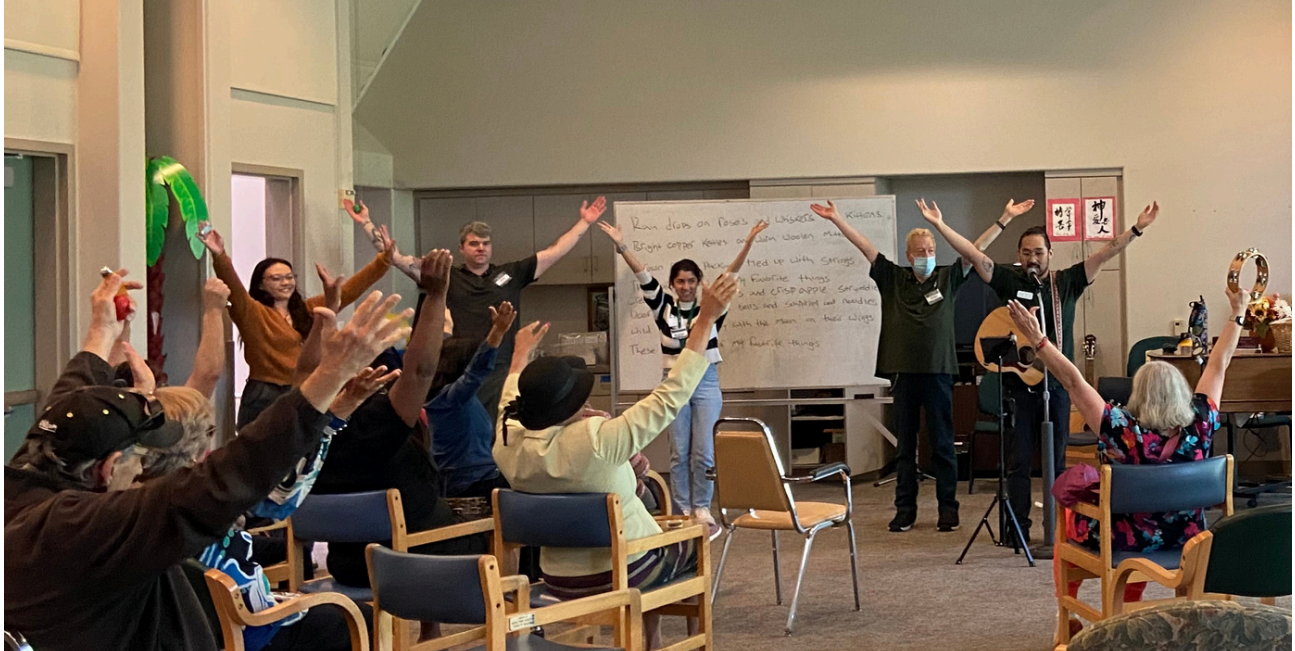




Newsletter & Program Guide



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 Quiescence- Customized Solutions for Family Caregivers — 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 · Quiescence



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YOU'RE INVITED TO PVI'S

VETERANS DAY CELEBRATION

FRIDAY, NOV. 8 | 11 AM - 1 PM

**\$15 MEMBERS | \$20 NON-MEMBERS
VETERANS EAT FOR FREE**

FEATHERS, BEAKS, HOPS & TWEETS

**ALL ABOUT THE BIRDS
OF THE BAY AREA**

**MONDAY NOV. 11
11 AM**

This talk will give an overview of how these birds interact with their environment, and might even make you better at spotting these creatures yourself!

Register at the front desk today!

SYMPHONY OF STRINGS

**TUESDAY, NOV. 19
4:00 - 5:00 PM**

MEMBERS FREE / \$5 NON-MEMBERS

Join us for an early evening of timeless chamber music performed by a quartet from the award-winning youth orchestra The Palo Alto Chamber Orchestra!



Caring for Caregivers

Great company, Live Music, & a Raffle!

In celebration of National Caregivers Month, join Outreach Specialists Yolanda Chavez and Kris Hong in the Little House lobby for a presentation on the Adult Day Services at Rosener House.

Friday, Nov. 22
1:00 - 2:00 PM

KEPLER'S BOOKS & MAGAZINES

MENLO PARK EST. 1955

1010 El Camino Real, Suite 100
Menlo Park, CA 94025

Support two great organizations at once

PVI is happy to announce that we are community partners with the legendary Kepler's.

Now when you pick your next read at Kepler's Books, let them know you'd like to support PVI at checkout.

YOU'RE INVITED TO PVI'S

THANKSGIVING CELEBRATION

FRIDAY, NOV. 22 | 11 AM - 1 PM

\$15 MEMBERS | \$20 NON-MEMBERS



AGING IN A NEW PLACE



Join us for an enlightening lecture on 'Aging in a New Place', where we will talk about the different choices in living environments such as senior living communities, assisted living and more!

Friday, Nov.15
11:00 AM - 12:00 PM
MEMBERS FREE / \$5 NON-MEMBERS

TO REGISTER:

Call (650) 326-2025
Email littlehouse@1pvi.org

*Lecture is made possible through
the kindness and sponsorship of:*

WHAT TO EXPECT

- The secrets to maintaining independence
- Adapting your living space
- Key components for planning your future



Liliana Perazich
(415) 297-0125
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Beth Leathers
(650) 302-2449
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**COLDWELL BANKER
REALTY**

DISTINGUISHED LECTURE SERIES

WITH RICK DEUTSCH

The American Veteran

Friday,
Nov. 8
10:00 AM

\$10 for Members
\$20 for Non-Members

Estate Planning & Medi-Cal Basics

Wednesday
Nov. 13
4:00 - 5:00 PM



Happy to help!

meet Lisa C. Bryant
J.D.

In celebration of National Caregivers Month, join PVI Adult Day Services at Rosener House and Lisa Bryant of Bryant Elder Law in the important discussion of estate planning and the basics of Medi-Cal.



Nov. and Dec. Member Birthdays

Birthday Luncheon

Tuesday, Dec. 10 at 11:30 AM

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 Tuesday, Dec. 3
littlehouse@1pvi.org or 650-326-2025

Blood Pressure Screening

Tuesday, November 12

10:30 AM - 12:00 PM

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 - 4:00 PM

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

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.

Nov. 7 - Name that Tune: Musical Memories

Nov. 14 - Autumn, Change, and Reflection: Songs of the Season

Nov. 21 - Group Music Making: Instrument Exploration

Nov. 28 - Gratitude through Music: Songs of Thankfulness



The Perfect Blend

Tuesday, Nov. 12

Caregivers, Coffee & Connection

PVI Adult Day Services
at Rosener House

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

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.

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.

Changes to Membership structure coming January 2025

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
				1
<p>*Preregistration is required</p> <p>Schedule and programming are subject to change</p>				Keys and coffee Chinese Mahjong Cribbage Movie: Jaws
4	5	6	7	8
Bridge Movie: Unfrosted Journal-Making Class	Current Events Mahjong Bingo Billiard Group iPad Class*	Knitting Group Book Club Got Groceries?* Mahjong / Pinochle iPad Class*	Hand & Foot Canasta iPhone Class* Music with Kris	Keys and coffee Lecture: The American Veteran Chinese Mahjong Cribbage Movie: The Hill Veterans Day Lunch
11	12	13	14	15
Bridge Movie: Midway Birds of the Bay Lecture Journal-Making Class	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 Chinese Mahjong Cribbage Aging in a New Place Lecture Movie: Toscana
18	19	20	21	22
Bridge Movie: The Money Pit Journal-Making Class	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 Thanksgiving Lunch Movie: The Starling
25	26	27	28	29
Bridge Movie: The Last Laugh	Current Events Mahjong Bingo Billiard Group iPad Class*	Knitting Group Got Groceries?* Mahjong / Pinochle iPad Class*	CLOSED	CLOSED



BINGO

Tuesdays, 1:30 - 2:45 PM

Free for Members / \$5 for Non-members

Come join us for this fun and social activity with your friends! Prizes may be awarded to winners!

Social Games & Activities

Mondays - Fridays

8:00 AM - 4:00 PM

Free for Members / \$5 for Non-members

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

Keys & Coffee

Fridays, 10:30 - 11:30 AM

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. (Dependent on volunteer availability.)

Waffle Wednesday

October 8, 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.

Artistic Thursdays

Thursdays, 10:00 AM - 12:00 PM

Free for Members / \$5 for Non-members

Artistic Thursdays is here to bring together artists of all kinds every Thursday from 10am to 12pm. 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!

Knitting Club

Wednesdays, 10:00 AM to 12:00 PM

Free for Members / \$5 for Non-members

Bring your knitting needles and projects and be a part of the popular Little House Knitting Club! All skill levels are welcome to join! Weekly get-togethers are intended to be relaxed knitting sessions with good company.

Billiard Group

Tuesday 2:00 - 4:00 PM

Free for Members / \$5 for Non-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 or form your own. Play times and games are decided by you— we provide 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.

Tuesdays

10:00 AM - 12:00 PM

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.

Nov. 6 *Woman They Could Not Silence*
by Kate Moore
(*Non-fiction*)

Dec. 4 *After Annie*
by Anna Quindlen
(*Family & Friendship*)

Jan. 1 *Axton Landing*
by Tony Holtzman
(*Historical Fiction*)

Feb. 5 *The Tiffany Girls*
by Shelley Noble
(*Biographical Fiction*)

First Wednesday of the Month at 1:00 PM
Free for Members / \$5 for Non-members

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM Lifetime Fitness In Person/Virtual <i>Roya - \$</i>	9:30 AM Fun with Fitness Virtual <i>Vicky - \$</i>	9:00 AM Lifetime Fitness In Person/Virtual <i>Roya - \$</i>	9:30 AM Fun with Fitness Virtual <i>Vicky - \$</i>	9:00 AM Lifetime Fitness In Person/Virtual <i>Helen - \$</i> 2nd and 4th Fridays
9:45 AM Tai Chi for Balance and Mobility Virtual <i>Jason - \$</i>	10:30 AM Strong for Life In Person Stanford Health Care <i>F/CH - R</i>	9:45 AM Tai Chi for Balance and Mobility Virtual <i>Jason - \$</i>	10:45 AM Strong for Life In Person Stanford Health Care <i>F/CH</i>	9:30 AM Walk and be Fit Virtual <i>Vicky - \$</i>
10:00 AM Active & Fit 20/20/20 In Person <i>Roya - \$</i>	12:00 PM Tai Chi for Balance and Mobility In Person <i>Jason - \$</i>	10:00 AM Active & Fit 20/20/20 In Person/Virtual <i>Roya - \$</i>	12:00 PM Tai Chi for Balance In Person <i>Jason - \$</i>	10:00 AM Active & Fit 20/20/20 In Person/Virtual <i>Helen - \$</i> 2nd and 4th Fridays
2:30 PM Qi Gong In Person <i>Jinn - \$</i>	TBD Line Dancing In Person <i>TBD - \$</i>	11:15 AM Moving Strong In Person <i>Jenni - \$</i>		
		3:00 PM Chen-style Tai Chi In Person <i>Lisette - \$</i>		

\$ - Payment Required



Moving Strong

Instructor: Jenni Castaldo

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 AM - 12:15 PM

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 \$
Monday
2:30 - 3:30 PM

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 - 10:45 AM

In Person \$
Tuesdays and Thursdays
12:00 - 1:00 PM

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 - 10:30 AM

\$ - 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 \$
Mondays and Wednesdays
10:00 - 11:00 AM

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 - 4:00 PM



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 - 10:00 AM

Line Dancing

Instructor: TBD

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
Time TBD

Strong for Life

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

In Person

Tuesdays at 10:30 AM and Thursdays at 10:45 AM

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



Let's Go To the Movies

Mondays and Fridays at 1:00 PM

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

Nov. 4 – Unfrosted (Comedy)

A heated battle over breakfast ignites in 1960s Michigan in this Pop-Tart comedy starring Jerry Seinfeld, Melissa McCarthy, Jim Gaffigan and Amy Schumer.

Nov. 11 – Midway (Drama)

A U.S. Navy captain and his fighter-pilot son are swept up in the pivotal 1942 battle.

Nov. 18 – The Money Pit (Comedy)

A couple's relationship is tested when the beautiful mansion they buy for a suspiciously low price requires extensive renovations.

Nov. 25 – The Last Laugh (Comedy)

After moving to a retirement home, restless talent manager Al reconnects with long-ago client Buddy and coaxes him back out on the comedy circuit.



Friday Movies

Nov. 1 – Jaws (Classic Thriller)

Celebrate the day after Halloween with us!

When an insatiable great white shark terrorizes Amity Island, a police chief, an oceanographer and a grizzled shark hunter seek to destroy the beast.

Nov. 8 – The Hill (Drama)

In this film based on a true story, young baseball hopeful Rickey Hill chases his major-league dreams while living with a degenerative spinal condition.

Nov. 15 – Toscana (Drama/Romance)

When a Danish chef travels to Tuscany to sell his father's business, he meets a local woman who inspires him to rethink his approach to life and love.

Nov. 22 – The Starling (Drama/Comedy)

Melissa McCarthy and Chris O'Dowd bring wry humor and nuanced emotions to this tale of a couple on different journeys through grief.

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

November Gym Hours:

Monday - Friday
8:30 AM - 2:30 PM

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

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

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, 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!**

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 - 8:30 PM

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

*Clay not included

Duration: 2 class-pass

Ceramics - Open Studio Schedule

Date

Monday: 10:00 AM - 12:00 PM

Tuesday: 10:00 AM - 12:00 PM
12:00 - 4:00 PM

Wednesday: 9:00 AM - 4:00 PM

Thursday: 9:00 AM - 1:00 PM
1:00 - 4:00 PM

Friday: 1:00 - 4:00 PM

Instructor

Caroline Rasmussen

Caroline Rasmussen
Independent

Independent

Ed Bellinger
Independent

Ed Bellinger



PVI Little House Technology Center

Mondays-Fridays: 9:00 AM - 4:00 PM

*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 iPhone or iPad?

PVI welcomes you to join our Tech Connect Program. For iPad classes, participants can either bring their own, or borrow one for the duration of the class, with the option to purchase when the class ends.

We will teach you the basics of using the iPhone and iPad, including email, Zoom, internet safety, taking photos, and more, all in a safe and 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 the duration of the class.

iPad Class

CURRENT DATES (now full):

**Next Session Enrollment Starts
December 2024**

Members: \$60

Non-members: \$80

iPhone Class

CURRENT DATES (now full):

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

Members: \$80

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:
8:30 AM - 5:00 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 an 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

Thanksgiving Lunch

at PVI Adult Day Services at Rosener House

Join us for Jazz & Thanksgiving Lunch

12:00 - 2:00 PM

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 AM - 3:00 PM 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 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 from 11:30 AM - 1:00 PM.

Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 28	29	30	31	Nov. 1
Macaroni and Cheese, Broccoli	Beef Burrito Bowl, Spanish Rice, Mixed Corn and Peppers	Chicken Cordon Bleu, Mashed Potato, Green Beans	Breaded Tilapia, Mixed Grains, Spinach	Chicken Parmesan, Penne, Italian Mixed Vegetable
4	5	6	7	8
Vegetable Chow Mein, Stir Fry Vegetable	Creamy Mushroom Chicken, Roasted Potato, Peas and Carrots	Beef Picadillo, Rice, Mixed Vegetable	Fish Piccata, Sweet Potato, Green Beans	Closed for Veterans Day Lunch
11	12	13	14	15
Cheese Tortellini, Marinara, Mixed Vegetable	Meatloaf w/ Gravy, Mashed Potato, Green Beans	Chicken Tagine, Turmeric Rice, Peppers	Beef Stroganoff, Egg Noodle, Peas	Meatball Marinara, Penne Pasta, Italian Mixed Vegetable
18	19	20	21	22
Three Bean Chili, Corn	Roasted Turkey, Stuffing, Green Beans	Pork Loin, Roasted Potato, Brussel Sprouts	Lemon Herbed Fish, Rice Pilaf, Mixed Vegetables	Closed for Thanksgiving Lunch
25	26	27	28	29
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

**Menu is subject to change*

***Cafe will be closed Thanksgiving week with more lunch offerings in Little Shop for Grab and Enjoy.*

***Cafe will be closed Dec. 23 and reopen Jan. 6, 2025. Little Shop will have more lunch offerings for Grab and Enjoy.*



INTERESTED IN HAVING CONVENIENT AND NUTRITIOUS MEALS DELIVERED?



Deals on Meals

About the Program:

- Meals are made in-house at our Menlo Park headquarters
- Each meal provides 1/3 of an adult's daily nutrition
- Meals are packaged in compostable containers
- Meals are delivered frozen throughout the week by a friendly driver

\$12.00 Per Meal

CONTACT US TODAY FOR MORE INFORMATION:

(650) 323-2022

www.1pvi.org/Nutritionservices

Scan with your smartphone to visit us online!



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:

- 60 years of age or older
- Being homebound or needing help leaving your home
- Unable to prepare meals or shop for yourself reliably typically due to a health condition
- Recent hospital stay or ongoing health concerns

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 AM to 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?

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.

We currently serve **120 families** and have distributed over **330,000 pounds of food** within the past fiscal year.

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

**Grocery pick up will be on Monday Dec. 23, 2024 for the week of Christmas.
We will return to service Wednesday Jan. 8, 2025.**

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 AM to 5:30 PM

Wednesday, Thursday, Friday
9:00 AM to 4:00 PM

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 the 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 Quiescence

Customized Solutions for Family Caregivers

PVI Quiescence 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.

“ 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

Our mission is to alleviate the emotional and physical challenges faced by family caregivers by:

- Offering complimentary in-home assessments to identify client needs and ensure home safety.
- Developing resources such as non-medical care plans, emergency binders, and comprehensive resource lists.
- Conducting weekly in-person quality assurance visits to assist with household management, scheduling medical appointments, and providing ongoing support and referrals.
- Regularly monitoring changing needs through frequent reevaluations and making necessary adjustments as circumstances evolve.

Program Fees:

Starting at \$250/week membership (1 weekly visit included)

\$75/hour for 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 PM. 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 AM to 12 PM, and from 12:00 to 2:00 PM

PVI Nutrition Services

URGENT NEED!

Meal on Wheels Delivery Drivers: *Tues., Wed., Thurs. from 10 AM to 12:30 PM*

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

Makes 12 Muffins

Ingredients:

3 large pasture raised eggs
 3/4 cup almond butter
 1/2 cup dark maple syrup
 1/2 cup pumpkin puree (canned)
 3 Tbsp ghee or palm shortening
 2 tsp lemon juice (zest lemon prior to juicing)
 1 tsp vanilla
 3 Tbsp coconut flour
 3 Tbsp arrowroot
 1 Tbsp Ceylon cinnamon
 1 tsp nutmeg
 2 tsp grain free baking powder
 1/2 tsp lemon zest
 1/2 tsp ginger
 1/4 tsp sea salt
 1/2 cup paleo chocolate chips (optional)



Assembly:

1. Preheat oven to 350°. Line 12 cavity muffin tin with paper liners or grease with coconut oil
2. Using a high speed blender or food processor add eggs, almond butter, maple syrup, pumpkin puree, shortening, lemon juice, and vanilla. Purée for 30 seconds or until smooth and creamy.
3. Add flour, arrowroot, cinnamon, nutmeg, baking powder, lemon zest, ginger, and sea salt. Purée for additional 30 seconds or until well combined. Stir in chocolate chips, if using.
4. Divide batter among muffin tin, filling each cavity approximately 2/3 full. Bake 18 to 20 minutes or until toothpick inserted in the center of a muffin returns clean.
5. Remove pan from oven and let muffins cool for approximately 15 minutes. Then transfer to a wire rack where they can rest and continue to cool.
6. Store in an air tight container in the refrigerator for up to 2 weeks or wrap and freezer for 6 months.

Health Notes:

Pumpkin is a rich source of vitamin A, which supports vision, growth, cell division, reproduction, and immunity. Along with vitamin A pumpkin is high in three important antioxidants; alpha-carotene, beta-carotene, and beta-cryptoxanthin. These strong antioxidants work to keep free radicals in check. When the body has excessive free radical activity this is where disease can start, such as chronic illness, heart disease and cancer. Fall is a great time to enjoy a variety of winter squash.

Dark Maple Syrup contains manganese an enzyme important for energy production and antioxidant defenses. One serving, 2 tablespoons, of maple syrup provides more than 35% of the daily value of this awesome trace mineral. Maple syrup also offers a good supply of zinc; supporting heart and skin health.

Ceylon Cinnamon is the most studied of the cinnamon varieties. Known for its blood sugar balancing abilities, making it a super star. Cinnamon has a well established place in both Western and Eastern medicine used to ease arthritis, asthma, cancer, diarrhea, fever, heart problems, insomnia, menstrual problems, peptic ulcers, psoriasis, and spastic muscles. In other words it is well documented as a calming warming spice to ease tension in the body.

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



Partners & Sponsors

Thank you for your support and partnership



FOR YOUR HEALTH



SECOND HARVEST of SILICON VALLEY





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
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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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