

PENINSULA VOLUNTEERS, INC.

DECEMBER
2025

Newsletter & Program Guide



Photo taken at Jazz Party 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
New Dates Coming Soon!

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Roslyn G. Morris Senior
Community Center at
Little House

Nutrition Services
Meals on Wheels

Adult Day Services at
Rosener House

Ride PVI
Transportation Services

Quiescence
Customized Solutions
for Family Caregivers

Contact

800 Middle Avenue
Menlo Park, CA 94025

(650) 326-0665

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from your phone

Dear Neighbors and Friends,

As the year comes to a close, we are reminded that the strength of our community is measured by how we care for one another—especially our seniors. Far too many older adults continue to face hardship. Instead of joy and connection, many are socially isolated, sitting at empty tables, faced with the uncertainty of how to afford food, healthcare, and other essentials.

At **Peninsula Volunteers, Inc. (PVI)**, we see this sad reality every day. Nearly **one in six** older adults have no immediate family at all, and countless others live far from relatives who might otherwise offer support. More than 250 local seniors are currently on a waitlist for meals—and that number is increasing. Seniors on fixed incomes are being stretched to their limits as the cost of food, energy, and healthcare continue to climb. Despite seniors comprising over 17% of the U.S. population, **less than 1%** of philanthropic dollars directly support aging-related programs or advocacy. Government funding simply hasn't kept pace with the increased needs. **We need your involvement now more than ever.** Your support in our programs will help us to “enable seniors to age in place.”

Nutrition Services delivers more than 185,000 nutritious meals through Meals on Wheels—often the only meal and friendly visit a senior receives that day. **RIDE PVI** provides more than 13,000 safe, on demand trips to medical appointments, grocery stores, and social activities, keeping seniors independent and engaged in their community. At our **Adult Activity Center, Little House**, older adults discover friendship, fitness, and purpose through wellness and enrichment programs. At **Rosener House, our Adult Day Services Center**, families impacted by Alzheimer's and dementia receive expert care and compassionate support. With our newest program, Quiescence, family caregivers receive customized support and resources, helping them care for their loved ones without losing themselves in the process.

Each week we meet seniors whose lives have been transformed thanks to your generosity. *Carol*, who lost her daughter and faced lonely days, now looks forward to the friendly visits and nutritious meals delivered through Meals on Wheels—a small act that brings security and companionship. *Kim*, who can no longer drive because of vision loss, depends on RIDE PVI to get to social activities—keeping her engaged and independent. *William*, tirelessly caring for his wife with Alzheimer's, finds moments of relief, guidance, and support through our Quiescence program—giving him the strength to care for his loved one while preserving his own well-being. These are not just stories; they are the real-life experiences of neighbors in our community. Every smile, every meal, every safe ride, and every moment of care exists because you choose to make a difference.

As we prepare for what is ahead, we need your help to continue our mission to “enable seniors to age in place.” **Please make your year-end gift today** and help keep our seniors safe, supported, and thriving in the community they call home.

With heartfelt gratitude and hope for the new year,

Peter Olson
Chief Executive Officer

*Your support helps our seniors stay active, valued,
and connected - right where they belong:
in their homes and our community. -Peter*

Honor Huntington
Board President

*Your gift will make a difference in
someone's life. Thank you. -Honor*

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Safety and Technology with Global Computer Literacy

Wednesday December 3
1:00 pm to 2:30 pm

*Free for members,
\$5 for non-members*

Join us for an interactive 90-minute program where we cover online tracking, how to be safe when using a public computer (like at the library), email safety, password security and an introduction to artificial intelligence.

*There will be dedicated time for questions and individual help.



Strong Bones, Strong You

Thursday December 4
1:00 pm to 2:00 pm

Free for everyone

Strong, healthy bones are a crucial part of aging in place. It's never too late to start protecting your bones. Join Lupe Mercado, RN, and Miguel Hernandez, RN, from **SFSU School of Nursing** to discuss ways you can keep your bones' integrity through:

