

Enabling Seniors to Age in Place FEBRUARY 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT



Matters of the Heart

American Heart Month

INSIDE:

Heart Healthy Habits with
Coldwell Banker Realty

pg. 8

Blood Pressure Screening

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Valentine's Day and Lunar
New Year Crafts and Events

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SERVING COMMUNITIES IN SAN MATEO AND SANTA CLARA COUNTY

Adult Activity Center at Little House

Monday - Friday 8:30 AM - 4:00 PM

Adult Day Services at Rosener House

Monday - Friday 8:30 AM - 4:00 PM

RIDE PVI

Monday - Tuesday 9:00 AM - 5:30 PM

Wednesday - Friday 9:00 AM - 4:00 PM

Nutrition Services

Meals on Wheels | Nourish and Connect | Got Groceries

Hours vary by program



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

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



Dates for Free Admission
New Dates Coming Soon!

For more information, visit happyhollow.org/seniorsafari/

Every Age, a Brave New Chapter



From Minnesota to San Jose to Menlo Park, Nancy has built a life centered on resilience, family, and growth. After retiring from public service and running her own business, she dedicated years to caring for her grandchildren. Today, through PVI's Adult Activity Center at Little House community, Nancy embraces her independence while staying connected to her family in Palo Alto and San Carlos.

She continues to be brave and make the most out of each day. Learning new skills, practicing her English to connect with her grandchildren, and finding joy in community and creativity. Nancy shows us that bravery isn't about one moment; it's a way of living.

For Nancy Cheng, bravery has been a lifelong practice.

When I first started art class, I didn't know what to do. I was so scared, but now I've improved a lot, and I'm proud of that. I always wanted the chance to learn, and now I do. I have the opportunity to be brave.

She was brave when she left Taiwan in 1968 to escape political turmoil. She was brave when raising her children in a new country, navigating obstacles and language barriers. She was brave again when she moved on her own to Menlo Park in 2019. Now, at 78, that same courage fuels her independent and fulfilling lifestyle.

For the past three years, Nancy has come to Little House almost every day. Her routine often includes a fitness class, usually Tai Chi, lunch at the Café, catching up with friends, learning about her community, and an art class that continues to challenge and inspire her.



San Mateo County Transit District

Thursday February 5
10:00 am to 12:00 pm

*Every first Thursday
of the month

Free for everyone

Join us the first week of February with the San Mateo County Transit District as they debut their new service: Transportation Resources Counselor (TRC). TRC is in-person support where you can speak with helpful experts at Little House for one-on-one guidance on all things SAMTRANS, Caltrain, and TA. From public transport to health plan benefits to private pay services, San Mateo County Transit District is here to walk you through it all! Find their table by the Jane West room.



Massage Therapy

Mondays
11:00 am - 2:00 pm

Tuesdays
2:00 pm - 4:00 pm

Free for everyone

There will be massage therapy at Little House two times a week starting this month! Massage therapy has an incredible number of benefits like improving blood circulation, reducing pain and stiffness, and enhancing flexibility and range of motion. Start feeling better today! Limited to one massage per person per day.

Valentine's Hot Chocolate Bar

Join us for a special Valentine's Day treat courtesy of our partners at **First Light Homecare!**



Thursday, February 12
12 PM at Little House





Lunar New Year Luncheon

Tuesday February 10
12:00 pm

Luncheon Menu:

Vegetable Chow Mein
Pork Char Siu
Egg Drop Soup
Sponge Cake

\$20 for members

\$30 for non-members



Enjoy a festive luncheon featuring traditional favorites, a Lion Dance performance by LionDanceME, and the joy of gathering together as we welcome the new year. Join PVI for good food, great company, and a meaningful cultural celebration.

