

Newsletter & Program Guide



Photo taken during Chair Volleyball 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





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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.

Seniors like Maggie need our help.

Your support of PVI fights senior hunger and isolation,
protecting local seniors during uncertain times.



TABLE OF CONTENTS

| | | |
|----------|--|--------------|
| 1 | New at PVI | 4-8 |
| | What's New at PVI Community Voices | |
| 2 | PVI Senior Activity Center | 9-21 |
| | Membership Information, Events at a Glance, Fitness Schedule, Gym and Personal Training, Health & Wellness, Social Clubs, Cultural Arts & Learning, Movies, and Technology | |
| 3 | PVI Adult Day Services | 22-23 |
| | Coffee and Caregivers, Weekly Tours, and Sample Schedule | |
| 4 | PVI Nutrition Services | 24-26 |
| | Little House Cafe, Meals on Wheels, Got Groceries | |
| 5 | RIDE PVI | 27 |
| | On-Demand Transportation Services | |
| 6 | PVI Quiescence | 28 |
| | Customized Solutions for Family Caregivers | |
| 7 | Special Feature | 29-30 |
| | Volunteering at PVI Stephanie's Recipe of the Month | |
| 8 | Sponsor's Page | 31 |



Cuddle Club with Muttville Senior Dog Rescue

Monday, June 2
11:00 AM - 12:00 PM

Free for All Members
\$5 for Non-Members

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

Sponsored by

MUTTVILLE
senior dog rescue



Father's Day Luncheon

Friday, June 13
11:00 AM - 1:00 PM
\$15 for Members
\$20 for Non-Members

RSVP BY JUNE 6

Call (650) 326-2025

Email littlehouse@1pvi.org



Come celebrate Father's Day early with PVI. We'll be serving a delicious lunch while listening to musical entertainment.

Menu

Barbeque Ribs
Cornbread
Coleslaw
Key Lime Pie



Distinguished Lecture Series with Rick Deutsch

Friday, June 13
10:00 - 11:00 AM

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

Mexico City – Our Southern Neighbor

Best known for the Aztecs who were the last civilization to rule what is today's Mexico. Centuries ago, inhabitants built huge pyramids; the tallest reaching over 200 feet. It's best known for its many cathedrals built when the Spanish came and the miracle of Our Lady of Guadalupe.



Declutter Your Space Presented by Coldwell Banker Realty

Friday, June 20
10:00 - 11:00 AM

Free for Members
\$5 for Non-Members

TO REGISTER:

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

Join us to discuss effective strategies for downsizing and organizing your living space. Learn about letting go, organizing techniques, and available resources to create a less stressful environment.

Sponsored by Beth Leathers and Liliana Perazich of Coldwell Banker Realty





A Caregiver Forum on Dementia: Transition, Behavior and Treatment

Wednesday, June 11
3:00 - 4:30 PM
500 ARBOR RD, MENLO PARK



Join PVI at Rosner House for a candid discussion on behavior, progression, treatments, and early diagnosis in regards to Dementia.


KENSINGTON PLACE
A Memory Care Community
REDWOOD CITY
— North Atherton —



Cooking Demonstration Presented by Second Harvest

Tuesday, June 17
1:30 PM

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.

Sponsored By



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 Volunteer, Harbans Pelia. We hope you enjoy it!

Arjun's Interview with Harbans Pelia, *Little House Volunteer*

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

I was born in Pakistan during World War II, and my father was in the army. I grew up in a very small village and had a happy childhood. I lived in a small house with many of my cousins, but despite not having electricity, we had great fun. One day, I went to the army station in Rawalpindi, Pakistan, where my father was posted for a birthday party of a British family. There, for the first time, I saw Jell-O. I later told my mother that I didn't eat it because I thought that something was living inside it. She laughed and said that it was only a type of dessert.

What do you like to do in your free time?

I spend a lot of my free time at Little House, and I have volunteered in the mornings for the past 11 years. In my free time away from PVI, I love to watch shows and knit. I make a lot of things for my children and for Little Shop to sell. I also like to cook for my family. Chicken curry is my favorite dish to cook. I also make a lot of Punjabi food, such as lentils, boiled rice, and parathas.



If you could go anywhere in the world, where would you go?

I've been to many countries, but I would like to go to Thailand and Japan. There are lots of different people from different countries at Little House, and I haven't been to some of those countries yet.

What achievements are you most proud of so far?

During my lifetime, I have raised three daughters while I had a full-time job and my husband was in the army. At the age of 42, I thought that teaching in a school would be a better job for me. I wanted to be a principal, so I got my master's degree in English. Then, I became a principal for 10 years. I am proud of that achievement because I would say I was a popular principal. Even though it's been 28 years, I'm still in touch with many of my teachers, which is great.

NEW AT PVI

Wednesday, June 11 to Friday, June 20 there will be no Chair Yoga or Stress Management classes.

Friday, June 13 to Friday, June 27 there will be no Fun with Fitness or Walk and Be Fit classes.

Whatcha Know?

Play solo or get a team together for our new trivia game! Show off your smarts, win bragging rights, and take home amazing prizes.

This Activity meets on the third Wednesday of each month.
This month's topic is General Knowledge.

Wednesday, June 18
1:00 PM

Gardening Club

Have a green thumb or enjoy spending time outside? Join the Little House Gardening Club! This club meets on the fourth Tuesday of the month.

Tuesday, June 24 (In-Person)
1:00 - 2:00 PM

Afternoon Tea

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

Thursday, June 26 (In-Person)
1:30 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

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

**We want your honest feedback!
Let us know how you feel about
your Little House Membership**



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 Thursday, June 19

This note serves to inform you of an upcoming adjustment to the pricing structure for our specialty events such as luncheons.

Effective July 1, 2025, the price for attending specialty events will be as follows:

- Members: \$20.00 per event
- Non-Members: \$30.00 per event

This adjustment will enable us to maintain the high quality and engaging nature of our specialty programming for the benefit of our entire community. We appreciate your understanding and continued support.

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

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

No Chair
Yoga on June
11 or June 18

Thursdays

9:30 AM

Fun with
Fitness
Virtual

10:45 AM

Strong for
Life
In-Person

12:00 PM

Tai Chi
In-Person

No Fun with
Fitness on
June 26

PVI will be
closed
Thursday,
June 19

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 Walk and
Be Fit on
June 13, 20,
or 27

No Stress
Management
on June 13
or June 20

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, June 10 (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

Afternoon Tea

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

Fourth Thursday of the month (In-Person)
1:30 PM

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 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? Join the Little House Gardening Club to help maintain our garden. Harvests are to be used to supplement the Little House Cafe!

Fourth Tuesday of the month (In-Person)
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

| | |
|---------|--|
| 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 |
| Nov. 5 | <i>By Any Other Name</i> by Jodi Picoult |
| Dec. 3 | <i>Night Watch</i> by Jayne A. Phillips |

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

Social Games & Activities

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

Monday - Friday (In-Person)
8:30 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

Whatcha Know?

Play solo or get a team together for our new trivia game! Show off your smarts, win bragging rights, and take home amazing prizes.

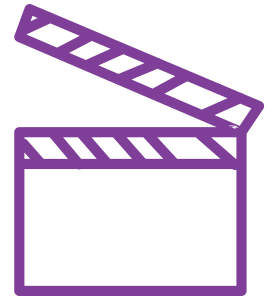
This month's topic is General Knowledge.

Wednesday, June 18
1:00 PM

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

June 2 - *The Scoop*

New York, 2010. A paparazzi snaps a picture of Prince Andrew with financier Jeffrey Epstein. Nine years later, the Prince has some tough questions to answer.

June 9 - *Sound of Music*

A tuneful, heartwarming story based on the real-life story of the Von Trapp Family singers, one of the world's best-known concert groups in the era immediately preceding World War II.

June 16 - *Civil: Ben Crump*

A documentary that provides an intimate look at the life of landmark civil rights attorney Ben Crump. Crump, the civil lawyer for the families of George Floyd, Andre Hill and Breonna Taylor, is on a mission to "raise the value of Black life in America."

June 23 - *Rustin*

Exec-produced by the Obamas, this film is about unsung civil rights hero Bayard Rustin "blasts off like a rocket and carries you with it."

June 30 - *Maestro*

A love story unfolds across decades as director Bradley Cooper transforms into Leonard Bernstein in this portrait of the music legend's complex marriage.

Friday's Movies

June 6 - *The Two Popes*

Behind Vatican walls, Pope Benedict and future Pope Francis must face their pasts and find common ground in order to forge a new path for the Catholic church.

June 13 - *Woman of the Hour*

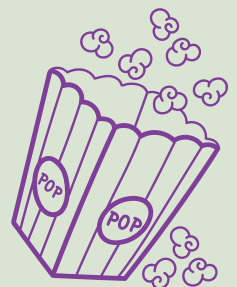
An aspiring actress crosses paths with a prolific serial killer in 70s LA when they're cast on an episode of "The Dating Game." Based on a true story.

June 20 - *Operation Mincemeat*

Two British intelligence officers hatch an outlandish scheme to trick the Nazis and alter the course of World War II. Based on a true story of deception.

June 27 - *Sister Act*

When lively lounge singer Deloris Van Cartier sees her mobster beau, Vince LaRocca, commit murder, she is relocated for her protection.



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:
September 9 - October 28

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

Members: \$60
Non-members: \$80

iPhone Classes

Next Session Dates:
September 2 - December 16

Tuesdays (In-Person)
1:00 - 3:00 PM

September 4 - December 18
Thursdays (In-Person)
Session 1: 10:00 AM - 12:00 PM
Session 2: 1:00 - 3:00 PM
Members: \$80
Non-members: \$100

PL members get complimentary access to all tech-related courses.

Events at a Glance

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 2 | 3 | 4 | 5 | 6 |
| Bridge Movie Muttville Visit Foothill Art Class Tech Tutoring | Current Events iPad Class Mahjong Billiard Group iPhone Class Tech Tutoring | Book Club Knitting Club Got Groceries? Mahjong/Pinochle Tech Tutoring | Hand & Foot Canasta Artistic Thursdays iPhone Class | Keys & Coffee Mahjong Cribbage Movie |
| 9 | 10 | 11 | 12 | 13 |
| Bridge Movie Foothill Art Class Tech Tutoring | Current Events Blood Pressure Birthday Lunch iPad Class Mahjong Billiard Group iPhone Class Tech Tutoring | Waffle Wednesday Knitting Club Got Groceries? Mahjong/Pinochle Tech Tutoring Apple Watch Class Succulent Class | Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring | Mahjong Lecture Series Cribbage Father's Day Luncheon Movie |
| 16 | 17 | 18 | 19 | 20 |
| Bridge Movie Foothill Art Class Tech Tutoring | Current Events Cooking Demo Mahjong Billiard Group iPhone Class Tech Tutoring | Knitting Club Got Groceries? Mahjong/Pinochle Tech Tutoring Apple Watch Class Trivia | Closed | Keys & Coffee Mahjong Cribbage Movie Declutter Talk |
| 23 | 24 | 25 | 26 | 27 |
| Bridge Movie Foothill Art Class Tech Tutoring | Current Events iPad Class Mahjong Gardening Club 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 Tech Tutoring | Keys & Coffee Mahjong Cribbage Movie |
| 30 | | | | |
| Bridge Movie Foothill Art Class Tech Tutoring | | | Schedule and Programming are Subject to Change Pre-registration is Required | |

Little House Cafe June Menu

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

\$5.00 per Meal

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| 2 | 3 | 4 | 5 | 6 |
| Vegetable Chow Mein, Asian Blend Vegetables | Chicken Parmesan, Penne Pasta, Italian Mixed Vegetables | Beef Goulash, 4 Way Blend Vegetables | Chicken Jambalaya, Corn and Peppers | Lemon/Herb Salmon, Sweet Potato, Green Beans |
| 9 | 10 | 11 | 12 | 13 |
| Cheese Omelet, Taters Tots, Broccoli | Beef Chili, Corn | Huli Huli Chicken, Rice, Green Beans | Beef Stroganoff, Egg Noodles, Peas | BBQ Ribs Cornbread Coleslaw Key Lime Pie <i>rsvp needed</i> |
| 16 | 17 | 18 | 19 | 20 |
| Three Cheese Ravioli w/ Marinara, Italian Mixed Vegetables | Loco Moco, Rice, Cabbage | Chicken Fried Rice, Broccoli | Closed | Cafe Closed |
| 23 | 24 | 25 | 26 | 27 |
| Macaroni Cheese, Broccoli | BBQ Chicken, Roasted Potato, Broccoli | Beef Bolognese, Pasta, Italian Mixed Vegetables | Turkey Skillet, Brown Rice, 5 way Mixed Vegetables | Creamy Tuscan Salmon, Bowtie Pasta, Mixed Vegetables |
| 30 | | | | |
| Egg Fried Rice, Asian Vegetable Blend | | | | |

Menu Items are Subject to Change Based on Availability



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, June 10

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

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

How often will I receive groceries?

Once per 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

Stephanie's Recipe: Coconut Chia Seed Pudding

Serves 6

Ingredients:

1-13.5 oz. can organic full-fat coconut milk
3 Tbsp filtered water or plant-based milk of choice
2 Tbsp dark maple syrup
1/4 cup raw cacao powder
1/3 cup chia seeds
1 tsp Ceylon cinnamon (optional)

Topping Ingredients:

1 pint organic blueberries or berry of choice
bee pollen, cacao nibs, chopped nuts, or seed blend.



Assembly:

In a medium bowl, add the coconut milk and water, and whisk to combine liquids. Add in raw cacao powder, chia seeds, and cinnamon, and whisk to combine. Pour into individual dishes or leave in the bowl and place in the refrigerator for 30 minutes to an hour, letting the chia seeds and liquid form a pudding-style texture.

When ready to serve, top with blueberries and bee pollen. Enjoy in the morning or as an afternoon snack.

Health Notes:

Coconut Milk is high in fat, including medium-chain triglycerides (MCTs), along with a host of additional nutrients. Studies have demonstrated that coconut milk consumption can help lower LDL cholesterol and increase HDL cholesterol, making coconut milk an option for some when working to restore cholesterol levels through diet and clean eating.

Raw Cacao is 40 times higher in antioxidants than blueberries, it has one of the highest plant sources of iron, and is loaded with magnesium, which supports a healthy heart and brain, and has more calcium than cow's milk. Cacao is an established mood elevator and antidepressant.

Chia Seeds are tiny seeds that provide a nutritional punch full of protein, fiber, omega-3 fatty acids, antioxidants and micronutrients. Chia seeds can support weight management, potentially lower the risk of heart disease, and contain bone health nutrients phosphorus and magnesium. The fiber in chia seeds has demonstrated playing a role in helping support blood sugar management.

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

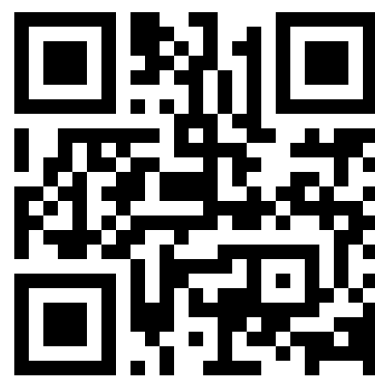
| | |
|------------------|------------------|
| Quarter: | 3.75" W x 5.0" L |
| Half Horizontal: | 7.50" W x 5.0" L |

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

Help protect local seniors no matter what changes occur

PVI remains committed that no senior goes without the support they deserve. Right now, over **210 older adults are waiting for meals** across the counties we serve, with **over 40 additional requests** each week. We have the capacity and heart to support them all and more—we just need your help to close the funding gap. With increasing demand, your support is more vital than ever. **Less than 2% of institutional giving is focused on seniors' food and aging needs**, and **loneliness is a declared public health crisis**. The challenges seniors face are complex. Current economic uncertainty only adds to the urgency.

Make your life-changing impact today: Your gift this spring of an amount that feels right for you will put food on plates, reduce isolation, create new meal routes, and help eliminate the growing meal waitlist for vulnerable seniors.



SCAN TO DONATE TODAY!

YOU ARE THE STEADY
SUPPORT BEHIND EVERY
SENIOR'S STORY.

WWW.1PVI.ORG