- Physical activity
- A balanced diet
- Practicing safe habits





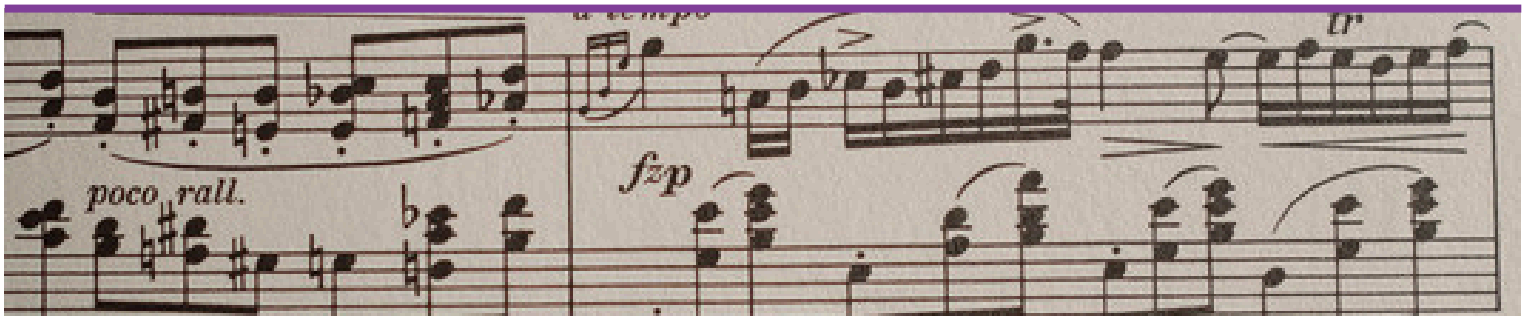
Holiday Craft and Cookies

Wednesday December 10
10:00 am to 11:00 am



Our partners at Coldwell Banker Realty want to invite you to create holiday crafts and participate in a cookie exchange. Have a favorite cookie recipe? Enjoy eating cookies? Here is your chance to bake a batch to share, try others' cookie creations, and make holiday crafts.

RSVP (650) 326-0665 or email
littlehouse@1pvi.org



From Sugar Plums to Cannon Fire: The Magic & Music of Tchaikovsky

Wednesday December 10
1:00 pm to 2:15 pm

Basic & Primary: \$15
Premium & Platinum: Free
Non-members: \$25

Please RSVP by contacting Little House at (650) 326-0665 or email
littlehouse@1pvi.org

Join Dr. Nurit Jugend for a celebration of Pyotr Tchaikovsky, one of the most beloved and Romantic composers of all time. In this engaging lecture, we'll explore his dramatic life, his gift for melody, and the magic he wove into timeless works like The Nutcracker and its sparkling "Dance of the Sugar Plum Fairy," the sweeping romance of Romeo and Juliet, and the triumphant fireworks of the 1812 Overture.



Distinguished Lecture Series: The Legend of Santa Claus

Friday December 12
10:00 am to 11:00 am

Basic & Non-members: \$15
Primary, Premium & **Platinum**: Free

Please RSVP by contacting Little House at (650) 326-0665 or email littlehouse@1pvi.org

Where did the story of Santa Claus originate? The tradition of the jolly old man dates back to the 4th century. How did he change into a portly, bearded man with a hearty laugh and a red suit? Pagan influences provide much of the story. Be he called Saint Nicholas, Sinterklaas, Father Christmas, Kris Kringle or just plain Santa, he is beloved by children (and adults!) worldwide.



Little Shop Holiday Sale

Friday December 19
10:00 am to 2:00 pm

Still needing that perfect gift for someone in your life? Little Shop Holiday Sale might have what you are looking for. From jewelry to trinkets, you are bound to find something special and unique.

Be a part of Little Shop's Holiday Sale! Donate lightly used items by December 12th, and Little Shop will take care of the rest. All you need to do is provide the price, your name, and telephone number for your item.

Donations wanted:

- Outdoor Holiday Decorations
- Indoor Holiday Decorations
(small/medium size only)



Join PVI at Little House for a festive Holiday Luncheon! Enjoy a warm and cheerful afternoon featuring a festive holiday meal, live harp music performed by Tamara Mead, and the joy of gathering with friends and neighbors. Come celebrate the season and the close of another wonderful year together.

Holiday Luncheon

DECEMBER 19, 2025 AT 11:30 AM

\$25 for members, \$35 for non-members

**RSVP at (650) 326-0665 or
email littlehouse@1pvi.org**



Tamara Mead is a harpist based in the San Francisco Bay Area. She has decades of experience performing in symphonies in Idaho and Nebraska, as well as weddings, private and corporate dinners, country club events, charity galas, memorials, open houses, and other events around the Bay Area



Menu:

Beef Pot Roast
Mashed Potatoes
Roasted Brussel Sprouts
w/ Balsamic Glaze
Yule Log



Peninsula Volunteers, Inc. 800 Middle Ave.
Menlo Park, CA 94025 | (650)326-0665 | 1pvi.org

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

Holiday Hours

Dec. 24	Dec. 25	Dec. 26	Dec. 27	Dec. 28	Dec. 29	Dec. 30	Dec. 31	Jan. 1	Jan. 2
OPEN 8:30 AM 1:00 PM	CLOSED Christmas	CLOSED	CLOSED	CLOSED	OPEN 8:30 AM 4:00 PM	OPEN 8:30 AM 4:00 PM	OPEN 8:30 AM 1:00 PM	CLOSED New Year's Day	CLOSED

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 Qigong on
12/22 and
12/29**

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 Virtual
Fun with
Fitness on
12/23 and
12/30**

**No Tai Chi in
person on
12/30**

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 on
12/24**

**No Chair Yoga
on 12/24
and 12/31**

**No Virtual Tai
Chi on 12/29
and 12/31**

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

**Closed on
12/25**

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

**Closed on
12/26**

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, December 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

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)

Not meeting in December

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

- | | |
|--------|--|
| Dec. 3 | <i>Night Watch</i>
by Jayne A. Phillips |
| Jan. 7 | <i>The Lion Women of Tehran</i>
by Marjan Kamali |
| Feb. 4 | <i>The Reading List</i>
by Sara N. Adams |

Little House Member Birthday Luncheon

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

Tuesday, December 9 (In-Person)
11:30 AM
Little House Cafe

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)
December 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 **Holidays: Movies, Shows, Music!** If you are a holiday fanatic, here is your chance to show whatcha know!

Third Wednesday of the month (In-Person)
Wednesday, December 17
1:30 PM

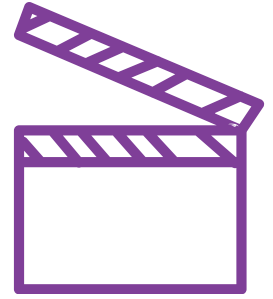
Let's Go To The Movies

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

Dec. 1 - *Carry-On*: A crowded airport. A dangerous suitcase. A mysterious criminal mastermind. On Christmas Eve, a security officer faces the ultimate travel nightmare.

Dec. 8 - *Dreamgirls*: Tensions arise for the 1960s girl group The Dreams when manager Curtis demotes the talented Effie, replacing her with the more marketable Deena.

Dec. 15 - *The Holiday Calendar*: A talented photographer stuck in a dead-end job inherits an Advent calendar that may be predicting the future – and pointing her toward love.

Dec. 22 - *Miracle on 34th Street (1947)*: In this Christmas classic, an old man going by the name of Kris Kringle fills in for an intoxicated Santa in Macy's Thanksgiving Day parade. When Kringle surprises people by claiming that he really is Santa Claus, it leads to a court case to determine his mental health and, more importantly, his authenticity.

Dec. 29 - *The Woman in Cabin 10*: A journalist uncovers a sinister mystery on board a sumptuous superyacht in this psychological thriller based on the bestselling novel.

Friday's Movies

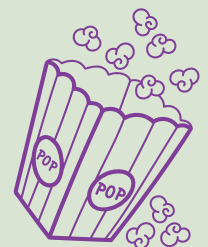
Dec. 5 - *Last Holiday*: The discovery that she has a terminal illness prompts introverted saleswoman Georgia Byrd (Queen Latifah) to reflect on what she realizes has been an overly cautious life. So, Georgia withdraws her life savings and jets off to Europe where she lives like a millionaire.

Dec. 12 - *Wake Up, Dead Man: A Knives Out Mystery*: Detective Benoit Blanc sifts through a series of suspects when a monsignor turns up dead.

Dec. 19 - *How to Rob a Bank*: In this investigative true-crime documentary, a prolific bank robber leading a double life eludes law enforcement agents for years.

Dec. 26 - *Closed for Christmas*

Jan. 2 - *Closed for New Years*



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.

Fall quarter ends Dec. 12, Winter quarter will begin Jan. 5, 2026

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.

More dates coming in Spring!

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

Wednesdays (In-Person)
1:30 - 3:30 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!

iPad Class

Next Session Dates:

January 13 - March 3
Tuesdays (In-Person)
10:00 AM - 12:00 PM
Members: \$60
Non-members: \$80

iPhone Classes

Next Session Dates:

January 13 - April 21
Tuesdays (In-Person)
1:00 - 3:00 PM

January 15 - April 23
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
Movie Art Exploration	Current Events Mahjong Billiards Group iPhone Class	Book Club Knitting Club Got Groceries Mahjong Pinochle	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Keys & Coffee Cribbage Movie
8	9	10	11	12
Movie Art Exploration	Current Events Mahjong Billiards Group iPhone Class	Waffles Knitting Club Got Groceries Mahjong Pinochle	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Little Shop Holiday Sale Keys and Coffee Cribbage Movie
15	16	17	18	19
Movie Art Exploration	Current Events Mahjong Billiards Group iPhone Class	Trivia Knitting Club Got Groceries Mahjong Pinochle	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Holiday Luncheon Keys & Coffee Cribbage Movie
22	23	24	25	26
Movie Art Exploration	Current Events Mahjong Billiards Group	CLOSING AT 1 PM Knitting Club Got Groceries Mahjong Pinochle	CLOSED	CLOSED
29	30	31		
Movie Art Exploration	Current Events Mahjong Billiards Group	CLOSING AT 1 PM Knitting Club Got Groceries Mahjong Pinochle	Schedule and Programming are Subject to Change Pre-registration is Required	



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, December 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!

CARING THROUGH THE HOLIDAYS:

MANAGING STRESS FOR ALZHEIMER'S AND DEMENTIA CAREGIVERS

THURSDAY, DEC. 18 | 3:00 - 4:30 PM
500 ARBOR RD MENLO PARK, CA

The holiday season, while filled with joy and tradition, can be an especially challenging time for caregivers of individuals with Alzheimer's or other forms of dementia. This supportive and informative program is designed to help caregivers navigate the emotional, physical, and logistical stress that can come with the holidays.

Join us as we discuss practical strategies for supporting a loved one, such as:

- Managing changes in behavior
- Coping with feelings of guilt and grief
- Simplifying celebrations and so much more!



SCAN TO
REGISTER
TODAY!

MEET THE SPEAKER



Claire Day is a clinical social worker and has more than 25 years of experience as a family and professional educator. She has been on staff of the Alzheimer's Association since 2001 and is Chief Mission and Program Strategy Officer at the Northern California and Northern Nevada Chapter and as such, oversees all care and support, DEI, operations and research initiatives.

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

Little House Cafe December Menu

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

\$5.00 per Meal

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Carrot and Lentil Stew, Green Beans	Orange Chicken, Rice, Asian Blend Vegetables	Swedish Meatballs, Mashed Potatoes, Broccoli	Chicken Marsala, Roasted Potato, Cauliflower	Soup of the Day, Salad, Dinner Roll, and Dessert \$10 Meal Deal
8	9	10	11	12
Vegetable Goulash, Peas	Cajun Fish, Roasted Potato, Garden Vegetables Blend	Loco Moco, Rice, Spinach	Chicken Stew, Chickpeas, Peas and Carrots	Soup of the Day, Salad, Dinner Roll, and Dessert \$10 Meal Deal
15	16	17	18	19
Cheese Tortellini, Marinara, Mixed Vegetables	BBQ Chicken, Tater Tots, Broccoli	Meatball Marinara, Spaghetti, Italian Blend Vegetables	Salmon Teriyaki, Rice, Asian Blend Vegetables	Holiday Luncheon \$25 per plate
22	23	24	25	26
<i>*Available packaged at Little Shop</i> Vegetable Chowder, Green Beans	<i>*Available packaged at Little Shop</i> Fish Piccata, Brown Rice, Carrots	<i>*Available packaged at Little Shop</i> Holiday Ham, Roasted Sweet Potato, Brussel Sprouts	Cafe Closed	Cafe Closed
29	30	31		
<i>*Available packaged at Little Shop</i> Mushroom Alfredo, Penne Pasta, Broccoli/Cauliflower	<i>*Available packaged at Little Shop</i> Beef Bourguignon, Roasted Potato, Peas and Carrots	<i>*Available packaged at Little Shop</i> Chef's Choice	<i>Menu items are subject to change based on availability.</i>	

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!

Got Groceries

Weekly Pick-up at No Cost!



**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.*)

Little House Garden

Water, Weed, Plant, and Harvest: 10am - 12pm | Sat.

Interested in Volunteering with PVI?

Please contact Idrina Sims, Volunteer Coordinator
isims@1pvi.org or 650-272-5015

Cranberry Sauce Stuffed Muffins

By Stephanie Figeira, Director of Nutrition Services

Ingredients:

1.5 cups gluten-free flour 1:1 baking exchange
1 cup oats
1/4 cup coconut sugar
1 tsp baking soda
1 tsp baking powder
1/4 tsp sea salt
1 tsp ground cinnamon
2 Tbsp melted ghee or unsalted butter
1/4 cup fresh-squeezed orange juice
2 eggs room temperature
1 tsp vanilla
1 cup prepared cranberry sauce



Assembly:

Preheat oven to 350°, line 12 muffin cup tin with baking cup liners and set aside.

In a mixing bowl, whisk together flour, oats, coconut sugar, baking soda, baking powder, sea salt, and cinnamon. Set aside.

In a medium mixing bowl, add cooled melted ghee or butter, orange juice, two beaten eggs, and vanilla. Add wet ingredients to dry ingredients, gently stir to incorporate once dry and wet ingredients are combined, fold in cranberry sauce.

Divide batter evenly among the prepared muffin pan, filling them approximately each muffin cup 3/4 full.

Bake 20 to 25 minutes until muffin tops are golden and a toothpick inserted in the center comes out clean. Transfer pan to a wire rack and let muffins cool completely.

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

Partners & Sponsors

Thank you for your support and partnership



Thank you for an amazing year!



We wish you a wonderful holiday season, and
we can't wait to see you in the New Year!

**Donate
Today**



SCAN ME



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