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



Distinguished Lecture: The Black Experience

Friday February 13
10:00 am

Basic & Non-members: \$15

Primary, Premium & Platinum: Free

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

Slavery in the USA ended in 1865, but prejudice continued. The silent film "Birth of a Nation" kindled a new era of maltreatment – the Ku Klux Klan continued this manner of thinking. Join Rick Deutsch for a conversation about the Black experience and how centuries of discrimination continue to make an impact today.



Speaking with Compassion: Effective Communication for Alzheimer's and Dementia Caregivers at Rosener House

Wednesday February 18
3:00 pm

 **500 Arbor Rd,
Menlo Park, CA**



Free for the community
Scan to register today!

Link: <https://forms.office.com/r/u7L2aFzFm?origin=lprLink>

Communication is one of the most important — and often most challenging — aspects of caregiving for someone with Alzheimer's and other dementias.

Join us to learn how:

- Dementia affects communication
- How to interpret nonverbal cues
- How to adapt your own language, tone, and approach to foster calm and understanding

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Investment-Property Owners Seminar

Thursday February 19
1:00 pm to 2:00 pm

Free for everyone

Free yourself from landlord headaches and defer capital gains tax. Join Anita Gat, a realtor for seniors, and Andre Ichaso, a specialist in 1031 Exchanges & Delaware Statutory Trusts, for a seminar on how to exchange your investment property that best aligns with your 2026 goals.



Crafts Class with Jorel Thompson

**Tuesday February 24
1:00 pm**

Basic, Primary &
Non-members: \$80
Premium & Platinum: Free

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

Explore different crafts and create projects using an assortment of materials, including some recycled items. Starting with simple projects, you will work your way up to more complicated ones as classes continue. We welcome all ideas as we explore the world of crafting together.

This is an 8-week class that starts Feb. 24th and ends April 14th.

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Coldwell Banker Realty Lecture: Heart Month

**Thursday February 26
1:00 pm to 2:00 pm**



Join us for an engaging heart health and healthy habits session, featuring practical wellness tips followed by complimentary blood pressure screenings to help you take charge of your health.

PVI Little House Membership Information

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

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
<i>15% discount</i>	

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 <i>Hybrid</i>	10:00 AM Tai Chi <i>Virtual</i>	10:00 AM Open Air Aerobics <i>In-Person</i>	11:00 AM Line Dancing <i>In-Person</i>	2:30 PM Qigong <i>In-Person</i>
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Tuesdays

9:30 AM Fun with Fitness <i>Virtual</i>	10:30 AM Strong for Life <i>In-Person</i>	12:00 PM Tai Chi <i>In-Person</i>	Starts Feb. 26 Bingocize® <i>In-Person</i>
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Wednesdays

9:00 AM Balance Boost <i>Hybrid</i>	10:00 AM Tai Chi <i>Virtual</i>	10:00 AM PWR! Moves <i>Hybrid</i>	11:15 AM Moving Strong <i>In-Person</i>	2:00 PM Chair Yoga <i>In-Person</i>
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Thursdays

9:30 AM Fun with Fitness <i>Virtual</i>	10:45 AM Strong for Life <i>In-Person</i>	12:00 PM Tai Chi <i>In-Person</i>	Starts Feb. 26 Bingocize® <i>In-Person</i>
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Fridays

9:30 AM Walk and Be Fit <i>Virtual</i>	10:00 AM Ground Mobility <i>In-Person</i>	11:00 AM Stress Management <i>In-Person</i>	1:00 PM Chair Volleyball <i>In-Person</i>
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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

February 26 - May 7

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, February 10 (In-Person)

10:30 AM - 12:00 PM

Chair Volleyball

Instructor: Brent Brayshaw

Join us for a fun and engaging game of Chair Volleyball! It's a great way to stay active, have fun, and enjoy friendly competition with others.

Fridays (In-Person)

1:00 - 1:50 PM

Chair Yoga

Instructor: Patty Mayall

Includes modified yoga stretches and breathing techniques for balance and strength.

Wednesdays (In-Person)

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

FILLING FAST! CALL FOR AVAILABILITY

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)

February 26

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)

10:30 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.

First Wednesday of the Month (In-Person)
1:00 PM

Feb. 4 ***The Reading List***
by Sara N. Adams

Mar. 4 ***The Love Project***
by Alison Van Diggelen

April 1 ***The Silence of the Girls***
by Pat Barker

Little House Member Birthday Luncheon

If you are a member and have a birthday in January and February, please join us for a complimentary lunch! This month's Birthday Luncheon will be held during our **Lunar New Year Luncheon**. Please contact Little House to get your meal covered for your birthday!

Tuesday, February 10 (In-Person)
11:30 AM
Little House Cafe

Claim your birthday meal today!
littlehouse@1pvi.org or 650-326-2025

Furry Friends

Every month, Furry Friends therapy dogs will be stopping by at Little House! Don't miss the chance for canine companionship this month. Therapy dogs will be roaming around the common areas of Little House.

Second Wednesday of the Month (In-Person)
February 11
11:00 AM - 12:00 PM

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.

Second Wednesday of the Month (In-Person)
February 11
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

Black History Month.

Third Wednesday of the month (In-Person)
February 18
1:30 PM

Pop-Up Library

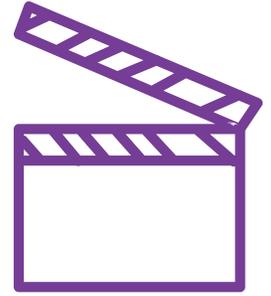
Join San Mateo County Libraries at Little House! Browse a small collection of books, obtain a library card, and get your library questions answered.

Third Wednesday of the Month (In-Person)
February 18
10:00 AM - 12:00 PM

Let's Go To The Movies

Enjoy a matinee movie with popcorn and friends! Have a movie suggestion? Let us know!

Mondays and Fridays (In-Person)
1:00 PM
Garden Room



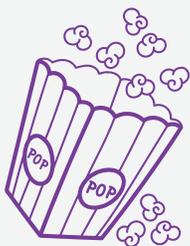
Monday's Movies

Feb. 2 - *Groundhog Day*: A cynical TV weatherman finds himself reliving the same day over and over again when he goes on location to the small town of Punxsutawney to film a report about their annual Groundhog Day. His predicament drives him to distraction, until he sees a way of turning the situation to his advantage.

Feb. 9 - *Toni Morrison: The Pieces I Am*: Toni Morrison talks about life and writing in this documentary exploring the themes of race, America, and the human condition throughout her work.

Feb. 16 - *Closed for President's Day*

Feb. 23 - *Ford v. Ferrari*: US car designer Carroll Shelby and racer Ken Miles team up to end Enzo Ferrari's reign at Le Mans in this Oscar winner.



Friday's Movies

Feb. 6 - *People We Meet on Vacation*: In this rom-com based on Emily Henry's novel, total opposites Poppy and Alex grow closer over years of summer travels – until one trip changes everything.

Feb. 13 - *Serendipity*: On a magical night when they are in their 20s, Jonathan meets Sara. He finds it love at first sight, but Sara believes in destiny. After 10 years the two must decide if fate wants them to be together again.

Feb. 20 - *The Unlikely Pilgrimage of Harold Fry*: When a man learns that an old friend is seriously ill, he resolves to walk the length of England to see her and inspires the nation along the way.

Feb. 27 - *The Devil Wears Prada*: A young woman becomes the assistant to a tyrannical editor-in-chief.

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*

Crafts Class with Jorel Thompson

Explore different crafts and create projects using an assortment of materials, including some recycled items. Starting with simple projects, you will work your way up to more complicated ones as classes continue. We welcome all ideas as we explore the world of crafting together.

Tuesdays (In-person)
February 24 - April 14
1:00 PM

Free for PR / PL
\$80 for B / P / 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

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

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

Thursdays (In-Person)
12:30 - 2:30 PM

To schedule an appointment, contact us at 650-326-2025 or littlehouse@1pvi.org

PR, PL members get one free tutoring session per month depending on availability.

Cancellation Policy
\$10.00 fee for No Show or Cancellation within 24 hours' notice.

Individual Sessions	1	5	10
Session Pricing	\$10 \$15	\$45 \$75	\$90 \$150

Member Pricing
Non-Member Pricing

Tech Connect Program

PVI welcomes you to join our Tech Connect Program. For iPad classes, participants can either bring their own or borrow one for the duration of the class, with the option to purchase when the class ends.

We will teach you the basics of using the Apple Watch, iPhone, and iPad, including email, Zoom, internet safety, taking photos, and more!

Apple Watch Class

Next Session Dates:

February 4 - 18
Wednesdays (In-Person)
1:00 PM - 2:30 PM
Members: \$40
Non-members: \$60

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
2	3	4	5	6
Movie Art Exploration	Current Events Mahjong Billiards Group iPad Class iPhone Class	Book Club Knitting Club Got Groceries Mahjong Pinochle Apple Watch Class	Hand & Foot Canasta Artistic Thursdays Tech Tutoring	Keys and Coffee Cribbage Movie
9	10	11	12	13
Movie Art Exploration	Blood Pressure Screening Lunar New Year Luncheon Current Events Mahjong Billiards Group	Furry Friends Waffle Wednesday Knitting Club Got Groceries Mahjong Pinochle Apple Watch Class	Hand & Foot Canasta Artistic Thursdays Tech Tutoring	Keys and Coffee Cribbage Movie
16	17	18	19	20
CLOSED	Current Events Mahjong Billiards Group iPad Class iPhone Class	Pop-Up Library Knitting Club Got Groceries Mahjong Pinochle Apple Watch Class	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Keys & Coffee Cribbage Movie
23	24	25	26	27
Movie Art Exploration	Current Events Mahjong Billiards Group iPad Class iPhone Class	Trivia Knitting Club Got Groceries Mahjong Pinochle	Afternoon Tea Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Keys & Coffee Cribbage Movie

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, February 10

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

2nd Tuesday of Each Month
9:30 - 11:00 AM
Rosener House

For inquiries, contact 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!

SPEAKING WITH COMPASSION

EFFECTIVE COMMUNICATION FOR ALZHEIMER'S AND DEMENTIA CAREGIVERS

WED, FEB 18 | 3:00 PM
500 ARBOR RD MENLO PARK, CA

Communication is one of the most important — and often most challenging — aspects of caregiving for someone with Alzheimer's and other dementias.

Join us to learn how:

- Dementia affects communication
- How to interpret nonverbal cues
- How to adapt your own language, tone, and approach to foster calm and understanding **and so much more!**



**FREE FOR THE COMMUNITY
SCAN TO REGISTER TODAY!**

Link: <https://forms.office.com/r/u7L2aFzFm?origin=lpLink>

MEET THE SPEAKER



Vanessa Souza
Senior Manager for
Community Engagement

Vanessa is a Licensed Clinical Social Worker with a focus on supporting older adults. Today, she works as the Senior Manager for Community Engagement at the Alzheimer's Association of Northern California and Northern Nevada. Vanessa holds a Bachelor of Social Work from Seattle University and a Master of Science in Social Administration from Case Western Reserve University.

PVI Adult Day Services at Rosener House Daily Activities & Schedule

Specialized Music
Exercise Group
Art Group
Current Events & Discussion
Games Group & Other Specialized Activities

SAMPLE SCHEDULE

Main Program

9:00	Trivia & Morning Coffee
10:30	Movement or Music
11:15	Art, Current Events, or Games
12:00	Hot Lunch & Dessert
1:00	Travel or Seasonal Activities
2:00	Trivia
3:00	Respite Care

PVI Cafe February Menu

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

\$5.00 per Meal

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Egg Fried Rice, Asian Mixed Vegetables	Meatball Marinara, Penne, Italian Mixed Vegetables	Loco Moco, Brown Rice, Spinach	Chicken Cacciatore, Roasted Potatoes, Broccoli	Soup of the Day, Salad, Dinner Roll, and Dessert \$10 Meal Deal
9	10	11	12	13
Cheese Enchiladas, Spanish Rice, Mixed Vegetables	Lunar New Year Luncheon	Chicken Fried Rice, Asian Mixed Vegetables	Swedish Meatballs, Roasted Potato, Green Beans	Soup of the Day, Salad, Dinner Roll, and Dessert \$10 Meal Deal
16	17	18	19	20
PVI Closed	Chicken Terriyaki, Brown Rice, Edamame	Beef Bolognese, Pasta, Italian Mixed Vegetables	Pork Stew, Quinoa, Green Beans	Soup of the Day, Salad, Dinner Roll, and Dessert \$10 Meal Deal
23	24	25	26	27
Closed	Closed	Closed	Closed	Closed

**Packaged meals will be available in Little Shop during
Cafe closure*

Schedule and Programming are Subject to Change

Pre-registration is Required

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:
conciiergecare@1pvi.org or (650) 272-5112

Almond Coconut Chocolate Power Balls

By Stephanie Figeira, Director of Nutrition Services

Ingredients:

2 cups almond meal (reserved from making almond milk) or a combination of the two
12 pitted dates
1 cup coconut flakes, unsweetened plus 1/4 cup for coating balls (optional)
1/4 cup almond butter
2 to 4 Tbsp dark 100% pure maple syrup
2 Tbsp raw cacao
1 tsp cinnamon
1 tsp cardamom
1/8 tsp sea salt

Assembly:

Add almond(s) to food processor and pulse several times to break up to crumble texture. Add dates and process until dates are broken up and incorporated with almonds.

Add remaining ingredients and process until incorporated. You may need to stop the process and scrape down the sides. Continue to process until desired texture.

Roll dough into 1/2 to 1 inch round balls, coat in coconut, place on parchment lined tray. Refrigerate for 1 hour. Store in air tight container in refrigerator up to 7 days or freeze for up to 3 months. If making balls are to time consuming, dough can be formed into one or two logs, refrigerated, sliced, and stored as recommended

See the full recipe, including Health Notes from Stephanie Figeira, on the PVI website today!

1pvi.org/recipeofthemo nth/



Need more protein? Add a scoop of protein powder or collagen of choice to meet your daily needs.

Health Tip:

Add 1 - 2 Tbsp of Maca Root for radical fighting antioxidants, enhancing memory, mood, and energy.



Best exercises for your heart

By Brent Brayshaw, Fitness Manager

Any sustained activities that moderately elevate your heart rate are excellent for your heart.

- Heart-healthy cardio activities include walking, hiking, swimming, biking, or playing light sports like pickleball.
- Aim to do cardio activities for at least 30 minutes per day, or whatever you can safely tolerate. A good alternative can be taking three 10-minute walks throughout the day

Keep your heart rate between 80 and 110 beats per minute.

- Optimal heart rate zones are largely age dependent, schedule a time with Brent the Fitness Manager if you would like to learn how high you can safely raise your heartrate with exercise

Contact Little House at (650) 326-0665 or email littlehouse@1pvi.org to learn more and schedule an appointment with Brent Brayhsaw

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.

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

Community Partners

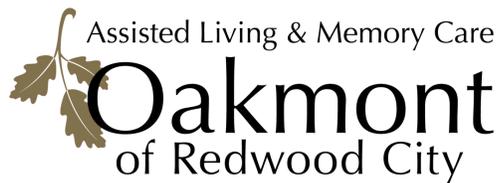
Thank you for your support and partnership



FOR YOUR HEALTH



SECOND HARVEST
of SILICON VALLEY





FEBRUARY 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT