

# Newsletter & Program Guide



Rosener House in Partnership with Stanford Global Studies "Connecting Generations Through Haiku" Group

## 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



## PREMIER ASSISTED LIVING & MEMORY CARE



THE BEST CARE. FOR THE BEST LIFE.

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

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



Assisted Living & Memory Care  
**Oakmont**  
of Redwood City

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

**SCHEDULE A TOUR TODAY (650) 683-9636**

# 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](http://1pvi.org)

# TABLE OF CONTENTS

<b>1</b>	<b>New at PVI</b> <hr/>	5-12
	What's New at PVI Community Voices	
<b>2</b>	<b>PVI Little House</b> <hr/>	13-25
	Membership Information, Events at a Glance, Fitness Schedule, Gym and Personal Training, Health & Wellness, Social Clubs, Cultural Arts & Learning, Movies, and Technology	
<b>3</b>	<b>PVI Rosener House</b> <hr/>	26-27
	PVI Adult Day Services	
<b>4</b>	<b>PVI Nutrition Services</b> <hr/>	28-30
	Little House Cafe, Meals on Wheels, Got Groceries	
<b>5</b>	<b>RIDE PVI</b> <hr/>	31
	On-Demand Concierge Transportation Services	
<b>6</b>	<b>PVI Quiescence</b> <hr/>	32
	Customized Solutions for Family Caregivers	
<b>7</b>	<b>Special Feature</b> <hr/>	33-34
	Volunteering at PVI Stephanie's Recipe of the Month	
<b>8</b>	<b>Sponsor's Page</b> <hr/>	35





## Sewing Class: Slow Stitching

**Tuesdays**  
**1:00 - 2:30 PM**  
**April 8 - April 29**

Free for Members  
\$20 for Non-Members

Join our slow stitching class to experience the calming power of handwork. Connect with your creativity and find joy in the process of creating.

**TO REGISTER:**

Call (650) 326-2025

Email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org)



## Botanicals with Bonnie - Spring is Here!

**Wednesday, Apr. 9**  
**1:30 - 3:00 PM**

Free for Members  
\$5 for Non-Members

***Spots are Limited! RSVP Today!***

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

**TO REGISTER:**

Call (650) 326-2025

Email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org)



## Afternoon Tea with PVI Little House

**Thursday, Apr. 24  
1:30 PM**

**Free for Members  
\$5 for Non-Members**

Join us on the fourth Thursday of each month for warm tea, light bites, and great company.



## Healthy Habits and Personal Growth Presented by Coldwell Banker Realty

**Friday, Apr. 25  
10:00 - 11:00 AM**

**Free for Members  
\$5 for Non-Members**

Spring into action and take charge of your health. Learn how small changes can reap lasting positive health benefits.

### **TO REGISTER:**

Call (650) 326-2025

Email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org)

*Sponsored by Beth Leathers and Liliانا Perazich of Coldwell Banker Realty*

 **COLDWELL BANKER | REALTY**





## Cuddle Club with Muttville Senior Dog Rescue

**Tuesday, Apr. 29**  
**11:00 AM - 12:00 PM**

**Free for Members**  
**\$5 for Non-Members**

### **TO REGISTER:**

Call (650) 326-2025  
Email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org)

Join us to pet, play, and cuddle with dogs while Muttville gives a brief presentation on their services.



## Distinguished Lecture Series with Rick Deutsch

**Friday, Apr. 11**  
**10:00 - 11:00 AM**

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

### **Barcelona - Spain's Jewel**

Originally founded by the Romans, the city was conquered by the Visigoths, the Arabs, and by Charlemagne of the Franks. Today, the "Gothic Center" comprises the old town and features the Neo-Gothic architectural work of Antoni Gaudi. His immense but still unfinished Catholic Church, the "Sagrada Família." It has been under construction since 1882. Resembling a giant ant hill, it will be the tallest church in the world when finished in 2026.



