

Aviation – From Kites to the Space Shuttle

Since first observing birds, humans have sought to fly. From Greek mythology we learn of Icarus, his flight towards the sun and the resulting crash into the sea. In the 16th Century, Leonardo DaVinci sketched out a glider that might have flown. Aviation progressed from the propeller era through the jet era and into the aerospace realm. Man was no longer limited to terrestrial adventures.

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!



OPEN HOUSE

PVI's Adult Day Services at Rosener House

Saturday, May 18, 2024
10:00 AM - 1:00 PM
500 Arbor Rd, Menlo Park, CA

JOIN US

This event will offer the opportunity to tour our facility, sample engaging activities, and meet our professional staff including our registered nurses and therapists.

Sample our activities:

Exercise class, Music, Brain Games,
and Art.

Questions about Adult Day Services?
We'll have an answer for you!

For more information call: 650-322-0126





The Perfect Blend

Next Date: May 14

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
ychavez@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
		1	2	3
Activities are subject to change * Additional fees may apply		Book Club: Still Life by Sara Winman Spanish Group IPad Class Knitting Group GOT Groceries Mahjong Pinochle	Hand and Foot Canasta IPhone Class Music with Kris	Keys and coffee Cribbage Chinese Mahjong Cinco de Mayo Lunch LH Cafe Closed Friday Movie: <i>Darkest Hour</i> (2017)
6	7	8	9	10
Monday Piano with Alex Bridge Monday Movie: <i>Matilda: The musical</i> (2022)	Current Events IPad Class Mahjong Bingo Zumba! Billiard Group	Waffle Wednesday IPad Class Spanish Group Knitting Group GOT Groceries Mahjong Pinochle	Hand and Foot Canasta IPhone Class Music with Kris	Keys and coffee Cribbage Chinese Mahjong Mother's Day Brunch LH Cafe Closed Friday Movie: <i>Glengarry Glen Ross</i> (1992)
13	14	15	16	17
Afternoon Tea* Bridge Monday Movie: <i>Annie</i> (1982)	Mahjong IPad Class Aging in a new Place Current Events Birthday Luncheon Bingo Billiard Group	Spanish Group IPad Class Knitting Group GOT Groceries Mahjong Pinochle	Hand and Foot Canasta IPhone Class Music with Kris	Keys and coffee Distinguished Lecture Series – Aviation * Chinese Mahjong Cribbage Friday Movie: <i>Charade</i> (1963)
20	21	22	23	24
Bridge Monday Movie: <i>COD:4</i> (2021)	Current Events IPad Class Mahjong Bingo Billiard Group	Spanish Group IPad Class Knitting Group GOT Groceries Mahjong Pinochle	Hand and Foot Canasta IPhone Class Music with Kris	Keys and coffee Cribbage Chinese Mahjong Memorial Day BBQ LH Cafe Closed Friday Movie: <i>On the Rocks</i> (2020)
27	28	29	30	31
PVI CLOSED FOR MEMORIAL DAY	Mahjong IPad Class Bingo Current Events Billiard Group	Spanish Group IPad Class Knitting Group GOT Groceries Mahjong Pinochle	Hand and Foot Canasta IPhone Class Music with Kris	PVI CLOSED



Group Fitness Schedule

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



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
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

May Gym Hours:

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

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

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

Closed-toe shoes are required while using the gym.

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

Free Fitness Assessments By Appointment Only

Fitness assessments are required for anyone interested in our Personal Training program, including those who choose to use our open gym. Assessments are free and by appointment only. Each 30-minute appointment includes an orientation to the gym as well as an evaluation of your personal fitness goals. For questions or to schedule your appointment, call 650-326-2025 or email littlehouse@1pvi.org



PVI Little House Personal Training Program



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

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

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

PVI Little House Personal Training Packages

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

PVI will be implementing new rates starting in June 2024
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

May 8th, 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, May 13th

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

NEW DATE - NOW ON TUESDAYS

Are you passionate about local and world affairs? Join our current events group, where we discuss all things past, present, and future over a nice cup of coffee. Topics range from the state of the world, public education, healthcare, music, and what's trending socially. This moderated weekly forum will use your ideas as the backdrop for the weekly topics. Come with an open mind or some topics you are eager to chat about or to learn!

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

Weekly on Tuesdays
5/7, 5/14, 5/21, 5/28

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.

May 1 Still Life
 by Sara Winman
 Historical Fiction

First Wednesday of the Month @ 1:00pm

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

Spanish Conversation Group

Wednesdays
 11:30 AM - 12:30 PM

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

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



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 piece.

Duration: 4 weeks

Beginners and Advanced Class

Instructor: Ed Bellinger

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

Friday 1:00 - 3:00 pm

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

Thursday 9:00 - 12:00 am

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

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

NEW CLASS

Handbuilding Ceramics

Instructor: Caroline R

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

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

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

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

Tuesday 10:00 - 12:00 pm

Cost: \$130 members \$180 non members

Clay not included *

Duration: 4 weeks

Make a Piece!

Instructor: Janelle, G.

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

Tuesday 6:00 - 8:30 pm

Cost: \$75 members \$90 non members

Clay not included *

Duration: 2 classes



Let's Go To the Movies

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

May 6:

Matilda: The Musical (2022)

Comedy Drama Family An adaptation of the Tony and Olivier award-winning musical. Matilda tells the story of an extraordinary girl who, armed with a sharp mind and a vivid imagination, dares to take a stand to change her story with miraculous results.

May 13:

Annie (1982)

Family Musical Comedy A spunky young orphan is taken in by a rich eccentric, much to the chagrin of the cantankerous woman who runs the orphanage.

May 20:

Coda (2021)

Comedy Drama Music As a CODA (Child of Deaf Adults) Ruby is the only hearing person in her deaf family. When the family's fishing business is threatened, Ruby finds herself torn between pursuing her passion at Berklee College of Music and her fear of abandoning her parents.

May 27:

PVI will be closed in celebration of Memorial Day

Friday Movies - Comedy

May 3:

Darkest Hour (2017)

Drama War In May 1940, the fate of World War II hangs on Winston Churchill, who must decide whether to negotiate with Adolf Hitler, or fight on knowing that it could mean the end of the British Empire.

May 10:

Glengarry Glen Ross (1992)

Crime Drama Mystery The film depicts two days in the lives of four real estate salesmen, and their increasing desperation when the corporate office sends a motivational trainer to threaten them that all but the top two salesmen will be fired within one week. Starred by Al Pacino, Alec Baldwin and Ed Harris.

May 17:

Charade (1963)

Comedy Mystery Romance After Regina falls for the dashing Peter on a skiing holiday in the French Alps, she discovers upon her return to Paris that her husband was murdered. Soon, she and Peter are giving chase to three of her late husband's World War II cronies, who are after a fortune the quartet stole while behind enemy lines. Starred by Audrey Hepburn and Cary Grant.

May 24:

On the Rocks (2020)

Drama Comedy Romance Faced with sudden doubts about her marriage, a young New York mother teams up with her larger-than-life playboy father to tail her husband in a bittersweet comedy.

PVI IS CLOSED ON FRIDAY THE 31ST



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

Tech Connect Program:

Want to learn to be more independent and enjoy using an iPad?

PVI welcomes you to join our Tech Connect Program. Participants will receive iPads, which will allow you to access visual apps such as Zoom, explore the Internet, and more.

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

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

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

IPad Class:

NEXT SESSION DATES:

April 16 to June 4

Tuesdays 10:00 AM - 12:00 PM

April 17 to June 5

Wednesdays 10:00AM - 12:00 PM

AFTERNOON SESSION NOW AVAILABLE!

April 16 to June 4

Tuesdays 1:00PM-3:00pm

IPhone Class:

NEXT SESSION DATES ARE:

May 2nd to August 15th

Thursdays 10:00 AM - 12:00 PM

Thursdays 1:00 PM - 3:00 PM

Members: \$50

Non-members: \$100





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

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
		1	2	3
Menu is subject to change *Special of the day is designed each morning		Loco Moco, Rice and Cabbage *Special of the day	Lemon Herb Fish, Quinoa, Peas *Special of the day	Cafe closed for Cinco de Mayo Luncheon
6	7	8	9	10
Three Cheese Ravioli, Marinara, Italian Mixed Veggies *Special of the day	Chicken Burrito Bowl, Cilantro, Rice, Roasted Corn/Peppers *Special of the day	Beef Stroganoff, Egg Noodle, Carrots *Special of the day	Fish Curry, Rice and Zucchini *Special of the day	Cafe Closed for Mother's Day Brunch
13	14	15	16	17
Minestrone Soup and Green Beans *Special of the day	Roasted Pork Loin, Potato and Brussel Sprouts *Special of the day	Chicken Cacciatore, Brown Rice, Zucchini *Special of the day	Arroz con Pollo and Carrots *Special of the day	BBQ Chicken, Baked Beans and Corn *Special of the day
20	21	22	23	24
Vegetable Curry Rice *Special of the day	Jerk Chicken, Coconut Rice, Spinach *Special of the day	Sausage Jambalaya, Corn *Special of the day	Chicken Enchilada, Spanish Rice, Corn/Bell Peppers *Special of the day	Memorial Day BBQ
27	28	29	30	31
PVI CLOSED FOR MEMORIAL DAY	Pulled Pork, Beans, Corn and Bell Peppers *Special of the day	Shake and Bake, Mashed Potato, Broccoli *Special of the day	Spaghetti Bolognese, Green Beans *Special of the day	PVI CLOSED



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

How often will I receive groceries?

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

Where do I pick up my groceries?

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

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



Ride PVI

On-demand, Concierge Ride Service

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



Ride PVI Hours of Operation:

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

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

Ride PVI Hotline: 650-272-5040

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

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

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

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

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

PVI Nutrition Services

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

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

PVI Little House

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

Ride PVI

Transportation Coordinator: *Schedule varies, check availability.*

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

Interested in Volunteering with PVI?

