



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



Your next ad can be here!



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.

PREMIER ASSISTED LIVING & MEMORY CARE



THE BEST CARE. FOR THE BEST LIFE.

Discover an unparalleled senior living experience at Oakmont of Redwood City in Selby Park, where senior living is redefined with warmth, luxury, and a personal touch. From exquisite dining to engaging activities and compassionate care services, Oakmont offers an exceptional retirement experience.

Restaurant-Style Dining • Spacious Apartment Homes
Resident Gardens • Movie Theater • Innovative Activities Program
24-hour Personal Care Support • Weekly Housekeeping & Laundry

Assisted Living & Memory Care
Oakmont
of Redwood City

1 East Selby Lane
Redwood City, CA 94063
(650) 683-9636
oakmontofredwoodcity.com



SCHEDULE A TOUR TODAY (650) 683-9636

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Tuesday, Dec. 17

PVI Holiday Celebration

Join Us!



Tuesday, Dec. 17

11:00 AM - 1:00 PM

Auditorium

800 Middle Ave. Menlo Park, CA 94025

Lunch will be served at 11:30 PM

\$15 MEMBERS

\$20 NON-MEMBERS

Menu

Roast Beef

Mashed Potatoes

Roasted Rainbow Carrots

Chef's Salad

Lemon Raspberry Cheesecake

RSVP by Tuesday, Dec. 10

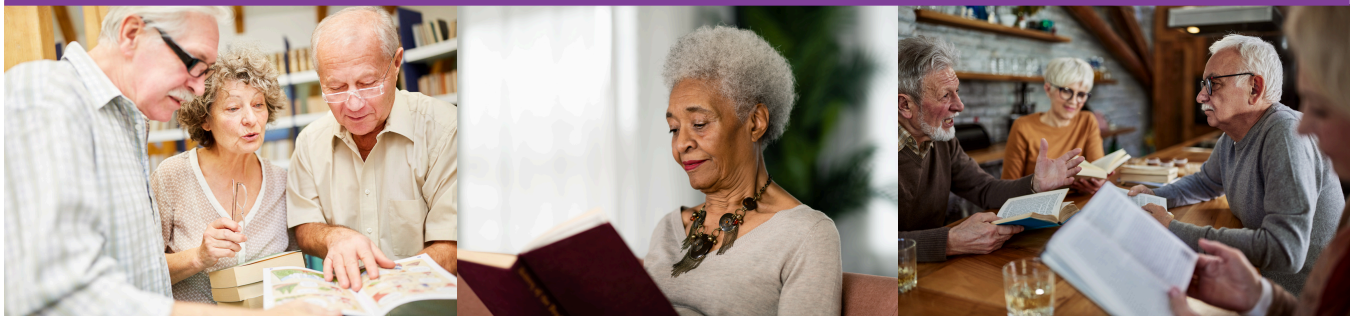
Call (650)326-0665 or

email littlehouse@1pvi.org

HAPPY
Holidays



Poetry Reading by Lynore Banchoff



Wednesday, Dec. 11
10:30 - 11:30 AM
Garden Room

Free for Members
\$5 for Non-Members

TO REGISTER

Visit the Little House Front Desk

About Lynore Banchoff

Lynore Banchoff's writing in publications is informed by a California childhood, the influence of community, family, history and relationship with the natural world. A teacher and therapist by profession, now retired, she lives in Menlo Park.

Little House Shop Holiday Sale



Thursday, Dec. 12
10:00 AM - 2:00 PM
Little House Shop

Are you in need of gifts for the holidays?
Shop the Sale.

Are your lightly used items in search of a new home? **Donate it today.**

Donations Wanted

- Holiday Decorations
- Holiday Home Decor
(small/medium items only)

To Donate:

Please mark the items with **Price, Name, Telephone Number,** and leave it with Little Shop.

Jazz at PVI



Friday, Dec. 13
4:00 - 5:00 PM
Free Admission

TO REGISTER

Visit the Little House Front Desk

Join us for an early evening of jazz music with professionally acclaimed musicians Wyatt Michael (vocals) and Konrad Paszkudzki (piano). *Concert is made possible through the kindness and sponsorship of Jazz at the Ballroom.*

AARP Tax-Aide at Little House



Tuesdays
8:30 AM - 4:00 PM
February 4 – April 15, 2025

Call (650) 326-0665 or
 email littlehouse@1pvi.org
 to reserve your spot.

AARP Tax-Aide will be providing FREE tax counseling and preparation again for Tax Year 2024. Appointments will be available at Little House on Tuesdays, 2/4/25 through 4/15/25. We will start taking appointments in January.

PVI Little House is making changes in the new year! Read below to be in the loop. *All changes take effect January 2, 2025.*

Membership

Starting in January, 2025, there will be changes to the Little House membership structure including new tiers with unique offerings. Replacing the Social Basic, Premium Fitness, and Gym Only memberships are **Basic**, **Primary**, **Premium**, and **Platinum**. *Members who have paid for an annual membership prior to October 15th will continue with that contract until its end date.*

[Read the changes on Pages 12-13](#)

Personal Training

Starting in January, 2025, there will be minor changes to the Personal Training Package prices and structure.

[Read the changes on Page 22](#)

Ceramics Open Studio

Starting in January, 2025, there will be minor changes to the price and the member discount for package purchases.

[Read the changes on Page 26](#)

Upcoming PVI Closures

PVI will be closed Wednesday, Dec. 25, 2024 and Wednesday, Jan. 1, 2025.

Little House Cafe will close Dec. 23, 2024 and reopen Jan. 6, 2025.

Little Shop will have more lunch offerings for Grab and Go during this time.

If you have any questions or concerns, please call (650) 326-0665



We will be offering 1-on-1 Tech Tutoring every Wednesday from 1:30pm - 3:30pm starting Dec. 4.

1-on-1 Tech Tutoring

Come with questions on how to use your device(s) including the iPhone and iPad, email, Zoom, internet safety, taking photos, and more!

Wednesdays (In-Person)

1:30 - 3:30 PM

Sessions are one hour long.

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

Pricing information on Page 28



We are happy to announce that Line Dancing is returning early next year to Little House. Starting Monday, Jan. 6, 2025.

Line Dancing

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.

Returning in January:

Mondays (In-Person)

10:30 - 11:30



We are thrilled to announce that Patty Mayall is returning to Little House to lead two of her beloved classes: Relaxation Techniques and Stress Management. Starting Wednesday, Dec. 11.

Relaxation Techniques

Sitting in chairs, the class begins with gentle, modified yoga stretches, and breathing techniques. The last half hour, we stand (or keep sitting, if you prefer), and use the chair for stability while we do easy poses for balance and strength. With music, we add movements for flexibility and energy.

Wednesdays (In-Person)

1:30 - 2:30 PM



Stress Management

While seated, students use their own fingertips, thumbs or knuckles to press acupressure points on the face, arms, and legs while breathing deeply and quieting the mind. These therapeutic practices, along with guided meditation, can produce relaxation, relieve pain, stress, inflammation, muscle tension, and help with insomnia.

Fridays (In-Person)

11:00 AM - 12:00 PM



Meet the Instructor

Patty Mayall has taught a variety of classes at senior and community centers, independently and with Foothill Community College since 2017. For most of her life, she has volunteered on local community issues in the Bay Area. She's an artist, writer, and music lover who lives in La Honda with her husband, cat, dogs, and wildlife!



Little House is now offering two new music-focused programs led by PVI Music Therapist Kris Hong. Starting Thursday, Dec. 5.

Little House Singers

We are looking for a group of music lovers who love to sing! We are starting a singing group that will meet once a week to sing. We will choose and practice a new selection of songs every 3 months with the intention of performing them at Little House.

Thursdays

11:00 AM - 12:00 PM



Little House Songwriters

Do you love music? Do you enjoy creative writing? Come join Little House's new songwriters' group! We will meet weekly to explore songwriting in many different forms. We will do anything from rewriting the lyrics to our favorite songs, creating parody songs, or even creating a song from scratch!

Thursdays

1:00 - 2:00 PM



Benefits of Music Therapy

Music therapy is a holistic approach to improving the quality of life for seniors, addressing both their physical and emotional needs. It offers cognitive benefits such as memory stimulation, improved attention and focus, enhanced language skills, emotional well-being, pain management, improved motor skills, increased energy, social connection, and spiritual comfort. Music therapy can also help seniors express emotions, reduce stress and anxiety, and promote relaxation. Additionally, music can foster social interaction, improve communication, and provide a sense of purpose. Music Therapy can help seniors with dementia or Alzheimer's engage with the present, recall past experiences, and improve attention and focus.

We are excited to announce a free Drawing and Painting Class through Foothill College. Starting Monday, Jan. 6, 2025.

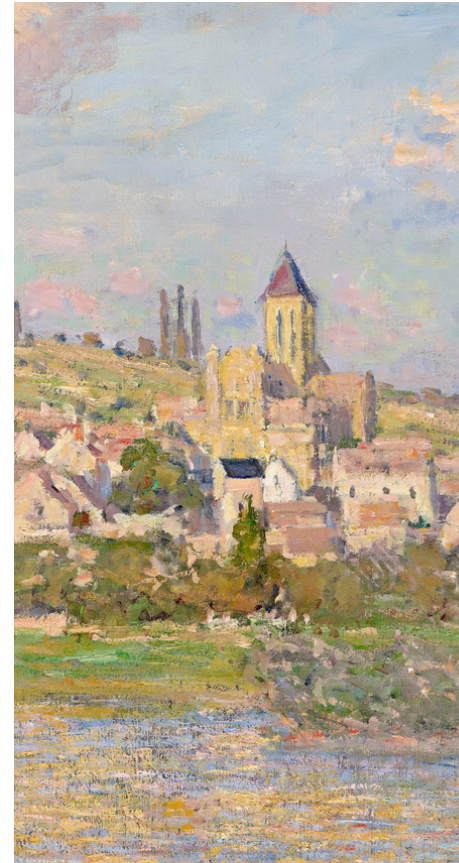
Drawing and Painting Class

Instructed by Foothill College, join PVI for a **free 12-week course** where you will learn and improve on your drawing, painting, and sketching skills. *Open to All Skill Levels.*

Goals for the Course

1. Improve expressive capability
2. Improve technical skills
3. Improve eye-hand coordination
4. Increase social interaction by discussing projects and working with groups.

Starting January 6
Mondays (In-Person)
1:00 - 2:50 PM



Course Given Through



Enroll Today!

Nov. and Dec. Members

Birthday Luncheon

Tuesday, Dec. 10 at 11:30am

If you are a member and have a birthday in November or December 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, December 10

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.

Dec. 5 - Name that Tune: Musical Memories

Dec. 12 - The British Invasion: Bands from Across the Atlantic

Dec. 19 - Holiday Sing-a-long

Dec. 26 - Singer-Songwriters of the 20th Century: Poetry in Music





The Perfect Blend

Caregivers, Coffee & Connection

PVI Adult Day Services **Tuesday, Dec. 10**
 at Rosener House **9:30 - 11:00 AM**

Join us the 2nd Tuesday of each month 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@1pvi.org



DISTINGUISHED LECTURE SERIES

WITH RICK DEUTSCH

The Legend of Santa Claus

Friday
 December 13
 10:00 - 11:00 AM

\$10 Members

\$20 Non-members

The Legend of Santa Claus

Where did the story of Santa Claus originate? The tradition of the jolly old man dates back to the 4th century. How did he change into a portly bearded man with a hearty laugh and a red suit? Pagan influences provide much of the story. Be he called Saint Nicholas, Sinterklaas, Father Christmas, Kris Kringle or just plain Santa, he is beloved by children (and adults!) worldwide.

PVI Little House Membership Information

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.

Basic

The **Basic Membership** allows access to all free social events, clubs, games, activities, use of the Technology Center, and member discounts on workshops, events, personal training, and massages.

Primary

The **Primary Membership** builds on the prior tier and gives unlimited access to fitness classes, open gym time, Distinguished Lecture Series, complimentary coffee, and more.

Premium

The **Premium Membership** builds on the prior two tiers and gives unlimited access to Open Studio time for Ceramics and Art, shelf space in the art studio, 12 Private Tech-Tutoring Sessions a year, and more.

Platinum

The **Platinum Membership** is the ultimate tier which includes the three prior tiers plus complimentary Little House Cafe meals Monday through Thursday, unlimited access to all classes, lectures, workshops, and clubs, Complimentary access to Tech-related courses, and more.



**Control
Your
Plan**

Primary

\$60

Premium

\$100

Platinum

\$160

per month

\$325

\$540

\$860

per six months
10% discount

\$610

\$1020

\$1630

per year
15% discount

Partner Pricing

Plan	Monthly
Primary	\$100
Premium	\$170
Platinum	\$275

15% discount

**Non-Member
Day Passes**

**Social
\$5**

**Activity
\$15**



PVI Little House Member Benefits

	Basic \$20 ^{per month}	Primary \$60 ^{per month}	Premium \$100 ^{per month}	Platinum \$160 ^{per month}
Social Clubs and Activities Access				
Stanford Health Fitness Classes				
Member Discount on Workshops and Events				
Member Discount on Personal Training and Massage				
Tech Connect Computer Access	✓			
Member Discount on Tech Connect Program				
Unlimited Group Fitness Classes				
Unlimited Open Gym				
Music Program Access**				
Arts & Crafts Classes**				
Complimentary Coffee				
Fitness Assessment w/ Personal Trainer (One per Year \$90 value)		✓		
Distinguished Lecture Series Access (\$120 value)				
Unlimited Ceramics and Art Open Studio Access				
Complimentary Admission to Event or Workshop (One per Year)***				
Complimentary shelf rental in our Art/Ceramics Studio (\$60 value)				
10% Discount on Preferred Provider Services				
Private 1-on-1 Tech Tutor Session (One per Month \$180 value)			✓	
Complimentary Personal Training Session or Massage Appointment (One per Year \$90 value)				
Complimentary Little House Cafe Lunch (One per Day; Mon-Thurs \$960 value)				
Unlimited Access to All Classes, Clubs, Lectures, and Workshops				
50% Discount on Ride PVI Admin Fee				
Complimentary Admission to Event or Workshop (One per Month)***				
Complimentary Access to iPhone & iPad Tech Courses (\$320 value)***				
10% Discount for Spouse/Partner on Adult Day Services at Rosener House Fees				
Two Bags of B-Mix Ceramics Clay Annually (\$60 value)				
Quiescence Consultation Annually (\$75 value)				
10% Discount + Two Hours of CareIndeed's Comprehensive Home Care Services				
Complimentary Annual Wellness Discovery (\$350 value)				
10% Discount on Venue Rentals				✓

* Benefits are subject to change as new partnerships and offerings are created

** Programming may cost additional fee

*** Some Programs and Courses have limited seats

Little House Events At-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Bridge Movie	Current Events Mahjong Bingo Billiard Group iPad Class*	Knitting Group Book Club Got Groceries?*	Artistic Thursdays Hand & Foot Canasta iPhone Class* Music with Kris Singers* Songwriters*	Keys and coffee Chinese Mahjong Cribbage Movie
9	10	11	12	13
Bridge Movie	Blood Pressure Screening Current Events Mahjong Bingo Billiard Group iPad Class*	Knitting Group Got Groceries?*	Artistic Thursdays Hand & Foot Canasta Little Shop Sale iPhone Class* Music with Kris Singers* Songwriters*	Keys and coffee Lecture Chinese Mahjong Cribbage Movie Jazz at PVI*
16	17	18	19	20
Bridge Movie	Current Events Mahjong Bingo Billiard Group iPad Class* Holiday Luncheon*	Waffle Wednesday Knitting Group Got Groceries?*	Artistic Thursdays Hand & Foot Canasta iPhone Class* Music with Kris Singers* Songwriters*	Keys and coffee Chinese Mahjong Cribbage Movie
23	24	25	26	27
Bridge Movie	Current Events Mahjong Bingo Billiard Group iPad Class*	PVI Closed	Artistic Thursdays Hand & Foot Canasta iPhone Class* Music with Kris Singers* Songwriters*	Keys and coffee Chinese Mahjong Cribbage Movie
30	31	Jan. 1	2	3
Bridge Movie	Current Events Mahjong Bingo Billiard Group iPad Class*	PVI Cosed	*Preregistration is required Schedule and programming are subject to change	



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

Monday - Friday

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

December 11, 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

Tuesdays 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.

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

Jan. 8 *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
9:45 AM Tai Chi for Balance and Mobility Virtual Jason - \$	9:30 AM Fun with Fitness Virtual Vicky - \$	9:45 AM Tai Chi for Balance and Mobility Virtual Jason - \$	9:30 AM Fun with Fitness Virtual Vicky - \$	9:00 AM Lifetime Fitness In Person/Virtual Helen - \$ 2nd and 4th Fridays
2:30 PM Qi Gong In Person Jinn - \$	10:30 AM Strong for Life In Person Stanford Health Care F/CH - R	11:15 AM Moving Strong In Person Jenni - \$	10:45 AM Strong for Life In Person Stanford Health Care F/CH	9:30 AM Walk and be Fit Virtual Vicky - \$
	12:00 PM Tai Chi for Balance and Mobility In Person Jason - \$	1:30 PM Relaxation Techniques In Person Patty - \$	12:00 PM Tai Chi for Balance In Person Jason - \$	10:00 AM Active & Fit 20/20/20 In Person/Virtual Helen - \$ 2nd and 4th Fridays
		3:00 PM Chen-style Tai Chi In Person Lisette - \$		11:00 AM Stress Management In Person Patty - \$
\$ - 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 \$
Mondays
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

Lifetime Fitness

Instructor: Helen Kang

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!

In-Person and Virtual \$
2nd and 4th Fridays
9:00 - 10:00 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



Relaxation Techniques

Instructor: Patty Mayall

Sitting in chairs, the class begins with gentle, modified yoga stretches, and breathing techniques. The last half hour, we stand (or keep sitting, if you prefer), and use the chair for stability while we do easy poses for balance and strength. With music, we add movements for flexibility and energy.

In-Person \$
Wednesdays
1:30 - 2:30 PM

Stress Management

Instructor: Patty Mayall

While seated, students use their own fingertips, thumbs or knuckles to press acupuncture points on the face, arms, and legs while breathing deeply and quieting the mind. These therapeutic practices, along with guided meditation, can produce relaxation, relieve pain, stress, inflammation, muscle tension, and help with insomnia.

In-Person \$
Fridays
11:00 AM - 12:00 PM

Line Dancing

Instructor: Kent You and Sandy Hsu

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.

Returning in January:
In-Person \$
Mondays
10:30 - 11:30

Active & Fit 20/20/20

Instructor: Helen Kang

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!

Virtual and In-Person
Fridays
10:00 - 11:00 AM



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

Dec. 2 – Happiness for Beginners (Romcom)

Determined to rise from the ashes of her divorce, a teacher gets a crash course in outdoor survival and living fearlessly on a hiking adventure.

Dec. 9 – The Banker (Drama)

In the 1960s, two entrepreneurs hatch an ingenious business plan to fight for housing integration and equal access to the American Dream.

Dec. 16 – Glass Onion (Mystery/Comedy)

A puzzling invite to a billionaire's murder-mystery party on a private Greek island proves irresistible to a brilliant but bored detective.

Dec. 23 – Megan Leavey (Drama)

Feeling trapped in her old life, Megan enlists in the Marine Corps, where she forms an unlikely partnership with a combat dog. Based on a true story.

Dec. 30 – Falling for Figaro (Music/Romcom)

A fund manager trades her cushy life in London for a tiny Scottish village, where she chases her singing dreams coached by a crotchety former opera star.

Friday Movies

Dec. 6 – Finding Ohana (Adventure/Comedy)

On O'ahu for the summer, two siblings from Brooklyn connect with their Hawaiian heritage – and their family – on a daring quest for long-lost treasure.

Dec. 13 – Like Father (Drama/Comedy)

After she's left at the altar, a workaholic advertising executive ends up on her Caribbean honeymoon cruise with her estranged father.

Dec. 20 – Argylle (Action/Mystery/Comedy)

When the plots of her books get too close to the activities of a sinister underground syndicate, introverted spy novelist Elly Conway and her cat are plunged into the real world of espionage – where nothing, and no one, is what it seems.

Dec. 27 – The Neon Highway (Music/Drama)

A family man with long-simmering musical ambitions joins forces with a washed-up country great for a final shot at honky-tonk glory in Nashville.



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!

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.

December Gym Hours:

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

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

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

Individual Sessions	1	4	8	12	Partner Sessions	1	4	8	12
30 Min Session	\$50 (\$60)	\$185 (\$240)	\$375 (\$480)	\$550 (\$720)	60 Min Session	\$100 (\$130)	\$380 (\$520)	\$750 (\$1040)	\$1100 (\$1560)
60 Min Session	\$90 (\$100)	\$340 (\$400)	\$675 (\$800)	\$990 (\$1200)		\$50 pp	\$47.50 pp	\$46.88 pp	\$45.83 pp

*Member Pricing
(Basic and Non-Member Pricing)*

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!

Tuesdays 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 - 1:00 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



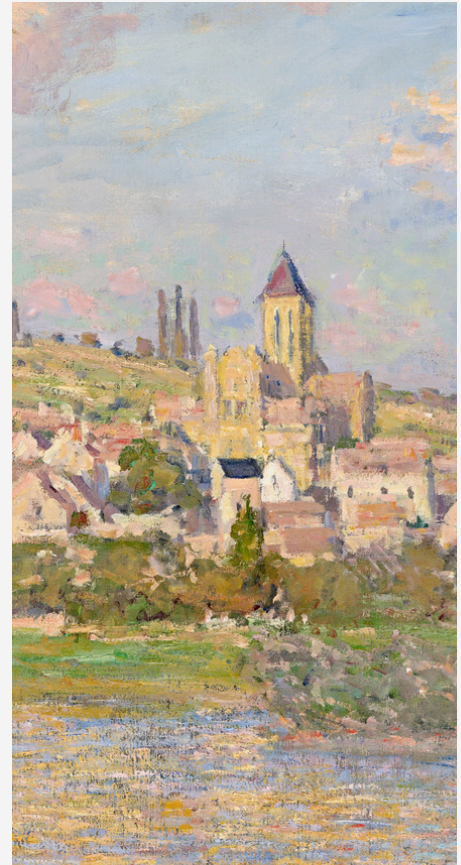
Drawing and Painting Class

Instructed by Foothill College, join PVI for a **free 12-week course** where you will learn and improve on your drawing, painting, and sketching skills. *Open to All Skill Levels.*

Goals for the Course

1. Improve expressive capability
2. Improve technical skills
3. Improve eye-hand coordination
4. Increase social interaction by discussing projects and working with groups.

Starting January 6
Mondays (In-Person)
1:00 - 2:50 PM



Course Given Through



PVI Little House Technology Center

Monday-Friday: 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:

\$10 Member / \$15 Non-member

5 Sessions:

\$45 Member / \$75 Non-member

10 Sessions:

\$90 Member / \$150 Non-member

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

Cancellation Policy

\$10.00 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

NEXT SESSION DATES:

January 14 - March 4
Tuesdays 10:00 AM - 12:00 PM

Members: \$60

Non-members: \$80

iPhone Class

NEXT SESSION DATES:

January 14 - April 22
Tuesdays 1:00 - 3:00 PM

January 16 - April 22
Thursdays 10:00 AM - 12:00 PM
Thursdays 1:00 - 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

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
2	3	4	5	6
Macaroni and Cheese, Broccoli	Bratwurst, Roasted Potato, Mixed Peppers	Orange Chicken, Rice, Asian Blend Vegetables	Herbed Roasted Fish, Mixed Grains, Mixed Grilled Vegetables	Swedish Meatballs, Mashed Potato, Green Beans
9	10	11	12	13
Cheese Omelet, Tater Tots, Chuckwagon Blend Vegetables	Chicken Fajitas, Rice, Mixed Peppers	Fish and Chips, Peas	Pork Loin, Roasted Potato, Green Beans	Loco Moco w/ Gravy, Rice, Spinach
16	17	18	19	20
Cheese Tortellini, Marinara, Italian Mixed Vegetable	Roasted Chicken w/ Pan Gravy, Rice, Mixed Vegetables	Cajun Fish, Quinoa, Corn and Peppers	Beef Ravioli w/ Marinara, Italian Mixed Vegetable	Holiday Ham, Roasted Potato, Green beans
23	24	25	26	27
CAFE CLOSED	CAFE CLOSED	CAFE CLOSED	CAFE CLOSED	CAFE CLOSED
30	31	Jan. 1	2	3
CAFE CLOSED	CAFE CLOSED	CAFE CLOSED	CAFE CLOSED	CAFE CLOSED

Menu is subject to change

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, Transportation 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: Roasted Butternut Squash and Apple Soup

Serves 4 to 6 people

Ingredients:

- 1 Medium Butternut Squash Approximately 2.5 lbs
- 2 Tbsp Avocado Oil and Ghee for Sauté
- 2 Apples Gala, Honey Crisp - diced
- 2 Large Shallots
- 4 Garlic Cloves - chopped
- 1 Tbsp Fresh Ginger - peeled and chopped
- 2 tsp Fresh Sage
- 2 cups Mineral Broth or Chicken Bone Broth
- 1.5 - 2 cups Filtered Water or More Broth
- 1/2 cup Coconut Milk Fat from Can, refrigerate can so that fat rises
- 1 tsp Sea Salt
- 1 tsp Maple Syrup (optional)
- 1 pinch Cayenne (optional)
- 1 tsp Raw Apple Cider Vinegar
- Garnish - toasted pumpkin seeds and or pecans, sumac, drizzle coconut milk, chopped fresh sage and or thyme



Assembly:

1. Preheat oven to 375°, line baking sheet with parchment paper
2. Split butternut squash in half lengthwise, remove seeds, coat cut side of squash with oil and place flesh side down on parchment lined baking sheet. Roast for 35 minutes or until fork easily inserts into skin of squash.
3. While butternut squash roasts prepare the remaining ingredients. Heat the oil in a large soup pot; sauté onion and apple 5 to 7 minutes, until golden and soft; continue by adding garlic and ginger sauté 4 to 5 minutes, reduce heat to medium low add in fresh herbs stir and sauté for additional 1 to 2 minutes. The aroma will be mouth watering. Turn off heat and let rest until butternut squash is done.
4. Once butternut squash is done let cool enough to handle. Add to the soup pot with onion apple herb mixture add broth blend with emersion blender until desired texture is achieved add additional liquid as needed. Once you are happy with texture turn on heat to low medium, add in coconut fat, heat and stir soup to incorporate coconut milk fat, add salt and pepper to taste, maple syrup, if using, and raw apple cider vinegar.
5. Heat soup through, prepare garnish if using, and enjoy!

Health Notes:

Butternut Squash along with the other winter squashes provide exceptional amounts of carotenes, winter squash in particular have been shown to provide protective effects against many cancers. Along with being cancer protective, diets high in foods containing carotenes appear to offer protection from heart disease, and the development of type 2 diabetes.

Apples, the old saying “An apple a day keeps the doctor away” appears to be true. In an analysis of more than 85 studies, apple consumption was shown to be constantly associated with reduced risk of heart disease, cancer, asthma, and type 2 diabetes. The skin of the apple provides the greatest amount of pectin, which is associated with supporting gut microbiome balance and provides beneficial gel forming fiber which support elimination.

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



Partners & Sponsors

Thank you for your support and partnership



PVI Program Guide Ad Specs

All ads are printed in color (if provided)

Inside Cover Placement

Quarter: 3.75" W x 5.0" L
Half Horizontal: 7.50" W x 5.0" L
Full: 7.50" W x 10.0" L

Back Cover Placement

Quarter: 3.75" W x 5.0" L
Half Horizontal: 7.50" W x 5.0" L

Inside Page Placement

Quarter: 3.75" W x 5.0" L
Half Horizontal: 7.50" W x 5.0" L

For all inquiries, please contact Artemis Rong at
Arong@1pvi.org



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WWW.1PVI.ORG