## Mother's Day Luncheon

**Friday, May 9**  
**11:00 AM - 1:00 PM**  
**\$15 for Members**  
**\$20 for Non-Members**

**TO REGISTER:**

Call (650) 326-2025  
Email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org)

Join us for our annual Mother's Day Luncheon to celebrate with good food and great company!

*The menu will be announced at a later date*



## Shredding Event

**Thursday, May 1**  
**1:00 - 3:00 PM**

*This is a PVI Little House Members-Only Event*

A quick and easy way to protect yourself from fraud! Shred confidential documents that you no longer need at PVI's Little House. On a first-come first-served basis.

**Sponsored by**  
**Nancy Goldcamp**





# 13TH ANNUAL ROOS KATES AWARDS

## The Caring Care Award Ceremony Hosted at PVI Rosener House

Wednesday, March 12, 2025, PVI celebrated our 13th annual award ceremony tradition of awarding two direct care employees at PVI Adult Day Services with the Roos Kates Awards.

The awards are the Arthur J Kates Patient Caring Care Award and the Irene and George Roos Patient Caring Care Award. These awards are presented by the Gene Kates family of Atherton, and Debbie Streiber in southern California to honor and encourage front-line direct care staff who work closely with and provide care to those living with dementia. Each year the awardees are voted on by their peers on the basis of PVI's 5 integral values: Respect, Commitment, Trust, Dedication, and Compassion.

### This Year's Roos Kates Recipients

Elise Andrada  
*Activity Leader*



Augusto Manalang  
*Certified Nursing Assitant*



# COMMUNITY VOICES

## Hillview Middle School Students

*This part of the guide was contributed by Arjun Goel from Hillview Middle School located in Menlo Park. We want to thank him for his time and effort in interviewing Program Associate, Olga Sviridenko. 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 Olga Sviridenko, Little House Program Associate

#### What is your role at Little House, and when did you start working there?

I work as a front desk person. I greet people, answer phone calls, check-in visitors, and direct them to the right person for assistance. I started in July. Initially, I volunteered for almost a year, and then Jared kindly offered me a full-time position. So, I've been working here full-time for about six months or a little more.

#### What is your perfect vacation?

Somewhere with a warm sea, great food, and history. I'm from Moscow but moved here 10 years ago. I've traveled a lot in Europe, and my dream vacation would be a month in Italy or Greece—slow-paced, rich in culture, art, and history.

#### What hobbies do you have?

As a mother of two, I don't have much free time. But I studied art in college and love ceramics, drawing, and visiting museums. I also watch TV shows—not sure if that's a hobby or procrastination, but it helps me with English. I also volunteer for a Ukrainian animal rescue, helping rebuild shelters and provide emergency medical care.

#### What season would you choose for this vacation?

Late spring, early summer, or autumn—when it's warm but not too crowded.



### **Where did you grow up, and what was your childhood like?**

I grew up in Moscow in the 1990s. I remember when the Soviet Union collapsed—it was tough for our parents, but as kids, we were happy, running around unsupervised while they worked hard to provide for us.

### **Who is a senior in your life that has been important to you?**

My grandmother. She lived through World War II, worked in a factory supporting the front lines, and even received a medal for her work. She worked hard all her life, especially after the Soviet Union collapsed, to support our family. She was a strong, adventurous person who always found a way to be there for us.

### **Can you tell me more about your grandmother's story?**

She was from a small village and moved to Moscow after the war. She worked in factories and, despite not having a higher education, was incredibly resourceful. In the Soviet Union, private businesses were illegal, but she found ways to support our family. She was a single mother and a strong woman who did whatever it took to survive.

### **If you could ask all the seniors here one question, what would it be?**

I would ask, “What is your biggest regret?”—something they wish they had done but never did. Maybe I can learn from them to avoid similar regrets in my own life.

### **What jobs have you had before this?**

I moved here 10 years ago, but before that, I worked in Moscow. My last job was 16 years ago as a program coordinator at an art school. We ran classes for singers, dancers, and DJs, and had a program for music managers. In Russia, a “music producer” is more like a PR manager rather than someone who makes music. I handled schedules, students, teachers, and event planning. Before that, I also worked in sales and front desk roles.



# NEW AT PVI

## Balance Boost

Work on movements that help you feel more aware of your body, strengthen your core, and increase agility.

Whether you want to prevent falls, feel more secure during everyday activities, or just move better, this class will give you the tools to improve your balance and feel more grounded.

Monday & Wednesdays (Hybrid)  
9:00 - 9:50 AM

## Chair Volleyball

Join us for a fun and engaging game of Chair Volleyball! It's a great way to stay active, have fun, and enjoy friendly competition with others.

Fridays (In-Person)  
1:00 - 1:50 PM

## Open Air Aerobics

Boost your energy and mood with an outdoor workout! We'll use simple aerobic and bodyweight exercises to get you moving and feeling great. Enjoy the benefits of sunshine and fresh air while you exercise.

Mondays (In-Person)  
10:00 - 10:50 AM

## Ground Mobility

Learn simple and safe ways to get down to and up from the floor. We'll work on building strength and flexibility so you can move with more confidence.

Fridays (In-Person)  
10:00 - 10:50 AM

## PWR! Moves

Using the PWR! (Parkinson's Wellness Recovery) exercise program, we'll help you improve your posture, build strength, and move more easily. This class is beneficial for everyone.

Wednesdays (Hybrid)  
10:00 - 10:50 AM

## 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.*

April 16 - April 30  
Wednesdays (In-Person)  
1:00 PM - 2:30 PM  
Pricing on Page 23

# NEW!



# PVI Little House Information



## Hours of Operation

<b>Monday</b>	8:30 AM - 4:00 PM
<b>Tuesday</b>	8:30 AM - 4:00 PM
<b>Wednesday</b>	8:30 AM - 4:00 PM
<b>Thursday</b>	8:30 AM - 4:00 PM
<b>Friday</b>	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) \$20

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) \$60

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) \$100

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) \$160

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.



**Control  
Your  
Plan**

	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 - Friday  
8:30 AM - 4:00 PM

**Member Pricing**  
**Non-Member Pricing**

# Group Fitness Schedule

## Mondays

**9:00 AM**  
Balance  
Boost  
*Hybrid*

**10:00 AM**  
Tai Chi  
*Virtual*

**10:00 AM**  
Open Air  
Aerobics  
*In-Person*

**10:30 AM**  
Line Dancing  
*In-Person*

**2:30 PM**  
Qi Gong  
*In-Person*

Starting April  
7th, virtual Tai  
Chi on  
Mon/Wed will  
start at 10am.

## Tuesdays

**9:30 AM**  
Fun with  
Fitness  
*Virtual*

**10:30 AM**  
Strong for  
Life  
*In-Person*

**12:00 PM**  
Tai Chi  
*In-Person*

## Wednesdays

**9:00 AM**  
Balance  
Boost  
*Hybrid*

**10:00 AM**  
Tai Chi  
*Virtual*

**10:00 AM**  
PWR! Moves  
*Hybrid*

**11:15 AM**  
Moving  
Strong  
*In-Person*

**1:30 PM**  
Chair Yoga  
*In-Person*

Starting April  
7th, virtual Tai  
Chi on  
Mon/Wed will  
start at 10am.

## Thursdays

**9:30 AM**  
Fun with  
Fitness  
*Virtual*

**10:45 AM**  
Strong for  
Life  
*In-Person*

**12:00 PM**  
Tai Chi  
*In-Person*

## Fridays

**9:30 AM**  
Walk and Be  
Fit  
*Virtual*

**10:00 AM**  
Ground  
Mobility  
*In-Person*

**11:00 AM**  
Stress  
Management  
*In-Person*

**1:00 PM**  
Chair  
Volleyball  
*In-Person*

No Stress  
Management  
class on  
April 18



# FITNESS & WELLNESS

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

## Balance Boost

Instructor: Brent Brayshaw

Work on movements that help you feel more aware of your body, strengthen your core, and increase agility. Whether you want to prevent falls, feel more secure during everyday activities, or just move better, this class will give you the tools to improve your balance and feel more grounded.

Monday & Wednesdays (Hybrid)  
9:00 - 9:50 AM

## Blood Pressure Screening

Free monthly drop-in blood pressure screenings are provided by Sequoia Healthcare District nurse, Suzanne Lim.

Sponsored by the Sequoia  
Healthcare District

Tuesday, April 8 (In-Person)  
10:30 AM - 12:00 PM

## Chair Volleyball

Instructor: Brent Brayshaw

Join us for a fun and engaging game of Chair Volleyball! It's a great way to stay active, have fun, and enjoy friendly competition with others.

Fridays (In-Person)  
1:00 - 1:50 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

## Ground Mobility

Instructor: Brent Brayshaw

Learn simple and safe ways to get down to and up from the floor. We'll work on building strength and flexibility so you can move with more confidence.

Fridays (In-Person)  
10:00 - 10:50 AM

## Line Dancing

Instructors: Kent You and Sandy Hsu

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 is a great way to elevate your heart rate with low impact aerobic exercises and develop strength for daily living, such as 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

## Open Air Aerobics

Instructor: Brent Brayshaw

Boost your energy and mood with an outdoor workout! We'll use simple aerobic and bodyweight exercises to get you moving and feeling great. Enjoy the benefits of sunshine and fresh air while you exercise.

Mondays (In-Person)

10:00 - 10:50 AM

## PWR! Moves

Instructor: Brent Brayshaw

Using the PWR! (Parkinson's Wellness Recovery) exercise program, we'll help you improve your posture, build strength, and move more easily. This class is beneficial for everyone.

Wednesdays (Hybrid)

10:00 - 10:50 AM

## Strong for Life Community Health Partnership with Stanford Adult Aging Services

### CLASS IS CURRENTLY FULL! JOIN OUR WAITLIST FOR NEXT AVAILABLE SPOTS

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, 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 members.**

## 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 acupressure points on your body to quiet your mind, relieve pain, and manage stress.

Fridays (In-Person)

11:00 AM - 12:00 PM

## Tai Chi for Mobility and Balance

Instructor: Jason Chan

Tai chi is proven to improve balance and has the potential to restore the physical functioning of our bodies. Performing tai chi regularly is a great way to improve one's posture and balance. The movements are easy to learn and a joy to practice.

Mondays and Wednesdays (Virtual)

10:00 - 11:00 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)  
April 22, 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

- 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

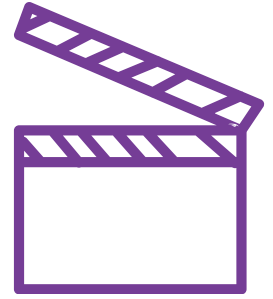
Reserve your spot by Tuesday, Apr. 1  
littlehouse@1pvi.org or 650-326-2025



## 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



### Monday's Movies

#### **Apr. 7 - *Runaway Jury***

A gun manufacturer hires a jury consultant to score a favorable verdict in a landmark trial, but two scheming con artists have a different deal in mind.

**Apr. 14 - *Midnight in the Switchgrass*** In this tense crime thriller, 2 FBI agents and a police officer investigate a serial murder case.

#### **Apr. 21 - *David Attenborough: A Life on Our Planet***

A broadcaster recounts his life and the evolutionary history of life on earth to grieve the loss of wild places and offer a vision for the future.

#### **Apr. 28 - *Yogi Berra: It Ain't Over***

The colorful life and career of quotable baseball great Yogi Berra shine brightly in this documentary featuring insider interviews and archival footage.

### Friday's Movies

#### **Apr. 4 - *Uncorked***

A young man feels torn between his dream of becoming a master sommelier and his father's expectations that he'll take over the family barbecue business.

#### **Apr. 11 - *La Dolce Villa***

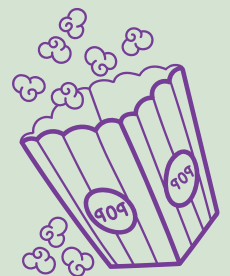
When his daughter decides to buy a crumbling Tuscan villa, Eric rushes to Italy to talk her out of it – and instead finds beauty, romance, and new purpose.

#### **Apr. 18 - *The Whale***

An online writing teacher grapples with his health, self-isolation, and grief as he tries to reconnect with his teenage daughter.

#### **Apr. 25 - *Rebecca***

Based on the 1938 bestseller that's never gone out of print, this stylish thriller follows a widower and his new bride into a marriage rife with secrets.



# 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.*

April 7 - June 27  
Mondays (In-Person)  
1:00 - 2:50 PM

*Pre-registration is required*  
*All supplies provided by Foothill College*

*All current students are rolled over to new term for your convenience. New registrants, please sign up with the front desk or call (650) 326-0665.*



# 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](mailto: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

April 16 - April 30  
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
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Mahjong Cribbage Movie
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Healthcare Seminar</b> Bridge Movie Foothill Art Class Tech Tutoring	Blood Pressure Current Events iPad Class Mahjong Billiard Group Birthday Lunch iPhone Class Tech Tutoring AARP Tax Aide Sewing Class	Waffle Wednesday Knitting Club Got Groceries? Mahjong/Pinochle Tech Tutoring <b>Spring Flower Workshop</b>	Hand & Foot Canasta Artistic Thursdays iPhone Class	Keys & Coffee Mahjong <b>Lecture Series</b> Cribbage Movie
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Healthcare Seminar</b> Bridge Movie Foothill Art Class Tech Tutoring	Current Events iPad Class Mahjong Billiard Group Gardening Club iPhone Class Tech Tutoring Sewing Class	Knitting Club Got Groceries? Mahjong/Pinochle Tech Tutoring Apple Watch Class	Hand & Foot Canasta Artistic Thursdays iPhone Class	Keys & Coffee Mahjong Cribbage Movie
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Healthcare Seminar</b> Bridge Movie Foothill Art Class Tech Tutoring	Current Events iPad Class Mahjong Billiard Group iPhone Class Tech Tutoring Sewing Class	Knitting Club Got Groceries? Mahjong/Pinochle Tech Tutoring Apple Watch Class	Hand & Foot Canasta Artistic Thursdays Afternoon Tea iPhone Class	Keys & Coffee <b>Healthy Habits</b> Mahjong Cribbage Movie
<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>
<b>Healthcare Seminar</b> Bridge Movie Foothill Art Class Tech Tutoring	Current Events iPad Class Mahjong <b>Muttville Visit</b> Billiard Group iPhone Class Tech Tutoring Sewing Class	Knitting Club Got Groceries? Mahjong/Pinochle Tech Tutoring Apple Watch Class	Schedule and Programming are Subject to Change <b>Pre-registration is Required</b>	

# Little House Cafe April Menu

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

\$5.00 per Meal

Monday	Tuesday	Wednesdays	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Beef Stew, Barley	Chicken Piccata, Rice Pilaf, Peas/Carrots	Salisbury Steak, Potato, Green Beans	Pizza, Wings, Salad, Dessert  \$10 per meal
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Egg Fried Rice, Asian Vegetable Blend	Pulled Pork, Baked Beans, Broccoli	Loco Moco, Rice, Garden Vegetable Blend	Chicken Marsala, Egg Noodles, Capri Blend Vegetables	Pizza, Wings, Salad, Dessert  \$10 per meal
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Penne Pasta Primavera, Italian Mixed Vegetables	Chicken Stew, Rice, Vegetable Blend	Beef Stroganoff, Egg Noodles, Peas/Carrots	BBQ Meatballs, Roasted Potato, 5 Way Vegetable Blend	Pizza, Wings, Salad, Dessert  \$10 per meal
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Cheese Omelet, Tater Tots, Broccoli	Stir Fry Chicken, Rice, Asian Vegetable Blend	Marinara Meatballs, Spaghetti, Italian Blend Vegetable	Beef Stew, Barley, Peas and Carrots	Pizza, Wings, Salad, Dessert  \$10 per meal
<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>
Egg Fried Rice, Asian Vegetable Blend	Jerk Chicken, Coconut Rice, Spinach	Beef Bolognese, Penne, Italian Mixed Vegetables	<i>Menu is subject to change</i>	



## 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](mailto:y Chavez@1pvi.org)

When is your family member ready to use our PVI Rosener House Adult Day Services?

If you answer "yes" to *more than 3* of the following questions:

- Does your family member have difficulty planning their own activities?
- Does your family member have significant difficulty staying focused and initiating an activity, e.g., reading, conversation, hobbies?
- Would your family member benefit from social engagement?
- Can your family member no longer be safely left at home?
- Would your family member benefit from exercise & therapies to maintain strength and balance?
- Do the actions of your family member require your attention so much so that it's interfering with your own health, happiness, or causing anxiety, frustration or depression?



# Rosener House Programs At-a-Glance

## Caregivers, Coffee & Connection

Tuesday, Apr. 8

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

## Open House on May 17, 2025, from 10:00 AM to 1:00 PM

Join us where you and the person you are caring for can experience and learn all that PVI Rosener House has to offer.

## 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 Santa Clara and 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**



*STAY NOURISHED, STAY INDEPENDENT; DELICIOUS HOME-DELIVERED MEALS FOR SENIORS*

## Deals on Meals

Don't feel like cooking? We have a deal for you. Our private, gourmet meal delivery service is here to help seniors maintain their independence while enjoying delicious well-balanced meals from the comfort of home.



### What We Offer:

- **Complete Meals for Only \$12 Each**  
Every delivery includes an entrée crafted to provide **1/3 of an older adult's daily nutritional needs**, plus a delicious 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](http://www.1pvi.org/NutritionServices)

### Why Choose Us?

- ✓ **Healthy 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](mailto: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: Cucumber, Jicama, and Mango Salad

## Serves 6

### Ingredients:

1/4 cup Rice or Brown Rice vinegar look for Organic or non-GMO  
1/4 cup filtered water  
1 to 2 tablespoons Raw local honey  
Juice of one lime  
1/4 teaspoon sea salt  
1 large English cucumber cut into bite-size chunks  
1 cup diced peeled jicama cut into bite-size chunks  
1 cup diced mango cut into bite-size chunks  
3 tablespoons coarsely chopped fresh mint



### Assembly:

Combine vinegar, water, honey, lime juice, and salt in a small saucepan over medium heat and bring to a boil. Reduce heat and cook until liquid is clear and slightly thickened about 2 minutes. The dressing should have reduced to about 1/4 of a cup of liquid. Refrigerate dressing for 15 minutes or overnight. Chop and combine cucumber, jicama, and mango; toss with chilled dressing, then add mint and toss again to combine. Let salad sit at room temperature for 20 to 30 minutes to let flavors incorporate. Enjoy a salad, or it may be refrigerated for up to 3 days.

### Health Notes:

**Mango** is not a fruit you will find grown in California, but it is widely available in late spring and throughout the summer. Mangos are one of the leading fruit crops in the world fun fact: Mangos are consumed by more people in the world regularly than apples; Michael Murray, *The Encyclopedia of Healing Foods*. Mangos have been appreciated as a health-promoting fruit for a long time, loaded with carotenoids, antioxidants, and phytochemicals. Dr. Sue Percival, a professor from the University of Florida in 2002, confirmed and expanded on research conducted by the University of Hawaii in 1997. A lab test confirmed white blood cells in rats that had been exposed to cancer-causing substances and then exposed to mango extract; that the mangoes protected the cells from turning into cancer cells.

**Mint** is known for its calming effects on the digestive system. Peppermint contains a compound that has been shown to inhibit the growth and formation of cancer.

### References:

*The Encyclopedia of Healing Foods*; Michael Murray N.D.; Atria Books 2005  
*The Definitive Guide to Cancer*; Lise N. Alschuler, ND, FABNO, and Karolyn A Gazella; Celestial Books 2010  
*The Cancer Fighting Kitchen*, first edition; Rebecca Katz; Celestial Books 2009

*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](mailto:Arong@1pvi.org)



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**WWW.1PVI.ORG**