

Enabling Seniors to Age in Place

JUNE 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT



BOOST YOUR BRAINPOWER

Alzheimer's & Brain
Awareness Month

INSIDE:

35th Annual Authors' Salon
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Enhancing Balance with
Cognitive Exercises
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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.

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

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ABOUT THE COVER: A participant works on an arts and crafts project at PVI's Adult Day Services at Rosner House. Photo by Karina Patel.

Celebrating 35 Years of Powerful Storytelling



Yuki Kato (left) and Jacqueline Stewart at the 35th Annual Authors' Salon. Photo by Karina Patel.

Peninsula Volunteers, Inc. (PVI) proudly hosted its 35th Annual Author's Salon on Sunday, April 26, at PVI's Adult Activity Center at Little House. This cherished community tradition welcomed acclaimed authors Bruce Henderson, Laurie King, and Jessica Beebe Barrows for an inspiring afternoon celebrating literature, storytelling, and community connection—all while raising critical funds to support PVI's essential programs and services for local seniors.



Beverly Nelson speaks at the 35th Annual Authors' Salon. Photo by Karina Patel.

Guests were welcomed with refreshments and the opportunity to meet the featured authors before gathering in the Little House courtyard for the afternoon's program. This year's event also paid special tribute to Bev Nelson, founder of the Author's Salon, whose vision and dedication helped establish the event as a beloved PVI tradition over the past 35 years. Bev reflected on the joy of organizing the salon and the meaningful impact it has had in advancing PVI's mission of helping older adults age with dignity and independence in their own homes. In recognition of her extraordinary contributions, Peninsula Volunteers presented her with flowers and a special keepsake—an enlarged invitation signed by the Peninsula Volunteers.

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The program began with an entertaining “spin-the-wheel” game led by radio personality Don Bleu, with one lucky guest winning a gift certificate prize. Returning as moderator, Jan Yanehiro guided a lively and engaging discussion with the authors, who shared personal insights into their writing journeys, creative processes, and professional experiences. Guests enjoyed hearing the unexpected similarities that connected each author’s path and storytelling style.



Author Laurie King hands over a signed copy of her book “Knave of Diamonds” to a guest. Photo by Karina Patel.

The afternoon concluded with an additional book signing, giving guests another opportunity to connect personally with the authors. Funds raised through the 35th Annual Author’s Salon will directly support PVI’s ongoing efforts to provide essential services and programs that empower older adults to live with dignity, independence, and connection within the community.



Broadcast Journalist Jan Yanehiro moderates a panel with Jessica Barrowa Beebe. Photo by Karina Patel.

Following the discussion, audience members participated in a thoughtful Q&A session before each author read a selection from their work. In a particularly touching moment, Bruce Henderson chose instead to share a personal story about his connection to PVI. He spoke warmly about his mother’s involvement at Little House and recalled how PVI helped make her 100th birthday a truly unforgettable celebration.

Save the Date
Annual Fall Fundraiser
“Bling, Bubbles & “A Beautiful Noise”

An evening with  The Neil Diamond Tribute

SATURDAY, SEPTEMBER 12, 2026
 WOODSIDE ESTATE

See you next year
2027 Authors’ Salon
 SUNDAY, APRIL 18

What's New at PVI?

Music Appreciation: Music for Spring

**Tuesday, June 9
1:00 p.m.**

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

Little Shop Summer Sale

**Wednesday, July 15th
10:00 a.m. - 1:30 p.m.**

Find everything you need for summer at Little Shop's Summer Sale!

New Fitness Classes

PVI is excited to announce two new classes, Restorative Yoga and Chair Yoga, taught by instructor Sara Dimas. See more on the Group Exercise Schedule.

Summer BBQs

**Father's Day
Thursday, June 18
11:30 a.m.**

**Fourth of July
Thursday, July 2
11:30 a.m.**

Join PVI's summer BBQs for only \$12 with entertainment and good company!

Distinguished Lecture: Napa - Wine Country

**Friday, June 12
10:00 a.m.**

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

It's the climate, the consistent hot days and cool nights that give it a more Mediterranean climate than the Med! The 30-mile Napa Valley is one of the most respected viticulture areas in the world. With over 400 wineries dotting the landscape, visitors can spend days tasting the offerings from famous names such as Domaine Chandon, Mondavi, Krug, Beringer, Beaulieu, Inglenook, and others.

New Tech Connect Classes

Advanced iPad Class

Next Session Dates:
June 23 - July 14

Advanced iPhone Classes

Next Session Dates:
**Session 1: June 30 - August 11
Session 2: July 3 - August 13**

Intro to AI

Next Session Dates:
**Session 1: June 17 - July 1
Session 2: July 15 - July 29**

Check the Technology page for more details!

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

NEW! Ballroom Dance

Tuesdays, starting June 16th

Ballroom Dance Instruction

3:00 p.m. to 4:00 p.m.

*Open to all memberships,
pre-registration required*

This ballroom dance class is specially designed for dancers of all levels. You'll learn essential footwork, techniques, timing, and partner connection across popular styles such as waltz, tango, foxtrot, rumba, cha-cha, swing, nightclub 2-step, etc. The WDSF syllabus will be used. We'll start from the pre-bronze and bronze-level figures, and finish with silver and gold-level figures sprinkled throughout. It's a great way to exercise, enjoy music, meet new friends, and keep both body and mind engaged at your own comfortable pace.

Social Dance

4:00 p.m. to 6:00 p.m.

*Free for Primary, Premium, Platinum. \$15
for Basic and Non-members. Free access
to Basic members with pre-registration*

Join us for a lively and welcoming social ballroom dance gathering designed for all experience levels. Whether you're an experienced dancer or just looking to enjoy music and movement, this is a great opportunity to connect with others in a relaxed, friendly environment. Enjoy a mix of ballroom music while dancing at your own pace. No partner is required, and our inclusive atmosphere encourages everyone to participate, socialize, and have fun. Light refreshments may be provided, and seating will be available for those who wish to take a break and enjoy the music. Come for the dancing, stay for the community.



COMING JULY 2026!

Parkinson's Women's Support Group

Meets every first and last Tuesday of the month
1:00 p.m.

Included in all membership tiers

In partnership with Peninsula Women's Support, PVI is proud to host a Parkinson's Women's Support group held twice a month at Little House. This group is open to women with Parkinson's at any age or stage and those who live on the Peninsula. The first Tuesday will be dedicated to support, while the fourth Tuesday will incorporate education, physical activity, and more.



REGISTER
TODAY!



PVI EVENTS AT A GLANCE

Schedule and Programming are subject to change. Pre-registration is required

MON	TUE	WED	THU	FRI
1 Movie Art Exploration	2 Current Events Mahjong Billiards Group iPad Class iPhone Class	3 Book Club Knitting Club Got Groceries Mahjong Pinochle	4 Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	5 Keys and Coffee Cribbage Movie
8 Movie Art Exploration	9 Coffee With Caregivers Blood Pressure Screening Current Events Mahjong Billiards Group iPad Class iPhone Class	10 Furry Friends Waffle-Wednesday Knitting Club Got Groceries Mahjong Pinochle	11 Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	12 Keys and Coffee Cribbage Movie
15 Movie Art Exploration	16 Ballroom Dancing Current Events Mahjong Billiards Group iPhone Class	17 Trivia Pop-Up Library Knitting Club Got Groceries Mahjong Pinochle	18 Hand & Foot Canasta Artistic Thursdays iPhone Class Tech Tutoring	19 PVI Closed
22 Movie Art Exploration	23 Ballroom Dancing Current Events Mahjong Billiards Group	24 Knitting Club Got Groceries Mahjong Pinochle	25 Afternoon Tea Hand & Foot Canasta Artistic Thursdays Tech Tutoring	26 Keys & Coffee Cribbage Movie
29 Movie Art Exploration	30 Ballroom Dancing Current Events Mahjong Billiards Group			



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

NEW!

We are excited to announce a new fitness instructor and two new Group Exercise classes to our schedule!

Mondays will now include Restorative Yoga and Chair Yoga, both taught by Sara Dimas:



"My name is Sara Dimas and I began my yoga journey as a meaningful retirement challenge, completing my 200-hour teacher training. I'm currently continuing my studies with a 300-hour certification. I have a special love for teaching chair yoga creating a welcoming and supportive space where everyone can move, breathe, and feel at ease. I'm excited to share this practice and look forward to connecting with each of you!"

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
11:00 AM	Restorative Yoga ✳	In-Person
2:00 PM	Chair Yoga ✳	Hybrid
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
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
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
FRIDAY		
TIME	CLASS	METHOD
9:30 AM	Walk and be Fit ✳ ✳	Virtual
10:00 AM	Ground Mobility ✳ ✳	In-Person
1:00 PM	Chair Volleyball ✳	In-Person



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! Play bingo and meet new people while learning how to reduce your risk of falling.

New Dates Coming Fall 2026

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, June 9
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: Sara Dimas

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

Mondays 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

Restorative Yoga

Instructor: Sara Dimas

Relaxing yoga that combines gentle, supported poses with mindful awareness. We will be on the mat doing comfortable poses using props like blankets and pillows, so that the muscles can fully relax.

Mondays 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, 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

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

Aug. 5 ***This is Happiness***
by Niall Williams

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
June 10
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
June 25
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
June 10
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 **Summer Vacation**. Guess famous locations (real and fictional based on clues).

Third Wednesday of the month
June 17
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
June 17
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

June 1 - *Bohemian Rhapsody* (2018): Rami Malek won an Oscar for his stunning portrayal of lead Queen singer Freddy Mercury in this rousing musical biopic.

June 8 - *Denial* (2016): In this fact-based drama, an American Historian accused of libel by a notorious Holocaust denier must prove in court that the Holocaust did occur.

June 15 - *Green Book* (2018): When a refined pianist hires a street-smart driver to navigate a concert tour of the segregated south, a friendship forms amidst the backdrop of racism.

June 22 - *Wild Mountain Thyme* (2020): In the Irish countryside, two star-crossed lovers on neighboring farms struggle to align as fate and family appear to block their path.

June 29 - *American Graffiti* (1977): On the night before two of them leave for college, four high school pals cruise around town finding love and mischief in this coming-of-age classic.

Friday's Movies

June 5 - *13 Going on 30* (2004): Jenna Rink wishes she could just grow up after being humiliated at her 13th birthday party – only to wake up as a 30-year-old fashion magazine editor.

June 12 - *Steel Magnolias* (1989): Six women in a small southern town share gossip and solve problems at the local beauty parlor, anchoring each other through life's ups and downs.

June 19 - *Closed for Juneteenth*

June 26 - *Cover Up* (2025): Pulitzer-Prize winning reporter Seymour Hersh opens his personal archives in this portrait of a truth-teller and the power of investigative journalism.



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-Tues: 10:00 AM - 4:00 PM

Wed-Fri: 9:00 AM - 4:00 PM

Get expert guidance and help from instructors **Caroline Rasmussen** on Mondays and Tuesdays from 10:00 AM to 1:00 PM and **Ed Bellinger** on Thursdays and Fridays from 9:00 AM to 1:00 PM.

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.

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

Advanced iPad Class

Next Session Dates:

June 23 - July 14
Tuesdays (In-person)
10:00 AM - 12:00 PM
Members: \$30
Non-members: \$40

Advanced iPhone Classes

Next Session Dates:

June 30 - August 11
Tuesdays (In-person)
1:00 - 3:00 PM

July 3 - August 13
Thursdays (In-person)
Session 1: 10:00 AM - 12:00 PM
Session 2: 1:00 - 3:00 PM
Members: \$50
Non-members: \$60

Intro to AI

Next Session Dates:

Session 1: June 17 - July 1
Session 2: July 15 - July 29

Wednesdays (In-person)
1:00 PM - 3:00 PM
Members: \$30
Non-members: \$40

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 activities, e.g., reading, conversation, or 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, JUNE 9 | 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
1 Cheese Ravioli, Marinara, Italian Vegetables	2 Beef Goulash, Pasta, 4-Way Blend Vegetables	3 Chicken Fajitas, Spanish Rice, Peppers and Onions	4 BBQ Pulled Prok, Roasted Potato, Broccoli	5 Burger, Chips, Salad, and Dessert <i>\$12 Meal Deal</i>
8 Cheese Omelet, Tater Tots, Broccoli	9 Huli Huli Chicken, Rice, Spinach	10 Beef Stroganoff, Egg Noodles, Peas/Carrots	11 Chicken Cordon Bleu, Mashed Potato, Mixed Vegetables	12 Burger, Chips, Salad, and Dessert <i>\$12 Meal Deal</i>
15 Cheese Enchilada, Spinach, Rice, Peppers/Corn	16 Sausage and Potato Obrienne, Succotash	17 Orange Chicken, Brown Rice, Vegetable Blend	18 Father's Day BBQ <i>\$12 Meal Deal</i>	19 PVI CLOSED
22 Egg Fried Rice, Asian Blend Vegetables	23 Meatloaf, Mashed Potato, Green Beans	24 BBQ Pulled Pork, Tater Tots, Broccoli	25 Jerk Chicken, Cocount Rice, Corn	26 Burger, Chips, Salad, and Dessert <i>\$12 Meal Deal</i>
29 Vegetable Chowder, Peas	30 Chef's Choice	Effective July 1: \$6.00 per meal \$7.00 salad bar		



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

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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

All Things Berries

By Stephanie Figeira, Director of Nutrition Services

Berries are an integral part of one's diet, not to mention incredibly delicious. This month, we'll talk about the benefits of berries, how to shop for them, and how to store them properly.

Berries are antioxidant, vitamin and mineral-rich additions to any diet. Berries can be enjoyed year-round, fresh when in season and frozen for the off-season. Berry season in Northern California runs from March to November, with prime season for all berries being May through August. Always consume organic strawberries and blueberries; conventional strawberries have a toxic load 98% pesticides. Check with the Environmental Working Group Dirty Dozen and Clean 15 shopping guide.

How to Shop for Berries: For **strawberries**, look for berries that are consistently red in color, with no moisture and lush green tops. Always purchase organic strawberries. For **blueberries**, look for a dark blue color, kissed with a light white blush, smooth skin, plump, and similar in size. For **raspberries**, you want brightly colored berries with smooth skins. Avoid crushed or dented berries. **Blackberries'** color can vary from a deep purple-black to a deep blue-purple. Avoid yellowish or green spots; these won't continue to ripen. They also should be plump to the touch.

How to Store Berries: If you are going to enjoy berries the day you purchased them, then store them at room temperature in a cool, dry place. When ready to enjoy, rinse berries under cool water in a colander, remove leaves or stems, place in a bowl so berries aren't packed in, and enjoy at your leisure.

Want to have your berries throughout the week? Fresh berries can typically be stored in the refrigerator unwashed for 5 to 7 days. You might want to transfer them from the container they came in to a shallow glass dish where they are not overly packed together. Once the berry craving hits, remove from fridge, rinse, and enjoy!

Have a bounty of fresh berries and want to preserve them for enjoyment at a later time? Wash berries under cool water, remove any stems and leaves, straw or earth. Check berries for smooth texture, and consume any that are lightly bruised or crushed. Lay berries out on a kitchen towel and gently roll to dry. Once dry with berries in a single layer on a tray or in a dish, place them in the freezer for 45 minutes to an hour to freeze. Transfer to a freezer-safe container and freeze up to one year to have the amazing benefits of berries year-round.



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

Enhancing your Balance with Cognitive Exercises

By Brent Brayshaw, Fitness Manager, ACSM Exercise Physiologist

Did you know you can enhance your balance training by adding a cognitive component? The brain and the body are two things we need to take care of as we age. Balance is something that both the body and brain have a major impact on as well. According to the National Institute on Aging, older adults experiencing gait problems are twice as likely to develop dementia. In recognition of **Alzheimer's & Brain Awareness Month** this June, I want to share ways to prevent and help manage dementia. One way to do this is to incorporate *dual-task exercises* in your routine. A dual-task exercise is doing a physical activity or balance exercise while simultaneously engaging in a cognitive task. A systematic review on the effects of balance exercises with and without cognitive training published by Springer Nature Link found that dual-task exercises boosted both cognitive and physical abilities. The studies saw "...improvements in daily problem-solving, mental health-related quality of life, mobility, muscle strength, and effectiveness in preventing falls, all of which are essential for maintaining the independence and overall well-being of individuals with cognitive impairments."



Here are some examples of dual-task exercises you can incorporate during your next workout:

Note: *Always be mindful of your environment and have an easily accessible handhold for safety

- Stand on one foot for 30 seconds while listing all the countries you can think of on a specific continent
- Stand with your feet together, and eyes closed while reciting the alphabet backwards
- March in place while solving math problems
- Go up a step or a stair and count by 7 for each step
- Walk forward while turning your head to the beat of a 100 bpm metronome

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

"Combined Decline in Gait and Cognition May Better Predict Dementia Risk than Either Factor Alone | National Institute on Aging." NIH, National Institute on Aging, 8 Sept. 2022, www.nia.nih.gov/news/combined-decline-gait-and-cognition-may-better-predict-dementia-risk-either-factor-alone.

Magauina, Gulnaz, et al. "Effects of Balance Physical Therapy with or without Cognitive Training in Adults with Cognitive and Balance Impairments: A Systematic Review - European Review of Aging and Physical Activity." SpringerLink, BioMed Central, 1 Oct. 2025, link.springer.com/article/10.1186/s11556-025-00383-w#citeas.

Community Partners

Thank you for your support and partnership





JUNE 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT