



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



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Organizational Closures

In observance of 4th of July,
PVI will be closed on the following days:

Thursday, July 4th
Friday, July 5th

Come Celebrate!

Join us on July 2nd at 11:00 am for our
fourth of July celebration.

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



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



**Tuesday, August 20th
3:00pm-4:00p
500 Arbor Road, Menlo Park**



**Join us for a special presentation on
Long Term Care Insurance**

With Denise Michaud

Denise has provided long-term care insurance planning for the past 28 years and has served on the Agent Advisory Group for the California Partnership for Long-term Care for 25 years.



Meal Deal Friday

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

Join us every Friday!

11:00 AM - 1:00 PM

\$10

All are welcome!

**Includes: Grilled Entrée,
side, dessert, and a drink!**

In observance of July 4th, PVI will be closed on July 5th.



MONTHLY NUTRITION CLASSES

Friday, July 19th
9:00am-10:00am

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!

Monday, July 22nd
9:30am-10:30am

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



Second Friday of the Month

11:00 am

\$10 members // \$20 nonmembers

Rock & Roll

Monday, July 1st

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

Rock & Roll – A thumbnail history

Rock has been the symbol of Americana. Add classic cars, apple pie and baseball and you have what we are known for. Music has continued to evolve with each generation.

Parents have always mocked each evolution as “de-evolution.” Jazz, ragtime, swing, country, and black ballads all gave way to hip wagging rock and roll. One could say it’s still around, fighting for air time with classic rock, heavy metal and hip hop. Let’s take a look at the phenomenon.

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!



July and August Members

Birthday Luncheon

Tuesday

AUGUST 13TH, 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 August 5th

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

Blood Pressure Screening

Tuesday, July 9th

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.

July 4th - PVI CLOSED

July 11th - Patriotic Songs

July 18th - Name that Tune

July 25th - Songs from the 60s

Members: \$10 per session

Non-members \$15 per session





The Perfect Blend

Next Date: July 9th

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
1	2	3	4	5
Bridge Distinguished Lecture: <i>Rock and Roll</i> * Monday Movie: <i>Out of Africa</i> (1985)	Current Events Mahjong Bingo Billiard Group	Book Club: <i>Women in White Coats</i> by Olivia Campbell Spanish Group Knitting Group GOT Groceries Mahjong / Pinochle <i>Art with Jorel Session 4*</i>	PVI CLOSED IN OBSERVANCE OF INDEPENDENCE DAY	PVI CLOSED
8	9	10	11	12
Bridge Monday Movie: <i>Friends Last Session</i> (2023)	Current Events iPad Class Mahjong Bingo Billiard Group	Waffle Wednesday Spanish Group Knitting Group GOT Groceries Mahjong / Pinochle	Hand and Foot Canasta iPhone Class Music with Kris*	Father's Day BBQ* LH Cafe Closed. Cribbage Chinese Mahjong Friday Movie: <i>A Walk in the Woods</i> (2015)
15	16	17	18	19
Afternoon Tea* Bridge Monday Movie: <i>2010: The Year we made contact</i> (1984)	Mahjong iPad Class Current Events Bingo Billiard Group	Spanish Group Knitting Group GOT Groceries Mahjong / Pinochle	Hand and Foot Canasta iPhone Class Music with Kris*	Keys and coffee Chinese Mahjong Nutrition Class* Cribbage Friday Movie: <i>Our Souls at night</i> (2017)
22	23	24	25	26
Bridge Cooking Class* Monday Movie: <i>Made in Italy</i> (2020)	Current Events Mahjong Bingo Billiard Group	Spanish Group Knitting Group GOT Groceries Mahjong / Pinochle	Hand and Foot Canasta iPhone Class Music with Kris*	Keys and coffee Cribbage Chinese Mahjong Friday Movie: <i>Starman</i> (2026)
29	30	31		
Bridge Monday Movie: <i>The Dig</i> (2021)	Current Events Mahjong Bingo Billiard Group	Spanish Group Knitting Group GOT Groceries Mahjong / Pinochle	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>Raja</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>Raja</i>	10:00 am Qi Gong In Person <i>Jinn</i>	10:30 am Stress Management In Person <i>Patty - ALCB - R.Footbill</i>
10:00 am Active & Fit 20/20/20 In Person / Virtual <i>Raja</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>Raja</i>	11:15 am Chair Yoga In Person <i>Jinn</i>	
	1:30 pm Relaxation Techniques In Person <i>Patty - ALCB Footbill</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 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



BINGO

Tuesdays, 1:30pm - 2:45pm
Free for 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 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, July 15th
2:30pm to 3:30pm
Free for 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 monthly 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

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

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.

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

Aug 7th Paris Library
by Janet Skeslien Charles
Historical Fiction

Sept 4th Hello Beautiful
by Ann Napolitano
Family

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

July 1: Out of Africa (1985)

Initially set on being a dairy farmer, the aristocratic Karen Blixen (Meryl Streep) travels to Africa to join her husband, Bror (Klaus Maria Brandauer), who instead spends their money on a coffee plantation. After discovering Bror is unfaithful, Karen develops feelings for hunter Denys (Robert Redford), but realizes he prefers a simplistic lifestyle compared to her upper class background. The two continue until events force Karen to choose between her love and personal growth.

July 8: Freuds Last Session (2023)

September 3, 1939. The world is on the brink. A monumental session with two of the greatest minds of the twentieth century over the future of mankind and the existence of God (Anthony Hopkins and Matthew Goode).

July 15: 2010 The Year We Made Contact (1985)

Brave explorers are headed for the far reaches of the galaxy in the continuation of the story that began with "2001: A Space Odyssey." Their destination is Jupiter, where the Russian and American astronauts will conduct their investigation.

July 22: Made in Italy (2020)

Made in Italy is a 2020 comedy-drama film about an artist and his estranged son who travel to Italy to restore a villa after the artist's wife dies in a car accident. The film stars Liam Neeson as Robert, the artist, and his real-life son Micheál Richardson as Jack, the son. The film also stars Valeria Bilello as Natalia, a chef, and Lindsay Duncan.

Friday Movies

July 5: PVI CLOSED IN OBSERVANCE OF INDEPENDENCE DAY

July 12: A Walk in the Woods (2015)

September 3, 1939. The world is on the brink. A monumental session with two of the greatest minds of the twentieth century over the future of mankind and the existence of God. (Anthony Hopkins and Matthew Goode).

July 19: Our Souls at Night (2017)

Addie Moore and Louis Waters, a widow and widower, have lived next door to each other for years. When Addie tries to make a connection with her neighbor, the two begin sleeping in bed together platonically, with the innocent goal of alleviating their shared loneliness. As their relationship deepens, however, they each deal with grief and loss, and a real romance begins to blossom (Jane Fonda, Robert Redford).

July 26: Starman (1984)

Answering a NASA message intended for aliens, a space being tries to contact mankind, but an American missile grounds his ship. Scrambling, the so-called Starman (Jeff Bridges) inhabits the body of a late Wisconsinite and kidnaps the dead man's widow, Jenny Hayden (Karen Allen). Determined to reunite with a vessel from his home planet at a predetermined site, Starman and Jenny travel to Arizona.

July 29: The Dig

Answering a NASA message intended for aliens, a space being tries to contact mankind, but an American missile grounds his ship. Scrambling, the so-called Starman (Jeff Bridges) inhabits the body of a late Wisconsinite and kidnaps the dead man's widow, Jenny Hayden (Karen Allen). Determined to reunite with a vessel from his home planet at a predetermined site, Starman and Jenny travel to Arizona.



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.

You can bring your own iPad to use in class. If you do not have an iPad, training material and iPad can be provided for use for a period of 12 months.

Members: \$60

Non-member: \$80

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

IPhone Class:

NEXT SESSION DATES:

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!

Little House Café 1 year of anniversary of reopening on August 1st.

We've been listening to you: changes coming August 1st, more details to come!

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Vegetable Curry, Rice *Special of the day	Beef Stew, Potato, Green Beans *Special of the day	Honey Garlic Pork Chops, Rice *Special of the day	LITTLE HOUSE CLOSED	LITTLE HOUSE CLOSED
8	9	10	11	12
Cheese Raviolis w/Marinara Roasted Vegetables *Special of the day	Cajun Fish Rice Pilaf Peppers and Onions *Special of the day	Chicken Teriyaki Rice, Edamame *Special of the day	Hamburger Soup Green Beans *Special of the day	Meal Deal Friday In Jilly's Garden
15	16	17	18	19
Three Bean Chili Corn *Special of the day	Salisbury Steak Mashed Potato Broccoli *Special of the day	Sweet and Sour Meatballs, Rice Cabbage/Bell Peppers *Special of the day	Southwest Chicken Cilantro Rice Mixed Vegetable *Special of the day	Meal Deal Friday In Jilly's Garden
22	23	24	25	26
Veggie Enchilada Casserole, Peas *Special of the day	Coq au Vin Potato, Green Beans *Special of the day	Fish Piccata Orzo Mixed Vegetables *Special of the day	Orange Chicken Rice Peppers/Onions *Special of the day	Meal Deal Friday In Jilly's Garden
29	30	31		
Vegetable Fried Rice Broccoli *Special of the day	Meatloaf w/Gravy Mashed Potato Green Beans *Special of the day	Herbed Roasted Fish, Quinoa Mixed Vegetable *Special of the day	*Menu Subject to Change	



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

**PVI meals are prepared fresh in our
Menlo Park Kitchen and available
for purchase to anyone in the
community,**

**Contact us for more information at
650-323-2022.**



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: Super Berry Quinoa with Greens Salad

Ingredients:

1 cup dried tricolor quinoa, rinsed and drained cook according package directions
2 Tbsp lime juice
2 Tbsp raw apple cider vinegar
2 tsp raw local honey or maple syrup
Pinch of quality sea salt
1/4 tsp freshly ground black pepper
2 Tbsp chia seeds
3 cups seasonal green kale, arugula, or spinach
1 cup fresh blueberries
1 cup fresh raspberries
1 cup blackberries
2 Tbsp roasted pumpkin or sunflower seeds



Assembly:

In a medium sauce pan combine two cups water with 1 cup rinsed and drained quinoa. Bring to a boil, cover, reduce heat to a simmer and cook for 15 minutes or until water is absorbed. Once done fluff with a fork and let cool.

While quinoa cooks; clean greens and let dry, rinse berries remove any twigs or leafs let rest. Toast pumpkin seeds and whisk dressing ingredients in large bowl and set aside.

Once quinoa has cooled add to bowl with dressing, chia seeds and greens toss to coat. Top with berries and pumpkin seeds. ENJOY!

Health Notes:

Quinoa actually a seed and not a grain as it is often times referred to as a grain.

Excellent source of protein and rich in amino acids. Naturally gluten and wheat free, potentially the least allergenic of the grains/seeds.

Blueberries the power house of berries loaded with antioxidants, and excellent source of flavonoids. Blueberries are high in vitamin C, soluble and insoluble fiber, good source of manganese, vitamin E and riboflavin.

Blackberries are packed with vitamin C and fiber just like blueberries. The antioxidant profile of blackberries may boost brain function and support oral microbiome

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



Partners & Sponsors

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Thank you for your support and partnership





PVI Program Guide

Ad Space Pricing

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

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



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