

# Newsletter & Program Guide



*Photo taken during PVI's Father's Day Luncheon*

## 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



# KEPLER'S BOOKS & MAGAZINES

MENLO PARK EST. 1955

**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.



**Thank you Tech CU for sponsoring Senior Safari, an event series that is exclusive for those 50 & up.**

**Seniors Get in Free!  
Happy Hollow Park & Zoo**

**Dates for Free Admission**

- Thurs. August 28
- Thurs. September 25
- Thurs. October 23

**For more information, visit [happyhollow.org/seniorsafari/](http://happyhollow.org/seniorsafari/)**



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## Luau Celebration

**Friday, August 8**

**4:00 PM - 6:00 PM**

*Food is served at 4:30 PM\**

\$20 for All Members

\$30 for Non-Members

**RSVP by Friday, August 1**

Call (650)326-0665 or

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

### **MENU**

Roasted Pig (or)

Huli Huli Chicken

Furikake Rice

Grilled Mixed Vegetables

Coconut Pudding

POG Juice

### **LIVE ENTERTAINMENT BY**

Island Breeze Entertainment

*\*Arrival after 5:00 pm may not guarantee food*



## Distinguished Lecture Series with Rick Deutsch

**Friday, August 8**

**10:00 - 11:00 AM**

Free for **P**, **PR**, **PL** Members

\$15 for B / Non-Members

### **Cuba - So near yet decades away**

Under a US embargo for over 50 years, Cuba has been an enigma to Americans. This beautiful Caribbean Island became US property after the Spanish-American War. Decades after becoming independent, communism was embraced by Fidel Castro. The Cuban Missile Crisis brought an embargo that is still in effect. Once a playground for celebrities in the 1950s, it became off-limits to Americans. For a brief time, under President Obama, thousands of Americans were able to visit and discover its heritage: cigars, classic cars and Hemingway.





## Coffee, Caregivers and Connection

*Event held at Rosener House*

**Tuesday, August 12**  
**9:30 - 11:00 AM**  
**500 ARBOR RD, MENLO PARK**

**For inquiries, contact us at**  
**(650) 322-0126 or**  
**rosenerhouse@1pvi.org**

Join us for conversations with a supportive and passionate community that understands the dedication, challenges, love, and reassurance that you're not navigating the caregiving journey alone.



## Bouquet Arrangement Workshop

**Wednesday, August 13**  
**1:30 - 3:00 PM**

Free for Members  
\$5 for Non-Members

***Due to unforeseen circumstances, this workshop has been cancelled.***

### **Your Flowers, Your Arrangement!**

Join us to create your very own stunning bouquet. Just bring your favorite greenery from home to add a unique touch, and we'll provide everything else you need to craft a gorgeous flower arrangement.

*Due to a limited number of spots, no-shows and cancellations with less than 24 hours' notice will result in a cancellation fee of \$5.00.*



## Bingocize®

Bingo + Exercise = Bingocize®

### Start Date Delayed

**Free for Members**

*\$50 for Non-Members (\$2.50 per session)*

**Sign Up Today!**

*Pre-registration required*

Bingocize® is a health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning about how to reduce your risk of experiencing a fall.



## Self-Care for Caregivers

*Event held at Rosener House*

**Wednesday, September 10**

**3:30 - 4:30 PM**

**500 ARBOR RD., MENLO PARK, CA**

**Free For The Community**

**Light Refreshments Served**

**NO RSVP NEEDED!**

**Discussion led by** Christina Irving,  
*Client Services Director at FCG*

CommonSpirit 

 Family  
Caregiver  
Alliance®

It's easy to overlook your own needs as a caregiver. But here's the truth: prioritizing your self-care isn't selfish—it's essential.

Join us as we explore and discuss practical strategies for wellbeing, such as:

- Recognizing burnout
- Setting healthy boundaries
- Finding local support networks  
**and so much more!**



# NEW AT PVI

## Afternoon Tea

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

Thursday, August 28 (In-Person)  
1:30 - 2:30 PM

## Art Exploration

Continue developing your personal art projects while drawing inspiration from various artists and art forms. This class offers a blend of independent creative time and guided exploration to spark your artistic journey.

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

*Pre-registration is required  
All supplies provided by PVI*

## Bingocize®

Bingocize® is a health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning how to reduce your risk of falling.

Tuesdays and Thursdays (In-Person)  
1:30 - 2:30 PM

**Start Date Delayed  
Register Today!**

## 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, August 26 (In-Person)  
1:00 - 2:00 PM

## Summer Tabletop Tuesdays

Are you someone who enjoys a wide variety of board games? Please join us for Summer Tabletop Tuesdays. For the summer season, one of our amazing volunteers will be hand-selecting a board game from their list of favorites to play. Come for the fun, stay for the friends.

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

## 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 **Food & Drink.**  
Wednesday, August 20 (In-Person)  
1:30 - 2:30 PM

## COMMUNITY VOICES

### Hillview Middle School Student

*This part of the guide was contributed by Arjun G. from Hillview Middle School located in Menlo Park. We want to thank him for his time and effort in interviewing one of our Adult Day Services participants. We hope you enjoy it!*

#### Arjun's Interview with an Adult Day Services Participant

##### What was your early childhood like?

I grew up on a farm, not far from Louisville, Kentucky, which was named after the late King of France. I remember Kentucky being a beautiful state because of its four seasons. I also used to have an accent. I would say the three words "tire," "tar," and "tired," and they would all sound the same.

When I was six, my father moved us to the farm. The farm had 250 acres of land, and he only grew corn. His first real job was to sell wholesale produce. He was a very entrepreneurial person, and he had always wanted to raise racehorses. After he started his own business, he became very successful and was able to buy the racehorses he wanted. I was very proud of him, even though I was just a child.

Unfortunately, I only knew my father until I was nine years old. At that time, he contracted cancer and died. Even before his death, I didn't see him very much. Since he was first in the wholesale business, he would make frequent trips to California, where most of the produce is grown for America.

##### What did you do for work before retiring?

When I started high school, I decided to join a religious order. I did this because I wanted to become a priest one day.

I then went to a seminary and took vows of poverty, chastity, and obedience. However, right before I became a priest, I left the seminary. This was because I changed my mind and did not want to be a priest after all.

When I left, I finished my undergraduate studies and went to the College of William and Mary in Virginia. I received a PhD in Counseling and Psychology. William and Mary is one of the oldest universities in the U.S. and is very famous.

After I graduated, I became a counselor at a semiconductor company, and I traveled around the world for 13 years. Through my travels, I taught cultural differences to semiconductor companies around the world. I traveled to Russia, Japan, Taiwan, China, and India. After 25 years, I retired. I was a very successful person in the semiconductor exhibition company and had lots of friends around the world.



# 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

**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, personal training, 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 includes 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**

Qigong  
*In-Person*

**Aug 4  
Aug 11  
No Qigong**

## Tuesdays

**9:30 AM**

Fun with  
Fitness  
*Virtual*

**10:30 AM**

Strong for  
Life  
*In-Person*

**12:00 PM**

Tai Chi  
*In-Person*

**1:30 PM**

Bingocize®  
*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*

**Aug 13  
No Chair  
Yoga**

## Thursdays

**9:30 AM**

Fun with  
Fitness  
*Virtual*

**10:45 AM**

Strong for  
Life  
*In-Person*

**12:00 PM**

Tai Chi  
*In-Person*

**1:30 PM**

Bingocize®  
*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*

**Aug 15  
No Stress  
Management**

## 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. This class will give you the tools to improve your balance and feel more grounded.

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

### Bingocize®

Bingocize® is a health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning how to reduce your risk of falling.

Tuesdays and Thursdays (In-Person)  
1:30 - 2:30 PM

### 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, August 12 (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, and flexibility while reducing 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 that 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. 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.

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

## **Qigong**

Instructor: Jiin Liang

Qigong, pronounced "Chi Gong," involves using gentle exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health.

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

## **Strong for Life**

### **Community Health Partnership with Stanford Adult Aging Services**

#### **CLASS IS CURRENTLY FULL!**

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.

**Participants must submit a health history form before 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.**

## **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.

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.

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)  
August 28  
1:30 - 2:30 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

## Billiards Group

Whether you are starting to learn, refreshing your skills, or are a seasoned pro, the Little House Billiards 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)  
August 26  
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

- |         |  |
|---------|--|
| Aug. 6  | <b><i>Four Red Sweaters</i></b><br>by Lucy Adlington                       |
| Sept. 3 | <b><i>A Long Way Gone, Memoirs of a Boy Soldier</i></b><br>by Ishmael Beah |
| Oct. 1  | <b><i>However Long the Night</i></b><br>by Aimee Molloy                    |
| Nov. 5  | <b><i>By Any Other Name</i></b><br>by Jodi Picoult                         |
| Dec. 3  | <b><i>Night Watch</i></b><br>by Jayne A. Phillips                          |

## Little House Member Birthday Luncheon

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

Tuesday, August 12 (In-Person)  
11:30 AM  
Little House Cafe

Reserve your spot by Tuesday, August 5  
littlehouse@1pvi.org or 650-326-2025

## Social Games & Activities

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

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)  
August 13  
9:30 AM  
Jane West Room

## Whatcha Know?

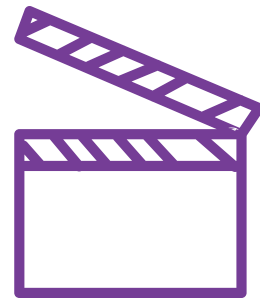
Play solo or get a team together for our new trivia game! Show off your smarts, win bragging rights, and take home amazing prizes.

This month's topic is **Food & Drink**  
Third Wednesday of the month (In-Person)  
Wednesday, August 20  
1:30 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

#### **Aug. 4 - *Airport***

Caught in a snowstorm, an airport manager deals with emergency landings, disgruntled passengers, and a crisis on a Rome-bound flight.

#### **Aug. 11 - *American Murder: The Family Next Door***

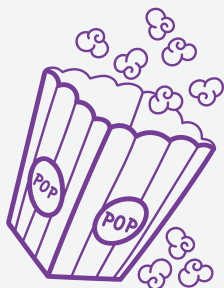
Using raw, firsthand footage, this documentary examines the disappearance of Shannan Watts and her children, and the terrible events that followed.

#### **Aug. 18 - *Instant Family***

A couple's decision to adopt immediately turns them into a family of five and sends them hurtling through the trials of modern child-rearing.

#### **Aug. 25 - *Find Me Falling***

On a dreamy Mediterranean island, a rockstar hiding out in a cliffside home gets a second chance at love in this rom-com starring Harry Connick Jr.



### Friday's Movies

#### **Aug. 1 - *The Intern***

Harried fashion entrepreneur Jules gets a surprise boost from Ben, a 70-year-old widower who answers an ad for an internship at her company.

#### **Aug. 8 - *Every Which Way but Loose***

A tough trucker with a cheeky pet orangutan moonlights as a fighter. When his country singer girlfriend suddenly disappears, he goes off in search of her.

#### **Aug. 15 - *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.

#### **Aug. 22 - *Return of the King: The Fall and Rise of Elvis Presley***

Discover the true story behind a historic pop culture moment in this revealing documentary about Elvis Presley's triumphant 1968 comeback music special.

#### **Aug. 29 - *Thursday Murder Club***

Four irrepressible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a chilling turn when they find themselves with a real whodunit on their hands.



# 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 the 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

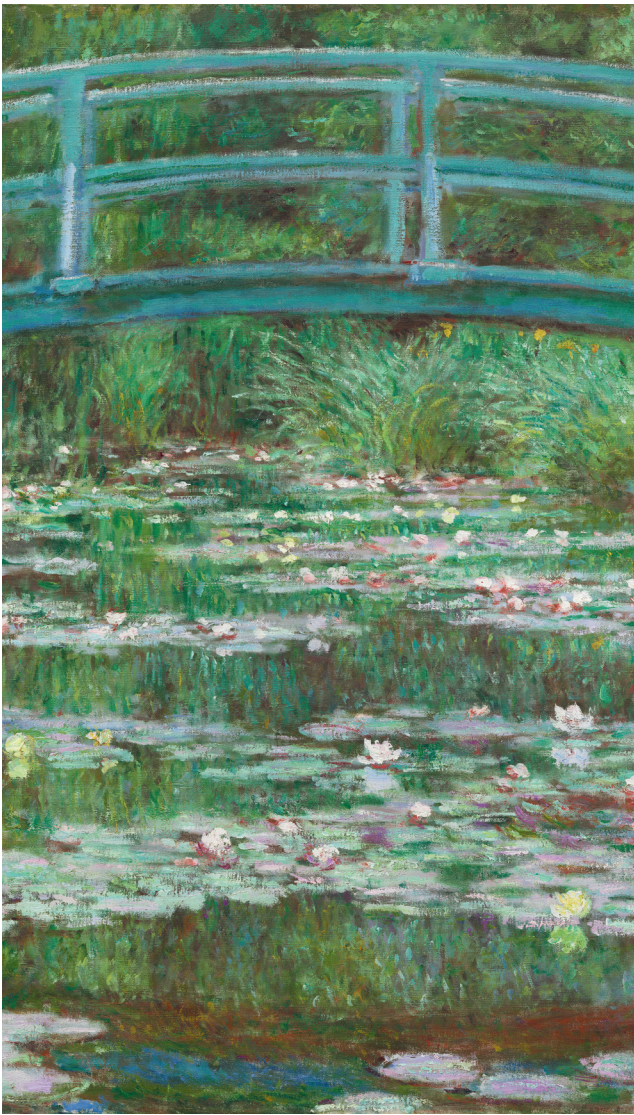
PR, PL Memberships receive free unlimited open studio.

## Art Exploration

Continue developing your personal art projects while drawing inspiration from various artists and art forms. This class offers a blend of independent creative time and guided exploration to spark your artistic journey.

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

*Pre-registration is required  
All supplies provided by PVI*



# 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 an 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

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

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

September 10 - 24  
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
				1
Schedule and Programming are Subject to Change				Keys & Coffee Cribbage <b>Burger Friday</b> Movie
Pre-registration is Required				
4	5	6	7	8
Movie Art Exploration	Current Events Mahjong Billiards Group iPhone Class Tech Tutoring Tabletop Tuesdays	Knitting Club Book Club Got Groceries? Mahjong Pinochle	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Lecture Series Cribbage Luau Celebration Movie
11	12	13	14	15
Movie Art Exploration	Current Events <b>Blood Pressure</b> Mahjong Billiards Group iPhone Class Tech Tutoring	<b>Waffles</b> Knitting Club Got Groceries? Mahjong Pinochle <b>Floral Workshop</b>	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Keys & Coffee Cribbage <b>Burger Friday</b> Movie
18	19	20	21	22
Movie Art Exploration	Current Events Mahjong Billiards Group iPhone Class Tech Tutoring Tabletop Tuesdays	Knitting Club Got Groceries? Mahjong Pinochle <b>Trivia</b>	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Keys & Coffee Cribbage <b>Burger Friday</b> Movie
25	26	27	28	29
Movie Art Exploration	Current Events Mahjong Billiards Group iPhone Class Tech Tutoring Tabletop Tuesdays <b>Gardening Club</b>	Knitting Club Got Groceries? Mahjong Pinochle	Hand & Foot Canasta Artistic Thursdays <b>Afternoon Tea</b> iPhone Class Tech Tutoring	Keys & Coffee Cribbage <b>Burger Friday</b> Movie



# Little House Cafe August Menu

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

\$5.00 per Meal

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Menu items are subject to change based on availability.				Burger, Chips, Salad, Dessert  \$10 per plate
4	5	6	7	8
Mushroom Cheese Omelet, Tater Tots, Peas and Carrots	Southwest Chicken, Cilantro Rice, Roasted Corn	Beef Stew, Brown Rice, Green Beans	Sausage Skillet w/ Potato, Capri Blend Vegetables	Luau Celebration!  RSVP Needed
11	12	13	14	15
Egg Fried Rice, Asian Blend Vegetables	Creamy Mushroom Chicken, Penne Pasta, Italian Vegetable Blend	Mediterranean Chicken, Turmeric Rice, Spinach	Meatball Marinara, Spaghetti, Biscayne Blend Vegetable	Burger, Chips, Salad, Dessert  \$10 per plate
18	19	20	21	22
Macaroni and Cheese, Broccoli	Huli Huli Chicken, Brown Rice, Spinach	Chicken Apple Sausage, Roasted Potato, Roasted Peppers/Onions	Beef Bolognese, Rotini Pasta, Italian Vegetable Blend	Burger, Chips Salad, Dessert  \$10 per plate
25	26	27	28	29
Baked Ziti, Peas and Carrots	Beef Enchilada, Spanish Rice, Corn and Black Beans	Jerk Chicken, Coconut Rice, Spinach	Meatball Marinara, Penne Pasta, Italian Blend Vegetables	Burger, Chips Salad, Dessert  \$10 per plate



## PVI ROSENER HOUSE 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 us at [rosenerhouse@1pvi.org](mailto:rosenerhouse@1pvi.org) or (650) 322-0126.

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, August 12

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 us at  
[rosenerhouse@1pvi.org](mailto:rosenerhouse@1pvi.org) or  
(650) 322-0126.

## 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*

# Nourish & Connect

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 pickup 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) 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

# The Health Benefits of Lemon Water

*By Stephanie Figeira, Director of Nutrition Services*



## Benefits of Drinking Lemon Water in the Morning

1. Cleanse the system by helping flush out toxins. Lemon water enhances enzyme production and stimulates the liver. Flushing out toxins supports body weight reduction.
2. Aids digestion by loosening toxins in the digestive tract and stimulating bile production. Lemon water can assist in alleviating symptoms of indigestion, heartburn, burping, and bloating.
3. Gives the immune system a boost by increasing vitamin C levels. Vitamin C levels drop drastically when we are stressed, including both environmental stress as well as digestive stress.
4. Excellent source of potassium, which helps support heart health as well as brain and nerve health.
5. Lemon juice consumption reduces inflammation, which supports strong joint and organ function.

## How to consume lemon water first thing in the morning.

Add fresh lemon juice from one lemon, approximately 1 to 2 Tbsp, to 2 to 16 ounces of room temperature or warm water and sip. If the lemon to water concentration is too strong, add more water or divide the lemon juice in half.

Wait 15 to 30 minutes after drinking lemon water to enjoy breakfast, coffee, or tea.

To enjoy lemon water throughout the day, add 3 to 4 slices to a glass water bottle or glass container and drink. Additional water can be added to the lemons and consumed all day long. If making this a daily practice, be sure to use fresh lemon every day.

## Lemon water consumption and concerns of tooth enamel erosion.

If you are concerned about the acidity of the lemons affecting the enamel of your teeth, but want the benefits of drinking lemon water. Try these steps, which might help reduce tooth exposure to the acid of lemons.

- Consume lemon water with a reusable glass or stainless steel straw (no plastic).
- Add more water to the lemon juice to reduce the acid concentration.
- Don't brush your teeth before drinking lemon water.
- Wait at least 30 minutes after drinking lemon water to brush your teeth.
- Rinse your mouth with baking soda and water after drinking lemon water.

## References:

Lemon: 12 Evidence Based Benefit; Sayer Ji; July 31 , 2019; WMMW greemedinfo.com  
The Encyclopedia of Healing Foods; Michael Murray, N.O.; Atria Books; 2005  
The Ayurveda Encyclopedia, 2nd Edition; Swami Sadashiva Tirtha: AHC Press

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



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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  
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For all inquiries, please contact Artemis Rong at  
[Arong@1pvi.org](mailto:Arong@1pvi.org)



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