

Newsletter & Program Guide

MARCH
2025



Photo Credits to the Line Dancing Class

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 are 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

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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.

SAVE THE DATE

PVI PRESENTS THE 34TH ANNUAL

AUTHOR'S *Salon*

SUNDAY, APRIL 13, 2025
GRAND BAY HOTEL

OVER SIX MILLION COPIES SOLD
TRANSLATED INTO 42 LANGUAGES
TELEVISION ADAPTATION ON APPLE TV+

FEATURED AUTHOR

BONNIE GARMUS

"Lessons in Chemistry"

FOR MORE INFO

SCAN
ME!



DON'T MISS
AN UPDATE!



Peninsula Volunteers, Inc.
(650)326-0665 | 1pvi.org

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Coldwell Banker Realty Presents: Fire Safety 101

Friday, Mar. 7
10:00 - 11:00 AM
Free for Members
\$5 for Non-Members

Join us to discuss fire safety tips for older adults led by a local firefighter.

TO REGISTER:

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



COLDWELL BANKER
REALTY



Does our Healthcare Need Fixing?

Mondays
Starting March 17
11:00 AM - 12:00 PM
Free for Members
\$5 per Class for Non-Members

Whether you have concerns about the costs, quality, or convenience of your healthcare, or think American healthcare is best in the world, this series will be eye-opening.

TO REGISTER:

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

Talk led by Dr. Neil "Tony" Holtzman, retired Professor of Pediatrics at the Johns Hopkins School of Medicine



Cooking Demonstration with Second Harvest



Wednesday, Mar. 19
10:00 AM

Free for Members
\$5 for Non-Members

TO REGISTER:

Call (650) 326-2025

Email littlehouse@1pvi.org

Join us as Second Harvest Food Bank provides a cooking demonstration for a meal you can easily make at home.

Space is Limited!



Aquarium of the Bay Virtual Tour

Friday, Mar. 28
10:00 AM

Free for Members
\$5 for Non-Members

TO REGISTER:

Call (650) 326-2025

Email littlehouse@1pvi.org

Join Little House as we host a virtual tour of the San Francisco Aquarium of the Bay. There will be a live tour guide and Q&A from an aquarium staff member.





Get The Most From Your Apple Watch

Wednesdays
March 19 - April 2
1:00 - 2:30 PM

TO REGISTER:

Call (650) 326-2025

Email littlehouse@1pvi.org

Pricing on Page 23

Discover what your Apple Watch can do in 3 90-minute sessions!

What You Will Learn

- Text Messages
- Navigation Features
- Health Tracking
- Customization Settings
- And More!



St. Patrick's Day Luncheon

Monday, Mar. 17
11:00 AM - 1:00 PM
PVI's Little House Cafe

\$15 for Members
\$20 for Non-Members

RSVP by Monday, March 10

Call (650)326-0665 or

Email littlehouse@1pvi.org

MENU

Corned Beef
Red Creamer Potato
Braised Cabbage
and Carrots

Bake Sale & Irish Coffee

The PVs will be hosting an Irish coffee and bake sale before the event.

This is an added cost to the luncheon menu.



AARP Tax-Aide at Little House

Tuesdays
8:30 AM - 4:00 PM
March 4 - April 15

*Scan to
Sign up
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, Mar. 14
10:00 - 11:00 AM

Free for P, PR, PL Members
\$15 for B / Non-Members

Elon Musk - Modern Day Edison

Originally from South Africa, Elon became a classic entrepreneur, dropping out of Stanford to create PayPal. After selling it, he embarked on the development of solutions to many challenging projects. His electric car, Tesla, became the leader in this nascent market. He made SpaceX the go-to launch vehicle. Musk built underground tunnels to remove cars from crowded highways and launched the largest solar power provider.

COMMUNITY VOICES

Hillview Middle School Students

This part of the guide was contributed by Arjun Goel and Aria Patel from Hillview Middle School located in Menlo Park. We want to thank them for their time and effort in interviewing Program Coordinator, Lindsay Hopkins, and creating a fun crossword puzzle. We hope you enjoy it!

Meet Arjun Goel

Arjun Goel is a 7th-grade student at Hillview Middle School in Menlo Park who enjoys writing, robotics, and debate. He also writes for his school newspaper and plays in the school orchestra.

Arjun's Interview with Lindsay Hopkins, *Little House Program Coordinator*

Where are you from, and where did you grow up?

I grew up in San Jose but have lived in Santa Cruz, San Luis Obispo, Vallejo, as well as Florida and Massachusetts.

Can you tell me about a senior in your life?

My parents. They're retired but very active. My mom volunteers at a food pantry, and my dad plays in bands, performing at senior centers. I admire them and hope to stay as engaged as they are.

What prompted you to work at Little House?

I have a nonprofit background, mostly working with kids. Later, I worked at a library and realized I enjoyed working with seniors too. I liked the job description, applied, met Jared and Aaron, and was lucky to get the job.

Aaron told me that you studied English Literature. What interested you about that?

I've always loved reading. My mom, a teacher, encouraged me to study something I enjoyed, so I chose literature. Books expose you to different viewpoints and ideas.

Is there anything else you'd like the members to know about you?

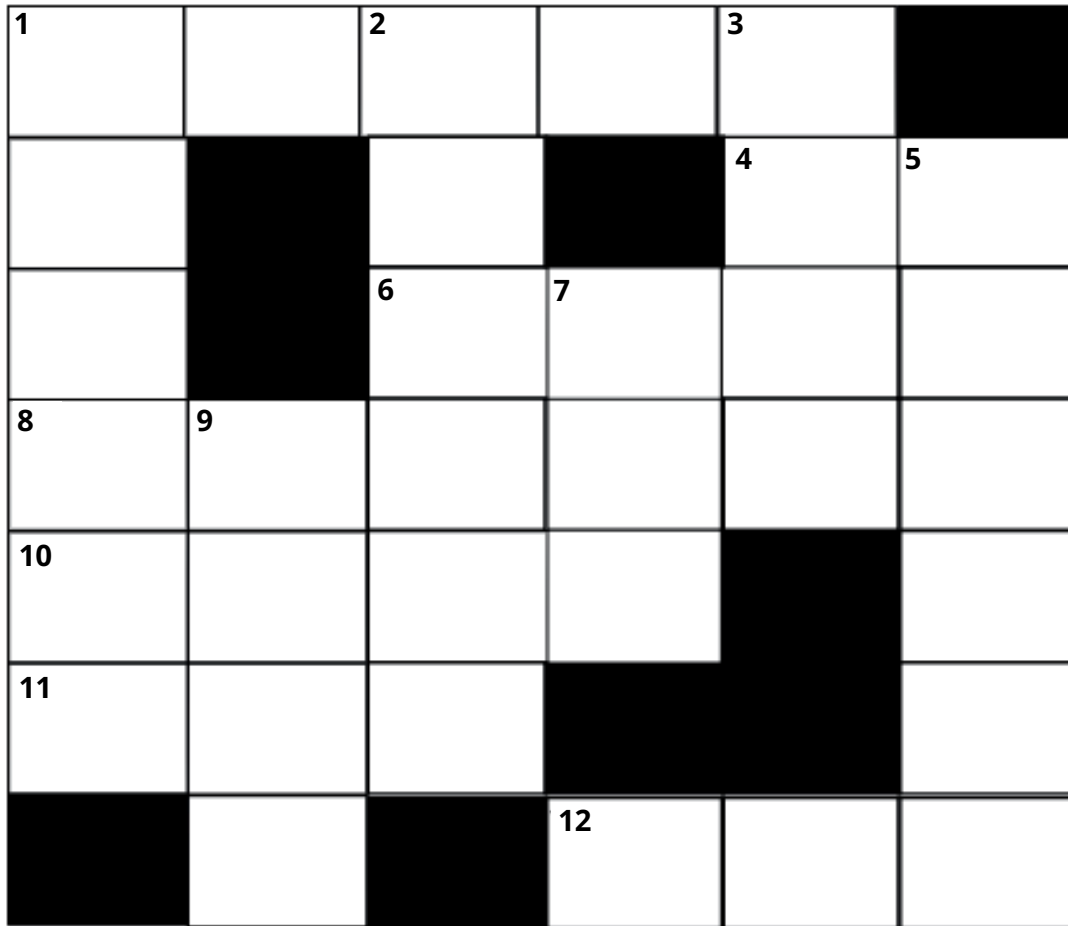
I love running marathons, I'm a dog person, and I enjoy cooking and baking.

What responsibilities do you have?

My tasks vary daily. Mostly, I connect with members to see what they need. I also handle things like fixing the coffee machine, helping with chairs, and answering activity-related questions.

*Interview by Arjun Goel,
Hillview Middle School Student*

Crossword Puzzle



Across

- 1:** The first word of a gift-exchange game; the gifts are usually quite extravagant
4: Abbreviation for a certain level of classes one can take in high school
6: Art _ _ _ _
8: He who slays dragons
10: You can pay extra money to have a seat with more space for these on airplanes
11: _ _ _ - friendly
12: Another word for the part of corn we eat

Down

- 1:** Rip Van....
2: A color between blue and purple
3: _ _ _ _ and every one of you
5: The last name of the protagonist in a well-known fantasy series
7: Abbreviation for a certain field of surgery that deals with patients who have urgent conditions that a surgery needs to be performed on
9: A pain in the...

*Crossword Puzzle by Aria Patel,
Hillview Middle School Student*

NEW AT PVI

Thank you Kris, for your hard work and dedication to our community!

For over six years, PVI's Music Therapist Kristopher Hong has been a critical member of PVI. With the news of his leaving, we want to thank him for his commitment and wish him the best in his next endeavor.

Please be advised that all music classes at PVI's Little House are temporarily suspended. We understand how important these offerings are, and we are actively working to find more music programs. We appreciate your patience and understanding during this time.

Gardening Club

Have a green thumb or enjoy being around plants? Little House is starting a Gardening Club! This club will meet on a monthly basis to start.

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

Tuesday (In-Person)

March 18, 2025

1:00 - 2:00 PM

Healthcare Discussion Series

Whether you have concerns about the costs, quality, or convenience of your healthcare, or think American healthcare is best in the world, these six sessions will be eye-opening.

Class leader: Dr. Neil "Tony" Holtzman, retired Professor of Pediatrics at the Johns Hopkins School of Medicine, currently living in Menlo Park and a member of Little House, will lead the discussions, presenting actual data interspersed with your questions and comments.

Mondays (In-Person)

March 17, 2025

11:00 AM - 12:00 PM

Pricing on Page 5

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

No Line Dancing Monday, Mar. 24

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.

*Ownership of an Apple Watch is required.
Pre-registration is required.*

March 19 - April 2

Wednesdays (In-Person)

1:00 PM - 2:30 PM

Pricing on Page 23

NEW AT PVI

Meet Brent Brayshaw, MS

Brent is a certified exercise physiologist, personal trainer, and health coach who has spent the last 15 years specializing in exercise for older adults and special populations. His mission is to empower clients to discover a love for fitness and movement. He has a passion for guiding others in evidence-based programs that improve longevity and quality of life. Outside of work, Brent enjoys trail running, practicing martial arts, cooking, and spending time with his wife and three dogs.



Little House is continually advancing its fitness programming. Brent brings a plethora of experience working with seniors that will incorporate regular and post-clinical exercise classes. Some of the changes you see will be apparent, with new classes benefitting both PVI's Little House and Rosener House.

We are looking to become the go-to community center in Menlo Park for medically-integrated fitness. We aim to work with local clinics, hospitals, and doctor's offices to provide older adults with a place to continue being physically active, utilizing evidence-based programs dedicated to our mission of helping seniors age in place.

Soon, there will be more programs available held to a limited number of participants. Brent and other qualified trainers will be collecting measurable, HIPAA-compliant information on your progress that you will be able to take to your physician so they can keep track of your activity level as a vital sign, in partnership with the American College of Sports Medicine's Exercise is Medicine initiative.

PVI Little House Information



Hours of Operation

Monday	8:30 AM - 4:00 PM
Tuesday	8:30 AM - 4:00 PM
Wednesday	8:30 AM - 4:00 PM
Thursday	8:30 AM - 4:00 PM
Friday	8:30 AM - 4:00 PM

PVI's Little House Policies

Cancellations: If you wish to cancel an appointment or class reservation, it must be done 24 hours in advance or you will be charged.

Appointment Expirations: 6 months after date of purchase.

Day Pass Expirations: Day Passes expire 60 days after date of purchase

Refunds: Classes and appointments are generally non-refundable. In the case of serious illness or injury, a refund for the remaining classes or appointments may be requested in writing, accompanied by a doctor's note.

Membership is non-refundable and non-transferable.

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 Fitness Gym



Open Gym

Open Gym in the PVI Little House Fitness Gym is a monthly fee-based Program ideal for individuals preferring to exercise 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 Training 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

Notes:
No Line Dancing
Monday, Mar. 24

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 cardio, strength, and stretching exercises 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, March 11 (In-Person)

10:30 AM - 12:00 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

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 and stretch muscle groups 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

No Line Dancing Monday, Mar. 24

Moving Strong

Instructor: Jenni Castaldo

This class focuses strength, 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,” 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

Stress Management

Instructor: Patty Mayall

Learn and apply acupuncture 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



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 a seasoned pro, 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 spending time outside? Little House is starting a Gardening Club! This club will meet on a monthly basis to start.

Tuesday (In-Person)
March 18, 2025
1:00 - 2:00 PM

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

- 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 games and
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 March or April please join us for a
complimentary lunch, birthday treats,
and great company!

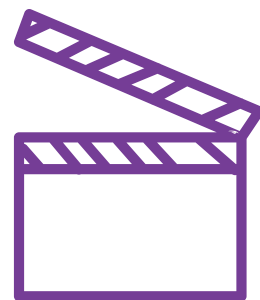
April 8 (In-Person)
11:30 AM
Little House Cafe

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

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

Mar. 3 - The Holdovers

Forced to spend Christmas break at his prep school, a curmudgeonly instructor develops an unlikely bond with a troubled student and the head cook.

Mar. 10 - In the Heart of the Sea

Stranded far from land and hunted by a massive whale, desperate sailors must survive brutal trials in this Ron Howard drama inspired by a true story.

Mar. 17 - Older than Ireland

This landmark documentary tells a unique living history of Ireland - one seen through the eyes of 30 Irish centenarians. Each has witnessed a century of immense social, political and technological change, and provide a unique perspective on the meaning of life.

Mar. 24 - Atlas

A brilliant counterterrorism analyst with a deep distrust for AI discovered it might be her only hope when a mission to capture a renegade robot goes awry.

Mar. 31 - Buy Now! The Shopping Conspiracy

Ex-insiders from the world's biggest brands share the manipulative tricks they use to keep customers consuming - at a devastating cost to our lives.

Fridays Movies

Mar. 7 - The Storied Life of A.J. Fickry

Based on the bestselling novel by Gabrielle Zevin, A.J. Fickry has a second chance to find happiness after an unexpected visitor arrives at his bookstore.

Mar. 14 - Back in Action

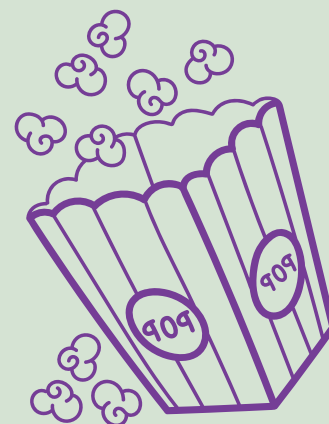
Two secret agents turned doting parents are forced to go on the run with their unsuspecting kids.

Mar. 21 - On the Basis of Sex

A trailblazing young Ruth Bader Ginsberg takes up a case of sex-based discrimination in an attempt to shatter the status quo.

Mar. 28 - Notting Hill

A chance encounter brings together reserved bookstore owner William Thacker and Hollywood Icon Anna Scott who forge an improbable romance.



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.

Clay is available for purchase at front desk.

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

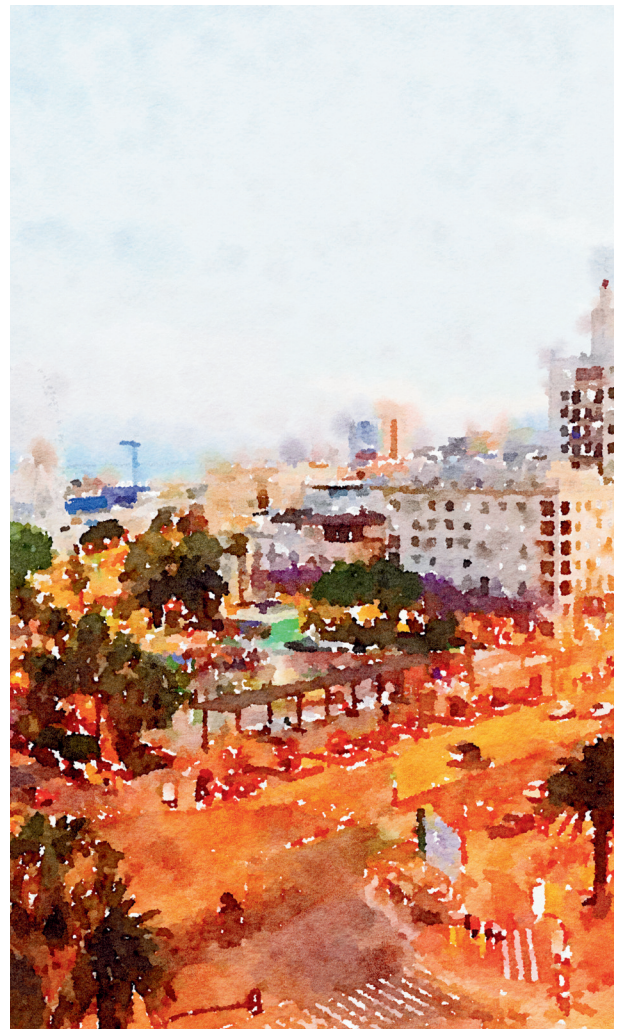
PR, PL Memberships receive free unlimited open studio.

Foothill College Drawing and Painting Class

Instructed by Foothill College, join PVI for a **free 12-week course** where you will 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*



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 also speaks Mandarin and Cantonese

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

Thursdays (In-Person)
12:30 - 2:30 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

March 19 - April 2
Wednesdays (In-Person)

1:00 PM - 2:30 PM

Members: \$40

Non-members: \$60

iPad Class

Next Session Dates:

April 22 - June 10

Tuesdays (In-Person)

10:00 AM - 12:00 PM

Members: \$60

Non-members: \$80

iPhone Classes

Next Session Dates:

April 29 - August 12

Tuesdays (In-Person)

1:00 - 3:00 PM

May 1 - August 14

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
3	4	5	6	7
Bridge Movie Foothill Art Class Tech Tutoring	Current Events Mahjong Billiard Group Tech Tutoring AARP Tax Aide	Knitting Club Book Club Got Groceries? Mahjong/Pinochle Tech Tutoring	Hand & Foot Canasta Artistic Thursdays	Keys & Coffee Fire Safety Lecture Mahjong Cribbage Movie
10	11	12	13	14
Bridge Movie Foothill Art Class Tech Tutoring	Blood Pressure Current Events iPad Class Mahjong Billiard Group iPhone Class Tech Tutoring AARP Tax Aide	Waffle Wednesday Knitting Club Got Groceries? Mahjong/Pinochle Tech Tutoring	Hand & Foot Canasta Artistic Thursdays iPhone Class	Keys & Coffee Mahjong Lecture Series Cribbage Movie
17	18	19	20	21
Luncheon Healthcare Discussion Bridge Movie Foothill Art Class Tech Tutoring	Current Events iPad Class Mahjong Billiard Group Gardening Club iPhone Class Tech Tutoring AARP Tax Aide	Knitting Club Got Groceries? Mahjong/Pinochle Tech Tutoring Apple Watch Class Cooking Demo	Hand & Foot Canasta Artistic Thursdays iPhone Class	Keys & Coffee Mahjong Cribbage Movie
24	25	26	27	28
Healthcare Discussion Bridge Movie Foothill Art Class Tech Tutoring	Current Events iPad Class Mahjong Billiard Group iPhone Class Tech Tutoring AARP Tax Aide	Knitting Club Got Groceries? Mahjong/Pinochle Tech Tutoring Apple Watch Class	Hand & Foot Canasta Artistic Thursdays iPhone Class	Virtual Aquarium Tour Keys & Coffee Mahjong Cribbage Movie
31	1	2	3	4
Healthcare Discussion Bridge Movie Tech Tutoring			Schedule and Programming are Subject to Change Pre-registration is Required	

Little House Cafe March Menu

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

\$5.00 per Meal

Monday	Tuesday	Wednesdays	Thursday	Friday
3	4	5	6	7
Vegetable Chow Mein, Peas	Mediterranean Chicken, Turmeric Rice, Spinach	Beef Bolognese, Penne Pasta, Italian Mixed Vegetables	Orange Chicken, Rice, Asian Vegetable Mix	Clam Chowder Friday! \$10 per meal
10	11	12	13	14
Cheese Enchilada, Tomato Rice, Cabbage	Meatloaf w/ Gravy, Sweet Potato, Garden Vegetable Blend	Chicken Fried Rice, Asian Vegetables	Swedish Meatballs, Roasted Potato, Green Beans	Clam Chowder Friday! \$10 per meal
17	18	19	20	21
St. Patrick's Day Luncheon	Chicken Teriyaki, Rice, Edamame	Beef Stew, Rice, Green Beans	Pork Chili Verde, Rice, Mixed Vegetables	Clam Chowder Friday! \$10 per meal
24	25	26	27	28
Vegetable Curry, Rice	BBQ Chicken, Sweet Potato, Broccoli	Beef Fajitas, Rice, Onions/Peppers	Sausage, Skillet Potato, Vegetable Medley	Clam Chowder Friday! \$10 per meal
31	1	2	3	4
Vegetable Enchilada Casserole, Spanish Rice				

Menu is subject to change



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, Mar. 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



SECOND HARVEST
of SILICON VALLEY

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.



QUIESCENCE

Customized Solutions for Family Caregivers

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:
conciiergecare@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 needed*) 12:00 – 2:00 PM (*most needed*)
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. (*urgent need Fri.*)

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: Spring Minestrone Soup



Serves 4-6

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 2 garlic cloves, chopped
- 4 carrots chopped
- 1 small bunch scallions, white and light green parts, thinly sliced
- 1 teaspoon lemon zest
- 4 cups vegetable stock or broth
- 2 cups water
- 1 large leek, white and pale green parts only, tough outer layer removed
- 1 turnip, peeled and cut into roughly 1-inch cubes
- 1 15-oz. can cannellini beans, rinsed
- 1 15-ounce can of diced tomatoes
- 1 small bunch asparagus, cut into 1-inch pieces
- 2 cups chopped chard or collard
- 1 cup fresh or frozen peas
- 1 Tbsp. Italian seasoning
- 1 Tbsp. organic non-GMO or genetically engineered white miso (optional)
- ¼ cup chopped fresh parsley
- 2 cups cooked small pasta (optional)

Assembly:

1. Heat oil in a large pot. Sauté garlic, stirring often, until garlic is softened, 1-2 minutes. Add scallions and lemon zest and continue to sauté, stirring occasionally, 3-4 minutes.
2. Add broth and water to a pot. Increase heat to medium-high, bringing to a simmer. Add leeks, turnip, beans, tomatoes, and kale, and let simmer approximately 10 minutes. If using pasta add here.
3. Add peas and asparagus and continue simmering a further 3-4 minutes.
4. Stir miso into warm soup. Season to taste with sea salt and black pepper, top with chopped fresh parsley.

Health Notes:

Eating seasonal foods supports natural detoxification pathways and supports overall balanced digestive and immune function. This soup is easily modified to support vegetables available in your area.

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