Please contact Idrina Sims, Volunteer Coordinator

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



Stephanie's Recipe: Ten Tips for Healthy Grilling

1. Protein Selection - If beef is on the menu choose the best quality you can afford. The highest quality recommendation is beef raised within a 100 miles of home, 100% grass fed and grass finished. Choose your protein wisely. Research supports quality beef may actually decrease risk of heart disease. "The problem is that most of us eat cheaply-farmed beef that contains antibiotics and hormones," says Clean Plates founder Jared Koch. So when you shop, look for grass-fed, pasture-raised beef. "Buying a little less, but making it the best you can afford, will not only boost your health, but boost the flavor," says Koch. Chicken on the menu? Look for free-range organic chicken, 100% air chilled. Air Chilled chicken, pass through typically 3 purified air chilling stations in order to reduce potential bacteria. Air chilled chicken produces; better flavor, tender meat, no added water or chlorine, reduced human handling, and it's easy on the environment. The same rules apply for all animal protein, purchase the best quality your budget will allow.



2. Portion Consideration - 3 to 4 oz of animal protein is recommended the size of a deck of cards or the palm of your hand equals a serving of animal protein. Even though that 20oz porter house steak seems irresistible stick to the 3 to 4 oz serving size, your body will thank you in long term.

3. Preparation is key in reducing the production of heterocyclic amines (HCA's) when cooking meats. HCA's form typically during extremely high heat cooking. Trim meat of any excess fat, cook smaller portion sizes of meat (3 to 4oz), to further work to reduce HCA's you can consider starting the meat in the oven and finishing it on the grill cuts cooking time, which gives HCA's less time to form. Cooking on a ceramic pan or cedar plank can also help avoid HCA's.

Heterocyclic amines or HCAs are chemicals that form when meat is cooked at high temperatures over long periods of time. Try cooking meats to medium-rare and removing any blackened or charred pieces; cooking smaller pieces gives HCAs less time to form.

4. Season and Marinade meats and vegetables to minimize the production of HCA's. Include antioxidant spices in your marinade and seasoning; rosemary, oregano thyme, turmeric, fresh, dried or a combination. You need approximately 1/2 cup marinade per pound of meat or 1 Tbsp prepared rub/spices. Marinade meat for at least 2 hours or overnight prior to grilling. For spice rubs, coat meat with Avocado oil or other quality high heat oil of choice, rub and pat seasoning into meat and let meat rest in a cool place for 15 to 20 minutes.

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



Stephanie's Recipe: Ten Tips for Healthy Grilling

5. **Cooking Temperature** is a key factor, as tempting as it may be to blacken or char meat this is where the HCA's develop and the damage to the meats health benefits occur. Low and slow is a good rule of thumb when grilling, as is indirect heat. Pulling meats off when they are still slightly pink in the middle or medium rare is the way to go for the most health benefits. Try the fork test on your meat pressing with the tongs of a fork on the meat when the juices run clear it is done. You can always use a meat thermometer to check if meat is done, be sure to put thermometer at thickest portion of the meat.

6. **Grill Veggies and Fruits** to compliment your protein choice or make vegetables the main course. The key to grilling vegetables and fruits is to cut them into desired sizes, coat them with oil and seasoning. Vegetables and fruits can be grilled as kabob, ceramic trays, or bowls. Experiment with your favorites or try some new varieties of vegetables and fruits.

7. **Dressing and Sauces** do them right - not all are created equal. Most of your commercial condiments are loaded with sugar and shelf life extending preservatives. Try making your own simple condiments.

Easy Ketchup:

Mix 2Tbsp tomato paste, 1Tbsp Raw Apple Cider vinegar, 1/2 tsp sea salt, turmeric, garlic, or other spices of your choice. Mix well in a bowl and let set while preparing and cooking food

8. **Make your side dishes count** consider serving BBQ with raw sauerkraut to stimulate digestion and support gut health. Fruit salad, green salad and bean salad are all great choices for sides to complement your grilled meal and support antioxidant rich food intake.

9. **Make your Buns count** - look for Whole grain or sprouted buns, with high fiber content and no added sugar. Consider going without a bun and try a lettuce wrap.

10. **Clean up** - not always a fun part; after each use while the grill is still warm scrap off burnt pieces of food and wipe down the grill, wash all grill pans to remove any oil or food. Cleaning up the grill after use; reduces smoke, flare ups and bitter tastes that could be transferred to your next BBQ

References:

https://www.washingtonpost.com/lifestyle/food/is-grass-fed-beef-really-better-for-you-the-animal-and-the-planet/2015/02/23/92733524-b6d1-11e4-9423-f3d0a1ec335c_story.html

HCA - A chemical that is formed when meat, poultry, or fish is cooked at high temperatures, such as frying, broiling, and barbecuing. HCAs are carcinogens (substances that may cause cancer). Also called heterocyclic amine.

<https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/cooked-meats-fact-sheet>

<http://www.sciencedaily.com/releases/2007/06/070627124111.html>

<http://www.cancer.gov/cancertopics/factsheet/prevention/antioxidants>

http://www.eatingwell.com/nutrition_health/nutrition_news_information/top_fresh_and_dried_herbs_and_spices_for_antioxidants

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



Thank you for your support and partnership



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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