

Newsletter & Program Guide



Photo taken during Ed and Carla's Keys and Coffee performance on March 21.

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





Respite you need, Care they deserve

PVI ROSENER HOUSE OFFERS CARE OPTIONS FOR FAMILY CAREGIVERS.

We invite you and your loved one to join us for a day of fun and activities (*music, exercise, arts & crafts, and brain games*) while you meet our team and get your questions answered!



RSVP TODAY!

or by visiting 1pvi.org/openhouse2025

JOIN US FOR AN OPEN HOUSE MAY 17

KEPLER'S BOOKS & MAGAZINES

MENLO PARK EST. 1955

**1010 El Camino Real, Suite 100
Menlo Park, CA 94025**

Support two great organizations at once

PVI is happy to announce that we are community partners with the legendary Kepler's.

Now when you pick your next read at Kepler's Books, let them know you'd like to support PVI at checkout.

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**BEACH BREAK
FILM FESTIVAL**

BEACH BREAK ENTERTAINMENT PRESENTS AWARD-WINNING DOCUMENTARY

DO I NEED THIS?

Aging Parents, Lasting Memories
– Join us for a powerful film and discussion with filmmaker, Kate Schermerhorn, moderated by The Happy Home Crew's Kathy Kaufmann.

Friday, May 9
1:30 pm & 5:00 pm
800 Middle Ave., Menlo Park, CA

Free Admission; Donations Encouraged

GET YOUR TICKET TODAY! 1PVI.ORG/BEACHBREAK



Shred it

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



Mother's Day Luncheon

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

RSVP BY MAY 2

Call (650) 326-2025

Email littlehouse@1pvi.org

Come celebrate Mother's Day with PVI. We'll be serving a delicious brunch while listening to Top Shelf Jazz Band.

Menu

Lemon Herb Salmon,
Roasted Potatoes,
Asparagus, & Dessert



Distinguished Lecture Series with Rick Deutsch

Friday, May 9
10:00 - 11:00 AM

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

Florida: Rockets, 'Gators & a Mouse

Disney World and retirement communities define Florida. The Kennedy Space Center launched man to the moon and will send us off to Mars. Watch out if you play golf: alligators may be in a foursome behind you. Miami's Art Deco District is the largest in the world. If you sail there, you'll experience the world's biggest cruise port.



Healthy Habits and Personal Growth Presented by Coldwell Banker Realty

Thursday, May 15
10:00 - 11:00 AM

Free for Members
\$5 for Non-Members

TO REGISTER:

Call (650) 326-2025

Email littlehouse@1pvi.org

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

Sponsored by Beth Leathers and Liliana Perazich of Coldwell Banker Realty



COLDWELL BANKER REALTY

COMMUNITY VOICES

Hillview Middle School Student

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 Little House Member, Jim Knox. We hope you enjoy it!

Arjun's Interview with Jim Knox, Little House Member

Where did you grow up, and how did you meet your wife?

I grew up in Bridgeport, a neighborhood on the South Side of Chicago. Back then, it was full of small houses and apartments, close together. My dad was American-born, but he married a Polish immigrant, and we were raised Catholic. I went to a Jesuit high school near downtown. Since it was all boys, we set up a dance with a girls' school on the other side of the city. That's where I met my wife. We were both sixteen. We were friends for years before getting married.

Looking back, what are you most proud of?

I am proud that I have done my best not to leave any damage behind. If I could not make something better, I at least tried not to make it worse. I drove for decades and never caused harm. That matters to me. I have tried to live in a way that teaches my kids to own their mistakes, do some good, and keep moving forward.

What kind of work have you done, and what are you doing now?

When my dad passed away, I left college to help my mom take care of my younger siblings. I got a job in a factory, then worked my way into banking. That eventually brought us to California. The job that brought us out did not work out, but we stayed. I ended up driving trucks across the country for three million miles. Later, I worked in vending logistics and managed delivery routes.

What hobbies or passions have stayed with you over the years?

History has always been my favorite. I have shelves full of books and enjoy those Great Courses lectures. I used to sail a lot, especially off the California coast. I was into old cars too. My wife once surprised me with a 1938 Buick that I kept running for years. I have always enjoyed card games. At Little House, we host Pinochle and Hand and Foot. I also used to jog and ride motorcycles. I have slowed down a bit, but I still tinker with cars and love reading about the past.

NEW AT PVI

Line Dancing has a new class time of 11:00 AM - 12:00 PM

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

NEW!

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 will be closed Monday, May 26 and Friday, May 30.

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.



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

11:00 AM

Line Dancing
In-Person

2:30 PM

Qi Gong
In-Person

**PVI will be
closed
Monday,
May 26**

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

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

**PVI will be
closed
Friday,
May 30.**

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, May 13 (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)
11:00 AM - 12:00 PM

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)
May 27, 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

May 7	<i>Island Beneath the Sea</i> by Isabel Allende
June 4	<i>God of the Woods</i> by Liz Moore
July 2	<i>We Solve Murders</i> by Richard Osman
Aug. 6	<i>Fraud, an American History from Barnum to Madoff</i> by Edward J. Balleisen
Sept. 3	<i>A Long Way Gone, Memoirs of a Boy Soldier</i> by Beth Ishmael
Oct. 1	<i>However Long the Night</i> 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 May or June please join us for a
complimentary lunch, birthday treats,
and great company!

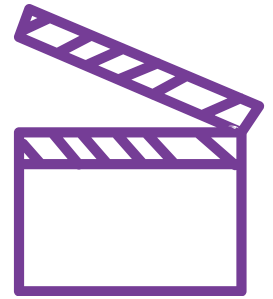
Tuesday, June 10 (In-Person)
11:30 AM
Little House Cafe

Reserve your spot by Tuesday, June 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

May 5 - *Frida*

After a near-fatal accident, Frida Kahlo discovers her life's passion through painting as a turbulent marriage and political turmoil fuels her art.

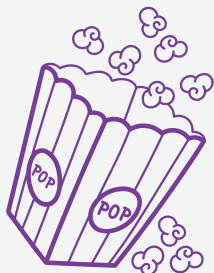
May 12 - *Some Like It Hot*

This hysterical comedy from director Billy Wilder finds Tony Curtis and Jack Lemmon masquerading as women in order to elude irate Chicago mobsters while befriending a beautiful singer (Marilyn Monroe).

May 19 - *Remembering Gene Wilder*

Born Jerome Silberman, he wanted to be... Wilder. Follow the story of the iconic actor, comedian, and writer in this documentary special.

May 26 - PVI will be closed



Friday's Movies

May 2 - *The Founder*

After a fateful encounter with the McDonalds brothers, struggling sales rep Ray Kroc becomes driven to change the way hamburgers are made and sold.

May 9 - *Do I Need This?* (Film Festival)

Join us in the auditorium for a special screening of "Do I Need This?" followed by a discussion panel with the film's creator in partnership with Beach Break Film Festival. This will take the place of the usual Friday movie.

May 16 - *Barbie*

Barbie must leave her picture-perfect world behind to learn the truth about the universe.

May 23 - *Oklahoma!*

With a box social swiftly approaching, two cowboys compete for the affections of their sweethearts, attempting to one-up the women's other suitors.

May 30 - PVI will be closed

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.*

Through June 27
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

June 11 - June 25
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
			1	2
Schedule and Programming are Subject to Change Pre-registration is Required			Hand & Foot Canasta Artistic Thursdays Shredding Event	Keys & Coffee Mahjong Cribbage Movie
5	6	7	8	9
Bridge Movie Foothill Art Class Tech Tutoring	Current Events iPad Class Mahjong Billiard Group iPhone Class Tech Tutoring	Book Club Waffle Wednesday Knitting Club Got Groceries? Mahjong/Pinochle Tech Tutoring	Hand & Foot Canasta Artistic Thursdays iPhone Class	Keys & Coffee Mahjong Lecture Series Cribbage Film Festival Mother's Day Luncheon
12	13	14	15	16
Bridge Movie Foothill Art Class Tech Tutoring	Blood Pressure Current Events iPad Class Mahjong Billiard Group iPhone Class Tech Tutoring	Knitting Club Got Groceries? Mahjong/Pinochle Tech Tutoring Apple Watch Class	Hand & Foot Canasta Artistic Thursdays Healthy Habits Talk iPhone Class	Keys & Coffee Mahjong Cribbage Movie
19	20	21	22	23
Bridge Movie Foothill Art Class Tech Tutoring	Current Events iPad Class Mahjong Billiard Group iPhone Class Tech Tutoring	Knitting Club Got Groceries? Mahjong/Pinochle Tech Tutoring Apple Watch Class	Hand & Foot Canasta Artistic Thursdays Afternoon Tea iPhone Class	Keys & Coffee Mahjong Cribbage Movie
26	27	28	29	30
Closed	Current Events iPad Class Mahjong Billiard Group Gardening Club iPhone Class Tech Tutoring	Knitting Club Got Groceries? Mahjong/Pinochle Tech Tutoring	Hand & Foot Canasta Artistic Thursdays iPhone Class	Closed

Little House Cafe May Menu

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

\$5.00 per Meal

Monday	Tuesday	Wednesday	Thursday	Friday
	29	30	1	2
<i>Menu is subject to change</i>	Greek Chicken, Turmeric Rice, Spinach	Salisbury Steak, Roasted Potato, Broccoli	Sweet and Sour Meatballs, Rice, Asian Vegetable Blend	Cajun Fish, Roasted Sweet Potato, Chuckwagon Blend Vegetables
5	6	7	8	9
Carne Asada, Tomato Rice, 5 Way Vegetable Blend	Italian Meatballs w/ Marinara, Penne Pasta, Italian Vegetable Mix	Chicken Cordon Bleu, Roasted Potato, Green Beans	Meatloaf w/ Gravy, Mashed Potato, Green Beans	Mother's Day Luncheon <i>rsvp needed</i>
12	13	14	15	16
Creamy Mushroom Sauce w/ Penne, Italian Mixed Vegetables	Chicken Stew, Potato, 4 Way Vegetable Blend	Chicken Alfredo, Penne Pasta, Italian Mixed Vegetables	Beef and Broccoli, Rice	Salmon Piccata, Sweet Potato, Garden Vegetable Blend
19	20	21	22	23
Carrots and Lentil Soup, Peas	Swedish Meatballs, Mashed Potato, Green Beans	Pork Chili Verde, Rice, Mixed Vegetables	Chicken Fried Rice, Asian Vegetable Blend	Fish Vera Cruz, Cilantro, Corn/Beans
26	27	28	29	30
Closed	Chicken Cacciatore, Potato, Malibu Blend	Beef Burrito Bowl, Cilantro Rice, Peppers/Corn	Meatloaf, Mashed Potato, Green Beans	Closed



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, May 13

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

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 request a registration form
3. Call us at 650-323-2022

How often will I receive groceries?

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

Where do I pick up my Groceries?

800 Middle Avenue, Menlo Park, CA 95025



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

RIDE PVI

On-Demand, Transportation Service

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



Hours of Operation

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

Wednesday, Thursday, Friday
9:00 AM - 4:00 PM

Ride PVI Hotline: 650-272-5040

Frequently-Asked Ride PVI Questions

How do I register?

All participants must register before first ride. Register by calling the Ride PVI at 650-272-5006.

What is the service area?

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

What is the cost/rate for each ride?

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

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

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

Is Ride PVI safe?

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



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:
conciergecare@1pvi.org or (650) 272-5112

PVI Volunteer Opportunities

Volunteers are the heart of our organization. They support our mission in so many ways, whether from the headquarters in Menlo Park, remotely, or throughout the mid-Peninsula. Volunteer hours are typically held Mondays through Fridays, and most in-person volunteering ends by 3 PM. We invite you to volunteer with PVI and support our mission to enable seniors to age in place.



Current Volunteer Opportunities at PVI

PVI Rosener House

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

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

Front Desk Support: 10:00 AM - 12:00 PM (*most 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

Berry Smart:

How to Buy, Store, and Enjoy Nature's Sweetest Superfoods

How to Shop for Berries

- Strawberries: Choose organic. Look for bright red berries with no moisture and vibrant green tops.
- Blueberries: Select dark blue berries with a light white blush. They should be plump, smooth, and uniform in size.
- Raspberries: Look for bright, rich color and intact skins. Avoid any that are crushed or dented.
- Blackberries: Deep purple-black or blue-purple is ideal. Avoid green or yellow spots—they won't ripen. Should feel plump.

How to Store Berries

For same-day enjoyment: Store at room temperature in a dry, cool spot. Rinse right before eating.

For the week: Store unwashed in the fridge for 5–7 days. Transfer to a shallow container to prevent squishing. Rinse before use.

For long-term storage: Rinse and gently dry berries. Spread in a single layer on a tray and freeze for 45–60 minutes. Transfer to a freezer-safe container and store for up to 1 year.

Health Benefits of Berries

- Rich in antioxidants, vitamins, and minerals
- Support heart health, brain function, and glowing skin
- High in fiber and naturally low in sugar

Berry Season in Northern California: March – November
Peak Season: May – August

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

Partners & Sponsors

Thank you for your support and partnership



PVI Program Guide Ad Specs

All ads are printed in color (if provided)

Inside Cover Placement

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

Back Cover Placement

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

Inside Page Placement

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

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



Visit Us Online



[PeninsulaVolunteersInc](#)



facebook.com/PeninsulaVolunteers



WWW.1PVI.ORG