

PENINSULA VOLUNTEERS, INC.

OCTOBER
2025

Newsletter & Program Guide



Photo taken during Little House Oktoberfest 2024

WELCOME TO OUR Monthly Newsletter

Dive into the diverse world of PVI as we proudly unveil our comprehensive range of programs and services. From the vibrant activities at the Little House Activity Center to the specialized care at PVI Adult Day Services at Rosener House, nourishing solutions from PVI Nutrition Services, seamless journeys with Ride PVI on-demand transportation services, and the personalized support of Quiescence — Customized Solutions for Family Caregivers — the possibilities are endless! This is just a glimpse of what we offer, and we are thrilled to showcase how our programs and services align with our mission of *enabling seniors to age in place*.

Little House · Rosener House · Nutrition Services · Ride PVI · Quiescence



800 Middle Avenue, Menlo Park, CA 94025



(650) 326-0665



www.1pvi.org

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



For more information, visit happyhollow.org/seniorsafari/

Dates for Free Admission

- Thurs. September 25
- Thurs. October 23



Fall Florals: Ways to Make Your Home Fall-Festive

Friday October 3
10:00 am

Free for all members
\$5 for Non-members

Friends from Coldwell Banker are prepared to give you inspiration for your fall seasonal decor. Guest speaker Lesleen Riley will demonstrate a floral arrangement and give you ideas to get your home Fall ready.



Distinguished Lecture Series: Venice

Friday October 10
10:00 am

\$15 for **B** and Non-members
Free for **PR**, **PL**, and **P**

Venice: "... undoubtedly the most beautiful city built by man."

Join us for a special morning with Rick Deutsch as he brings Venice to life—its rise from a marshy lagoon, its role as a medieval maritime power, and its legacy as a hub of art and commerce. Discover the city's treasures, from St. Mark's Basilica to the Piazza San Marco, and explore how Venice faces the challenges of a rising sea.



Oktoberfest and Open House at Little House

Friday October 17
10:00 am to 2:00 pm

Free for all community members
\$10 lunch special

Special guest San Mateo County
District 3 Supervisor Ray Mueller
will be speaking at 1:15 pm

**Join us for a festive afternoon at
PVI's Senior Activity Center's Open
House & Oktoberfest!**

Live entertainment, tasty, authentic cuisine,
and experience all the programs and
activities we have to offer. Whether you're
here to learn more about our center or
simply to enjoy the Oktoberfest spirit, you'll
find plenty of fun and food waiting for you.



Travel with Collette

Tuesday October 21
1:00 pm

Attendance is free for
all members

collette

Join us as Laurie Miller from Collette Tours
talks about the multiple group trips
happening next year that you can book
through Little House!

Locations include Christmas Markets of
Montreal & Quebec City, America's Music
Cities, Italian Vistas, Colors of New England,
and Shades of Ireland

Don't miss your chance to experience
breathtaking views, delicious cuisines, and
fun activities.

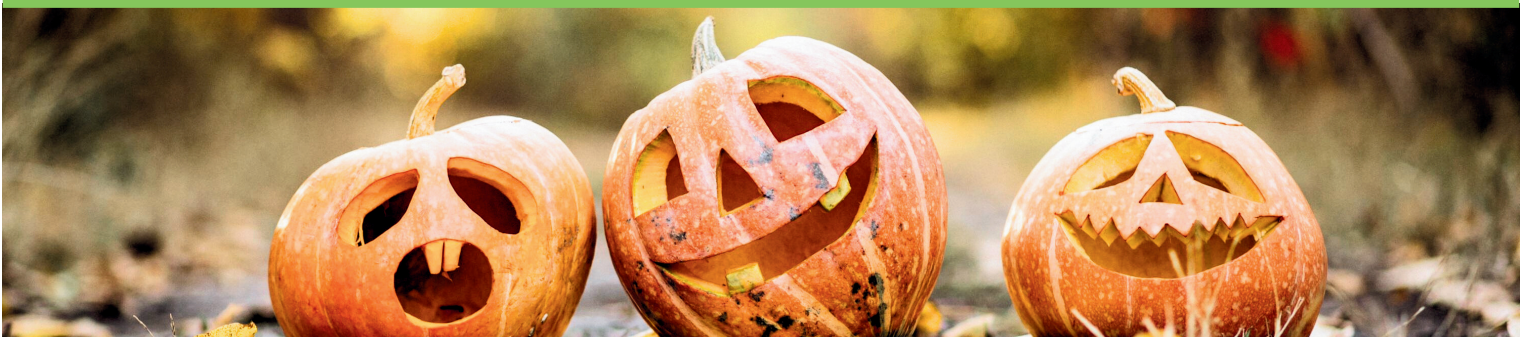


Vaccine Clinic: Flu and COVID-19

**Friday, October 24 &
November 7
10:00 am to 2:00 pm**

Free with insurance (except
Kaiser)

We only have 50 spots available for each day. Please RSVP by contacting Little House at (650)326-0665 or email littlehouse@1pvi.org. Paperwork will be provided to those who RSVP. Please have it filled out beforehand. CHME Pharmacy is offering both Flu and COVID-19 vaccines. You are eligible to get both on the same day or spread them out over both clinic days.



Halloween

Friday, October 31

Little House is the place to be this Halloween—costumes, candy, and just the right amount of fright! Stop by in your scariest costume and spend the day at Little House this Halloween.



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 was born in Chicago, Illinois and I lived there for 18 years. My dad was a photo engraver and he printed the advertisements in the local magazines. When I was very young, my father got me interested in playing baseball. Since then, I've always been interested in playing in the major leagues. My mother was a housewife, and she didn't start working at a regular job until I went to college in Florida. In college, I wanted to be a PE teacher so I coached the Martin County High School baseball team. After that, I got a job selling cars for one month in a new car dealership. I made more money selling cars in that month than in an entire year of teaching. Because of that, I decided to quit my PE job and start working at the car company. Every day, we sold Fords and Lincoln Mercurys. I would sell about 20 cars a month, and because of this, I would be "salesman of the month." After my salesman job, I got into photography, and photographed people. I loved being around other people. Sometimes I would take pictures of them with their horses or on their vacations. Throughout my photography career, I moved to Incline Village in Nevada and lived there for 40 years.

What are your hobbies, and what do you do in your free time?

My passion is to ride my bicycle. Last March I got an infection, and I was in the hospital for a few weeks. I was in "skilled nursing." I haven't been on my bike for more than a year. To get back on my bike I do exercise daily and lots of walking. I've been to every peak in Tahoe. Gradually, I'm improving my stability so I can ride my bike again. At Rosener House, I teach a literature discussion class. When I get home every day, I prepare work for the class, which is on Tuesday. I have been coming to Rosener House for about three years.

What achievements are you most proud of?

When I was a photographer, my most exciting achievement was that I was selected to be a member of the Camera Craftsmen of America. This is an organization that selects the top 40 photographers in the world. You have to be supported by 3 existing members to get into the voting procedure, which requires you to be voted in by more than 75% of the group.

What is your favorite season, and what mood does it make you feel?

My favorite season is summer because it always makes me happy. I'm very disappointed that this year we haven't really had a summer. Since I used to live in Tahoe, in Incline Village, we used to have so much summer because it's very sunny there.

STAFF SPOTLIGHT



We are thrilled to celebrate Lindsay Hopkins in her new role as Program Manager at Little House!

A San Jose native and Mountain View resident, Lindsay joined Little House in December 2024 as Program Coordinator and, in just eight months, has exceeded expectations and grown into this leadership role. With more than 15 years of nonprofit experience—primarily in youth development—Lindsay discovered her true passion for serving older adults while supporting adult programming at a library.

As Program Manager, Lindsay is **committed to ensuring members have the resources, opportunities, and connections they need to thrive.** She aims to bring in fresh ideas through community partnerships, expand offerings that reflect members' interests, and create more chances for meaningful connection. Lindsay especially enjoys getting to know members, watching friendships form, and using her creative problem-solving skills to shape programs that enrich daily life.

Inspired by the members she serves, Lindsay values the lessons of staying active and engaged at every stage of life. Outside of work, she loves reading, running, and baking—and looks forward to continuing to grow Little House as a welcoming, vibrant community for all.

PVI Little House Information

Hours of Operation



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

PVI's Little House Policies

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

Appointment Expirations: 6 months after date of purchase.

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

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

Membership is non-refundable and non-transferable.

PVI Little House Membership Information

Program Highlights:

Fitness & Wellness Programs - The Fitness Programs combine socialization with health and wellness to help adults maintain and improve their physical fitness and function. All programs are led by certified instructors. Our programs include group exercise classes, 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

**No Line
Dancing
10/6**

**No Balance
Boost or
Open Air
Aerobics on
10/27**

Tuesdays

9:30 AM

Fun with
Fitness
Virtual

10:30 AM

Strong for
Life
In-Person

12:00 PM

Tai Chi
In-Person

2:00 PM

Bingocize®
In-Person

**No Balance
Boost or PWR!
Moves on
10/29**

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

2:00 PM

Chair Yoga
In-Person

Thursdays

9:30 AM

Fun with
Fitness
Virtual

10:45 AM

Strong for
Life
In-Person

12:00 PM

Tai Chi
In-Person

2:00 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

**No Stress
Management
10/10 and
10/31**

**No Ground
Mobility
10/31**

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

2 pm-3 pm

September 18 - December 2

Preregistration Required. Free for members and \$50 for nonmembers

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, October 14 (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)

2:00 - 3:00 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

Line dancing will be canceled on 9/22 and 9/29

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)
October 23
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

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

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



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

Oct. 1 ***However Long the Night***
by Aimee Molloy

Nov. 5 ***By Any Other Name***
by Jodi Picoult

Dec. 3 ***Night Watch***
by Jayne A. Phillips

Little House Member Birthday Luncheon

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

Tuesday, October 14 (In-Person)
11:30 AM
Little House Cafe

Reserve your spot by Tuesday, October 7
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)
October 8
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.

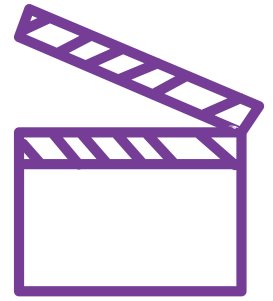
This month's topic is **Magic, Myth, and Mystery**.

Third Wednesday of the month (In-Person)
Wednesday, October 15
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

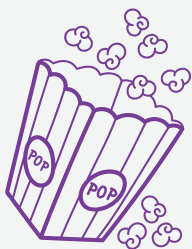
Oct. 6 - *Cuba and the Cameraman*:

Emmy-winning filmmaker John Alpert chronicles the fortunes of three Cuban families over the course of four tumultuous decades in the nation's history.

Oct. 13 - *Moving On*: When two old friends reunite at a funeral, they realize it's time to make peace with the past – right after they deliver some long-overdue justice.

Oct. 20 - *Inheritance*: When their rich uncle passes, his mansion of intricate puzzles becomes the backdrop for his estranged family's quest to secure a portion of his wealth.

Oct. 27 - *Ghostbusters*: Frozen Empire: Returning to where it all began in New York City, new and familiar Ghostbusters go up against a malicious god determined to unleash the next ice age.



Friday's Movies

Oct. 3 - *Hello Dolly*: In 1890s New York City, the bold and enchanting widow Dolly Levi is a socialite-turned-matchmaker. Her latest clients seeking assistance are the cantankerous half-a-millionaire Horace Vandergelder and a young artist named Ambrose. Dolly's scheming soon involves Horace's employees as well as a New York hatmaker, as she tries to cover up her own secret romantic designs.

Oct. 10 - *The Fundamentals of Caring*: A writer-turned-caregiver and an ornery teen with muscular dystrophy bond after they set off on a road trip in search of offbeat landmarks and adventure.

Oct. 17 - *West Side Story (2021)*: A tale of love & fierce rivalries in 1957 New York City.

Oct. 24 - *E.T. the Extra Terrestrial*: A lonely young boy bonds with a loveable alien stranded on earth and protects his new friend from government forces while trying to help him get home.

Oct. 31 - *Hocus Pocus*: Teenager Max Dennison explores an abandoned house with his sister Dani and new friend, Allison. After dismissing a story Allison tells as superstitious, Max accidentally frees a coven of evil witches who used to live in the house.

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*

Creative Writing Class

Explore creative writing & storytelling in a relaxed & friendly environment. All genres of writing & experience are welcome, along with no requirement to write!

Join us for weekly optional writing exercises, helpful feedback & inspiring discussion.

Wednesdays, September 10 - November 5 (In-Person)
12:30 PM

Free for PR / PL

\$50 for B / P

\$75 for non-members

This class is 8 weekly sessions

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

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

October 15-29
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	2	3
	Schedule and Programming are Subject to Change Pre-registration is Required	Knitting Club Book Club Got Groceries Mahjong Pinochle	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Coldwell Banker Lecture Keys & Coffee Cribbage Movie
6	7	8	9	10
Movie Art Exploration	Current Events Mahjong Billiards Group iPad Class iPhone Class	Waffles Knitting Club Got Groceries Mahjong Pinochle Creative Writing	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Keys and Coffee Cribbage Movie Distinguished Lecture
13	14	15	16	17
Movie Art Exploration	Current Events Mahjong Billiards Group iPad Class iPhone Class	Knitting Club Got Groceries Mahjong Pinochle Creative Writing Trivia	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Keys & Coffee Cribbage Movie
20	21	22	23	24
Movie Art Exploration	Current Events Mahjong Billiards Group iPad Class iPhone Class	Knitting Club Got Groceries Mahjong Pinochle Creative Writing	Hand & Foot Canasta Artistic Thursdays Afternoon Tea iPhone Class Tech Tutoring	Keys & Coffee Cribbage Movie
27	28	29	30	31
Movie Art Exploration	Current Events Mahjong Billiards Group iPad Class iPhone Class	Knitting Club Got Groceries Mahjong Pinochle Creative Writing	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Keys & Coffee Cribbage Movie Halloween



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 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, October 14

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 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 facility!



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



Advancing the Science: The Latest in Alzheimer's and Dementia Research

Wednesday October 22, 2025 3:00 pm

500 Arbor Rd, Menlo Park, CA 94025

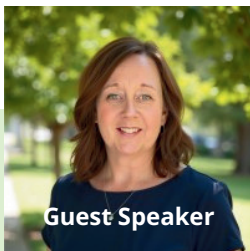


*Free and open to the
community*

RSVP requested

Alzheimer's affects nearly 7 million Americans, but groundbreaking research is driving new strategies for prevention, detection, and treatment. The Alzheimer's Association leads this global effort, pushing forward toward a world without Alzheimer's and all other dementias.

Join us for an insightful talk with **Claire Day of the Alzheimer's Association**, where she will share the latest advances in Alzheimer's and dementia research highlighting new breakthroughs in prevention, early detection, and treatment.



Guest Speaker

Claire Day is the Chief Mission and Program Strategy Officer at the Alzheimer's Association's Northern California and Northern Nevada Chapter. She brings 25 years of experience as a family and professional educator in dementia care.



Little House Cafe October Menu

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

\$5.00 per Meal

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu items are subject to change based on availability.		Chicken Teriyaki, Rice, Edamame	Meatball Marinara, Rotini Pasta, 4 Way Blend Vegetables	Roasted Fish, Couscous, Green Beans
6	7	8	9	10
Cheese Enchilada, Spanish Rice, Corn and Peppers	Chicken Stew, Roasted Potato, Peas	Beef Stroganoff, Egg Noodles, Scandinavian Blend Vegetables	Turkey Skillet, Rice, Green Beans	Cajun Fish, Roasted Sweet Potato, Chuckwagon Blend Vegetables
13	14	15	16	17
Egg Fried Rice, Broccoli	Beef Burrito Bowl, Cilantro Rice, Beans and Corn	BBQ Chicken, Tater Tots, Vegetable Blend	Swedish Meatballs, Mashed Potatoes, Green Beans	Herb Roasted Fish, Rice Pilaf, Asparagus
20	21	22	23	24
Mushroom Alfredo, Penne Pasta, Italian Blend Vegetables	Chicken Cacciatore, Roasted Potato, Spinach	Stir Fry Beef, Rice, Asian Blend Vegetables	Meatloaf w/ Gravy, Herb Roasted Potato, Peas and Carrots	Brazilian Fish Stew, Rice, Zucchini
27	28	29	30	31
Minestrone Soup, Green Beans	Chicken Burrito Bowl, Spanish Rice, Corn/Beans	Sausage and Potato Obrienne, Chuckwagon Blend Vegetables	Beef Stew, Rice, Peas	Roasted Fish, Roasted Sweet Potato, Spinach

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

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 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

URGENT NEED! Meal on Wheels Delivery Drivers: 10:00 AM - 12:30 PM | Tues., Wed., Thurs.

PVI Little House

- **Tech Connect Tutors:** Days and times vary.
- **Meals on Wheels Holiday Packer:** 7:30 am-10:30 pm | Nov. and Dec. | Mon. thru Fri.
- **Little House Music Performer:** 10:30 -11:30 AM | 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

Roasted Butternut Squash and Apple Soup

By Stephanie Figeira, Director of Nutrition Services

Ingredients:

1 medium butternut squash approximately 2.5 lbs
2 Tbsp avocado oil and ghee for saute'
2 apples gala, or honey crisp - diced
2 large shallots
4 garlic cloves chopped
1 Tsp fresh ginger peeled and chopped
2 tsp fresh sage
2 cups mineral broth or chicken bone broth
1.5 - 2 cups filtered water or more broth, using less will render a thicker soup
1/2 cup coconut milk fat from can, refrigerate can so that fat rises to the top.
1 tsp sea salt
1 tsp maple syrup (optional)
1 tsp raw apple cider vinegar pinch cayenne optional
Garnish - toasted pumpkin seeds and or pecans, sumac, drizzle coconut milk
chopped fresh sage and or thyme



Assembly:

Preheat oven to 375°, line baking sheet with parchment paper
Split butternut squash in half lengthwise, remove seeds, coat cut side of squash with oil and place flesh side down on parchment lined baking sheet. Roast for 35 minutes or until fork easily inserts into skin of squash. While butternut squash roasts prepare the remaining ingredients. Heat the oil in a large soup pot; sauté onion and apple 5 to 7 minutes, until golden and soft; continue by adding garlic and ginger sauté 4 to 5 minutes, reduce heat to medium low add in fresh herbs stir and saute' for additional 1 to 2 minutes. The aroma will be mouth watering. Turn off heat and let rest until butternut squash is done. Once butternut squash is done let cool enough to handle. Add to the soup pot with onion apple herb mixture add broth blend with emersion blender until desired texture is achieved add additional liquid as needed. Once you are happy with texture turn on heat to low medium, add in coconut fat, heat and stir soup to incorporate coconut milk fat, add salt and pepper to taste, maple syrup, if using, and raw apple cider vinegar. Heat soup through. Prepare garnishes if using. ENJOY!

Health Notes:

Butternut Squash along with the other winter squashes provide exceptional amounts of carotenes, winter squash in particular have been shown to provide protective effects against many cancers. Along with being cancer protective, diets high in foods containing carotenes appear to offer protection from heart disease, and the development of type 2 diabetes.

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

Partners & Sponsors

Thank you for your support and partnership



PVI Program Guide Ad Specs

All ads are printed in color (if provided)

Inside Cover Placement

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

Back Cover Placement

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

Inside Page Placement

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

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



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