



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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Botanicals with Bonnie

Shopping for and Arranging Bouquets

Learn how to take your store-bought bouquet and make it something lovely for your home.

Participants must bring a bouquet, vase/mason jar, and box for safe transport home.

When:

September 25th
1:30pm - 3:00pm

Cost:

\$15.00

To register:

Contact us at
littlehouse@1pvi.org
or (650)326-0665



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!





SAVE THE DATE

Luau Party!
Friday, September 27th
11:00am to 1:00pm

Member \$20
Non-Member \$25

More details to follow

The image features a dark chalkboard background with a wooden frame. On the left, there are colorful tropical flowers and a hula dancer in a yellow grass skirt and lei. On the right, there is a starfish in the sand. The text is written in yellow and white on the chalkboard.



SAVE THE DATE

Friday, October 11th
11:00 a.m. - 1:00 p.m.

OKTOBERFEST

Members \$15
Non-members \$20

More details to follow

The image features a wooden plank background with a blue and white checkered cloth at the top. In the center, there is an illustration of two hands clinking beer mugs with a banner that says 'OKTOBERFEST'. In the bottom right, there are two large pretzels. The text is in green and purple.



PVI Celebrates National Adult Day Services Week September 16-20!

Join us at PVI Rosener House (500 Arbor Rd., Menlo Park)
for the following events:

Mon., Sept. 16 - Tour our center & experience our day program 10 a.m. to 12 p.m.

- You're invited to join us for a group tour, and stay for morning activities. RSVP required.

Tues., Sept. 17 - Caregiver Connection (9:30 -11:00 a.m.)

- Breakfast provided, meet-up, and Caregiver appreciation activity

Wed., Sept. 18 - Caregiver & Client Music Session (3:00 - 4:00 p.m.)

- Friends & Family members are invited to join us for a special music session with their loved ones.

This special week has been celebrated annually since it was initially proclaimed on September 27, 1983 and reaffirmed by former President Ronald Reagan on September 8, 1988. The week beginning the third Sunday of September is designated as National Adult Day Services Week.

PVI Adult Day Services Rosener House has been in the community for over 45 years offering support and enriching and therapeutic activities to community members. Although our day program serves many different individual needs, a majority of our care is dementia focused. The benefits of our program:

- Personal Care Assistance
- Nutritious Lunch
- Caregiver peace of mind and support group
- Engaging activities: Exercise, Dance, Music, Art, Current Events / Discussion, Travel, Improv Theater, Haiku Poetry Writing & More!

SAVE THE DATE:

Rosener House's Open House

Saturday, Oct. 12, 10 a.m. to 1:00 p.m.

Meet Our team! Experience a day in our day program!

Register today! 650-322-0126



Second Friday of the Month

\$10 Members / \$20 Non-members

The Gold Rush

Friday, September 13th

10:00 a.m.

Upcoming Lectures

October - UFOs

November - The American Veteran

December - The Legend of Santa

The Gold Rush – The transformative event of California

A shiny piece of yellow was found by accident in a creek near Sacramento in 1848. Word got out and men by the thousands headed west to seek their fortune in the foothills of California. Only a few struck it rich, but so much gold was found, a state was created just 2 years later! San Francisco saw a population explosion that brought a free thinking attitude and a wildness that exists today.

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 UFOs. The list includes 70+ image based talks. No “death by PowerPoint” here!



Sept. and Oct. Members

Birthday Luncheon

Tuesday, October 8 at 11:30 a.m.

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

Reserve your spot by October 4th
 littlehouse@1pvi.org or 650-326-2025

Blood Pressure Screening

Tuesday, September 10
 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.

- September 5th - Name that Tune
- September 12th - Songs from the '90s
- September 19th - Folk Songs
- September 26th - Piano Sing-Along

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



The Perfect Blend

Tuesday, September 10th

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 or 650-326-2025.



Little House Events At-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Federal Holiday Little House Closed	Current Events Mahjong Bingo Billiard Group iPad Class*	Book Club Knitting Group Got Groceries?* Mahjong / Pinochle iPad Class*	Hand & Foot Canasta iPhone Class* Music with Kris	Keys and coffee Chinese Mahjong Cribbage Friday Movie: Crazy Rich Asians
9	10	11	12	13
Bridge Monday Movie: Golda	Blood Pressure Screening Current Events Mahjong Bingo Billiard Group iPad Class*	Waffle Wednesday Knitting Group Got Groceries?* Mahjong / Pinochle iPad Class*	Hand & Foot Canasta iPhone Class* Music with Kris	Keys and coffee Lecture: The Gold Rush Chinese Mahjong Cribbage Friday Movie: A Man Called Otto
16	17	18	19	20
Bridge Monday Movie: Hard Miles	Current Events Mahjong Bingo Billiard Group iPad Class*	Knitting Group Got Groceries?* Mahjong / Pinochle iPad Class*	Hand & Foot Canasta iPhone Class* Music with Kris	Keys and coffee Chinese Mahjong Cribbage Friday Movie: Hunt for the Wilder People
23	24	25	26	27
Bridge Monday Movie: Sometimes I Think About Dying	Current Events Mahjong Bingo Billiard Group iPad Class*	Knitting Group Got Groceries?* Mahjong / Pinochle iPad Class*	Hand & Foot Canasta iPhone Class* Music with Kris	Keys and coffee Chinese Mahjong Cribbage Friday Movie: The Miracle Club
30				
Bridge Monday Movie: Nyad			* Pre-registration is required. Schedule and programing are subject to change.	



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>	9:00 a.m. Lifetime Fitness In Person/Virtual <i>Helen - \$</i> 2nd and 4th Fridays
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>	10:45 a.m. Strong for Life In Person Stanford Health Care <i>F/CH</i>	9:30 a.m. Walk and be Fit Virtual <i>Vicky - \$</i>
10:00 a.m. Active & Fit 20/20/20 In Person <i>Jinn - \$</i>	12:00 p.m. Tai Chi for Balance In Person <i>Jason - \$</i>	10:00 a.m. Active & Fit 20/20/20 In Person/Virtual <i>Roya - \$</i>	12:00 p.m. Tai Chi for Balance In Person <i>Jason - \$</i>	10:00 a.m. Active & Fit 20/20/20 In Person/Virtual <i>Helen - \$</i> 2nd and 4th Fridays
10:00 a.m. Qi Gong In Person <i>Jinn - \$</i>	12:15 p.m. Line Dance In Person <i>Evelyn - \$</i>	11:15 a.m. Moving Strong In Person <i>Jenni - \$</i>		
		3:00 p.m. Chen-style Tai Chi In Person <i>Lisette - \$</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 \$
Mondays
2:30pm to 3:30pm

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
9:45 to 10:45 a.m.

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

Active & Fit 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: TBD

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 \$
Time TBD

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



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



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 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

September 11, 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 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.

Billiard Group

Tuesday 2:00 to 4:00 p.m.

Free for members

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.

- Sept 4th *Hello Beautiful*
by Ann Napolitano
(Family)
- Oct. 2nd *Remarkably Bright Creatures*
by Shelby Van Pelt
(Animal/Human Connection)
- Nov. 6th *Woman They Could Not Silence*
by Kate Moore
(Non-fiction)
- Dec. 4th *After Annie*
by Anna Quindlen
(Family & Friendship)

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



Ceramics - Open Studio

Use this time and space to work on your own projects. If you love working with clay and are comfortable doing it on your own, or with an instructor nearby, join us for our Ceramic Open Studio.

Use this time to build, slab, throw, use the wheel, and underglaze, glaze, and fire your art pieces.

Additional clay is available for purchase during staffed hours or with your instructor's assistance during class time.

Open Studio Member Pricing:

Drop-in \$20

5 Passes \$70

10 Passes \$110

Open Studio Non-Member Pricing:

Drop-in \$22

5 Passes \$90

10 Passes \$130

Reserve your spot.

Space is limited!



Ceramics - Open Studio Schedule

Date	Instructor
Monday: 10:00am - 12:00pm	Caroline Rasmussen
Tuesday: 10:00am - 12:00pm 12:00am - 4:00pm	Caroline Rasmussen Independent
Wednesday: 9:00am - 4:00pm	Independent
Thursday: 9:00am - 12:00pm 12:00pm - 4:00pm	Ed Bellinger Independent
Friday 1:00pm - 4:00 p.m.	Ed Bellinger



Make a Piece!

Instructor: Janelle Gibson

Join us for this amazing 2 class-pass. 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 weeks 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 class-pass

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

Sept. 9 – Golda (Drama)

Focuses on the intensely dramatic and high-stakes responsibilities and decisions that Golda Meir, also known as the 'Iron Lady of Israel,' faced during the Yom Kippur War – Starring Helen Mirren

Sept. 16 – Hard Miles (Drama)

A prison social worker assembles a cycling team of teenage convicts and takes them on a transformative 1,000-mile ride. Inspired by the life of Greg Townsend and the Ridgeview Academy cycling team – Starring Matthew Modine

Sept. 23 – Sometimes I Think About Dying (Comedy/Drama)

Fran, who likes to think about dying, makes the new guy at work laugh, which leads to dating and more. Now the only thing standing in their way is Fran herself.

Sept. 30 – Nyad (Drama)

Annette Bening and Jodie Foster earned Oscar nominations as marathon swimmer Diana Nyad and her devoted friend Bonnie Stoll in this trilling drama.

Friday Movies

Sept. 6 – Crazy Rich Asians

This contemporary romantic comedy based on a global bestseller follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family – Starring Constance Wu

Sept. 13 – A Man Called Otto

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in a quick-witted Marisol, leading to a friendship that will turn his world around – Starring Tom Hanks

Sept. 20 – Hunt for the Wilder People

A national manhunt is ordered for a rebellious kid and his foster uncle who go missing in the wild New Zealand bush – Written by Taika Waititi

Sept. 27 – The Miracle Club

In 1967, three generations of spirited friends from Dublin chase miracles on a pilgrimage to Lourdes – and navigate unexpected revelations along the way – Starring Kathy Bates, Laura Linney, and Maggie Smith



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

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 may bring your own iPad to use in class. If you do not have an iPad, training material and an iPad can be provided for the duration of the class.

Members: \$60 / Non-member: \$80

iPad Class

NEXT SESSION DATES:

September 3rd - October 22nd:

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

Tuesdays 1:00 p.m. to 3:00 p.m.

September 4th - October 23rd

Wednesdays, 10:00 a.m. to 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 a.m. 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](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 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!

Come and enjoy a hot lunch with your friends! Since re-opening, 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
2	3	4	5	6
Federal Holiday Cafe Closed	Roasted Chicken, Spanish Rice, Carrots Chef's Choice	Beef Bolognese, Penne, Italian Mixed Veggie Chef's Choice	Chicken Cordon Bleu, Mashed Potato, Green Beans Chef's Choice	Burger Fridays
9	10	11	12	13
Vegetable Chowder, Green Beans Chef's Choice	Teriyaki Meatballs, Rice, Mixed Vegetable Chef's Choice	Tuna Noodle Casserole, Mixed Vegetable Chef's Choice	Herb Chicken with Gravy, Roasted Potato, Garden Vegetable Mix Chef's Choice	Burger Fridays
16	17	18	19	20
Vegetable Chowmein, Asian Blend Vegetable Chef's Choice	Beef Stroganoff, Egg Noodle, Broccoli Chef's Choice	Chicken Fajitas, Rice, Mixed Peppers Chef's Choice	Herb Roasted Fish, Sweet Potato, Spinach Chef's Choice	Burger Fridays
23	24	25	26	27
Cheese Tortellini, Marinara, Italian Mixed Veggie Chef's Choice	Beef Stew, Rice, Peas & Carrots Chef's Choice	Jerk Chicken, Coconut Rice, Corn Chef's Choice	Lentil Stew, Spinach Chef's Choice	Luau Party
30				
Mac & Cheese, Broccoli Chef's Choice			*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 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 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 NEED!

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 12:00 to 2:00 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:** Serve popcorn and monitor movie room 12:45pm-3:00pm Monday and Friday.
- **BINGO Assistant:** Call numbers during game 1:30pm to 2:45pm on Tuesdays.
- **Guest Services:** Reception desk. Hours vary.
- **Gym Attendant:** Supervise people exercising 2:00pm to 4:00pm Mon. thru Fri.
- **Little House Café:** Server, Plater, Cashier. 11:15am to 1:30pm Mon. thru Fri.
- **Little House Music Performer:** Perform music 10:30am-11:30am Mon. thru Fri.

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: Quinoa Summer Veggie Salad

Salad Ingredients:

1 cup uncooked quinoa
1-Pint cherry tomatoes, halved
1 Orange Bell Pepper, chopped
1 Yellow Bell Pepper, chopped
1 English cucumber, chopped
1 small Red Onion, chopped
1/2 to 1 cup fresh parsley, chopped
1 can Garbanzo beans or beans of choice, rinsed

Dressing:

1/4 cup Olive Oil
1/4 cup Fresh Squeezed Lemon Juice
1 tsp Raw Apple cider vinegar
1 Tbsp Basil, finely chopped
Sea salt and pepper to taste



Assembly:

- Cook quinoa according to package directions, water can be substituted for vegetable broth, to give the quinoa and overall salad a nutritional boost.
- While quinoa cooks chop your vegetables and assemble the salad dressing.
- Once quinoa is cooked and cooled, add the vegetables and toss with dressing. If making ahead reserve the dressing to add approximately 45 minutes to 1 hour before serving allowing the flavors to combine.

Nutrition Highlights:

- Quinoa, often considered a grain, is actual the seed of a plant related to the beet, chard and spinach family. Loaded with essential amino-acids and high in protein. When cooked quinoa is fluffy, creamy, with a nutty texture. Quinoa is wheat and gluten-free, the least allergenic of traditional grains.
- Bell peppers (red, yellow and orange) have a fruity flavor as they are allowed to ripen on the vine. Whereas the typical green and purple peppers are bitter to taste and often times harder for some people to digest. Bell peppers are a member of the nightshade family and should be avoided by those who don't do well with nightshades or are on a low oxalate diet. Loaded with vitamin C, beta-carotene, and a host of pho-chemicals.

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
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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