

Enabling Seniors to Age in Place

MAY 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT



INSIDE:

A Special Delivery with Football Legends *pg. 4-5*

Furry Friends at Little House *pg. 16*

Cinco de Mayo Luncheon *pg. 7*

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

TABLE OF CONTENTS

Featured 4-8

Community Spotlight	
What's New at PVI	
PVI Recipe of the Month by Stephanie.....	29
Fitness Tips by Brent Brayshaw	30

Adult Activity Center at Little House 9-19

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

Adult Day Services at Rosener House 20-21

Coffee and Caregivers, Weekly Tours, and Sample Schedule

Nutrition Services 22-25

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

RIDE PVI 26

On-Demand Transportation Services

Quiescence 27

Customized Solutions for Family Caregivers

Volunteering at PVI 28

Insights and Opportunities

Community Partners 31

A Special Delivery with Football Legends



Rice and Young prepare to tag team a delivery route for PVI's Meals on Wheels. Photo by Karina Patel.

In April, Peninsula Volunteers, Inc. (PVI) welcomed Bay Area football legends Jerry Rice and Steve Young for a special Meals on Wheels ride-along.



Stephanie Figeira, Director of Nutrition Services, describes PVI's Meals on Wheels operations and impact. Photo by Karina Patel.

Rice and Young joined PVI to deliver meals to older adults served by PVI's Meals on Wheels program. Their participation helped shine a spotlight on the essential role Meals on Wheels plays in addressing hunger and isolation among older adults.

Santa Clara County

- ~270,000 seniors (65+) in Santa Clara County
- An estimated 22,000–27,000 are food insecure
- ~135,000 residents overall are food insecure
- 1 in 6 residents rely on food assistance

San Mateo County

- ~126,000 seniors (65+) in San Mateo County
- An estimated 10,000–12,000 are food insecure
- High housing costs and fixed incomes are the driving forces for food insecurity

In 2025, PVI's Meals on Wheels program delivered 165,185 meals.

Jerry Rice, the newest ambassador for Meals on Wheels America, continues to advocate for programs that support older adults and help them remain independent at home.

For nearly 80 years, PVI has supported older adults across the Peninsula, and moments like this help bring national attention to the critical services that make aging in place possible.

Inspired by this story? Get involved.

Volunteers are at the heart of PVI. Whether delivering meals, supporting programs, or making a donation, there are many ways to help older adults remain safe, nourished, and connected.



Meals on Wheels recipients receive a special delivery from Bay Area football legends Steve Young (left) and Jerry Rice (right).



Rice and Young get a behind the scenes look at PVI's kitchen and production area with PVI CEO, Peter Olson and program director, Stephanie Figeira. Photo by Karina Patel.

What's New at PVI?

Shredding Event

Thursday, May 7
11:30 a.m. to 1:00 p.m.

Free for all members

Little House members are welcome to bring documents that are in need of shredding to the Little House parking lot. Documents will be shredded on-site by a shredding company truck. *Sponsored by Nancy Goldcamp of Coldwell Banker Realty.*

Music Appreciation

Tuesday, May 19
1:00 p.m.

Free for Primary & above
\$15 for Basic & Non-Members

I Got Rhythm — A Celebration of George Gershwin. Join us for a toe-tapping musical journey through the life and work of George Gershwin — America's beloved composer who brought the worlds of classical music and jazz together in perfect harmony. From Rhapsody in Blue to Summertime, we'll explore the stories behind his most iconic works, enjoy listening to timeless melodies, and discover how this Jewish Brooklyn-born piano prodigy changed music forever. No prior music knowledge needed, bring your curiosity and love of great tunes!

Distinguished Lecture: Atlantis

Friday, May 8
10:00 a.m.

Free for Primary & above
\$15 for Basic & Non-Members

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. Take this journey to learn this mystery.

Social Security Seminar with Thien Kuu

Thursday, May 14
1:00 p.m.

Free for members, \$5 for non-members

This seminar will equip you with the knowledge and confidence to make informed decisions. Thien Kuu is a registered social security analyst whose seminars provide clear, educational guidance on claiming strategies, benefit timing, spousal and survivor benefits, taxation considerations, and common mistakes that can reduce lifetime benefits.

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



YOU'RE INVITED TO PVI'S Cinco de Mayo Luncheon

TUESDAY, MAY 5 | 11:30 A.M.

\$25 MEMBERS | \$35 NON-MEMBERS

Celebrate Cinco de Mayo at PVI's Adult Activity Center at Little House! Enjoy delicious cuisine, lively music, a vibrant dance performance, and wonderful company. Space is limited; please RSVP today to reserve your spot.

Menu

Chicken Fajitas
Beans and Rice
Horchata
Churros

Entertainment

Enjoy a musical performance by Little House's own Karla Peralta, followed by a folklorico dance performance by Casa Circulo Cultural!

RSVP by April 28 by calling (650) 326-0665 or emailing littlehouse@1pvi.org



Maximizing Your Life's Quality with Exercise

with Brent Brayshaw

Tuesday, May 19th at 1 p.m.

Free for all members

In this 30-minute lecture, PVI Fitness Manager, Brent Brayshaw, will discuss the amazing benefits of exercise, specifically as they relate to longevity and quality of life. Join us as we cover the science of exercise on the human body and introduce the American College of Sports Medicine (ACSM) guidelines for physical activity and exercise for older adults. There will also be a chance to practice some exercises as a group. Questions and discussion are welcome throughout the lecture. This month, we are offering **FREE** classes for a limited time. Check the Group Fitness schedule for more information.

Meet John!

We are pleased to welcome John Azevedo, our new **personal trainer** at PVI! John joins us as a third-year student from the University of San Francisco's Kinesiology program with a concentration in Neuroscience. With experience as a student-athlete and coach, he has dedicated the past two years to helping individuals improve their functional mobility, strength, and overall athleticism. John plans to pursue higher education to support older adults with neurological disorders through evidence-based movement interventions and treatments.



PVI EVENTS AT A GLANCE

MON	TUE	WED	THU	FRI
				1 Keys and Coffee Cribbage Movie
4 Movie Art Exploration	5 Cinco de Mayo Luncheon Current Events Mahjong Billiards Group iPad Class iPhone Class	6 Book Club Knitting Club Got Groceries Mahjong Pinochle	7 Shredding Event Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	8 Keys and Coffee Cribbage Movie
11 Movie Art Exploration	12 Coffee With Caregivers Blood Pressure Screening Current Events Mahjong Billiards Group	13 Furry Friends Waffle Wednesday Knitting Club Got Groceries Mahjong Pinochle	14 Hand & Foot Canasta Artistic Thursdays Tech Tutoring	15 Keys and Coffee Cribbage Movie
18 Movie Art Exploration	19 Current Events Mahjong Billiards Group iPad Class iPhone Class	20 Pop-Up Library Trivia Knitting Club Got Groceries Mahjong Pinochle Apple Watch Class	21 Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	22 Keys & Coffee Cribbage Movie
25 PVI Closed	26 Current Events Mahjong Billiards Group iPad Class iPhone Class	27 Knitting Club Got Groceries Mahjong Pinochle Apple Watch Class	28 Afternoon Tea Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	29 PVI Closed

Schedule and Programming are Subject to Change. Pre-registration is required

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
NonMember Pricing

GROUP FITNESS SCHEDULE

Get ahead of your health! Find the right class that supports your needs.

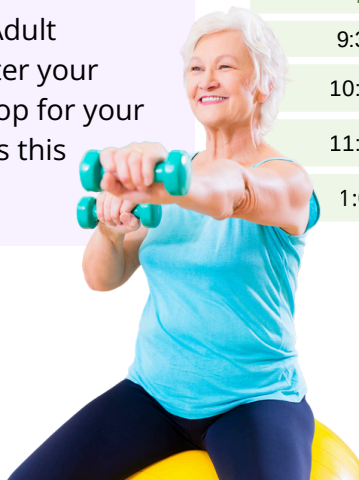
- ✳ Fall Prevention
- ✳ Cardio
- ✳ Strength

FREE FITNESS

Enjoy all of our fitness classes for free for one week!

PVI recognizes May as Exercise is Medicine Month. We are excited to offer all members, regardless of membership level, free fitness classes from May 4 to May 8!

Make PVI's Adult Activity Center your one-stop shop for your health needs this month.



MONDAY		
TIME	CLASS	METHOD
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
TUESDAY		
TIME	CLASS	METHOD
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
WEDNESDAY		
TIME	CLASS	METHOD
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
THURSDAY		
TIME	CLASS	METHOD
9:30 AM	Fun with Fitness ✳	Virtual
10:45 AM	Strong for Life ✳ ✳	In-Person
12:00 PM	Tai Chi ✳ ✳	In-Person
2:00 PM	Bingocize® ✳ ✳	In-Person
FRIDAY		
TIME	CLASS	METHOD
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

No Strong for Life on 5/7 or 5/26

FITNESS & WELLNESS

FREE FOR P, PR, PL
\$15 FOR B AND NONMEMBERS

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, May 12

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.

No Strong for Life on 5/7 or 5/26

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 great 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

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

- June 3 ***The First Ladies: The Friendship Between Eleanor Roosevelt & Mary McLeod Bethune***
by Marie Benedict

- July 1 ***Free, A Child & a Country at the End of History***
by Lea Ypi

Little House Member Birthday Luncheon

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

June 9
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
May 13
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
May 28
1:30 - 2:30 PM

Waffle Wednesdays

Indulge in the delightful tradition of Waffle Wednesdays with us! Join us for a morning of delicious waffles, good company, and a midweek treat that's sure to sweeten your day.

Second Wednesday of the Month
May 13
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 **Out of this World!** Outer space - planets & space travel, both real and fictional.

Third Wednesday of the month
May 20
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
May 20
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

May 4 - *Star Wars Episode IV: A New Hope (1977)*: A young farm boy intercepts a distress call from the captive Princess Leia.

May 11 - *The Social Dilemma (2020)*: Nominated for seven Emmys and winning two, including Best Writing, this documentary-drama exposes the dangerous human impact of social networking.

May 18 - *Going in Style (2017)*: Cheated out of their pensions, three lifelong friends hatch a plan to rob a bank, but they have to stay one step ahead of the FBI.

May 25 - *Closed for Memorial Day*

Friday's Movies

May 1 - *Chef (2014)*: After igniting a Twitter war with a well-known culinary critic, a Los Angeles chef packs up his knives, heads home to Miami, and opens up a food truck.

May 8 - *Mrs. Doubtfire (1993)*: After a tough divorce, a devoted dad and determined actor disguises himself as an eccentric British nanny to spend more time with his children.

May 15 - *Age of Adeline (2015)*: Decades after a near-fatal accident caused Adeline to stop aging at 29, she resists falling in love with a smitten tech mogul to keep her secret hidden.

May 22 - *Murder in Monaco (2025)*: This real-life whodunnit unravels the mystery of billionaire banker Edmund Safra's shocking murder with a twist that's stranger than any crime caper.

May 29 - *Bohemian Rhapsody (2018)*: Rami Malek won an Oscar for his stunning portrayal of lead Queen singer Freddy Mercury in this rousing musical biopic.

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
1:00 - 4:00 PM
Independent

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

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 Pp

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

PVI Adult Day Services at Rosener House



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

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.

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.

Want to learn more?

Contact us at rosenerhouse@1pvi.org or (650) 322-0126.

When is your family member ready to join PVI Adult Day Services at Rosener House?

If you answer "yes" to *more than 3* of the following questions, it might be time.

- 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?



Caregiver Support at PVI

Supporting a loved one takes strength, patience, and care, and caregivers deserve support too. PVI's caregiver workshops and support groups are designed to help you build confidence, reduce stress, and connect with others experiencing similar situations.



Coffee with Caregivers

TUESDAY, MAY 12 | 9:30 - 11:00 AM
500 ARBOR ROAD MENLO PARK, CA

Join PVI on the 2nd Tuesday of each month for conversations with a supportive and passionate community that understands the dedication, challenges, love, and reassurance that you're not navigating the caregiving journey alone.

THE EMPOWERED CAREGIVER:

Building Foundations of Caregiving

WEDNESDAY, JUNE 17 | 4:00 PM | 500 ARBOR RD MENLO PARK, CA

Learn how dementia changes relationships over time, the benefits of person-centered care approaches, how to create a supportive care team, and steps to identify and manage caregiver stress.

**FREE FOR THE
COMMUNITY**



**SCAN TO
REGISTER
TODAY!**

***You're not alone.
Get support today.***

Contact us at rosenerhouse@1pvi.org
or (650) 322-0126.

PVI CAFE MENU



Hours of Operation: 11:30 AM - 1:00 PM | \$5.00 per meal
unless otherwise noted.

