

Enabling Seniors to Age in Place

APRIL 2026

THE FIVE

COMMUNITY | PASSION | COMMITMENT



Volunteer Appreciation Week and Parkinson's Awareness Month

INSIDE:

Volunteer Spotlight *pg. 4-5*

Stephanie's Spring Salad
Recipe *pg. 29*

5 Exercises to Manage
Parkinson's Disease by Brent
Brayshaw *pg. 30*

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 - Friday 9:00 AM - 5:00 PM

Saturdays 10:00 AM - 2:00 PM

Nutrition Services

Meals on Wheels | Nourish and Connect | Got Groceries

Hours vary by program

Quiescence

Hours vary by appointment



Peninsula Volunteers, Inc.

800 Middle Ave, Menlo Park, CA 94025

1pvi.org | 650-326-0665 | info@1pvi.org

TABLE OF CONTENTS

Featured 4-7

Community Spotlight	
What's New at PVI	
Authors' Salon	28
Stephanie's Recipe of the Month	29
Fitness with Brent Brayshaw	30

Adult Activity Center at Little House 8-18

Membership Information, Gym and Personal Training, Fitness Schedule, Fitness & Wellness, Social Groups, Movies, Cultural Arts & Learning, Technology, and Events at a Glance

Adult Day Services at Rosener House 19-20

Coffee and Caregivers, Weekly Tours, and Sample Schedule

Nutrition Services 21-24

Little House Cafe, Meals on Wheels, Nourish & Connect, Got Groceries

RIDE PVI 25

On-Demand Transportation Services

Quiescence 26

Customized Solutions for Family Caregivers

Volunteering at PVI 27

Insights and opportunities

Community Partners 31

Honoring the Past by Being Present



You may have seen April Marine if you are a frequent flyer at PVI's Adult Activity Center at Little House. She volunteers every week, almost exclusively for PVI's Nutrition Services, assembling meals for Meals on Wheels, packing fresh fruits and vegetables for Got Groceries, and serving hot lunch for the PVI Cafe. April's commitment knows no bounds, logging in over 741 hours since starting her volunteer journey at PVI in August of 2024.

The reason for her dedication stems from her late husband, Doug MacGowan.



April and Doug's story starts at the Stanford Research Institute, where they both worked in the 1980s. April was a sign language interpreter and later transitioned into technical writing and project management. Doug was a domain master as well as a freelance writer and author. They married in 1997 and built a life together in Redwood City with a dog and a few cats. Their life was filled with adventures, small and large, with no shortage of laughter.

Doug's passion for historic true crime and April's love of colorful ceramic tiles were just part of what made their supportive relationship the kind that others long for. In 2022, just as they started to settle into retirement, Doug was diagnosed with heart failure. He processed the only way he knew how: writing. He wrote about his heart failure diagnosis, hospice care, April's support, and his intention to live every day to the fullest. He also joined an online support group that helped him gain much-needed perspective. However, even with a positive attitude, Doug passed away in June of 2024. For April, it wasn't sudden. She cared for Doug during hospice and was prepared for it. She knew she needed something to do after his passing. Her long-time friend and fellow volunteer Sue pointed her towards Peninsula Volunteers, Inc.



"In moving to retirement, the important thing is not to get isolated. So, one of my rules is that if someone invites me somewhere, I say yes. Which has really served me well."

Community Spotlight

April volunteers 2-3 times a week and finds herself enjoying the sense of community and socialization she gets from different volunteer opportunities. She makes an effort to speak with everyone, even practicing her Spanish with staff. More than the sense of community, April volunteers to honor Doug.

“My husband was very good at volunteering for things; in a way, it is sort of an homage to him, that being useful didn’t die with him. But it’s also just given me a way to continue and not get bogged down and just stop because he passed away.”

Before Doug died, April was among the 12% of the nation’s caregivers who care for a spouse or partner. According to the Well Spouse Association, spousal caregiving tends to be high intensity with a greater loss of intimacy and companionship. Isolation then follows.

April knew that's not what Doug would have wanted. April continues to honor Doug by volunteering at PVI, catching happy hour with her friends, crafting, finding intricate ceramic tiles to add to her tile collection, and living her life to the fullest.

In honor of Volunteer Appreciation Week this year (April 19-25), PVI extends a heartfelt thank-you to April and every volunteer for being a shining light in our community. It takes significant dedication, compassion, and care to be a volunteer. We are grateful to all of our volunteers for helping us fulfill our mission in enabling seniors to age in place.



What's New at PVI?

NEW! Intro to AI

**Wednesdays, April 22 - May 6
1:00 p.m. to 3:00 p.m.**

Members: \$30

Nonmembers: \$40

Artificial Intelligence (AI) is taking the world by storm. What is it and how is it being used? Get these questions answered and more at our new class series: Intro to AI. Contact Little House to register; space is limited.

Global Computer Literacy: Safety and Technology

**Friday, April 17
1:00 p.m. to 2:30 p.m.**

Members: Included

Nonmembers: \$5

Join us for an engaging and easy-to-follow 90-minute workshop designed to help you feel more confident using technology every day. We'll walk through practical steps you can use right away to protect your information, stay safe online, and navigate the internet with peace of mind.

NEW! Art Exploration - Spring Term

**Mondays, April 6 - June 26
1:00 p.m. to 2:00 p.m.**

Free for the community

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.

Offered through Foothill College.
Taught by Jorel Thomson.

Spring Social

**Wednesday, April 22
10:00 a.m.**

Sponsored by Coldwell Banker Realty, please join us for a special Spring Social. More details coming soon!

Cinco de Mayo Luncheon

**Tuesday, May 5
11:30 a.m.**

\$25 for members

\$35 for non-members



Celebrate Cinco de Mayo at PVI with authentic food, festive music, and a live folklorico performance! RSVP by May 1st.

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



Health Data: Who Benefits – and Should You?

**Friday, April 3 at 1:00 p.m. &
Thursday, April 16 at 1:00 p.m.**

*Members: Included
Nonmembers: \$5*

Have you ever wondered why your health data are so valuable — and what is actually being done with them? In an era where AI tools such as ChatGPT increasingly encourage individuals to connect and upload their health data, understanding how these data are used has never been more important.

This session is designed to **provide clear, unbiased insights into the current health data ecosystem** and discuss what greater transparency and **patient empowerment could look like**. Join us to better understand the value of your health data — and what that could mean for you.

You will learn:

- How pharmaceutical companies use health data for drug development
- How AI companies leverage medical data to train advanced systems
- The projected dollar value of an individual's health record
- Emerging models that aim to give individuals more control — and potentially financial benefit — from their own data



Martin Karl Schneider, MD, PhD

Project Management Consultant

Martin Karl Schneider, MD, PhD is a physician-scientist at Stanford Medicine with a background in medicine (Germany) and a PhD from ETH Zurich. His work focuses on digital health, real-world data, artificial intelligence, and clinical trials. He studies how health data are used across the healthcare ecosystem — by pharmaceutical companies, insurers, and AI developers — and explores models that aim to increase transparency and give individuals greater control over their own medical information.

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.

Memberships are 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
	15% discount

Non-Member Day Passes

Social \$5
Activity \$15

PVI Little House Fitness Gym



Open Gym

Open 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.

PVI's Adult Activity Center's 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>
---	--	---	--	--

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>	2:00 PM Bingocize® <i>In-Person</i>
---	---	--	--

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>
---	--	--	---	--

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>	2:00 PM Bingocize® <i>In-Person</i>
---	---	--	--

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>
--	---	---	---

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, April 14

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 1:00 - 1:50 PM

Chair Yoga

Instructor: Patty Mayall

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

Wednesdays 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 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 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 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 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 2:30 - 3:30 PM

Stress Management

Instructor: Patty Mayall

Learn and apply acupuncture points on your body to quiet your mind, relieve pain, and manage stress.

Fridays 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 10:30 AM

Thursdays 10:45 AM

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

INCLUDED FOR ALL MEMBERS
\$5 FOR NONMEMBERS

Social Games & Activities

Mahjong, Bridge, Cribbage, Hand & Foot, Canasta, Pinochle, Table Tennis, Cornhole, etc.

Monday - Friday 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!

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 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 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 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 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.

Tuesdays 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
1:00 PM

- April 1 ***The Silence of the Girls***
by Pat Barker
- May 6 ***The Lincoln Highway***
by Amor Towles
- June 3 ***The First Ladies: The Friendship Between Eleanor Roosevelt & Mary McLeod Bethune***
by Marie Benedict

Little House Member Birthday Luncheon

If you are a member and have a birthday in March and April, please join us for a complimentary lunch! Please contact Little House to get your meal covered for your birthday!

TBD
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
April 8
11:00 AM - 12:00 PM



Afternoon Tea

Join us on the fourth Thursday of each month for warm tea, light bites, and great company.

Fourth Thursday of the month
April 23
1:30 - 2:30 PM

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
April 8
9:30 AM
Jane West Room

Whatcha Know?

Play solo or get a team together for our new trivia game! Show off your smarts, win bragging rights, and take home amazing prizes. This month's topic is **April Fools!** Famous pranks, hoaxes, and trick questions.

Third Wednesday of the month
April 15
1:30 PM

Pop-Up Library

Don't miss 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
April 15
10:00 AM - 12:00 PM

Let's Go To The Movies

Enjoy a matinee movie with popcorn and friends!
Mondays and Fridays 1:00 PM
Garden Room

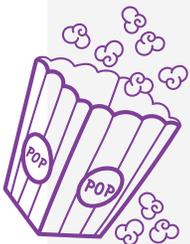
Monday's Movies

April 6 - *Cast Away*: Solitude. Hope. Survival. A man battles to build a life for himself and keep a clear head when a plane crash leaves him stranded on a deserted island.

April 13 - *Ant Man*: Scott Lang and Dr. Hank Pym plan a heist that could save the world.

April 20 - *Ever After: A Cinderella Story*: A young woman falls in love with a prince while pretending to be a princess.

April 27 - *Secrets of the Saqqara Tomb*: After unearthing a tomb that has been untouched for 4400 years, Egyptian archaeologists attempt to decipher the history of the extraordinary find.



Friday's Movies

April 3 - *The Swedish Connection*: In 1942, one shy Swede hatches a plan to save Jewish lives by causing Nazi Germany a thumping bureaucratic headache. Based on the inspiring true story.

April 10 - *National Geographic: Ghost Elephants*: Explorers search for the largest, most elusive land mammals alive today.

April 17 - *The Penguin Lessons*: Amid the political turmoil of 1970s Argentina, a downcast English teacher finds a new lease on life when he rescues a stranded penguin.

April 24 - *The Best Exotic Marigold Hotel*: Some British retirees (Judi Dench, Maggie Smith, Bill Nighy) decide to outsource their retirement to exotic -- and less expensive -- India.

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

TECHNOLOGY

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

PL members get complimentary access to all tech-related courses.

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:

April 21 - June 9
Tuesdays (In-Person)
10:00 AM - 12:00 PM

Members: \$60
Non-members: \$80

iPhone Classes

Next Session Dates:

May 5 - June 16
Tuesdays (In-Person)
1:00 - 3:00 PM

May 7 - June 18
Thursdays (In-Person)
Session 1: 10:00 AM - 12:00 PM
Session 2: 1:00 - 3:00 PM
Members: \$80
Non-members: \$100

Apple Watch Class

Next Session Dates:

May 20 - June 3
Wednesdays (In-Person)
1:00 PM - 3:00 PM
Members: \$40
Non-members: \$60

Events at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
Schedule and Programming are Subject to Change Pre-registration is Required		1	2	3
		Book Club Knitting Club Got Groceries Mahjong Pinochle Apple Watch Class	Hand & Foot Canasta Artistic Thursdays Tech Tutoring	Keys and Coffee Cribbage Movie
6	7	8	9	10
Movie Art Exploration	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
13	14	15	16	17
Movie Art Exploration	Blood Pressure Screening Current Events Mahjong Billiards Group iPad Class iPhone Class	Pop-Up Library Trivia Knitting Club Got Groceries Mahjong Pinochle Apple Watch Class	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Keys & Coffee Cribbage Movie
20	21	22	23	24
Movie Art Exploration	Current Events Mahjong Billiards Group iPad Class iPhone Class	Knitting Club Got Groceries Mahjong Pinochle	Afternoon Tea Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	Keys & Coffee Cribbage Movie
27	28	29	30	
Movie Art Exploration	Current Events Mahjong Billiards Group iPad Class iPhone Class	Knitting Club Got Groceries Mahjong Pinochle	Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	

PVI Adult Day Services at Rosener House



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:

8:00 AM - 5:30 PM (M-F)

Client Participation hours:

8:30 AM - 5:00 PM (M-F)

Want to learn more? 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, April 14

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

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

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

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

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

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

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



PVI Adult Day Services at Rosener House Daily Activities & Schedule

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

SAMPLE SCHEDULE

Main Program

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

PVI Cafe April Menu

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

\$5.00 per Meal

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Schedule and Menu are Subject to Change</i>		1	2	3
		Chicken Piccata, Roasted Potato, Normandy Blend Vegetables	Meatball Marinara, Penne, Italian Vegetables	Fish Friday, Salad, Dinner Roll, and Dessert \$10 Meal Deal
6	7	8	9	10
Vegetable Chowmein, Asian Stir Fry Vegetables	Beef Stew, Barely, Peas	Loco Moco, Rice, Spinach	Chicken Marsala, Egg Noodles, Capri Blend Vegetables	Fish Friday, Salad, Dinner Roll, and Dessert \$10 Meal Deal
13	14	15	16	17
Cheese Enchilada, Spanish Rice, Corn and Beans	Pork Stew, Roasted Potato, Broccoli	Beef Stroganoff, Egg Noodles, Green Beans	Chicken Cacciatore, Roasted Potato, Garden Vegetable Blend	Fish Friday, Salad, Dinner Roll, and Dessert \$10 Meal Deal
20	21	22	23	24
Cheese Tortellini, Marinara, Vegetable Blend	Chicken Stir Fry, Rice, 3 Way Blen Vegetables	BBQ Meatballs, Roasted Potato, 5 Way Blend Vegetables	Beef Picadillo, Rice, Carrots	Fish Friday, Salad, Dinner Roll, and Dessert \$10 Meal Deal
27	28	29	30	
Baked Ziti w/ Mushrooms, Italian Vegetables	Chicken Burrito Bowl, Cilantro Rice, Corn and Beans	Salisbury Steak, Roasted Potato, Broccoli Page 21	Beef Stew, Brown Rice, Peas/Carrots	

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

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.
- **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

NUTRITIOUS | FRESH | NO COST

Wednesdays
11:30 AM - 1:30 PM

Pick-up Location:
800 Middle Ave
Menlo Park

PVI offers free weekly grocery pickup for our community.

Each bag contains fresh produce, non-perishable groceries, and, when available, dairy and protein items.



Register today!

Email gotgroceries@1pvi.org
or call 650-323-2022

Registration is required and is limited to one bag per household.



SECOND HARVEST
of SILICON VALLEY

*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 - Friday
9:00 AM - 5:00 PM

Saturdays
10:00 AM - 2:00 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

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's Adult Day Care @ 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's Adult Activity Center @ 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

35 Years.
Celebrating Authors. Supporting Seniors.

Authors' Salon

PRESENTED BY PVI

SAVE
THE
DATE

APRIL
26
2026

TICKETS



featuring



AWARD-WINNING
AUTHOR

**JESSICA
BARROWS
BEEBE**



#1 NEW YORK TIMES
BEST SELLING
AUTHOR

**BRUCE
HENDERSON**



AWARD-WINNING
AND BEST SELLING
AUTHOR

**LAURIE R.
KING**

Sponsorship Opportunities Available!



Spring Greens with Peas, Fennel and Radish

By Stephanie Figeira, Director of Nutrition Services

Ingredients:

- 2 Tbsp Lemon Juice
- 1 Tbsp Raw Apple Cider Vinegar
- 2 Tbsp Olive Oil or Avocado Oil
- 1 clove garlic, chopped or crushed (more to taste)
- 1/4 tsp black or white pepper
- health pinch of sea salt
- 2 cups mixed seasonal greens
- 1 cup fresh peas
- 1 cup thinly sliced fennel
- 1/4 to 1/2 cup thinly sliced radishes
- 1/4 cup toasted walnuts
- 1.5 ounces aged sheep milk cheese or soft cheese of choice (optional)

Instructions:

Combine first 6 ingredients in bottom of large bowl whisk to combine, add the next 4 ingredients, reserving the walnuts and cheese, toss to combine, let salad rest for 5 minutes to combine flavors, add walnuts and cheese if using and serve.

Health Benefits:

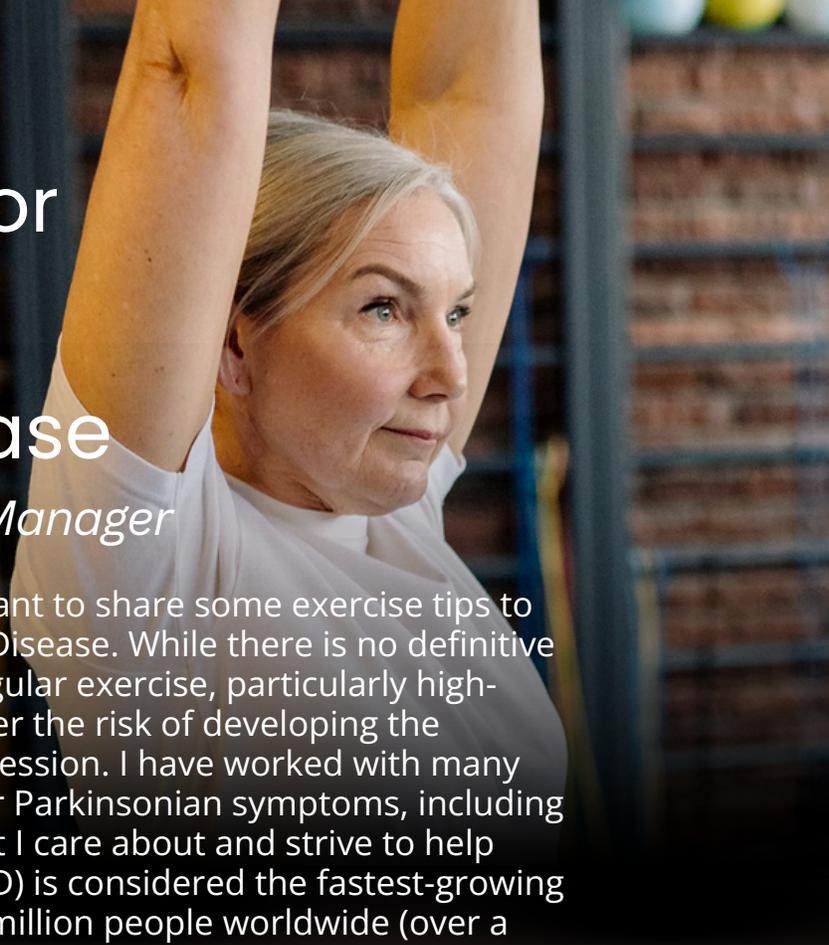
Green Peas are a balancing food to the digestive system. Green Peas are high in B vitamins and folate, which our bodies need for proper digestion of fats, proteins, and carbohydrates. Peas provide antioxidant protection from oxidative damage due to free radical damage.

Fennel supports the proper function of the immune system with its antimicrobial properties found in vitamin C.

Radish is antifungal and antibacterial; they support the removal of toxins from the body. They support the functions to the lungs and stomach by both stimulating appetite and acting as a digestive aid. In the US, they are normally part of an appetizer or salad. In European cultures, they are typically eaten after a meal and especially after a large fatty meal.

Scan to see the full recipe, including Health Notes from Stephanie Figeira, on the PVI website today!



A woman with her arms raised in a gym setting, wearing a white t-shirt. The background shows a brick wall and some gym equipment.

5 Exercise Tips for Managing and Preventing Parkinson's Disease

By Brent Brayshaw, Fitness Manager

This Parkinson's Awareness Month, I want to share some exercise tips to help manage and prevent Parkinson's Disease. While there is no definitive way to prevent Parkinson's disease, regular exercise, particularly high-intensity aerobic activity, may help lower the risk of developing the condition and potentially slow its progression. I have worked with many people with Parkinson's Disease (PD) or Parkinsonian symptoms, including my own grandfather. It is a disease that I care about and strive to help others manage. Parkinson's Disease (PD) is considered the fastest-growing neurological disease affecting over 10 million people worldwide (over a million in the US). Men are 1.5 times more likely to get it than women. Only around 10% of cases are linked to genetic traits, but the exact cause of PD is still unknown. T.R.A.P. is the acronym used to highlight the most common PD symptoms; it stands for Tremor, Rigidity, Akinesia/ bradykinesia, and Postural instability. World Parkinson's Day is held on April 11 and commemorates the birthday of Dr. James Parkinson, the London physician who first described the condition in 1817.

5 tips for managing PD or symptoms of PD:

1. Do a well-rounded program that provides a mix of aerobic, strength, flexibility, and balance/ agility exercises consistently.
2. Aerobic exercise—like walking or swimming—is recommended at least 5 days a week, while strength exercises are recommended at least twice a week.
3. Because rigidity is common, it is important to incorporate daily stretching, especially in conjunction with other exercises.
4. Once an exercise is mastered, try doing repetitions fast, while still keeping a full range of motion, to help combat bradykinesia (slow movement)
5. Look for exercise trainers with Parkinson's-specific exercise training like the PWR! Moves certification; Little House offers a PWR! Moves class on Wednesdays at 10 a.m. that I lead!

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

Community Partners

Thank you for your support and partnership





APRIL 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT