

*Enabling Seniors to Age in Place*

JANUARY 2026

# THRIVE

COMMUNITY | COMPASSION | COMMITMENT



*Photo: Program participant prepares cookies at a table with other participants.*

NEW YEAR,  
NEW LOOK!

PVI is proud to present a  
**NEW edition** of PVI's monthly  
Newsletter and Program Guide.  
Make sure to get your copy each  
month to stay up to date on what  
is happening at PVI!

SERVING COMMUNITIES IN SAN MATEO AND SANTA CLARA COUNTY



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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/](http://happyhollow.org/seniorsafari/)

**Dates for Free Admission**  
New Dates Coming Soon!

# Happy New Year



As we step into the new year, PVI would like to extend our sincere thanks to our community, including participants, volunteers, partners, and supporters, who make our work possible. Your engagement, generosity, and care continue to shape the programs, connections, and moments that matter most.

This issue also marks the debut of our refreshed guide cover. While the look has evolved, the purpose remains the same: to inform, connect, and share stories that reflect the heart of our organization and the people we serve.

We look forward to another year of impact, collaboration, and community.

Thank you for being part of what's ahead.



# NEW YEAR, NEW PROMOTIONS!

January brings three special promotions at PVI's Senior Community Center at Little House, with two available for a limited time this month only.

## UPGRADE YOUR MEMBERSHIP

Already a member? Upgrade your membership in January to enjoy additional benefits and get your first month free.



## JOIN IN JANUARY



New members who join in January will receive one month free with any membership option.

## REFER A FRIEND

Refer a friend and receive one free month of membership in 2026 for each referral.



**Call (650) 326-0665 or email [littlehouse@1pvi.org](mailto:littlehouse@1pvi.org) to claim your deal.**



## Collette Tours Information Session

**Thursday January 22  
1:00 pm to 2:00 pm**

Have an adventure of a lifetime with you and your friends this year with our partners from Collette Tours! From New England to Ireland, find the trip meant for you. Join us on Thursday the 22<sup>nd</sup> for more information or click the links below and sign up today!

## Upcoming Trips

**Discover America's  
Music Cities**

May 17-24, 2026



**Discover Italian Vistas**

June 6-18, 2026



**Discover Shades  
of Ireland**

August 30 -  
September 8, 2026



**Discover Colors of  
New England**

October 18-25, 2026



**Discover Christmas  
Markets of Montreal  
and Quebec City**

December 4-10, 2026





## Furry Friends

**Wednesdays starting January 14  
11:00 am to 12:00 pm**

Get some licks of love with Furry Friends' therapy dogs every month starting in January! Enjoy the companionship of a canine friend at Little House every second Wednesday of the month starting January 14.



## Pop-Up Library

**Wednesdays starting January 21  
10:00 am to 11:00 am**

Introducing San Mateo County Libraries at Little House! Browse a small collection of books, obtain a library card, and get all your library questions answered at the Pop-Up Library. Get your read on every third Wednesday starting January 21.

**NEW at Little Shop:  
PVI Granola**

PVI's special granola will now be offered at the Little House Shop for \$10! Get your 16 oz bag today and pair it with milk, yogurt, or on its own.



## Distinguished Lecture: Artificial Intelligence - AI: An Overview

**Friday January 9**  
**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](mailto:littlehouse@1pvi.org)**

AI is the “next big thing” to roll out of Silicon Valley since the smartphone. Investors are pumping billions of dollars into this new market segment. Why? What is it? Are computers going to take over what humans can do? Artificial Intelligence is a parallel to human intelligence. Join Rick Deutsch for a deep dive on AI and its impact.



## Coldwell Banker Realty Lecture: Prop 19

**Thursday January 22**  
**1:00 pm to 2:00 pm**



LYN JASON COBB



BETH LEATHERS



LILIANA PERAZICH

**LYN JASON COBB TEAM**

Ranked Among the Top Real Estate Professionals in the Nation

COLDWELL BANKER REALTY

Come listen and learn how Prop 19 could impact your home, taxes, and long-term family planning. Discover what changes mean for you and steps you can take to protect your family's future.

*Free for everyone*

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

# PVI Little House Information

## Hours of Operation



<b>Monday</b>	8:30 AM - 4:00 PM
<b>Tuesday</b>	8:30 AM - 4:00 PM
<b>Wednesday</b>	8:30 AM - 4:00 PM
<b>Thursday</b>	8:30 AM - 4:00 PM
<b>Friday</b>	8:30 AM - 4:00 PM

## 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

**\$60**

### Premium

**\$100**

### Platinum

**\$160**

per month

**\$325**

**\$540**

**\$610**

**\$860**

per six months  
10% discount

**\$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



## 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

### Member Pricing

### Non-Member Pricing

## 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.*

## 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

# 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 1/5**

## 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*

## Wednesdays

**9:00 AM**  
Balance  
Boost  
*Hybrid*

**10:00 AM**  
Tai Chi  
*Virtual*

**10:00 AM**  
PWR! Moves  
*Hybrid*

**11:15 AM**  
Moving  
Strong  
*In-Person*

**2:00 PM**  
Chair Yoga  
*In-Person*

## Thursdays

**9:30 AM**  
Fun with  
Fitness  
*Virtual*

**10:45 AM**  
Strong for  
Life  
*In-Person*

**12:00 PM**  
Tai Chi  
*In-Person*

**Dates  
Coming Soon**  
Bingocize®  
*In-Person*

**Closed on  
1/1**

## 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  
1/2**

# 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.

Dates Coming Soon

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, January 13 (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: Jjin 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.

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)

January 22

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

**\*Current Events will be from 10:30 am until 12:00 pm starting in January**



## 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

Jan. 7      ***The Lion Women of Tehran***  
by Marjan Kamali

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

## 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

Get some licks of love with Furry Friends' therapy dogs every month starting in January! Enjoy the companionship of a canine friend at Little House this month.

**Second Wednesday of the Month (In-Person)**  
January 14  
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)**  
January 14  
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

**Famous Firsts in History, Science, Sports, Pop Culture, and more!**

**Third Wednesday of the month (In-Person)**  
Wednesday, January 21  
1:30 PM

## Pop-Up Library

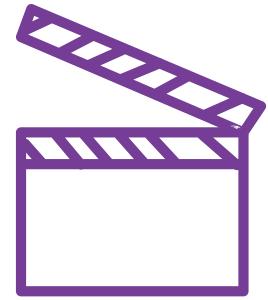
Join San Mateo County Libraries at Little House! Browse a small collection of books, obtain a library card, and get your library questions answered.

**Third Wednesday of the Month (In-Person)**  
January 21  
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



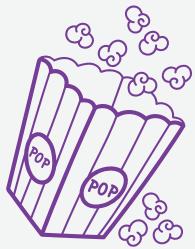
### Monday's Movies

**Jan. 5 - *Jay Kelle*y:** George Clooney, Adam Sandler, and Laura Dern lead a dazzling cast in Noah Baumbach's portrait of a legendary actor reckoning with the choices he's made.

**Jan. 12 - *Lilly*:** After learning that she's paid significantly less than her peers, a brave factory worker takes her employer to court in a landmark battle for equal pay.

**Jan. 19 - *Closed for Martin Luther King Jr. Day***

**Jan. 26 - *Dog*:** An Army Ranger seeking a second chance agrees to take an unruly Belgian Malinois named Lulu on a long road trip to her handler's funeral.



### Friday's Movies

**Jan. 2 - *Closed***

**Jan. 9 - *Forest Gump*:** A gentle, friendly man navigates a series of extraordinary events all while inspiring those around him with his perpetual optimism.

**Jan. 16 - *The New Yorker at 100*:** "We can't shape reality, we can only reflect it." From bold journalism to cheeky cartoons, the New Yorker marks 100 years with this rare glimpse inside.

**Jan. 23 - *Sunday Best*:** On Sunday nights, America would tune in to "The Ed Sullivan Show". This stirring documentary explores how the iconic TV host championed Black artists.

**Jan. 30 - *Darkest Hour*:** Oscar winner Gary Oldman stars as Winston Churchill during the early days of WWII in this drama Rolling Stone praises for its "nonstop creative fire."

# 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.  
Next session dates coming soon!

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](mailto:littlehouse@1pvi.org)

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

### Cancellation Policy

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

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

### Member Pricing

### Non-Member Pricing

## Tech Connect Program

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

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

### 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
Schedule and Programming are Subject to Change  Pre-registration is Required			<i>CLOSED</i>	<i>CLOSED</i>
5	6	7	8	9
Movie Art Exploration	Current Events Mahjong Billiards Group	<b>Book Club</b> Knitting Club <b>Got Groceries</b> Mahjong Pinochle	Hand & Foot Canasta Artistic Thursdays <b>Tech Tutoring</b>	Keys and Coffee Cribbage Movie
12	13	14	15	16
Movie Art Exploration	Current Events Mahjong Billiards Group <b>iPad Class</b> <b>iPhone Class</b>	<b>Furry Friends</b> <b>Waffle Wednesday</b> Knitting Club <b>Got Groceries</b> Mahjong Pinochle	Hand & Foot Canasta Artistic Thursdays <b>iPhone Class</b> <b>Tech Tutoring</b>	Keys & Coffee Cribbage Movie
19	20	21	22	23
<i>CLOSED</i>	Current Events Mahjong Billiards Group <b>iPad Class</b> <b>iPhone Class</b>	<b>Furry Friends</b> <b>Pop-Up Library</b> <b>Trivia</b> Knitting Club <b>Got Groceries</b> Mahjong Pinochle	<b>Afternoon Tea</b> Hand & Foot Canasta Artistic Thursdays <b>iPhone Class</b> <b>Tech Tutoring</b>	Keys & Coffee Cribbage Movie
26	27	28	29	30
Movie Art Exploration	Current Events Mahjong Billiards Group <b>iPad Class</b> <b>iPhone Class</b>	<b>Furry Friends</b> <b>Pop-Up Library</b> Knitting Club <b>Got Groceries</b> Mahjong Pinochle	Hand & Foot Canasta Artistic Thursdays <b>iPhone Class</b> <b>Tech Tutoring</b>	Keys & Coffee Cribbage Movie



## PVI ROSENER HOUSE Adult Day Services

Are you caring for your loved one? PVI Adult Day Services at Rosener House offers a positive care option for older adults in need of support and their family caregivers. Our goal is to help families remain together, both by active therapeutic intervention for the participant and by reducing the emotional and physical demands on the caregiver. We promote health, independence, and dignity for individuals living with Alzheimer's disease, dementia, early memory loss, stroke, Parkinson's disease, and other chronic conditions.

**Rosener House Office Hours:**  
8:30 AM - 5:00 PM (M-F)

**Client Participation hours:**  
9:00 AM - 4:00 PM (M-F)

Want to learn more about how we can help you and your family? Schedule a tour by contacting us at [rosenerhouse@1pvi.org](mailto:rosenerhouse@1pvi.org) or (650) 322-0126.

**When is your family member ready to use our PVI Rosener House Adult Day Services?**

If you answer "yes" to *more than 3* of the following questions:

- Does your family member have difficulty planning their own activities?
- Does your family member have significant difficulty staying focused and initiating an activity, e.g., reading, conversation, hobbies?
- Would your family member benefit from social engagement?
- Can your family member no longer be safely left at home?
- Would your family member benefit from exercise & therapies to maintain strength and balance?
- Do the actions of your family member require your attention so much so that it's interfering with your own health, happiness, or causing anxiety, frustration, or depression?

# Rosener House Programs At-a-Glance

## Caregivers, Coffee & Connection

Tuesday, January 13

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

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

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

## Discover PVI Adult Day Services at Rosener House with our weekly tours.

We're thrilled to introduce our new drop-in hours every Wednesday, from 11:00 AM to 2:00 PM, eliminating the need for advance tour bookings.

Swing by our center at your convenience and witness our vibrant activities firsthand.

We can't wait to guide you through our facility!



## PVI Adult Day Services at Rosener House Daily Activities & Schedule

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

## SAMPLE SCHEDULE

### Main Program

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

# Little House Cafe January Menu

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

\$5.00 per Meal

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Closed	Closed
5	6	7	8	9
Egg Fried Rice, Asian Style Vegetables	Beef Stew, Potato, Green Beans	Chicken Fajitas, Tomato Rice, Peppers and Onions	BBQ Meatballs, Roasted Potato, Broccoli	<b>Soup of the Day, Salad, Dinner Roll, and Dessert</b>  <b>\$10 Meal Deal</b>
12	13	14	15	16
Cheese Enchilada, Spanish Rice, Biscayne Blend Vegetables	Beef Strogranoff, Egg Noodles, Peas and Carrots	Jerk Chicken, Coconut Rice, Brussel Sprouts	Swedish Meatballs, Mashed Potato, Green Beans	<b>Soup of the Day, Salad, Dinner Roll, and Dessert</b>  <b>\$10 Meal Deal</b>
19	20	21	22	23
<b>Closed</b>	Creamy Salmon, Couscous, Garden Vegetable Blend	Beef Bolognese, Penne Pasta, Italian Mixed Vegetables	Pork Loin, Roasted Potato, Scandinavian Blend Vegetables	<b>Soup of the Day, Salad, Dinner Roll, and Dessert</b>  <b>\$10 Meal Deal</b>
26	27	28	29	30
Cheese Ravioli, Marinara, Italian Blend Vegetables	Beef Burrito Bowl, Cilantro Rice, Mixed Corn and Beans	Lemon Herb Chicken, Roasted Potato, Green Beans	Salisbury Steak, Mashed Potato, Brussel Sprouts	<b>Soup of the Day, Salad, Dinner Roll, and Dessert</b>  <b>\$10 Meal Deal</b>

# 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



# 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/Nutritonservices](http://1pvi.org/Nutritonservices)



## Why Choose Us?

- Healthy Approach:** Meals designed with older adult's dietary needs in mind.
- Freedom of Choice:** No contracts or commitments—order what you need.
- Comfort and Convenience:** Skip the cooking and enjoy more time for the things you love.

Let us take meal planning and preparation off your plate, so you can focus on what matters most!

# PVI Got Groceries Free Grocery Pick-Up



**Every Wednesday  
11:30 AM - 1:30 PM**

- Are you experiencing increased food costs?
- Do you wish you had access to a more nutritious, healthy range of ingredients?
- Could you use fresh produce to feed you and your family?

Thanks to our partnership with Second Harvest Food Bank, PVI is able to offer free weekly grocery pickup for our community at Little House.

We currently serve 120 families and have distributed over 330,000 pounds of food within the past fiscal year.

## Frequently Asked Questions

**Do I need to be a member of PVI or Little House to participate?**  
No. The Program is open to all adults in the community.

### How do I register?

We have three options

1. Fill out a registration form at Little House, 800 Middle Ave., Menlo Park
2. Email us at [gotgroceries@1pvi.org](mailto:gotgroceries@1pvi.org) to request a registration form
3. Call us at 650-323-2022

### How often will I receive groceries?

Once per week on Wednesdays. One grocery bag per household.

### Where do I pick up my groceries?

800 Middle Avenue, Menlo Park, CA 95025

*Got Groceries is made possible by the PVI-Second  
Harvest of Silicon Valley Partnership.*



# RIDE PVI

## On-Demand, Transportation Service

RIDE PVI is your convenient and dependable concierge transportation service. One call to our helpful, friendly ride coordinator gets you a Lyft or Uber driver to your home within minutes of your call (no smartphone needed). Your daily errands and essential appointments are now easy to get to, with the added security of knowing your rides are monitored from beginning to end.



### Hours of Operation

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

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

Ride PVI Hotline: 650-272-5040

### Frequently-Asked Ride PVI Questions

#### How do I register?

All participants must register before first ride. Register by calling the Ride PVI at 650-272-5006.

#### What is the service area?

We serve San Mateo County (except for the Pescadero region) and all of Santa Clara County.

#### What is the cost/rate for each ride?

Rates vary by residence. Please call 650-272-5006 for current rate information. Any subsidized ride is only available through Ride PVI.

#### Can the driver help the rider get in/out of the car?

All riders must be able to get in and out of the car without assistance. However, the driver can help load any mobility devices the rider has, such as a cane, walker and wheelchair.

#### Is Ride PVI safe?

All drivers undergo background checks, DMV checks, and vehicle inspections. Each ride is monitored by a Ride PVI team member to ensure you have been picked up and dropped off.



# QUIESCENCE

*Customized Solutions for Family Caregivers*

QUIESCENCE is a specialized concierge service dedicated to providing compassionate, non-medical support to seniors. Our commitment is to deliver genuine care and assistance tailored to your unique lifestyle. The customized services aim to offer peace of mind to your loved ones while enabling you to maintain an independent, safe, and comfortable life in your own home.



Empathetic individualized in-home support for an aging relative can be a management, financial, emotional, and psycho-social burden for a family caregiver. PVI's program provides customized assistance to reduce that burden.



***-Dick Levy, Family Caregiver***

**Our mission is to alleviate the emotional and physical challenges faced by family caregivers by:**

- Offering complimentary in-home assessments to identify client needs and ensure home safety.
- Developing resources such as non-medical care plans, emergency binders, and comprehensive resource lists.
- Conducting weekly in-person quality assurance visits to assist with household management, scheduling medical appointments, and providing ongoing support and referrals.
- Regularly monitoring changing needs through frequent reevaluations and making necessary adjustments as circumstances evolve.

## Program Fees:

Starting at \$250/week membership (1 weekly visit included)  
\$75/hour for as-needed support

**Contact us for a complimentary consultation:**  
[conciergecare@1pvi.org](mailto: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.
- **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](mailto:isims@1pvi.org) or 650-272-5015

# Cannellini Bean Soup for Vitality

By Stephanie Figeira, Director of Nutrition Services

## Ingredients:

1 Tablespoon olive oil or ghee  
1 large yellow onion, chopped  
4 celery stalks, diced  
4 carrots, chopped  
3 to 4 cloves of garlic chopped  
1 Tablespoon dried sage  
2 teaspoons dried thyme  
1 teaspoon real sea salt  
black pepper to taste  
1 15 ounce can diced tomatoes in juice  
4 cups chicken bone stock or vegetable stock  
2 cups cooked cannellini beans or 1 can  
1/2 cup parsley



## Assembly:

Place fat in soup pot over medium heat and warm, add onion, celery, carrots, and garlic sauté 4 to 5 minutes until tender and fragrant.

Add sage, thyme, salt, pepper, tomatoes, stock and beans; bring to a boil. Once boiling cover and reduce heat to a low simmer and cook for 25 minutes. Once done add in the parsley and Enjoy!

## Health Notes:

Cannellini beans are part of the common bean family. Loaded with fiber, protein, antioxidants, minerals, and vitamins especially B vitamins. They have a nutty meat flavor and are versatile being used in soups, salads and puréed into dips and spreads. Bean consumption in women has been associated with reduced breast cancer risk. Beans work to nourish the kidneys and promote regular elimination. Consider adding 1 to 2 servings of beans to your diet every week.

How to cook dried cannellini beans; place the beans in a bowl and cover with filtered water soak for 8 to 24 hours. Drain and rinse beans from soaking. In a large pot heat oil over medium heat, add onion and garlic sauté until translucent and fragrant, add beans 2 bay leaves, 2 sprigs fresh thyme, 2 stalks fresh rosemary, 2 Tbsp pepper corns, 1 cup vegetable stock or chicken stock, plus water to cover by 2 inches. Bring to a simmer (don't bring to a boil just an active simmer) let cook for 1.5 to 2 hours until beans are tender but not mushy. Enjoy as is or add to your favorite recipe.

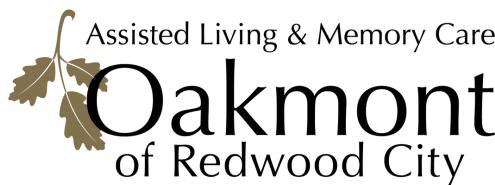
*Stephanie Figeira, PVI Director of Nutrition Services, is a certified holistic nutrition consultant.*

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Thank you for your support and partnership



FOR YOUR HEALTH





JANUARY 2026

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