

PENINSULA VOLUNTEERS, INC.

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



800 Middle Avenue, Menlo Park, CA 94025



(650) 326-0665



www.1pvi.org

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
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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

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.

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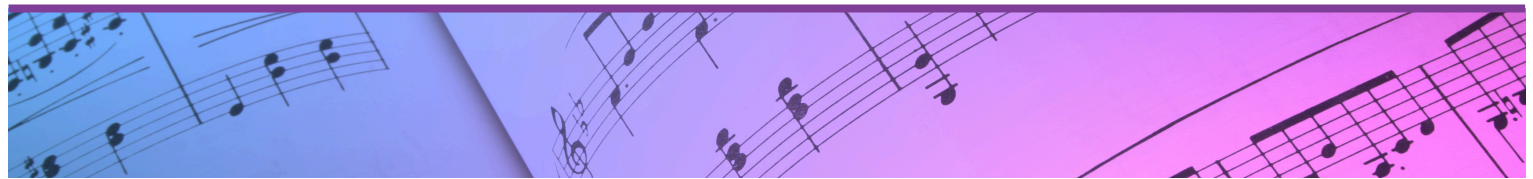
Love of Jazz: Featuring Champion Fulton

Monday, Feb. 3
12:30 - 1:30 PM
Free for All

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

PVI is happy to host award-winning pianist and singer Champion Fulton for a once in a lifetime concert!

*This performance was
made possible by
Jazz at the Ballroom.*



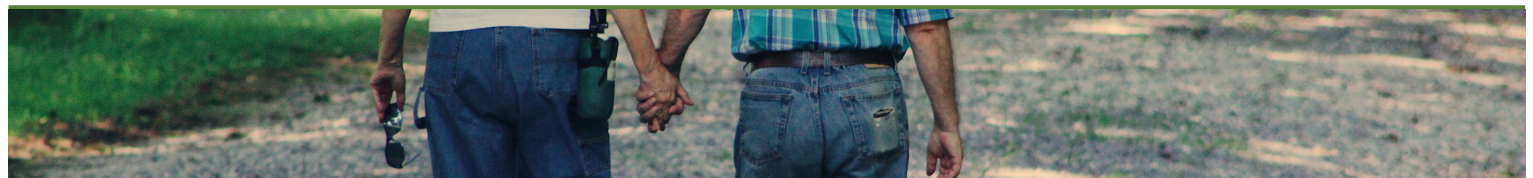
An Evening of Love with Top Shelf Jazz Combo

Friday, Feb. 14
3:00 - 4:00 PM
Free for All Members
\$5 Non-Members

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

PVI is happy to welcome back Top Shelf Jazz Combo for a special Valentines Day concert.

*You won't want to miss this.
Reserve your spot today!*



The Elephant in the Room: Sexuality and Dementia

Wednesday, Feb. 26
4:00 - 5:00 PM
Free for All

Location:
Rosener House
500 Arbor Rd,
Menlo Park, CA 94025

Join PVI as guest speaker Dr. Ayati discusses sensitive topics relating to intimacy for people with dementia, and how those around can best navigate it.

**Scan to
Register
Today!**





AARP Tax-Aide at Little House

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

Scan to
Register
Today!



AARP Tax-Aide is providing FREE tax counseling and preparation for the 2024 Tax Year. Appointments will be available at Little House on Tuesdays, 2/4/25 through 4/15/25.



Distinguished Lecture Series with Rick Deutsch

Friday, Feb. 14
10:00 - 11:00 AM
Free for Members
Free for P, PR, PL Members
\$15 for B / Non-Members

Machu Picchu: The Inca Empire

The arrival of the Spanish Conquistadors in Peru led to the mass extermination of the Incas in the mid-1500's. Cuzco, a short flight from Lima, was their capital and it still thrives today. Machu Picchu, located deep in the jungle, was never seen by the Spaniards and lay undiscovered until 1911.



Journal Making Class

February 4th-25th
Tuesdays
1:00 - 3:00 PM
Free for All Members
\$20 Non-Members

What to Bring:

Scissors, ruler, tapestry needle, file folder, embroidery floss/cotton mercantile cord (3 ft.), fabric, paper (15 sheets).

All remaining supplies provided by PVI.



Flower Arrangement Workshop

Wednesday, Feb. 12
1:30 - 3:00 PM

Free for All Members
\$5 for Non-Members

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

Join PVI for a hands-on workshop to learn how to create a beautiful Valentine's Day flower arrangement just in time for the holiday.



\$10 Friday Meal Deal is back!
Clam Chowder Friday

Fridays
11:30 AM - 1:00 PM
PVI's Little House Cafe

\$10 includes bowl of soup,
crackers, and a drink.

FRESH CLAMS, NEVER CANNED!
Spend the cold months with a
hot bowl of Clam Chowder and
good company.

NEW AT PVI

Chair Yoga

Includes modified yoga stretches and breathing techniques for balance and strength.

Wednesdays (In-Person)
1:30 - 2:30 PM

Gardening Club

Have a green thumb or enjoy being around plants? Little House is starting a Gardening Club!

Please talk to Little House's front desk if you are interested in joining.
Expected to start in March

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.

Mondays (In-Person)
10:30 - 11:30 AM

Singers at Little House

Join this group for a fun and casual singing experience. No prior experience is required. 12-week program will finalize with a performance at Little House.

Thursdays (In-Person)
11:00 AM - 12:00 PM
Pricing on Page 14

Songwriters at Little House

Unleash your creativity! Join this group to craft original lyrics to popular melodies.

Thursdays (In-Person)
1:00 PM - 2:00 PM
Pricing on Page 14

Stress Management

Learn and apply acupressure points on your body to quiet your mind and manage stress.

Fridays (In-Person)
11:00 AM - 12:00 PM

Tech Connect: Apple Watch Course

Join us for the latest in our Tech Connect program learning – **How to Get the Most from your Apple Watch**. Discover what your Apple Watch can do in 3 90-minute sessions. Your Apple Watch can be a useful and easily accessible extension of your iPhone. We will cover the layout of the watch, easy navigation, smart watch abilities, the Apple Watch Control Center, and safety and health features. You will learn fun ways to customize your watch face and even how to use the Apple Watch app on your phone.

Ownership of an Apple Watch is required. Pre-registration is required.
February 12 - 26
Wednesdays (In-Person)
1:00 PM - 2:30 PM

February is American Heart Month

It's February – American Heart Month – a time when the nation spotlights heart disease, the No. 1 killer of Americans.

President Lyndon B. Johnson, who was among the millions of people in the country who have had heart attacks, issued the first proclamation in 1964. Since then, U.S. presidents have annually declared February American Heart Month.

The first Friday of American Heart Month, Feb. 7, is also National Wear Red Day as part of the AHA's Go Red for Women initiative. Coast to coast, landmarks, news anchors, and neighborhoods go red to raise awareness and support for the fight against heart disease. For more information on the event and other activities during the month, visit goredforwomen.org.

During American Heart Month, the American Heart Association and other organizations reinforce the importance of heart health and the need for more research and efforts to ensure that millions of people live longer and healthier.

At Little House, we would like to join the movement. For the month of February we will be hosting the “4-Chamber Challenge” (learn more on page 9) encouraging our members to become involved in our fitness and wellness programming and develop healthier habits to start 2025!

Source: AHA.org



The 4-Chamber Challenge

Throughout the entire month of February, PVI Little House will be hosting the first annual 4-Chamber Challenge with the goal of boosting participants' cardiovascular health and bringing awareness to the leading cause of death in the US.

How to Participate

Starting February 1, 2025, the Front Desk will be distributing paper hearts with quadrants on them.

After you complete a qualifying event, ask the Fitness Instructor or Cafe Attendant to stamp an empty quadrant.

Once your heart has four stamps, return it to the Front Desk Staff where we will give you a new one and enter you into a raffle to win one of three grand prizes.

- Free Physical Training Session
- Free Month of Current Membership
- Free Week of Cafe Meals (limited to one a day)

What is a Qualifying Event?

For the month of February, all Health and Wellness related activities are eligible to receive a stamp. This includes but is not limited to:

- Fitness Classes
- Open Gym
- Personal Trainer Appointments
- Health Lectures
- Blood Pressure Screening
- Heart-Healthy Cafe Option
- National Wear Red Day

What is National Wear Red Day?

National Wear Red Day is an annual event that takes place on the first Friday of February. It's a day to raise awareness about heart disease and stroke, which are leading causes of death for women in the United States.

To participate in National Wear Red Day, simply visit PVI Little House wearing your favorite red articles of clothing.

All participants are allowed unlimited entries (stamped hearts) for the raffle that will be drawn February 28, 2025.

Get to Know Little House Director, Jared Blitz

“Born with aortic valve stenosis and having endured open-heart surgery to replace the valves (Ross procedure) at 17, I recovered well enough to play tennis at the collegiate level while earning a bachelor’s degree in Kinesiology with an emphasis in Exercise Physiology. After exploring work in the field of cardiac rehabilitation, an environment that I found uncomfortably close to home on a daily basis, I switched to higher education. I began teaching courses in health and exercise science at a community college, both during and after my own graduate education. As I learned more through my studies and experiences, my interests switched to public health: Specifically, how to prevent and treat chronic disease through fitness. This has led to a love affair with the American College of Sports Medicine’s “Exercise is Medicine” initiative.



After I could no longer play sports competitively, I needed a new outlet for my physical and mental health. My cardiologists made it clear that I was already at a disadvantage, and it was imperative that I stayed active to maintain good health. Twenty-five years after open-heart surgery, I have a passion for exploration. In addition to enjoying daily life, one of the major driving forces that energizes me is to see the world by hiking through it. For me, the best way to experience the most amazing places the planet has to offer is by foot. Hiking offers a more controllable challenge with consistent, mind-blowing payoffs — always full of adventures. I try to hike 100+ miles in the summer months alone.

Hikes may sound ordinary, especially where I live on the West Coast. However, over the past 25 years, I have not taken any medications, my blood pressure is under control, and my replaced valves are holding steady despite the very best valve replacements appearing to last only 10-15 years. I am without question living well with heart disease. Even though that is supposed to be temporary, I have the benefit of knowledge (and modern medicine) to recognize I can still enjoy what I love.

If I have learned anything as someone who has spent his life trying to prove he can live independently in spite of his circumstances, living well is best when shared with others who also want to live well.”

This essay is a modification of one that was published in the American College of Cardiology journal. Jared had won an essay contest for their Cardiosmart program focused on “heart warriors” who strive to live a heart-healthy life. <https://www.cardiosmart.org/patient-story/2018/2/jared-blitz-is-cardiosmart>

Heart Month Facts

- Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups.
- One person dies every 33 seconds from cardiovascular disease.
- In 2022, 702,880 people died from heart disease. That's the equivalent of 1 in every 5 deaths.
- Heart disease cost about \$252.2 billion from 2019 to 2020. This includes the cost of health care services, medicines, and lost productivity due to death.

Source: CDC.org

Exercise is Medicine

Many research studies have shown the benefits of regular physical activities. According to the U.S. Federal Physical Activity Guidelines and other studies, 150 minutes per week of moderate intensity physical activity are required to achieve these health benefits. Low levels of physical activity expose a patient to a greater risk of dying than does smoking, obesity, high cholesterol or hypertension.

Regular physical activity can decrease the risk of death by 40 percent for older men. Active individuals in their 80s have a lower risk of death than inactive individuals in their 60s. Regular physical activity can:

- Reduce mortality and the risk of recurrent breast cancer
- Lower the risk of colon cancer by more than 60 percent
- Reduce the risk of developing of Alzheimer's disease by approximately 40 percent
- Reduce the incidence of heart disease and high blood pressure by approximately 40 percent
- Lower the risk of stroke by 27 percent
- Lower the risk of developing type II diabetes by 58 percent
- Be twice as effective in treating type II diabetes than the standard insulin prescription and save \$2,250 per person per year compared to the cost of standard drug treatment
- Decrease depression as effectively as Prozac or behavioral therapy

Source: ExerciseisMedicine.org

PVI Little House Membership Information

Program Highlights:

Fitness & 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 (B)

The **Basic Membership** allows access to all free social events, clubs, games, activities, use of the Technology Center, complimentary coffee, and member discounts on all programming.

Primary (P)

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

Premium (PR)

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 (PL)

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



	Primary	Premium	Platinum	
	\$60	\$100	\$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

Complimentary Coffee

Tech Connect Computer Access

Member Discount on All Programming



Unlimited Group Fitness Classes

Unlimited Open Gym

Music Class Access**

Arts & Crafts Classes**

Fitness Assessment w/ Personal Trainer
(One per Year \$90 value)

Distinguished Lecture Series Access (\$120 value)



Unlimited Ceramics/Art Open Studio Access

Complimentary Admission to Event or Workshop
(One per Year)***

Complimentary Shelf Rental in Art Studio (\$60 value)

10% Discount on Preferred Provider Services

One Private 1-on-1 Tech Tutor Session per month***

Complimentary Personal Training Session or Massage
Appointment (One per Year \$88 value)

Unlimited Access to All Music Programming



Complimentary Little House Cafe Lunch
(One per Day; Mon-Thurs \$960 value)

Complimentary Access to All Classes and Events***

50% Discount on Ride PVI Admin Fee

Complimentary Access to Tech Courses***

10% Discount for Spouse/Partner on Adult Day
Services at Rosener House Fees

Two Bags of B-Mix Ceramics Clay Annually
(\$64 value)

Concierge 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**



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!

**Closed-toe shoes are required*

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

Fitness Assessments

Fitness assessments are required for anyone interested in our Personal Training Program. **Assessments are free and by appointment only.** Each appointment includes an orientation to the gym as well as an evaluation of your personal fitness goals. *Assessment may take up to 60 minutes. Assessment may be required to use open gym.*

Personal Trainer Packages

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

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.

Gym Hours

Monday - Thursday
8:30 AM - 4:00 PM

Member Pricing
Non-Member Pricing

Group Fitness Schedule

Mondays

9:45 AM
Tai Chi
Virtual

10:30 AM
Line Dancing
In-Person

2:30 PM
Qi Gong
In-Person

Tuesdays

9:30 AM
Fun with
Fitness
Virtual

10:30 AM
Strong for
Life
In-Person

12:00 PM
Tai Chi
In-Person

Wednesdays

9:45 AM
Tai Chi
Virtual

11:15 AM
Moving
Strong
In-Person

1:30 PM
Chair Yoga
In-Person

Thursdays

9:30 AM
Fun with
Fitness
Virtual

10:45 AM
Strong for
Life
In-Person

12:00 PM
Tai Chi
In-Person

Fridays

***9:00 AM**
Lifetime
Fitness
Hybrid

9:30 AM
Walk and Be
Fit
Virtual

***10:00 AM**
Active & Fit
20/20/20
Hybrid

11:00 AM
Stress
Management
In-Person

**Takes place on the 2nd and 4th week of the month*

FITNESS & WELLNESS

FREE FOR P, PR, PL
\$15 FOR B AND NON-MEMBERS

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!

2nd and 4th Fridays (Hybrid)
10:00 - 11:00 AM

Blood Pressure Screening

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

Sponsored by the Sequoia Healthcare District

Tuesday, February 11 (In-Person)
10:30 AM - 12:00 PM

Chen-Style Tai Chi

Instructor: Lisette Yung

Chen-style tai chi is a set of linking movements that help develop balance, body coordination, and strength. Cultivate life energy 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.

TBD

Fun with Fitness

Instructor: Vicky Cruz

Increase your strength, mobility, flexibility and reduce your fear of movement. This intermediate level class includes movement to music and uses small weights, bands and balls in a fun creative way.

Tuesdays and Thursdays (Virtual)
9:30 - 10:30 AM

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!

2nd and 4th Fridays (Hybrid)
9:00 - 10:00 AM

Line Dancing

Instructors: 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.

Mondays (In-Person)
10:30 - 11:30 AM

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.

Wednesdays (In-Person)

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.

Mondays (In-Person)

2:30 - 3:30 PM

Chair Yoga

Instructor: Patty Mayall

Includes modified yoga stretches and breathing techniques for balance and strength.

Wednesdays (In-Person)

1:30 - 2:30 PM

Stress Management

Instructor: Patty Mayall

Learn and apply acupressure points on your body to quiet your mind and manage stress.

Fridays (In-Person)

11:00 AM - 12:00 PM

Strong for Life Community Health Partnership with Stanford Adult Aging Services

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 with Stanford prior to attending.

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

Tuesdays at 10:30 AM (In-Person)

Thursdays at 10:45 AM (In-Person)

Strong for Life is free for all membership tiers.

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.

Mondays and Wednesdays (Virtual)

9:45 - 10:45 AM

Tuesdays and Thursdays (In-Person)

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.

Fridays (Virtual)

9:30 - 10:30 AM

MUSIC

FREE FOR P, PR, PL

\$15 FOR B AND NON-MEMBERS

Music with Kris

Come join our new once-a-week Music class 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.

Thursdays (In-Person)

3:00 - 4:00 PM

Jane West Room

- Feb. 6** Name that Tune: Evoking Memories
- Feb. 13** Love Songs from the 20th Century
- Feb. 20** Celebrating African-American Musicians
- Feb. 27** Memory Lane: Oldies from the 20s to 50s

Singers at Little House*

Join this group for a fun and casual singing experience. No prior experience is required. Finalizes with a performance at Little House.

February 6 - April 24

Thursdays (In-Person)

11:00 AM - 12:00 PM

Songwriters at Little House*

Unleash your creativity! Join this group to craft original lyrics to popular melodies.

February 6 - April 24

Thursdays (In-Person)

1:00 - 2:00 PM

***12-week programs.**

Free for Premium and Platinum members.

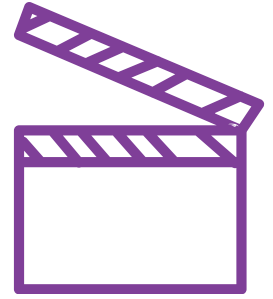
\$100 for Primary and Basic members.

\$150 for Non-Members.

Let's Go to the Movies

Enjoy a matinee movie with popcorn and friends! Have a movie suggestion? Let us know!

Mondays and Fridays (In-Person)
1:00 PM
Garden Room



Mondays Movies

Feb. 3 - *The Six Triple Eight* (Drama)

During WWII, the only US Women's Army Corps unit of color stationed overseas takes on an impossible mission in Tyler Perry's drama based on a true story.

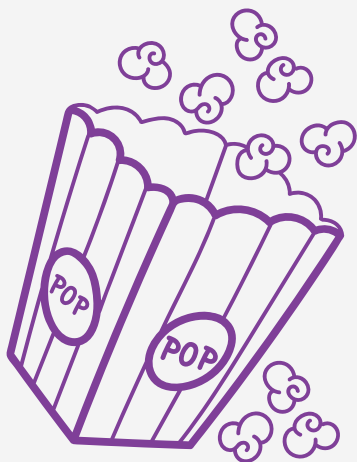
Feb. 10 - *Martha* (Documentary)

A thriving career. A beautiful home. A successful husband. Life looked perfect for Martha Stewart – but did that perfection come at a cost?

Feb. 17 - Closed for Presidents Day

Feb. 24 - *Shirley* (Drama)

The 1972 presidential ballot looks like business as usual until Shirley Chisholm – the first Black woman elected to Congress – decides to enter the race.



Fridays Movies

Feb. 7 - *80 for Brady* (Comedy/Sports)

A football-focused friendship comedy starring Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field.

Feb. 14 - *Irish Wish* (Romantic Comedy)

An impulsive wish before the wedding of her longtime crush and her best friend changes Maddie's destiny in this feel-good rom-com.

Feb. 21 - *Lift* (Action)

A brilliant thief. His loyal crew. And an Interpol agent in hot pursuit. Their next heist will either land them in the history books – or behind bars.

Feb. 28 - *Persuasion* (Drama)

Her high society relations persuaded her to give up the penniless man she loved. Years later she's single, full of regrets – and about to see him again.

SOCIAL GROUPS

FREE FOR ALL MEMBERS
\$5 FOR NONMEMBERS

Artistic Thursdays

Artistic Thursdays is here to bring together artists of all kinds. Whether you're a painter, drawer, do Zen doodles, or do coloring books, this group is for you!

Thursdays (In-Person)
10:00 AM - 12:00 PM

Billiard Group

Whether you are starting to learn, refreshing your skills or even just wanting to socialize, the Little House Billiard Group welcomes you!

Tuesdays (In-Person)
2:00 - 4:00 PM
Jane West Room

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 (In-Person)
10:00 AM - 12:00 PM
Garden Room

Gardening Club

Have a green thumb or enjoy being around plants? Little House is starting a Gardening Club! More information to come soon

Expected to start in March

Keys & Coffee

Join us on Fridays for a musical journey. We will serve coffee and host a special concert for members. (Dependent on volunteer availability).

Fridays (In-Person)
10:30 - 11:30 AM
Jane West Room

Knitting Club

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.

Wednesdays (In-Person)
10:00 AM to 12:00 PM

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.

1st Wednesday of the Month (In-Person)
1:00 PM

- Feb. 5 ***Mozart's Starling***
by Lyanda L. Haupt
- Mar. 5 ***The Tiffany Girls***
by Shelley Noble
- Apr. 2 ***James***
by Percival Everett
- May 7 ***Island Beneath the Sea***
by Isabel Allende
- June 4 ***God of the Woods***
by Liz Moore
- July 2 ***We Solve Murders***
by Richard Osman
- Aug. 6 ***Fraud, an American History
from Barnum to Madoff***
by Edward J. Balleisen
- Sept. 3 ***A Long Way Gone, Memoirs
of a Boy Soldier***
by Beth Ishmael
- Oct. 1 ***However Long the Night***
by Aimee Molloy

Social Games & Activities

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

Monday - Friday (In-Person)
8:00 AM - 4:00 PM

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!

Waffle Wednesdays

Indulge in the delightful tradition of
Waffle Wednesdays with us! Join for a
morning of delicious waffles, good
company, and a midweek treat that's
sure to sweeten your day.

2nd Wednesday of the Month (In-Person)
9:30 AM
Jane West Room

Little House Member Birthday Luncheon

If you are a member and have a birthday
in January or February please join us for a
complimentary lunch, birthday treats,
and great company!

February 11th (In-Person)
11:30 AM
Little House Cafe

Reserve your spot by Tuesday, Feb. 4
littlehouse@1pvi.org or 650-326-2025

ART

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.

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

Open Studio Schedule

Mon: 10:00 AM - 1:00 PM
Caroline Rasmussen

Tues: 10:00 AM - 1:00 PM
Caroline Rasmussen
1:00 - 4:00 PM
Independent

Wed: 9:00 AM - 4:00 PM
Independent

Thurs: 9:00 AM - 1:00 PM
Ed Bellinger
1:00 - 4:00 PM
Independent

Fri: 9:00 AM - 1:00 PM
Ed Bellinger
1:00 - 4:00 PM
Independent

Ceramics Studio Packages

Individual Sessions	1	4	8	12
Pass Pricing	\$20 \$25	\$75 \$100	\$150 \$200	\$220 \$300

b, p Member Pricing
Non-Member Pricing

pr, pl Memberships receive free unlimited open studio.

Foothill College 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.*

January 6-March 24
Mondays (In-Person)
1:00 - 2:50 PM

Pre-registration is required
All supplies provided by Foothill College

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 (In-Person)
6:00 - 8:30 PM
Art Studio

Cost: \$75 Members*
\$90 Non-members*
*Clay not included
Duration: 2 class-pass

TECH

PVI Little House Technology Center

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).

Monday - Friday
9:00 AM - 4:00 PM
Tech Center

Free for All Members
\$5 for Non-Members

Personalized 1-on-1 Tech Tutoring

Mondays (In-Person)
12:00 - 2:00 PM

Tuesdays (In-Person)
1:00 - 3:00 PM
Instructor speaks Mandarin and Cantonese

Wednesdays (In-Person)
1:30 - 3:30 PM

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

PR, PL members get one free tutoring session per month depending on availability.

Cancellation Policy
\$10.00 fee for No Show or Cancellation within 24 hours' notice.

Individual Sessions	1	5	10
Session Pricing	\$10 \$15	\$45 \$75	\$90 \$150

Member Pricing
Non-Member Pricing

Tech Connect Program

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 Apple Watch, iPhone, and iPad, including email, Zoom, internet safety, taking photos, and more!

Apple Watch Class

February 12 - February 26

Wednesdays (In-Person)

1:00 PM - 2:30 PM

Members: \$40

Non-members: \$60

iPad Class

Next Session Dates:

January 14 - March 4

Tuesdays (In-Person)

10:00 AM - 12:00 PM

Members: \$60

Non-members: \$80

iPhone Classes

Next Session Dates:

January 14 - April 22

Tuesdays (In-Person)

1:00 - 3:00 PM

January 16 - April 24

Thursdays (In-Person)

Session 1: 10:00 AM - 12:00 PM

Session 2: 1:00 - 3:00 PM

Members: \$80

Non-members: \$100

Events at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
		29	30	31
Schedule and Programming are Subject to Change				
Pre-registration is Required				
3	4	5	6	7
Bridge Movie Foothill Art Class Tech Tutoring Jazz at the Ballroom Concert	Current Events Mahjong Billiard Group Journal Class Tech Tutoring	Knitting Group Book Club Got Groceries? Mahjong/Pinochle Tech Tutoring	Hand & Foot Canasta Artistic Thursdays Singers Songwriters Music with Kris	Keys & Coffee Mahjong Cribbage Movie
10	11	12	13	14
Bridge Movie Foothill Art Class Tech Tutoring	BP Screening Current Events iPad Class Mahjong Billiard Group iPhone Class Journal Class Tech Tutoring	Waffle Wednesday Knitting Group Got Groceries? Mahjong/Pinochle Tech Tutoring Flower Workshop Apple Watch Class	Hand & Foot Canasta Artistic Thursdays iPhone Class Singers Songwriters Music with Kris	Keys & Coffee Mahjong Lecture Series Cribbage Movie Top Shelf Jazz Concert
17	18	19	20	21
Closed	Current Events iPad Class Mahjong Billiard Group iPhone Class Journal Class Tech Tutoring	Knitting Group Got Groceries? Mahjong/Pinochle Tech Tutoring Apple Watch Class	Hand & Foot Canasta Artistic Thursdays iPhone Class Singers Songwriters Music with Kris	Keys & Coffee Mahjong Cribbage Movie
24	25	26	27	28
Bridge Movie Foothill Art Class Tech Tutoring	Current Events iPad Class Mahjong Billiard Group iPhone Class Journal Class Tech Tutoring	Knitting Group Got Groceries? Mahjong/Pinochle Tech Tutoring Apple Watch Class The Elephant in the Room	Hand & Foot Canasta Artistic Thursdays iPhone Class Singers Songwriters Music with Kris	Keys & Coffee Mahjong Cribbage Movie

Little House Cafe February Menu

Hours of Operation: 11:30 AM - 1:00 PM

\$5.00 per Meal

Monday	Tuesday	Wednesdays	Thursday	Friday
		29	30	31
<i>Menu is subject to change</i>				
3	4	5	6	7
Egg Fried Rice, Asian Mixed Vegetables	Glazed Ham, Potato, Broccoli	Loco Moco, Rice, Spinach	Meatball Marinara, Pasta, Italian Mixed Vegetable	Clam Chowder Friday! \$10 per meal
10	11	12	13	14
Cheese Tortellini, Marinara, Italian Blend Vegetable	Beef Burrito Bowl, Cilantro Rice, Mixed Corn/Beans	Roasted Chicken w/ Pan Gravy, Roasted Potato, Broccoli	Pollo Asado, Cilantro Rice, Sautéed Peppers/Onions	Valentines Day Lunch
17	18	19	20	21
Closed	Chicken Jambalaya, Corn	Sausage Skillet with Potato, Mixed Vegetables	Salisbury Steak, Mashed Potato, Green Beans	Clam Chowder Friday! \$10 per meal
24	25	26	27	28
Mac and Cheese Broccoli	Chicken Teriyaki, Rice, Edamame	Beef Stroganoff, Egg Noodles, Peas	Chicken Cacciatore, Brown Rice, Italian Mixed Vegetables	Clam Chowder Friday! \$10 per meal



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 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

Caregivers, Coffee & Connection

Tuesday, Feb. 11

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.

2nd Tuesday of Each Month
9:30 - 11:00 AM
Rosener House

For inquiries contact Yolanda Chavez
650-322-0126 or [ychavez@1pvi.org](mailto:y Chavez@1pvi.org)

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

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

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 - Friday**

**PVI meals are prepared fresh in
our Menlo Park Kitchen and
available for purchase to
anyone in the community**

**Contact us for more information
650-323-2022**



Deals on Meals

Are you or a loved one looking for nutritious, convenient, and affordable meal options? Our private, paid meal delivery service is here to help older adults maintain their independence while enjoying delicious well-balanced meals from the comfort of home.



What We Offer:

- **Complete Meals for Only \$12 Each**
Every meal includes an entrée crafted to provide **1/3 of an older adult's daily nutritional needs**, plus a fresh salad and a delectable dessert.
- **Flexible Ordering**
Order as many meals as you need each week to suit your lifestyle.
- **Convenient Delivery**
Meals are delivered **one to two times a week** depending upon the number of meals ordered by our friendly drivers, ensuring freshness and a warm smile with every delivery.

**\$12.00
per Meal**

**CONTACT US TODAY FOR
MORE INFORMATION:**

(650) 323-2022

www.1pvi.org/Nutritionservices

Why Choose Us?

- ✓ **Health-First Approach:** Meals designed with older adult's dietary needs in mind.
- ✓ **Freedom of Choice:** No contracts or commitments—order what you need.
- ✓ **Comfort and Convenience:** Skip the cooking and enjoy more time for the things you love.

Let us take meal planning and preparation off your plate, so you can focus on what matters most!

PVI Got Groceries? Free Grocery Pick-Up



**Every Wednesday
11:30 AM - 1:30 PM**

- 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



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.



Hours of Operation

Monday, Tuesday
9:00 AM - 5:30 PM

Wednesday, Thursday, Friday
9:00 AM - 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.

What is the service area?

We serve San Mateo County (except for the Pescadero region) and all of Santa Clara County.

What is the cost/rate for each ride?

Rates vary by residence. Please call 650-272-5006 for current rate information. Any subsidized ride is only available through Ride PVI.

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 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 Mondays through Fridays, 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

Activity Support: 12:30 to 2:00 PM | Mon. thru Fri. (*urgent need Mon., Wed., Thurs.*)

Care Companion: 10:30 AM - 2:00 PM | Mon. thru Fri.

Front Desk Support: 10:00 AM -12:00 PM (*most need,*) 12:00 – 2:00 PM (*most need*), 2:00 - 4:00 PM | Mon., Tues., Thurs., Fri.

Lunch Helper: 11:30 - 1:30 PM | Mon. thru Fri.

Art Room Support: 10:30 AM - 12:00 PM | Mon. thru Fri.

PVI Nutrition Services

Meal on Wheels Delivery Drivers: 10:00 AM - 12:30 PM | Tues., Wed., Thurs.

PVI Little House

- **Tech Connect Tutors:** Days and times vary.
- **Little House Café:** 11:15 AM - 1:30 PM | Mon. thru Fri.
- **Little House Music Performer:** 10:30 -11:30 AM | Mon. thru Fri. (*Fri. Urgent Need*)

Ride PVI

Transportation Coordinator: 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: Chocolate Energy Bites



Serves 4

Ingredients:

3/4 cup Raw Pecans

1 Tbsp Dark Maple Syrup

1 cup pitted Dates

1/4 cup Collagen Powder or Protein Powder of choice (see Health Notes)

1/4 cup Raw Cacao powder plus more for rolling and coating bites

1/8 tsp salt

Assembly:

1. Place pecans in food processor and grind to a fine grind. Add the maple syrup, dates, collagen, cacao, and salt. Pulse a few times to incorporate and then process until dough forms.
2. Place couple of tablespoons additional coco on a plate with a rim. Scoop approximately a tablespoon of dough, roll into a ball, drop in cacao, roll to coat. Place on a plate or sheet pan.
3. Refrigerate until firm approximately 25 to 30 minutes, transfer to an airtight container. Store in refrigerator for up to one month if they last that long without being eaten. Easily transportable for on-the-go enjoyment!

Health Notes:

Protein and Collagen powders are not all created equal. A few you can check out are Nature Health Products Whey protein, Nutri-cost grass-fed whey protein, Jarrow Whey protein. Looking to step away from whey protein; plant protein might be a better fit, products to explore might be Ka'Chava, Native, and Sarah Naturals. Collagen brands you might want to review are Vital Proteins, Rootz, Great Lakes Gelatin, and or Beta Inc. If none of these are for you, I highly recommend Hemp hearts and or a blend of seeds.

Raw Pecans are loaded with protein, healthy fat, and fiber making them a nut to not overlook. Loaded with good sources of calcium, magnesium, and potassium, which help to support blood pressure balance.

Medjool Dates are little mineral bombs with sweet punch that actually supports blood sugar regulation. Regular date consumption 3 to 4 a day is associated with improved blood sugar balance, relieved constipation, supported energy recovery, bone health, and cardiovascular support.

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

Partners & Sponsors

Thank you for your support and partnership



FOR YOUR HEALTH



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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us**



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facebook.com/PeninsulaVolunteers



WWW.1PVI.ORG