MON	TUE	WED	THU	FRI
Effective July 1: \$6.00 per meal \$7.00 salad bar				1 Fish Friday, Salad, Dinner Roll, and Dessert <i>\$10 Meal Deal</i>
4 Egg Fried Rice, Asian Blend Vegetable	5 CINCO DE MAYO LUNCHEON	6 Greek Chicken, Turmeric, Spinach	7 Meatball Marinara, Bowtie Pasta, Italian Vegetables	8 Fish Friday, Salad, Dinner Roll, and Dessert <i>\$10 Meal Deal</i>
11 Cheese Omelet, Roasted Potato, Broccoli	12 Turkey Chili, Roasted Corn and Peppers	13 Loco Moco, Rice, Capri Blend	14 Chicken Cordon Bleu, Mashed Potato, Peas and Carrots	15 Fish Friday, Salad, Dinner Roll, and Dessert <i>\$10 Meal Deal</i>
18 Vegetable Curry w/ Tofu, Rice, Spinach	19 Beef Stroganoff, Egg Noodles, Peas	20 BBQ Chicken, Roasted Potato, Broccoli/ Cauliflower	21 Sausage and Chicken Jambalaya, Succotash	22 Burger, Chips, Salad, and Dessert <i>\$12 Meal Deal</i>
25 PVI CLOSED	26 Sweet and Sour Pork, Rice, Asian Blend Vegetables	27 Garlic/Herb Chicken w/ Gravy, Mashed Potato, Green Beans	28 Meatball Marinara, Penne Pasta, Italian Mixed Vegetables	29 PVI CLOSED



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



STAY NOURISHED, STAY INDEPENDENT; DELICIOUS HOME-DELIVERED MEALS

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.



SECOND HARVEST
of SILICON VALLEY

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



Register today!

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

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



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

”

The program's vision 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 4 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 on Fridays*)

Ride PVI

Transportation Coordinator: Schedule varies and flexible, check availability.

Interested in Volunteering with PVI?

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

Spinach, Walnut, and Curried Strawberry Salad

By Stephanie Figeira, Director of Nutrition Services

Ingredients:

- 1/2 cup walnuts
- 2 Tbsp avocado oil
- 1 1/2 cup thinly sliced red onion
- 2 cups organic strawberries, thinly sliced
- 1 1/2 tsp curry powder
- 1 Tbsp raw apple cider vinegar
- 2 tsp honey (optional)
- 4 Tbs extra virgin olive oil
- 8 cups organic spinach, cleaned, long stems removed and torn or baby spinach
- Salt and pepper to taste

Instructions:

1. Preheat oven to 300°, place nuts on a sheet pan and toast for 10 to 15 minutes until golden and toasted, remove from oven transfer to a cutting board and coarsely chop walnuts.
2. In a medium size skillet over medium heat warm avocado oil, add in red onion and saute' for 2 minutes or until beginning to soften. Add curry powder saute' until combined with red onion, approximately 1 minute.
3. Stir in vinegar and honey, if using, let combine. Add strawberries, stir to incorporate and remove from heat.
4. Add olive oil to large bowl, add spinach leaves with splash of salt and pepper toss to coat, add strawberry onion curry mixture and toss with spinach. Transfer to serving bowl or plates and top with toasted walnuts.
5. Serve immediately, could be enjoyed topped with salmon, shrimp, or chicken.



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

Managing Osteoporosis

*By Brent Brayshaw,
Fitness Manager, ACSM
Exercise Physiologist*

April is Osteoporosis Awareness Month.

Osteoporosis indicates that your bones (especially in the hip and/or back) have reached a critically low bone density. Though there are not always symptoms with this diagnosis, it does greatly increase the chance of fracturing your bones. Exercise can be a powerful tool to both reduce the rate of bone loss and help prevent bone fractures. Below, I highlight the American College of Sports Medicine (ACSM) recommendations for individuals with osteoporosis, along with exercises to help improve bone density and balance.

ACSM Recommendations for Individuals with Osteoporosis

- Aim to do 4-5 days of Aerobic exercise, ~2 days of resistance exercise, and 5-7 days of flexibility exercise.
- Aim for 30 minutes of moderate Aerobic exercise each session.
- Do about 2 sets of 9-12 repetitions of 8-10 resistance exercises.
- Flexibility exercises should be held for 10-30 seconds and repeated 2-4 times.

Exercise Examples:

- Aerobic: walking, cycling, or other appropriate weight-bearing activity
- Resistance: Focus on compound movements like squats, sit-to-stands, chest presses, rows, and step-ups; be careful to keep your back neutral and straight when bending.
- Flexibility: Static (holding) stretches at all major joints: calves, hamstrings, quads, hips, shoulders, elbows, wrists

Among the many initiatives this month, May is also Exercise is Medicine Month. This initiative advocates for the integration of physical activity within clinical care. In recognition of this, all of our fitness classes are FREE for all members, regardless of membership level, from May 4 to May 8! Mark your calendars and register to take charge of your health and well-being

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





MAY 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT