



# 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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# SAVE THE DATE

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

With Denise Michaud, CLTC

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.

When to Use Your Long-Term Care Insurance Policy:  
Choice. Options. Control.

More details to follow



Tuesday, August 20th  
3:00 to 4:00 p.m.

500 Arbor Road, Menlo Park



## Meal Deal Friday

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

Join us every Friday!

11:30 a.m. to 1:00 p.m.

\$10

All are welcome!

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

A tropical-themed save the date card. The background is a dark blue chalkboard with a sandy border. On the left, there are colorful tropical flowers (purple, blue, yellow, orange) and a hula dancer in a yellow grass skirt and lei. On the right, there is a starfish on the sand. The text is written in gold and white on the chalkboard.

**SAVE THE DATE**

Luau Party!

Friday, September 27th  
11:00 to 1:00 p.m.

Member \$20  
Non-Member \$25

More details to follow

A patriotic-themed save the date card. The background is light blue with scattered red, white, and blue stars. The text is in red and blue. The overall aesthetic is celebratory and festive.

**SAVE THE DATE**

Labor Day BBQ

Thursday, August 29th  
11:00 a.m. - 1:00 p.m.

Members \$15  
Non-members \$20

More details to follow

# SAVE <sup>THE</sup> DATE

Friday, August 23rd

11:00 a.m.

Join us at PVI Little House for a series of Wellness Talks! Dive into a variety of health and wellness topics with expert speakers. Don't miss out on this opportunity!

**Date and time subject to change**

**Topic and details to follow!**



## ARTISTIC THURSDAYS

**JOIN PVI'S ART GROUP EVERY THURSDAY**

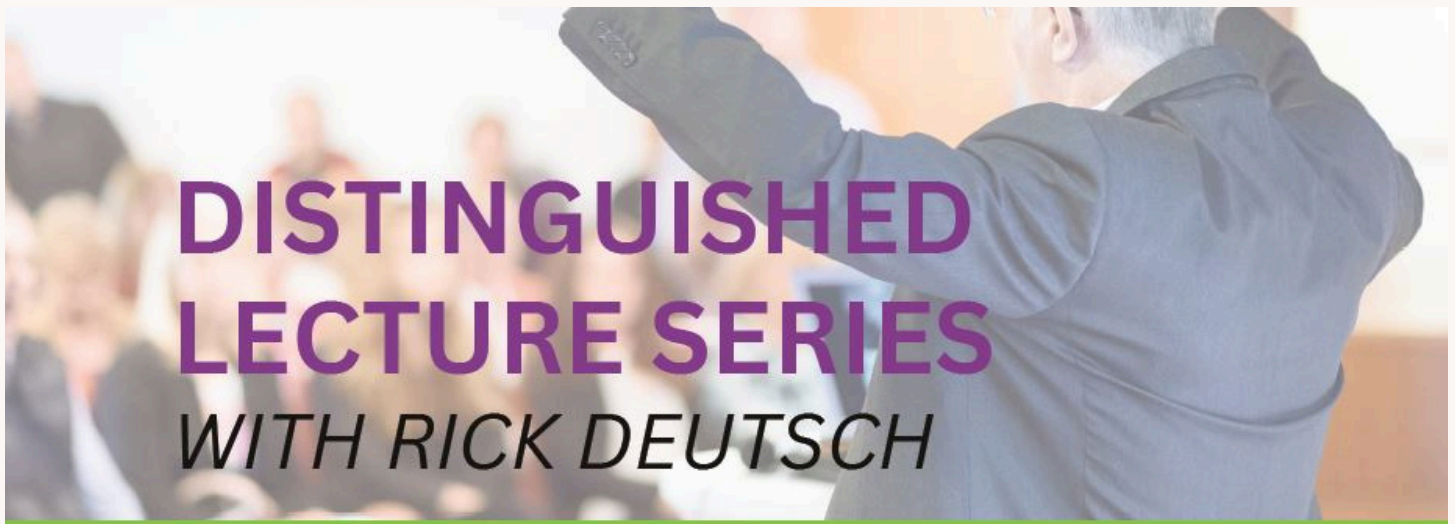
**10:00 AM - 12:00 PM**

Welcome to "Artistic Thursdays" at PVI's Little House!

