

Enabling Seniors to Age in Place

MARCH 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT



National Nutrition Month and Poison Prevention Week

INSIDE:

35th Annual Authors' Salon
pg. 28

Stephanie's Chia Seed
Pudding Recipe
pg. 29

Q&A with Brent Brayshaw
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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 - 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

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



Seniors Get in Free!
Happy Hollow Park & Zoo

For more information, visit happyhollow.org/seniorsafari/

Dates for Free Admission
New Dates Coming Soon!

Fill Your Cup, and Your Plate!

“Life is a banquet, and most poor suckers are starving to death!”

This iconic quote from Auntie Mame isn't just memorable—it's a challenge. Life offers more than we often realize, and the only thing left to do is claim it: seize the moment, take chances, and discover new possibilities.

Velia Doloros Gonick is an avid learner and adventurer and has lived by Auntie Mame's words for most of her life. Born in Mazatlán, Sinaloa, Mexico, Velia came to the U.S. at the age of 10 with her mother and three brothers. By 19 years old she had joined the Navy, where she traveled and experienced people from all over the U.S. After retiring from the Navy in 1970, her passion for learning and profound curiosity led her through a diverse career, earning three degrees, two marriages, and raising three children.

As the years have gone by, life naturally started to slow down. After her second husband was diagnosed with several cancers, then dementia, and ultimately passed away, Velia was looking for something different. They had shared over a decade of traveling to 30 countries when retiring in 2010 and Velia was struggling with the loss of her husband.

Transitioning to independent living was a substantial part of the struggle to move on. Many of her friends were passing away, and it was taking its toll. Velia decided to move back to California to be closer to her sons. She now lives in Menlo Park, and life is brighter.

“They know my name. I walk in here [Little House], and I feel welcome. It's the best thing. My son told me about Little House because when I came here, I was still overwhelmed with my husband's death.”

There is value in community during life's toughest moments. Places like Little House offer the support that's needed. Living a mile away also pushes Velia to walk and be active when visiting Little House three times a week. What keeps her continuing to show up are the people and the environment.

“This is where I come to be social. I also just like to sit here and feel the ambience, the peacefulness.”

Velia has been a Little House member for just over a year, and she feels content and satisfied with what Little House offers her: socialization, activities, physical exercise, and a sense of belonging. Her story reminds us to never stop learning and to take advantage of the opportunities presented to us. Life is a banquet, after all.



The Historic Age of Antarctic Exploration Lecture Series with Ann Meyer

Thursday, March 5 - April 16
1:00 p.m.

Primary, Premium & Platinum: Free

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

The Heroic Age of Antarctic Exploration, 1897-1917, saw intrepid adventurers push the limits of human endurance against the continent's brutal cold and unforgiving landscapes. This course will introduce you to the tales of these expeditions of unforgettable courage, sacrifice, determination, and groundbreaking discoveries, expeditions that were also marked by intense rivalry, hubris, and tragedy.



"Innovative Strategies to Fund Your Care Long Term - Now and in the Future" with Gigi Simsiman

Tuesday, March 10
1:00 p.m.

No Cost



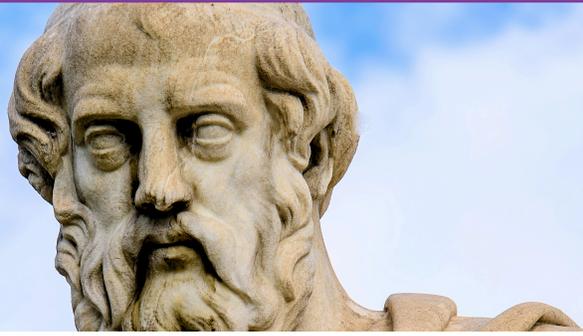
Gigi Simsiman

Senior Advisor

Join Gigi Simsiman for a conversation on sustainable long-term care for you and your loved ones.

Learn about:

- Strategies to protect and replenish your wealth while paying for care
- Strategies to avoid outliving your finances due to care costs
- How to choose the best future care option for you and your loved ones



Distinguished Lecture: Atlantis - The Lost Continent

Friday, March 13
10:00 a.m.

Primary, Premium & Platinum: Free

Basic & Non-members: \$15

Legend says that there was once a great civilization of artists, poets, philosophers and an idyllic culture. So great an area of land, that from her western shores their sailors journeyed to the South and North Americas with ease. To the East, Africa was a neighbor, across a short strait of sea miles. Atlantis eventually fell out of favor with the gods and submerged into the Atlantic Ocean. True historical story or a metaphor for kindness. Take this journey to learn this mystery.



St. Patrick's Day Luncheon and Bake Sale

Tuesday, March 17th
11:30 a.m.

Luncheon Menu:

Corned Beef
Red Creamer Potatoes
Braised Cabbage/Carrots

\$20 for members
\$30 for non-members

Show up in something green and join us for a fun and delicious time celebrating St. Patrick's Day! Enjoy a traditional Irish meal, Irish dancers, and a bake sale before the luncheon, where you can find sweet treats and Irish Coffee.

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



Coldwell Banker Realty Lecture: 1031 Exchange

Thursday, March 19
1:00 p.m. to 2:00 p.m.



Join us for an informative lecture on 1031 exchanges with Exchange Specialist Lisa Villarreal. Whether you're considering exchanging an investment property you already own or want to learn how a 1031 exchange can help you purchase investment property in the future, this session will break down the process, benefits, and common pitfalls so you can plan with confidence.



Music Appreciation: Gustav Mahler

Tuesday, March 31
1:00 p.m. to 2:00 p.m.

Free for Premium & Above
\$15 for Primary and Below

Explore the powerful and expressive music of Gustav Mahler, one of the defining composers of the Romantic era. This course examines his unique musical style, major influences, and most important works through focused listening and analysis. Participants will gain insight into Mahler's life, artistic vision, and lasting impact on Classical music.

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>
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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>	2:00 PM 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>	2:00 PM 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, March 10

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: 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 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 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

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

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

May 6 ***The Lincoln Highway***
by Amor Towles

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
March 11
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
March 26
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
March 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 **Feeling Lucky!** A general knowledge theme with a twist.

Third Wednesday of the month
March 18
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
March 18
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

Mar. 2 - *The Hundred-Foot Journey*: Hassan Kadam is an extraordinarily talented and largely self-taught culinary novice. When he and his family are displaced from their native India and settle in a quaint French village, they decide to open an Indian eatery. However, Madame Mallory, the proprietress of an acclaimed restaurant just 100 feet away, strongly objects.

Mar. 9 - *Becoming*: Join former first lady Michelle Obama in an intimate documentary about her life, hopes, and connection with others as she tours with "Becoming".

Mar. 16 - *The Sting*: In 1930s Chicago, a rookie grifter and veteran con artist plan to fleece a homicidal racketeer through a phony racetrack scam.

Mar. 23 - *You've Got Mail*: A bookstore owner and a superstore magnate fall in love online, believing they've never met. In reality, they have - and they hate each other.

Mar. 30 - *The Truth About Cats and Dogs*: Abby hosts a popular radio show about pets. When Brian calls in to ask about his quirky Great Dane, the two surprisingly hit it off. Brian pushes for a date with Abby, who is shy and a bit insecure, so she talks her ditzy neighbor Noelle into taking her place. Abby must work up the nerve to confess, as Noelle is also falling for Brian.

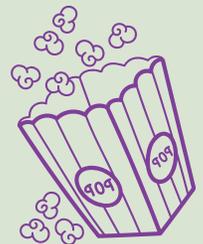
Friday's Movies

Mar. 6 - *Big Fish*: When Edward Bloom (Albert Finney) becomes ill, his son, William (Billy Crudup), travels to be with him. William has a strained relationship with Edward because his father has always told exaggerated stories about his life, and William thinks he's never really told the truth. When William, who is a journalist, starts to investigate his father's tales, he begins to understand the man and his penchant for storytelling.

Mar. 13 - *Eleanor the Great*: Grieving a friend, Eleanor moves to New York and meets a journalism student fascinated by her life story - a tall tale that soon spins far out of control.

Mar. 20 - *Breakdown*: 1975 - America: 1975. An era of social and political upheaval inspires a wave of groundbreaking movies in this documentary by Oscar winner Morgan Neville.

Mar. 27 - *Train Dreams*: A logger searches for meaning in a life marked by loss and a changing American frontier.



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

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
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 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
Movie Art Exploration	St. Patrick's Day Luncheon 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
23	24	25	26	27
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
30	31			
Movie Art Exploration	Current Events Mahjong Billiards Group iPad Class iPhone Class	Schedule and Programming are Subject to Change Pre-registration is Required		

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, March 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.

SENIOR TRANSITIONING WITH CONFIDENCE

MOVING FORWARD DOESN'T MEAN DOING IT ALONE

TUESDAY, MAR 24 | 4:00 PM - 6:00 PM
500 ARBOR RD MENLO PARK, CA

Join us for a panel discussion on senior care advising, in-home care, professional organizing and downsizing, and senior-focused real estate with experts in each field from all over the Bay Area!

Receive

- practical guidance
- proactive planning strategies
- resources to help reduce the overwhelm **and much more!**

MEET OUR PANELISTS



Evan Loevner | CEO and Founder of Aviva In-Home Care



Brent Hensley | Senior Care Advisor & Owner



Anita Gat | Seniors Real Estate Specialist



Lauren Winters West | CEO of Next Highest Good

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

FREE FOR THE COMMUNITY
SCAN TO REGISTER TODAY!



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.

PVI Cafe March Menu

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

\$5.00 per Meal

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Mushroom Ravioli, Creamy Garlic Sauce, Italian Vegetables	Chicken Cordon Bleu, Roasted Potato, Broccoli	BBQ Meatball, Tater Tots, Peas and Carrots	Southwest Chicken, Cilantro Rice, Biscayne Blend Vegetables	Soup of the Day, Salad, Dinner Roll, and Dessert \$10 Meal Deal
9	10	11	12	13
Egg Fried Rice, Imperial Blend Vegetables	Jerk Chicken, Coconut Rice, Spinach	Beef Burrito Bowl, Spanish Rice, Mixed Beans and Peppers	Swedish Meatballs. Mashed Potato, Green Beans	Soup of the Day, Salad, Dinner Roll, and Dessert \$10 Meal Deal
16	17	18	19	20
Lentil Curry, Rice, Spinach	St. Patrick's Day Luncheon	Beef Picadillo, Brown Rice, Carrots	Chef's Choice	Soup of the Day, Salad, Dinner Roll, and Dessert \$10 Meal Deal
23	24	25	26	27
Mushroom Bolognese, Penne Pasta, Italian Vegetables	Chicken Jambalaya, Roasted Potato. Succotash	Sweet and Sour Meatballs, Rice, Asian Blend Vegetables	Turkey Skillet, Quinoa, Scandinavian Blend Vegetables	Soup of the Day, Salad, Dinner Roll, and Dessert \$10 Meal Deal
30	31			
Pasta Primavera, Penne Pasta, Italian Blend Vegetables	Beef Stir Fry, Brown Rice, Asian Blend Vegetables	Schedule and Programming are Subject to Change Pre-registration is Required		
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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:
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'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!



Chia Seed Pudding

By Stephanie Figeira, Director of Nutrition Services

Ingredients:

- 4 pitted dates soaked in water to cover for at least 1 hour can be overnight
- 1 can coconut milk
- 1/2 cup filtered water or less to equal two cups liquid (reserved water from soaked dates can be used if desired)
- 1/2 vanilla bean or 1 tsp vanilla extract
- Pinch of Sea Salt or more to taste
- 1/2 cup chia seeds

Instructions:

- Place first 5 ingredients in high speed blender with *optional additions of choice, if using, blend to incorporate
- Pour liquid over chia seeds in a glass jar or container with a lid stir or shake to incorporate.
- Refrigerate overnight or at least 4 hours until pudding is formed

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



Chia Seed Benefits:

Hydrating

These fun, little seeds absorb many times their weight in water.

Energizing

Chia seeds are full of protein, healthy omega 3 fats, potassium, calcium, fiber, cancer fighting lignans. "Chia" is Mayan for "strength." Mayans, Aztecs and Incas all referred to chia as "Indian Running Food," since it builds stamina and sustains energy levels.

Healing

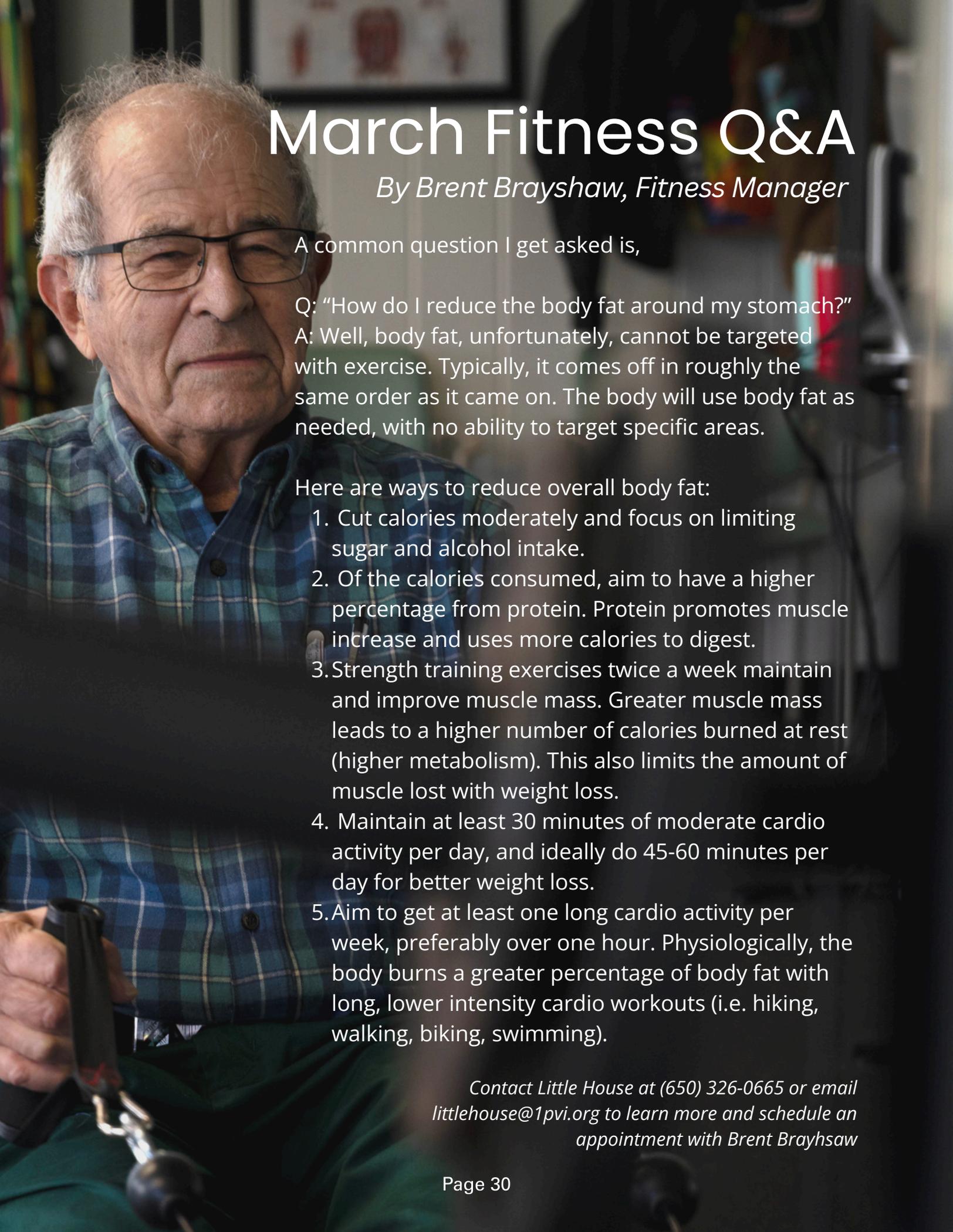
Chia seeds soothe the tummy, calm inflammation, balance hormones, and regulate bowels. Such a deal from such tiny little seeds

Make flavors with add-ons:

Chocolate Chia - ¼ cup of cocoa powder/ scoop of chocolate protein powder

Spicy Chia - 1 tsp cinnamon, pinch of cardamom and clove

Matcha Chia - 2 tbsp of Matcha green tea powder

A photograph of an elderly man with glasses and a plaid shirt, sitting on a gym machine. He is looking slightly to the right of the camera. The background is a gym setting with various pieces of equipment.

March Fitness Q&A

By Brent Brayshaw, Fitness Manager

A common question I get asked is,

Q: "How do I reduce the body fat around my stomach?"

A: Well, body fat, unfortunately, cannot be targeted with exercise. Typically, it comes off in roughly the same order as it came on. The body will use body fat as needed, with no ability to target specific areas.

Here are ways to reduce overall body fat:

1. Cut calories moderately and focus on limiting sugar and alcohol intake.
2. Of the calories consumed, aim to have a higher percentage from protein. Protein promotes muscle increase and uses more calories to digest.
3. Strength training exercises twice a week maintain and improve muscle mass. Greater muscle mass leads to a higher number of calories burned at rest (higher metabolism). This also limits the amount of muscle lost with weight loss.
4. Maintain at least 30 minutes of moderate cardio activity per day, and ideally do 45-60 minutes per day for better weight loss.
5. Aim to get at least one long cardio activity per week, preferably over one hour. Physiologically, the body burns a greater percentage of body fat with long, lower intensity cardio workouts (i.e. hiking, walking, biking, swimming).

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





MARCH 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT