

PENINSULA VOLUNTEERS, INC.

SEPTEMBER
2025

Newsletter & Program Guide



Photo taken during PVI's Adult Day Services Prom

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

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. September 25
- Thurs. October 23

For more information, visit happyhollow.org/seniorsafari/

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The Mind Behind The Music: Discovering Beethoven

Tuesday, September 9
1:00 pm

Free for **PR, PL**
\$15 for **P, B**
\$25 for Non-members



Join us for our first Music Appreciation class, where we will examine Beethoven's 3 main periods as a composer and discuss his significant works.

About the instructor:

Dr. Nurit Jugend is a composer, music lecturer, and private tutor currently residing in California. She regularly gives music appreciation classes at seminars and teaches at the Stanford Continuing Education Program.



Creative Writing Class

Wednesday, September 10 -
Wednesday, November 5
12:30 PM

First class free for all members
Free for **PR, PL**
\$50 for **P, B**
\$75 for Non-members

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.

This class is 8 weekly sessions



Self-Care for Caregivers

Event held at Rosener House

CommonSpirit

FCA Family Caregiver Alliance®

Wednesday, September 10
3:30 - 4:30 PM
500 ARBOR RD., MENLO PARK, CA

Free For The Community
Light Refreshments Served

REGISTER TODAY!



Discussion led by Christina Irving,
Client Services Director at FCG

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!



Shred-tember

Need to safely dispose of old papers? Our generous sponsors are providing a secure Shred-It bin at Little House! Bring your unwanted documents and enjoy peace of mind knowing they'll be shredded securely. Stop by during regular hours to drop off your items and take part in this easy way to protect your privacy.



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Ranked Among the Top Real Estate Professionals in the Nation

COLDWELL BANKER REALTY

NEW AT PVI

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.

Preregistration Required

Tuesdays and Thursdays

2:00 pm - 3:00 pm

September 18 - December 2

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 writing exercises, helpful feedback & inspiring discussion.

Wednesdays

September 10 - November 5 (In-Person)

12:30 PM

The Mind Behind The Music: Discovering Beethoven

Join us for our first Music Appreciation class, where we will examine Beethoven's 3 main periods as a composer and discuss two of his more significant and well-known works: the majestic Symphony No. 5, and the beauty of nature with his Pastoral Symphony No. 6.

Tuesday, September 9 (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 **Music, Movies, & TV**

Wednesday, September 17 (In-Person)

1:30 - 2:30 PM

UPDATES ON GYM EQUIPMENT

PVI Adult Activity Center at Little House

Our fitness center just got a refresh! We've replaced two older machines with a brand-new elliptical and treadmill, and added some standout new equipment—a cable tower and pull-up bar. You'll also find updated resistance bands and fresh posters throughout the gym with tips on how to use the equipment. Stay tuned for new descriptions and guides for the cable tower and pull-up bar to help you make the most of your workouts.

New Equipment



Elliptical

A low-impact cardio machine that's easy on the joints while giving you a full-body workout. Great for improving stamina, burning calories, and building endurance without the stress of running.



Treadmill

Perfect for walking, jogging, or running in any weather. Adjust the speed and incline for everything from light warmups to intense cardio sessions.



Cable Tower

A versatile strength-training station that uses adjustable pulleys and weight stacks. Ideal for working nearly every muscle group with exercises like rows, triceps pushdowns, chest flys, and more.

Pull-Up Bar

A classic tool for building upper-body and core strength. Use it for pull-ups, chin-ups, hanging leg raises, or assisted pull-ups with resistance bands.

Resistance Bands

Portable, adaptable, and great for strength training, stretching, and rehabilitation. They add resistance to bodyweight exercises and can be used for warmups or cool-downs.

PVI Little House Information



PVI WILL BE CLOSED IN OBSERVANCE OF
LABOR DAY 9/1/2025

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.



Wishing Aaron All the Best

At the end of August, we said farewell to our Senior Program Manager, Aaron Horwitz, as he set off on an exciting new chapter across the country. We're grateful for the leadership and heart he brought to our programs, and we wish him the very best. Our team is in great hands with Lindsay Hopkins, who has been promoted and will continue to support our members.

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
9/22 and
9/29**

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

2:00 PM

Chair Yoga
In-Person

**No
Moving
Strong
9/3**

Thursdays

9:30 AM

Fun with
Fitness
Virtual

10:45 AM

Strong for
Life
In-Person

12:00 PM

Tai Chi
In-Person

Fridays

9:30 AM

Walk and Be
Fit
Virtual

10:00 AM

Ground
Mobility
In-Person

11:00 AM

Stress
Management
In-Person

1:00 PM

Chair
Volleyball
In-Person

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, September 9 (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)
September 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

Sept. 3	<i>A Long Way Gone, Memoirs of a Boy Soldier</i> by Ishmael Beah
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 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)
September 10
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.

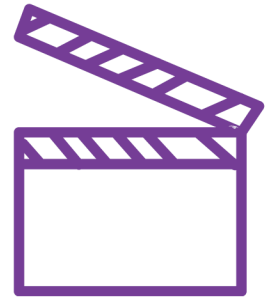
This month's topic is **Music, Movies, & TV**

Third Wednesday of the month (In-Person)
Wednesday, September 17
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

Sept. 1 - PVI Closed

Sept. 8 - Apollo: Missions to the Moon: With rare archival footage, this film sheds new light on an incredible time in human history.

Sept. 15 - Awakenings: The story of a doctor's extraordinary work in the sixties with a group of catatonic patients he finds languishing in a Bronx hospital.

Sept. 22 - While You Were Sleeping: Lonely transit worker Lucy pulls her longtime crush, Peter, from the path of an oncoming train. At the hospital, doctors report that he's in a coma, and a misplaced comment from Lucy causes Peter's family to assume that she is his fiancée.

Sept. 29 - La La Land: Sebastian and Mia are drawn together by their common desire to do what they love. But as success mounts, they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

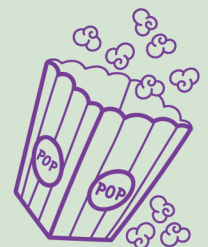
Friday's Movies

Sept. 5 - Indiana Jones and the Raiders of the Lost Ark: Epic tale in which an intrepid archaeologist tries to beat a band of Nazis to a unique religious relic, which is central to their plans for world domination.

Sept. 12 - Father of the Bride: George Banks (Steve Martin) and his wife, Nina (Diane Keaton), are the proud parents of Annie (Kimberly Williams), but when she returns from studying abroad and announces that she's engaged, their whole world turns upside down, especially that of overprotective George.

Sept. 19 - Hidden Figures: A story about three women at NASA who helped launch John Glenn into orbit.

Sept. 26 - Mary Poppins (1964): A magical nanny reconnects a father and mother with their two children.



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

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	2	3	4	5
PVI CLOSED	Current Events Mahjong Billiards Group iPhone Class	Knitting Club Book Club Got Groceries? Mahjong Pinochle	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Keys & Coffee Cribbage Burger Friday Movie
8	9	10	11	12
Movie Art Exploration	Current Events Blood Pressure Mahjong Billiards Group iPad Class iPhone Class	Waffles Knitting Club Got Groceries? Mahjong Pinochle Creative Writing Apple Watch Class	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Cribbage Burger Friday Movie
15	16	17	18	19
Movie Art Exploration	Current Events Mahjong Billiards Group iPad Class iPhone Class	Knitting Club Got Groceries? Mahjong Pinochle Creative Writing Apple Watch Class Trivia	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Keys & Coffee Cribbage Burger Friday Movie
22	23	24	25	26
Movie Art Exploration	Current Events Mahjong Billiards Group iPad Class iPhone Class	Knitting Club Got Groceries? Mahjong Pinochle Apple Watch Class Creative Writing	Hand & Foot Canasta Artistic Thursdays Afternoon Tea iPhone Class Tech Tutoring	Keys & Coffee Cribbage Burger Friday Movie
29	30			
Movie Art Exploration	Current Events Mahjong Billiards Group iPad Class iPhone Class		Schedule and Programming are Subject to Change Pre-registration is Required	

Little House Cafe September Menu

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

\$5.00 per Meal

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
PVI CLOSED	Roasted Chicken, Spanish Rice, Carrots	Beef Bolognese, Penne Pasta, Italian Mixed Vegetables	Chicken Cordon Bleu, Mashed Potato, Green beans	Burger, Chips, Salad, Dessert <i>\$10 per plate</i>
8	9	10	11	12
Egg Fried Rice, broccoli	Teriyaki Meatballs, Rice, Edamame	Herb Chicken w/ Gravy, Roasted Potato, Garden Vegetables Mix	Beef Ravioli, Marinara, Italian Mixed Vegetables	Burger, Chips, Salad, Dessert <i>\$10 per plate</i>
15	16	17	18	19
Cheese Tortellini, Marinara, 4 way Mixed Vegetables	Sweet and Sour Chicken, Rice, Asian Vegetables	Beef Stroganoff, Egg Noodles, Green Beans	Chicken Fajitas, Spanish Rice, Roasted Corn and peppers	Burger, Chips Salad, Dessert <i>\$10 per plate</i>
22	23	24	25	26
Baked Ziti, Italian Mixed Vegetables	Chicken Teriyaki, Rice, Peas/Carrots	Jerk Chicken, Coconut Rice, Corn	Roasted Pork Loin w/ Gravy, Roasted Potato, Green Beans	Burger, Chips Salad, Dessert <i>\$10 per plate</i>
29	30			
Macaroni and Cheese Broccoli	Loco Moco, Rice, Spinach		<i>Menu items are subject to change based on availability.</i>	



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, September 9

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!

SELF-CARE FOR CAREGIVERS

AN EXPLORATION ON WELLBEING

WED, SEPT. 10 | 3:00 - 4:30 PM
500 ARBOR RD MENLO PARK, CA

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 discuss practical strategies for wellbeing, such as:

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



**FREE FOR THE COMMUNITY
SCAN TO REGISTER TODAY!**
Link: qr.me-qr.com/1/caregiverselfcare

MEET THE SPEAKER



Christina Irving is the Client Services Director at Family Caregiver Alliance. She oversees the staff of the Bay Area Caregiver Resource Center, who provide direct services to family caregivers. She has been with FCA for over 19 years, beginning as a Family Consultant and Clinical Supervisor.

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

SAVE THE DATE!

DISCOVER PVI'S ADULT DAY SERVICES AT ROSENER HOUSE

Your Community for Care & Connection

Are you caring for an older adult? You're not alone! PVI's Adult Day Services at Rosener House offers a warm, joyful community where older adults, including those with dementia, thrive through friendship, activities, and expert care. Dementia shouldn't mean isolation.

Friday, September 26, 2025

3:30 PM -5:30 PM



RSVP TODAY

Scan the QR Code
or visit us online



What's Happening:

- Tour our welcoming Rosener House
- Meet our caring team, trained in the Best Friends Approach
- Enjoy tasty refreshments and a fun raffle
- Find resources to support caregivers and families

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

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

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

Blueberry Brain Smoothie

By Stephanie Figeira, Director of Nutrition Services

Blueberry Brain Smoothie

Ingredients:

2 cups filtered water
1/2 cup raw walnuts
1/4 cup pumpkin seeds
1 tsp Ceylon cinnamon
1 medium banana
1 cup fresh or frozen organic blueberries
4 pitted Medjool dates



Assembly:

Place all the ingredients in your blender and blend to desired consistency.

Enjoy 1 and save the rest for later in a glass container in the refrigerator. Enjoy within 24 hours of blending smoothie to receive the greatest nutritional benefits.

Nutrition Highlights:

Walnuts have polyphenolic compounds, more than any other type of nut, which are critical for brain function. They are also a good source of Omega-3 fatty acids, which, with polyphenols, support the clearing of oxidative stress and reduction of inflammation. Walnuts are the star nut for the brain.

Pumpkin seeds are loaded with powerful antioxidants that protect the body and brain from free-radical damage. They are an excellent source of magnesium, iron, zinc, and copper, of which each nutrient supports brain health.

Ceylon cinnamon benefits have been associated with reduced inflammation, improved memory, increased attention, and enhanced cognitive processing. Cinnamon is a spice that heats the body up, so if you find you tend to be warm often you might want to reduce the cinnamon and use it only a couple of times a week.

Medjool Dates regular date consumption has been associated with lowering inflammatory markers, such as interleukin 6 (IL-6) in the brain. High levels of inflammation in the brain, driven by high IL-6, have been linked to neurodegenerative diseases such as Alzheimer's.

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



Donate Today



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linkedin.com/company/peninsulavolunteersinc/



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