**Are you an artist looking for a welcoming community to share your passion with? Look no further!**

"Artistic Thursdays" is here to bring together artists of all kinds every Thursday from 10 am to 12 pm. Whether you're a painter, sculptor, do Zen doodles, or do coloring books.... or any other type of creative process, this group is for you!





**Second Friday of the Month**

**\$10 Members / \$20 Non-members**

## **The Panama Canal**

Friday, August 9th

10:00 a.m.

### Upcoming Lectures

September - The Gold Rush

October - UFO's

November - The American Veteran

December - The Legend of Santa

### **The Panama Canal: Men Move Mountains**

Over 25,000 men died building this essential link between the Atlantic and Pacific Oceans. Learn why the French tried and failed. It took Teddy Roosevelt's resolve and inspiration to construct this engineering marvel. Many records were set: the world's largest earthen dam, the largest man-made lake, and the largest concrete structure.

**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 at 11:30 a.m.

If you are a member and have a birthday in July or August, 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](mailto:littlehouse@1pvi.org) or 650-326-2025

## Blood Pressure Screening

Tuesday, August 13th  
 10:30 a.m. - 12:00 p.m.

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 to 4:00 p.m.

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.

- August 8th - Name that Tune
- August 15th - Songs from the 1950s
- August 22nd - Folk Songs
- August 29th - Piano Sing-Along

Members \$10 per session  
 Non-members \$15 per session



# The Perfect Blend

**Next Date: August 13th**

**Caregivers, Coffee & Connection**

PVI Adult Day Services  
at Rosener House

2nd Tuesday of each month  
9:30 to 11:00 a.m.

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 Fitness Member**, you may attend any fitness class by paying a **Fitness Class Drop-In Fee**: \$13 per class (member) or \$24 per class (non-member)

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



## Little House Events At-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
*Programming is subject to change*			Hand & Foot Canasta iPhone Class Music with Kris	Keys and coffee Chinese Mahjong Cribbage <b>Friday Movie:</b> <b>The Naked Gun</b>
5	6	7	8	9
Bridge <b>Monday Movie:</b> <b>The Soloist</b>	Current Events Mahjong Bingo Billiard Group	<b>Book Club</b> Knitting Group GOT Groceries Mahjong / Pinochle	Hand & Foot Canasta iPhone Class Music with Kris	Keys and coffee <b>Lecture: Panama Canal</b> Chinese Mahjong Cribbage <b>Friday Movie: Minari</b>
12	13	14	15	16
Bridge <b>Monday Movie:</b> <b>The Producers</b>	<b>Birthday Lunch</b> <b>Blood Pressure Screening</b> Current Events Mahjong Bingo Billiard Group	<b>Waffle Wednesday</b> Knitting Group GOT Groceries Mahjong / Pinochle	Hand & Foot Canasta iPhone Class Music with Kris	<b>Nutrition Class</b> Keys and coffee Chinese Mahjong Cribbage <b>Friday Movie:</b> <b>The Wizard of Lies</b>
19	20	21	22	23
<b>Cooking Class</b> Bridge <b>Monday Movie:</b> <b>Blackberry</b>	Current Events Mahjong Bingo Billiard Group	Knitting Group GOT Groceries Mahjong / Pinochle	Hand & Foot Canasta iPhone Class Music with Kris	Keys and coffee Chinese Mahjong Cribbage <b>Friday Movie:</b> <b>Punch Drunk Love</b>
26	27	28	29	30
Bridge <b>Monday Movie:</b> <b>Good Will Hunting</b>	Current Events Mahjong Bingo Billiard Group	Knitting Group GOT Groceries Mahjong / Pinochle	<b>Labor Day BBQ</b> Hand & Foot Canasta iPhone Class Music with Kris	Keys and coffee Chinese Mahjong Cribbage <b>Friday Movie:</b> <b>The Imitation Game</b>



## Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. Lifetime Fitness In Person/Virtual <i>Roya - \$</i>	9:30 a.m. Fun with Fitness Virtual <i>Vicky</i>	9:00 a.m. Lifetime Fitness In Person/Virtual <i>Roya - \$</i>	9:30 a.m. Fun with Fitness Virtual <i>Vicky</i>	9:30 a.m. Walk and be Fit Virtual <i>Vicky</i>
9:45 a.m. Tai Chi for Balance Virtual <i>Jason - \$</i>	10:30 a.m. Strong for Life In Person Stanford Health Care <i>F/CH - R</i>	9:45 a.m. Tai Chi for Balance Virtual <i>Jason - \$</i>	10:00 a.m. Qi Gong In Person <i>Jinn - \$</i>	
	12:00 p.m. Tai Chi for Balance Virtual <i>Jason - \$</i>	10:00 a.m. Active & Fit 20/20/20 In Person/Virtual <i>Roya \$</i>	10:45 a.m. Strong for Life In Person Stanford Health Care <i>F/CH</i>	
	12:15 p.m. Line Dance In Person <i>Evelyn - \$</i>	11:15 a.m. Moving Strong In Person <i>Jenni - \$</i>	11:15 a.m. Chair Yoga In Person <i>Jason - \$</i>	
		3:00 p.m. Chen-style Tai Chi In Person <i>Lisette - \$</i>	12:00 p.m. Tai Chi for Balance In Person <i>Jason - \$</i>	

\$ - Payment Required

## 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**

**11:15 a.m. to 12:15 p.m.**

## 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**

**10:00 to 11:00 a.m.**

## 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**

**12:00 to 1:00 p.m.**

## 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**

**9:30 to 10:30 a.m.**

**\$ - Fee Required**

## 20/20/20

Instructor: Roya Hamadani

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

**In-Person and Virtual**

**Wednesdays**

**10:00 to 11:00 a.m.**

## 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**

**3:00 to 4:00 p.m.**



## 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**  
**11:15 a.m. to 12:15 p.m.**

## Lifetime Fitness

Instructor: Roya Hamadani

Stay mobile for life!  
Learn to strengthen, stretch, and shape specific muscle groups as well as body mechanics while building strong bones and accelerating your metabolism.  
The goal is to support your lifetime of fitness! All levels are welcome.

**In-Person and Virtual**  
**Mondays and Wednesdays**  
**9:00 to 10:00 a.m.**

## 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**  
**12:15 to 1:15 p.m.**

## Strong for Life

**Community Health Partnership with  
Stanford Adult Aging Services**

**In Person**  
**Tuesdays at 10:30 a.m. and Thursdays at 10:45 a.m.**

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@lpvi.org](mailto:littlehouse@lpvi.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

## August Gym Hours:

Monday - Friday  
8:30 a.m. to 2:30 p.m.

Closed for lunch between:  
12:00 to 1:00 p.m.

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

**Closed-toe shoes are required while using the gym.**

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

## Free Fitness Assessments By Appointment Only

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



# PVI Little House Personal Training Program



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

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

**To schedule an appointment with a Personal Trainer,  
or to learn more about our Personal Training program:  
littlehouse@1pvi.org 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, 1:30 to 2:45 p.m.**

**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!

## Social Games / Interactive Play

Mahjong, Bridge, Cribbage, Hand & Foot  
Canasta, Pinochle, Table Tennis, & Cornhole

**Mondays - Fridays**

**8:00 a.m. to 4:00 p.m.**

**Free for Members / \$5 for Non-members**

## Keys & Coffee

**Fridays, 10:30 to 11:30 a.m.**

**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

**August 14th, 9:30 a.m.**

**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

**Canceled until further notice**

## Knitting Club

**Wednesdays, 10:00 a.m. to 12:00 p.m.**

**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 to 4:00 p.m.**

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

10:00 a.m. to 12:00 p.m.

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.

- Aug 7th     *Paris Library*  
by Janet Skeslien Charles  
(*Historical Fiction*)
- Sept 4th     *Hello Beautiful*  
by Ann Napolitano  
(*Family*)
- Oct. 2nd     *Remarkably Bright Creatures*  
by Shelby Van Pelt  
(*Animal/Human Connection*)

First Wednesday of the Month @ 1:00 p.m.

## Spanish Conversation Group

Class Paused Until Further Notice



## 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 to 5:00 p.m.**

**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**

## Ceramics - 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 to 5:00 p.m.**

**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 Rasmussen

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 a.m. to 12:00 p.m.**

**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 to 3:00 p.m.**

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

**Thursday 9:00 a.m. to 12:00 p.m.**

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

**Non-member: Drop in for 3 classes \$110**  
6 passes \$160 / 10 passes \$210

## NEW CLASS

### Handbuilding Ceramics

**Instructor:** Caroline Rasmussen

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 a.m. to 12:00 p.m.**

**Cost:** \$130 Members\*

\$180 Non-members\*

\*Clay not included

**Duration:** 4 weeks

## NEW HOURS

### Intermediate Ceramics

**Instructor:** Caroline Rasmussen

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

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

**Non-member: Drop-in for 3 classes \$110**  
6 passes \$160 / 10 passes \$210

## Make a Piece!

**Instructor:** Janelle Gibson

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 to 8:30 p.m.**

**Cost:** \$75 Members\* / \$90 Non-members\*

\*Clay not included

**Duration:** 2 classes



## Let's Go To the Movies

Mondays and Fridays at 1:00 p.m.

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

#### **Aug 5 – The Soloist (Drama)**

Academy Award nominee Robert Downey Jr. and Academy Award winner Jamie Foxx star in an extraordinary and inspiring true story of how a chance meeting can change a life.

#### **Aug 12 – The Producers (Comedy)**

Once “King of Broadway,” Max Bialystock’s talent has dried up. One day when Leo Bloom, his accountant, is auditing his latest flop, Max learns it’s possible to make more money from producing flops than hits.

#### **Aug 19 – Blackberry (Comedy)**

The riveting true story of the meteoric rise and catastrophic demise of the world’s first smartphone, Blackberry is a whirlwind ride through the ruthlessly competitive forces of Silicon Valley at breakneck speeds.

#### **Aug 26 – Good Will Hunting (Drama)**

Robing Williams is a therapist who comes to the aid of a brilliant but troubled Boston youth played by Matt Damon

### Friday Movies

#### **Aug 2 – The Naked Gun (Comedy)**

Leslie Nielsen is bumbling Lt. Frank Drebin who is out to stop a plan to assassinate Queen Elizabeth.

#### **Aug 9 – Minari (Drama)**

A Korean American family moves to an Arkansas farm in the 1980s in search of their own American Dream.

#### **Aug 16 – The Wizard of Lies (Drama)**

Robert De Niro and Michelle Pfeiffer star as Bernie and Ruth Madoff in this film about Bernie Madoff’s Ponzi scheme.

#### **Aug 23 – Punch Drunk Love (Comedy)**

Barry Egan (Adam Sandler) is a small business owner with seven sisters whose abuse has kept him alone and unable to fall in love. When a harmonium and a mysterious woman (Emily Watson) enter his life, his romantic journey begins.

#### **Aug 30 – The Imitation Game (Drama)**

The Imitation Game follows Alan Turing as he leads a motley crew of scholars, linguists, chess champions, and intelligence officers in cracking the so-allied unbreakable codes of Germany’s WWII Enigma machine, potentially saving millions of lives by helping to shorten the war.



## PVI Little House Technology Center

**Mondays-Thursdays: 9:00 a.m. - 4:00 p.m.**

**Fridays: 9:00 a.m. - 3:00 p.m.**

\*Closed during select times for program/classes

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

### Personalized One-on-One Tech Tutoring Pricing:

#### Single Session:

\$12 Member / \$15 Non-member

#### 5 Sessions:

\$50 Member / \$65 Non-member

#### 10 Sessions:

\$85 Member / \$115 Non-member

To schedule an appointment, contact us at 650-326-2025 or [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org)

#### 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 a.m.- 12:00 p.m.**

**September 4th - October 23rd**  
**Wednesdays 10:00 a.m. - 12:00 p.m.**

### IPhone Class:

#### NEXT SESSION DATES:

**September 5th - December 19th**

**Thursdays 10:00 a.m. to 12:00 p.m.**  
**Thursdays 1:00 to 3:00 p.m.**

**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 a.m. to 4:30 p.m. (M-F)

**Client Participation hours:**  
 9:00 a.m. to 4:00 p.m. (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

### 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 a.m. to 2:00 p.m.**, 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
			Chicken Enchilada Spanish Rice Corn/Peppers  Chef's Choice	Burger Fridays
5	6	7	8	9
Macaroni & Cheese Broccoli  Chef's Choice	Southwest Chicken Cilantro, Rice  Chef's Choice	Beef Ravioli Marinara, Carrots  Chef's Choice	Swedish Meatballs Mashed Potato Green Beans  Chef's Choice	Burger Fridays
12	13	14	15	16
Carrots & Lentil Stew Spinach  Chef's Choice	Cajun Fish Roasted Sweet Potato Zucchini & Pepper  Chef's Choice	Teriyaki Chicken Rice, Edamame  Chef's Choice	Beef Goulash Pasta, Zucchini  Chef's Choice	Burger Fridays
19	20	21	22	23
Cheese Tortellini Marinara Italian Mixed Veggie  Chef's Choice	Creamy Mushroom Chicken, Roasted Potato, Peas & Carrots  Chef's Choice	Beef Stroganoff Egg Noodles Peas  Chef's Choice	Huli Huli Chicken Rice, Cabbage  Chef's Choice	Burger Fridays
26	27	28	29	30
Baked Ziti Italian Mixed Veggie  Chef's Choice	Sausage Potato O'Brien Succotash  Chef's Choice	Beef Ravioli Marinara Italian Mixed Veggie  Chef's Choice	Chicken Teriyaki Rice, Edamamme  Chef's Choice	Burger Fridays





## 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 our office:

Monday thru Friday  
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 a.m. to 1:30 p.m.  
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](mailto: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**  
9:00 a.m. to 5:30 p.m.

**Wednesday, Thursday, Friday**  
9:00 a.m. to 4:00 p.m.

**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. Monday thru Friday, 10 a.m. to 12 p.m., and from 12 to 2 p.m.

### PVI Nutrition Services

#### **URGENT NEED!!**

**Meal on Wheels Delivery Drivers:** *Tues., Wed., Thurs. from 10 a.m. to 12:30 p.m.*

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 12:30 to 3:00 p.m.
- **BINGO Assistant:** Call numbers during game on Tuesdays from 1:30 to 3:00 p.m.
- **Guest Services/Little shop attendants:** Reception desk or store attendant- hours vary\*
- **URGENT NEED!! Gym Assistant:** First 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. thru Fri . from 11:15 a.m. to 1:30 p.m.

### 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: Watermelon Cucumber Red Onion Salad

### Ingredients:

3 cups cubed seeds removed watermelon  
1.5 cups cucumber seeds removed and sliced  
1 small/medium red onion sliced  
2 Tbsp mint thinly sliced  
1/3 cup goat feta cheese crumbled  
3 Tbsp Extra Virgin Olive Oil  
1 Tbsp lime juice (approximately 1 to 2 limes)  
Salt and pepper to taste



### Assembly:

Prepare watermelon, cucumber, red onion and mint; place in a large bowl. In a small bowl add olive oil, lime juice, pinch of salt and pepper. Whisk or shake small bowl to combine and drizzle over salad and toss. Add feta, more salt and pepper to taste, toss salad gently and serve!

### Health Notes:

- Watermelon is a good source for hydration and an excellent diuretic. Watermelon delivers more nutrients per calories. Packed with some of the most important antioxidants in nature, including lycopene which gives its vibrant red color.
- Cucumber is an excellent source of silica, which is a trace mineral that contributes to the development and health of our connective tissue. Cucumber is recommended for eating regularly as well as being used topically to reduce swelling and treat burns due to the silica along with ascorbic acid and caffein acid compounds of a cucumber.
- Red Onion as with garlic and all onion varieties is an immune super star promoting immune health. Onions contain sulfur compounds that support the health benefits; used to regulate blood levels and health as well as regulate blood sugar levels.
- Mint an aromatic plant that supports calm and digestion. The oil of peppermint plant can be beneficial in relieving IBS symptoms. You would want to look for a capsule that has an enteric coating, which prevents the oil from being released in the stomach and therefore allowing it to transport to the intestines.

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



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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
<b>INSIDE PLACEMENT</b>			
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
<b>INSIDE COVER PLACEMENT (contact for availability)</b>			
QUARTER: 3.75" wide X 5.0" tall	\$60	\$50	\$45
HALF HORIZONTAL: 7.5" wide X 5.0" tall	\$100	\$90	\$80
<b>OUTSIDE BACK COVER PLACEMENT (contact for availability)</b>			
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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