



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



TABLE OF CONTENTS

1	PVI Save The Date <hr/>	3-11
	What's New at PVI	
2	PVI Little House <hr/>	12-24
	Membership Information, Events at a Glance, Fitness Schedule, Gym and Personal Training, Health & Wellness, Social Clubs, Cultural Arts & Learning, Movies, and Technology	
3	PVI Rosener House <hr/>	25-26
	PVI Adult Day Services	
4	PVI Nutrition Services <hr/>	27-30
	Little House Cafe, Meals on Wheels, Got Groceries	
5	RIDE PVI <hr/>	31
	Ride PVI Transportation Services	
6	Aging Life Solutions <hr/>	32
	Aging Life Solutions Concierge Care Program	
7	Special Feature <hr/>	33-34
	Volunteering at PVI Stephanie's Recipe of the Month	
8	Sponsor's Page <hr/>	35





PVI wants to thank you for the success of "Get Back"... A Beatles Bash. None of it would have been possible without our community. We hope to see you all again next year!



Oktoberfest is coming to PVI!

Oktoberfest

FRIDAY, OCTOBER 11 | 11 AM

\$10 FOR MEMBERS AND NONMEMBERS

Bring a Friend Who's New to Little House, You Both Attend for Free!



**LIVE OOMPAH BAND
BEER TASTING
& AUTHENTIC CUISINE**

RSVP BY FRIDAY, OCTOBER 4TH

Call (650)326-0665 or email littlehouse@1pvi.org

sponsored by
Oakmont
Senior Living



Botanicals with Bonnie

Falling for Fall Arrangements

Wed, October 9th | 1:30pm - 3:00pm | Now only \$5.00!

Join PVI for a hands-on workshop to learn how to create a beautiful fall arrangement of your own.

Participants must bring flowers and vase.
Decorative additions for the arrangement will be provided

To register:
email littlehouse@1pvi.org
or call (650)326-0665
Register early! Spaces are limited



October Highlights at Kepler's Books, Menlo Park

Monday, October 7, 7pm: Celebrating the Grateful Dead,

Tuesday, October 8, 7pm: Arlie Russell Hochschild

Wednesday, October 16, 7pm: Rachel Kushner

For more details about our event program and to book tickets visit keplers.org or contact Heather Birchall, heather@keplers.org

PVI ADULT DAY SERVICES AT ROSENER HOUSE

OPEN HOUSE

Are you a caregiver in need of support throughout the day?

Join us for our open house where you and the person you are caring for can experience activities such as music therapy, strength and balance exercise, and group-based games.



SATURDAY
10:00am - 1:00pm

OCTOBER, 12TH

500 Arbor Rd,
Menlo Park, CA 94025

Have all your Adult Day Services questions answered!

RSVP FOR FREE TODAY!

Scan the QR Code
or visit us online





Decluttering is the New Organizing

Friday, October 18th | 10:30 am - 11:30am
Free for Members \$5 for Non-members

Join us as Karen Wray, Senior Move Manager and owner of the Move Alliance provides essential information on downsizing and decluttering.

Benefits of Decluttering

- Better sleep
- Less stress
- Reduced anxiety

Save your spot today!

Call 650-326-0665 or
email littlehouse@1pvi.org

About the presenter:

After moving her parents from their home of 41 years, Karen learned firsthand how stressful and exhausting the process of downsizing can be for all parties involved. To assist others, she uses her project management and organizational skills to guide older adults and their families through this potentially overwhelming transition whether it is a move-out or stay-at-home organization, with a calm and thoughtful approach.



\$10 Members

\$20 Non-members

UFOs

Friday

October 25th

10:00 am

Upcoming Lectures

November - The American Veteran

December - The Legend of Santa

UFOs – Has earth been visited by intelligent life?

Unidentified Flying Objects - Since the dawn of mankind, humans have looked to the skies to explain our existence. Who really built the Pyramids? What about all the UFO's seen by respected people? Even the Air Force examined sightings in Project Blue Book. Isn't the Roswell, New Mexico incident proof? A look at the evidence leads us to our own conclusions. You decide.

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 11:30am

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, October 8th

10:30am - 12:00pm

Free monthly drop-in blood pressure screenings are provided by Sequoia Healthcare District nurse, Suzanne Lim. Screenings will be administered on the second Tuesday of each month and are free of charge.

Sponsored by the Sequoia Healthcare District



Every Thursday

3:00pm - 4:00pm

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.

Oct. 3rd - Name that Tune: Musical Memories

Oct. 10th - Singing Together: Vocalizing and Speech Through Music

Oct. 17th - Let's Get Moving with Music

Oct. 24th - Songwriting: Exercising the Mind

Oct. 31st - Hits throughout the Decades: Musical Reminiscing





The Perfect Blend

Tuesday, October 8th

Caregivers, Coffee & Connection

PVI Adult Day Services
at Rosener House

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

Join us for conversations with a supportive and passionate community that understands the dedication, challenges, love, and a reassurance that you're not navigating the caregiving journey alone.

For inquiries contact Yolanda Chavez at:
650-322-0126
ychavez@lpvi.org



FEATHERS, BEAKS, HOPS & TWEETS

ALL ABOUT THE BIRDS
OF THE BAY AREA

MONDAY
11/11
11AM



All About the Birds of the Bay Area will give an introduction to the many kinds of birds that you will find in different ecosystems of the Bay Area, such as the suburbs, The Bay, and the Redwood Forests. 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! **Q&A to Follow**

Meet the Speaker:

Gale is a 12 year old, and a 7th grader at Tessellations School. Her passion for birds started during the Covid-19 pandemic, when she met a friend who taught her to notice the little feathery creatures hopping around her very own yard. She then became very interested in birds - not just memorizing new kinds of birds, but also observing their behavior and interaction with the environment.

Register at the front desk today!



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
	1	2	3	4
	Current Events Mahjong Bingo Billiard Group iPad Class*	Book Club Knitting Group Got Groceries?* Mahjong / Pinochle iPad Class*	Hand & Foot Canasta iPhone Class* Artistic Thursdays Music with Kris	Keys and coffee Chinese Mahjong Cribbage Friday Movie: The World's Fastest Indian
7	8	9	10	11
Bridge Monday Movie: Critical Thinking	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* Artistic Thursdays Music with Kris	Keys and coffee Lecture: UFOs Chinese Mahjong Cribbage Friday Movie: The Long Game
14	15	16	17	18
Bridge Monday Movie: I Can Only Imagine	Current Events Mahjong Bingo Billiard Group iPad Class*	Knitting Group Got Groceries?* Mahjong / Pinochle iPad Class*	Hand & Foot Canasta iPhone Class* Artistic Thursdays Music with Kris	Keys and coffee Chinese Mahjong Cribbage Friday Movie: Queen Bees
21	22	23	24	25
Bridge Monday Movie: Uncle Buck	Current Events Mahjong Bingo Billiard Group iPad Class*	Knitting Group Got Groceries?* Mahjong / Pinochle iPad Class*	Hand & Foot Canasta iPhone Class* Artistic Thursdays Music with Kris	Keys and coffee Chinese Mahjong Cribbage Friday Movie: The Guernsey Literary & Potato Peel Pie Society
28	29	30	31	
Bridge Monday Movie: The Birds	Current Events Mahjong Bingo Billiard Group iPad Class*	Knitting Group Got Groceries?* Mahjong / Pinochle iPad Class*	Hand & Foot Canasta iPhone Class* Artistic Thursdays Music with Kris	*Pre-registration is required. Schedule and programing are subject to change.



BINGO

Tuesdays, 1:30pm - 2:45pm

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

8:00am - 4:00pm

Free for Members / \$5 for Non-members

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

Keys & Coffee

Fridays, 10:30am - 11:30am

Free for Members / \$5 for non-members

Join us on Fridays for a musical journey. We will serve coffee and host a special concert for members. Each week will feature different musicians and performers. *Dependent on volunteer availability.*

Waffle Wednesday

October 8th, 9:30am

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, 10:00am - 12:00pm

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 to 12:00pm

Free for Members

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

Billiard Group

Tuesday 2:00 - 4:00pm

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 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

10:00am - 12:00pm

Free for Members / \$5 for Non-members

About The Moderator: David Klausner holds degrees from Brooklyn College in Mathematics and Physics, and from Polytechnic Institute of Brooklyn in Electrical Engineering. He has worked as a testifying expert witness for over 20 years in Federal and State courts and has taught at the City University of New York, Golden Gate University, as well as Stanford University. He has been a guest speaker at IBM, AT&T, and Stanford University. He holds two U.S. patents, and his interests are current affairs, history, archeology, geology, astronomy, classical music, and live theater.

Little House Book Club

The Little House Book Club is a wonderful opportunity for members to meet and enjoy interesting reads and lively conversations over the monthly book selection. This is a non-judgmental, open forum where all opinions are welcome and respected.

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 @ 1:00pm

Group Fitness Schedule

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

Qi Gong

Instructor: Jiin Liang

Qi Gong, pronounced "Chi Gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using gentle exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health, well-being, and mental focus. With Qi Gong's long tradition, the movements evolved into various styles. Class is suitable for beginners to intermediate.

In-Person \$
Monday
2:30pm - 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
9:45am to 10:45pm

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

Walk and Be Fit

Instructor: Vicky Cruz

Join us for a virtual walk that includes marching, walking in place, and light stretching to activate your neuromuscular system. Walking can lower your risk of heart disease, stroke, cancer and diabetes, strengthen your bones, and prevent osteoporosis. All levels welcome.

Virtual \$
Fridays
9:30am - 10:30am

\$ - 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
10:00am - 11:00am

Chen-Style Tai Chi

Instructor: Lisette Yung

Chen-style tai chi (Taichiquan) is a set of linking movements that help develop balance, body coordination, and strength. Cultivate life energy (chi) through a movement meditation that relaxes the muscles, calms the mind, and reduces stress. The slow movements and subtle shifting of weight develop flexibility and extremely good balance, making it ideal for all ages young and old. All levels are welcome.

In-Person \$
Wednesdays
3:00pm - 4:00pm



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
9:00am - 10:00am

Line Dancing

Instructor: Evelyn Khinoo

Line Dancing is a fun way to stay fit and meet friends. Line dancing increases endurance and balance along with enhanced memory and awareness. Each class is choreographed by song and taught so the group is dancing in unison. No partners needed, and all levels are welcome!

In-Person \$
Tuesdays
12:15pm - 1:15pm

Schedule changes coming:
Tuesday Oct. 15

Strong for Life

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

In Person

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

Strong for Life (SFL) is a free exercise program offered through Adult Aging Services at Stanford Health Care. SFL is an easy-to-follow exercise routine designed to improve strength, function, and balance in older adults with or without limitations. SFL targets specific muscles that are important in everyday life, with such movements as getting out of a chair, walking, and picking up a grandchild.

Participants must submit a health history form prior to attending.

For more information on this, contact Stanford Adult Aging Services at 650-723-1303.

*Pre-registration is required. Registration is limited to one class per week.

This class is free. However, a PVI Little House membership is required.

To learn more about membership, contact us at 650-326-2025 or email littlehouse@1pvi.org

Let's Go To the Movies

Mondays and Fridays at 1:00pm

Free for members

\$5.00 for non-members

Enjoy a matinee movie with popcorn and friends!

Have a movie suggestion? Let us know!

Monday Movies

Oct. 7th – Critical Thinking (Comedy)

An unwavering teacher and his students must overcome the perils in their underserved community as they compete in a national chess tournament.

Oct. 14th – I Can Only Imagine (Musical)

After years of struggling with his past and fighting for his dream, a young man pens a song that becomes an anthem of hope. Based on the hit rock ballad.

Oct. 21st – Uncle Buck (Comedy)

He's clueless about kids and set in his quirky ways, but the Russells desperately need a sitter. Can Uncle Buck run a household without causing chaos?

Oct. 28th – The Birds (Horror)

Melanie Daniels (Tippi Hedren) meets Mitch Brenner (Rod Taylor) in a San Francisco pet store and decides to follow him home. She brings with her the gift of two love birds and they strike up a romance. One day birds start attacking children at Mitch's sisters party. A huge assault starts on the town by attacking birds.

Friday Movies

Oct. 4th – The World's Fastest Indian (Adventure)

An ambitious New Zealander in his 60s strives to break speed records on his beloved custom motorcycle – no matter what it takes. Based on a true story.

Oct. 11th – The Long Game (Drama)

In 1950s Texas, a veteran-turned-school superintendent assembled a team of caddies from a local country club to compete for a state championship.

Oct. 18th – Queen Bees (Comedy)

Temporarily forced to stay in a retirement community, a headstrong woman navigates mean cliques, high-stakes bridge games and new relationships.

Oct. 25th – The Guernsey Literary & Potato Peel Pie Society (Romance)

A London writer bonds with the colorful residents of Guernsey as she learns about the book club they formed during the WWII German occupation.



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

October Gym Hours:

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

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

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

Closed-toe shoes are required while using the gym.

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

Free Fitness Assessments By Appointment Only

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



PVI Little House Personal Training Program



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

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

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

PVI Little House Personal Training Packages

NEW RATES	Member			Non-member		
	1 Session	5 Sessions	10 Sessions	1 Session	5 Sessions	10 Sessions
30-Minute One-on-One Session Packages	\$50	\$215	\$385	\$57	\$240	\$550
60 Minute One-on-One Session Packages	\$88	\$413	\$748	\$94	\$440	\$825

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!



Ceramics - Open Studio Schedule

Date

Monday: 10:00am - 12:00pm

Tuesday: 10:00am - 12:00pm
12:00am - 4:00pm

Wednesday: 9:00am - 4:00pm

Thursday: 9:00am - 1:00pm
1:00pm - 4:00pm

Friday: 1:00pm - 4:00pm

Instructor

Caroline Rasmussen

Caroline Rasmussen
Independent

Independent

Ed Bellinger
Independent

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 6:00pm - 8:30pm

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

*Clay not included

Duration: 2 class-pass

PVI Little House Technology Center

Mondays-Thursdays: 9:00am - 4:00pm

Fridays: 9:00am - 3:00pm

*Closed during select times for program/classes

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

Personalized One-on-One Tech Tutoring Pricing:

Single Session:

\$12 Member / \$15 Non-member

5 Sessions:

\$50 Member / \$65 Non-member

10 Sessions:

\$85 Member / \$115 Non-member

To schedule an appointment, contact us at 650-326-2025 or littlehouse@1pvi.org

Cancellation Policy

**\$15.00 fee for No Show or Cancellation
within 24 hours' notice**

Tech Connect Program:

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

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

Over the course of an 8-week class, we will teach you the basics of using the iPad including email, Zoom, internet safety, 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 the duration of the class.

iPad Class

CURRENT DATES (now full):

September 3rd - October 22nd:

Tuesdays 10:00am to 12:00pm

Tuesdays 1:00pm to 3:00pm

September 4th - October 23rd

Wednesdays, 10:00am to 12:00pm

Members: \$60

Non-members: \$80

iPhone Class

CURRENT DATES (now full):

September 5th - December 19th

Thursdays, 10:00am to 12:00pm

Thursdays, 1:00pm to 3:00pm

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:
8:30am - 5:00pm (M-F)

Client Participation hours:
9:00am - 4:00pm (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 New Drop-In Wednesdays!

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 11:00am to 2:00pm**, 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 in August, PVI Little House Cafe has been a great meeting place for friends, old and new. Diners have enjoyed the socialization, great company, and delicious meals. Join us today for lunch at the Little House Cafe!

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chicken Cordon Bleu, Mashed Potato, Green Beans Chef's Choice	Beef Stir Fry, Brown Rice, Carrots Chef's Choice	BBQ Chicken, Fries, Vegetable Medley Chef's Choice	Burger Friday
7	8	9	10	11
Vegetable Chowder, Green Beans Chef's Choice	Greek Chicken, Orzo, Zucchini Chef's Choice	Meatloaf w/ Gravy, Roasted Potato, Brussel Sprouts Chef's Choice	Orange Chicken, Rice, Cabbage Chef's Choice	Burger Friday
14	15	16	17	18
Vegetable Fried Rice, Broccoli Chef's Choice	Chicken Jambalaya, Corn Chef's Choice	Beef Ravioli, Marinara, Italian Vegetable Medley Chef's Choice	Beef Stroganoff, Egg Noodle, Peas Chef's Choice	Burger Friday
21	22	23	24	25
Vegetable Enchilada Casserole, Spanish Rice Chef's Choice	Pork Loin w/ Gravy, Potato, Green Beans Chef's Choice	Chicken Alfredo, Penne, Mixed Vegetable Chef's Choice	Beef Goulash, Pasta, Zucchini Chef's Choice	Burger Friday
28	29	30	31	
Mac & Cheese, Broccoli Chef's Choice	Beef Burrito Bowl, Spanish Rice, Mixed Corn & Peppers Chef's Choice	Chicken Cordon Bleu, Mashed Potato, Green Beans Chef's Choice	Breaded Tilapia, Mixed Grains, Spinach Chef's Choice	*Menu is 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:

- 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**

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 *Got Groceries?* Free Grocery Pick-Up



**Wednesdays 11:30am to 1:30pm
at PVI Little House & PVI Rosener House**

- Are you experiencing increased food costs?
- Do you wish you had access to a more nutritious, healthy, range of ingredients?
- Could you use fresh produce to feed you and your family?

PVI Got Groceries is here to help. Thanks to our partnership with Second Harvest Food Bank, PVI is able to offer free weekly grocery pick up for our community at Little House.

Frequently-Asked Questions

Do I need to be a member of PVI or Little House to participate?

No. The program is open to all adults in the community.

How do I register?

We have three options

1. Fill out a registration form at Little House 800 Middle Ave., Menlo Park
2. Email us at gotgroceries@1pvi.org request a registration form
3. Call us at 650-323-2022

How often will I receive groceries?

Once a week on Wednesdays. One grocery bag per household.

Where do I pick up my Groceries?

800 Middle Avenue, Menlo Park, CA 95025

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

Ride PVI

On-demand, Concierge Ride Service

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



Ride PVI Hours of Operation:

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

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

Ride PVI Hotline: 650-272-5040

Frequently-Asked Ride PVI Questions

How do I register?

All participants must register before first ride. Register by calling the Ride PVI at **650-272-5006**. Registration only takes a few minutes.

What is the service area?

We serve San Mateo County (except for the Pescadero region) and all of Santa Clara County. Standard Lyft rates apply for riders outside the program area.

What is cost/rate for each ride?

Rates vary by residence. Please call 650-272-5040 for current rate information. Any subsidized ride is only available through Ride PVI. If you request your own ride, you will pay the full price.

Can the driver help the rider get in/out of the car?

All riders must be able to get in and out of the car without assistance. However, the driver can help load any mobility devices the rider has, such as a cane, walker and wheelchair.

Is Ride PVI safe?

All drivers undergo background checks, DMV checks, and vehicle inspections. Each ride is monitored by a Ride PVI team member to ensure you have been safely picked up and dropped off.



PVI Aging Life Solutions Concierge Care Program

PVI Aging Life Solutions is a specialized concierge service dedicated to providing compassionate, non-medical support to seniors. Our commitment is to deliver genuine care and assistance tailored to your unique lifestyle. The customized services aim to offer peace of mind to your loved ones while enabling you to maintain an independent, safe, and comfortable life in your own home.

**Are you overwhelmed caring
for your aging loved one?
Do you need support with
everyday tasks to better care
for your family and yourself?**

“Empathetic individualized in-home support for an aging relative can be a management, financial, emotional, and psycho-social burden for a family caregiver. PVI's program provides customized assistance to reduce that burden.”

-Dick Levy, Family Caregiver

A dedicated Program Manager oversees and provides support for the Aging Life Solutions program. The goal is to diminish the emotional and physical burdens on caregivers. The Program Manager will:

- Conduct a complimentary in-home assessment to qualify a client, determine the needs, and assess the safety of the home
- Create tools, such as non-medical care plans, in-home emergency binders, and comprehensive resource lists
- Perform conduct weekly in-person quality assurance visits, aid in managing household calendars, schedule doctors' appointments, and provide ongoing support for resources and referrals
- Monitor evolving needs through frequent reevaluations, making necessary adjustments, and continually assessing capabilities as time progresses.

Program Fees:

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

\$75/hour as-needed support

**Contact us for a complimentary consultation:
conciergecare@1pvi.org or (650) 272-5112**



PVI Volunteer Opportunities

Volunteers are the heart of our organization. They support our mission in so many ways, whether from the headquarters in Menlo Park, remotely, or throughout the mid-Peninsula. Volunteer hours are typically held Monday through Friday, and most in-person volunteering ends by 3pm. 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, 10am to 12pm, and from 12:00 to 2:00pm

PVI Nutrition Services

URGENT NEED!

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

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

PVI Little House

- **Tech Connect Tutors:** Days and times vary.
- **Little House Movie Assistant:** 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: Broccoli Soup with Lemon Cream

Serves 4

Ingredients:

2 tbsp ghee or extra virgin olive oil
 2 medium leeks
 white and tender greens parts only, finely chopped
 2 cloves of garlic chopped
 1.5 lbs broccoli
 tender stems cut into florets
 stems cut to 1/2 inch chunks
 4 cups veggie broth or chicken bone broth
 2 tsp mineral based sea salt
 1 tsp grated fresh lemon zest
 1 1/2 tsp Champagne vinegar

Lemon Cream:

1/2 cup sour cream
 1/2 tsp grated fresh lemon zest
 1 tbsp fresh lemon juice
 1/2 tsp dried thyme or fresh to taste
 1 clove crushed fresh garlic
 1/4 cup finely grated parmesan cheese
 1/4 tsp sea salt



Assembly:

- Heat ghee or EVOO in medium large stock pot, add chopped leeks to pan and sauté for approximately 5 minutes on medium low heat until tender and translucent. Add in garlic and sauté for additional 1 minute, stir in broccoli, potato, broth, and salt; increase heat to medium high, bring to a boil reduce heat to a simmer, cook for approximately 10 minutes or until broccoli and potato is tender. Reduce heat to low add in lemon zest, lemon juice, and champagne vinegar stir to incorporate.
- While soup cooks assemble lemon cream, place ingredients in bowl or small blender and stir or blend on low, set aside.
- Once broccoli has reached desired doneness work in batches, ladle approximately 1/3 of the soup into a blender blend and transfer to clean pot, repeat until all soup is blended to desired consistence, or use immersion blender and puree soup in pot. Once soup has reached desired texture stir in 1/2 the lemon cream reserving the other half to be drizzled on soup when serving.

Health Notes:

Broccoli part of the famed cruciferous vegetable family. Broccoli is nutrient rich loaded with minerals and compounds associated with reduced inflammation, blood sugar management, improved immune function and heart health. Broccoli can be enjoyed raw or cooked. New studies are showing that consuming broccoli lightly steamed or cooked in soups helps release its beneficial properties making them easier for the body to digest, and absorb.

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



Thank you for your support and partnership



FOR YOUR HEALTH



KENSINGTON PLACE
A Memory Care Community

REDWOOD CITY

— North Atherton —



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
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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