

Enabling Seniors to Age in Place

JULY 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT



CONNECTED AND THRIVING

National Social Wellness Month

Promotes
intergenerational
activities,
volunteering,
and community
engagement.

INSIDE:

A Fearless Connector
through Generations
pg. 4-5

SERVING MENLO PARK AND SURROUNDING COMMUNITIES SINCE 1947

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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ABOUT THE COVER: Little House member Lynne Tracy poses for a photo while sharing her family history at PVI's Adult Activity Center at Little House. Photo by Karina Patel.

A Fearless Connector Through Generations

Lynne Tracy poses for a photo at Little House. Photo by Karina Patel.

Since childhood, Lynne Tracy has always sought connection. Growing up in a 70-family apartment complex on Long Island, she was the kind of child who knocked on every door until she found someone to play with. That same spirit of connection has followed her throughout her life — from her career in sales to her involvement in the many communities she's a part of today, including Little House, where she's known for handing out program guides and encouraging others to get involved.

Lynne first discovered PVI's Little House in 2006 when she enrolled in a yoga class. What began as a single fitness activity soon became an important part of her health and wellness journey. After an unsatisfactory experience with physical therapy, Lynne found renewed support and confidence through the fitness programs at Little House, which have played a vital role in helping her stay active and maintain her well-being.

"I'm actually healthier because I go to Qi Gong, Chair Yoga, and Acupressure on Fridays — and if I have time, I try to do Art," she shares.

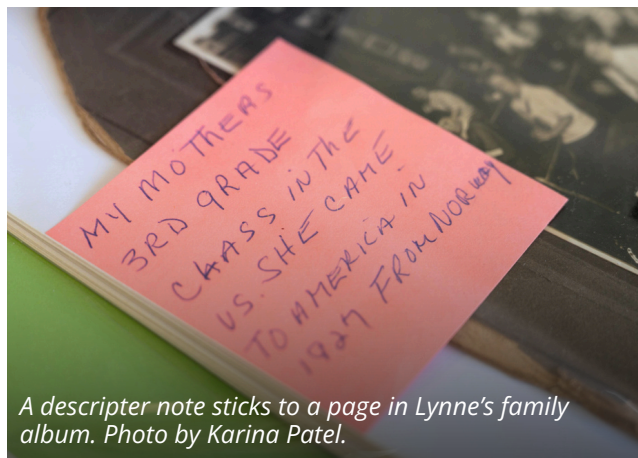
These programs have done more than improve her physical health — they've enriched her life in every way.

Through them, Lynne has made new friends, reduced her stress, and found greater happiness and balance.

Today, Lynne is focused on preserving her mother's legacy. She is compiling her mother's journals into a family history that can be passed down to future generations, honoring her role as the matriarch of her family. PVI's Little House has supported her in this meaningful endeavor through its eight-week Creative Writing Class, taught by Foothill College professor Patty Mayall. The class has provided Lynne with the tools, guidance, and encouragement to transform cherished memories and family stories into a legacy.



Lynne Tracy points to a picture of her grandmother, Gudrun, taken in 1927 in front of their home in Brooklyn, New York. Photo by Karina Patel.



A descriptor note sticks to a page in Lynne's family album. Photo by Karina Patel.

"With this class, Patty has been absolutely phenomenal in helping me get organized and compile stories. She has wonderful handouts on how to do this," Lynne said.

She especially appreciates the sense of community that comes from sharing and reflecting on each other's work.

"Here is where community happens — you get this feedback," she explained.

Even with a full schedule that includes hosting family dinners, caring for her home, and attending Bible study, Lynne makes time for Little House. Programs like Qi Gong provide an opportunity to slow down, recharge, and find balance amid the demands of daily life.

Looking ahead, Lynne hopes to continue serving as a connector, bringing people together both within the Little House community and beyond. She is especially interested in seeing more technique-based art classes offered, giving members opportunities to develop new skills, express their creativity, and continue learning throughout their lives.

"I do it because it's a good community," Lynne says. "And that is necessary for a healthy life."



Photographs from Lynne's family album lay out on a table at Little House. Included are a wedding portrait of her parents, Klara and Alois, dated March 10, 1943; her mother's high school graduation class of 1934, and an image of her third-grade class in Brooklyn, New York—her mother's first classroom in the United States. Photo by Karina Patel.

What's New at PVI?

Fourth of July BBQ

Thursday, July 2
11:30 a.m.

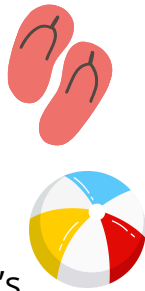
Join us for delicious food, live music, and great company as we celebrate the 250th Independence Day! Enjoy our \$12 burger deal alongside a live performance by the Rhythmaires, a 10-piece band specializing in Dixieland and big-band arrangements.



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!



Distinguished Lecture

Friday, July 10
10:00 a.m.

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

Topic coming soon.



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 2 - 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!

Upcoming Luncheons

Thanksgiving Luncheon

Friday, November 20
11:30 a.m.

Holiday Luncheon

Friday, December 18
11:30 a.m.

The dates are set for our Thanksgiving and Holiday Luncheons! Make sure to mark your calendars and keep an eye out for more information these coming months.

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



PVI'S ADULT ACTIVITY CENTER AT
LITTLE HOUSE INVITES YOU TO:

LUAU



Wednesday, September 2
4:00 PM - 6:00 PM

\$25 for members | \$35 for nonmembers

Menu: Roasted Pig, Huli Huli Chicken, Furikake Rice,
Grilled Mixed, Vegetables, POG, Malasadas

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



PVI

PENINSULA VOLUNTEERS, INC.
ANNUAL FALL FUNDRAISER

Bling, Bubbles, & “A Beautiful Noise”

Join us
Saturday, September 12
2026

PRIVATE
WOODSIDE ESTATE



**SUPER
DIAMOND**

The Neil Diamond Tribute

VIEW DETAILS
1PVI.ORG/BBB2026





COMING JULY 2026!

Parkinson's Women's Support Group

**Meets every first and last
Thursday 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 who live on the Peninsula. The first Thursday will be dedicated to support, while the fourth Thursday will incorporate education, physical activity, and more.

Try it free for
the first two
months — no
membership
needed!

**REGISTER
TODAY!**



PVI EVENTS AT A GLANCE

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

MON	TUE	WED	THU	FRI
		1 Book Club Knitting Club Got Groceries Mahjong Pinochle	2 Fourth of July BBQ Hand & Foot Canasta Artistic Thursdays Advanced iPhone Class	3 PVI Closed
6 Movie Art Exploration	7 Current Events Mahjong Billiards Group Advanced iPad Class iPhone Class	8 Furry Friends Waffle-Wednesday Knitting Club Got Groceries Mahjong Pinochle	9 Hand & Foot Canasta Artistic Thursdays Advanced iPhone Class	10 Keys and Coffee Cribbage Movie
13 Movie Art Exploration	14 Coffee With Caregivers Blood Pressure Screening Current Events Advanced iPad Class Advanced iPhone Class	15 Trivia Pop-Up Library Knitting Club Got Groceries Mahjong Pinochle	16 Hand & Foot Canasta Artistic Thursdays Advanced iPhone Class	17 Keys and Coffee Cribbage Movie
20 Movie Art Exploration	21 Current Events Mahjong Billiards Group Advanced iPhone Class	22 Knitting Club Got Groceries Mahjong Pinochle	23 Afternoon Tea Hand & Foot Canasta Artistic Thursdays Advanced iPhone Class	24 Keys & Coffee Cribbage Movie
27 Movie Art Exploration	28 Current Events Mahjong Billiards Group Advanced iPhone Class	29 Knitting Club Got Groceries Mahjong Pinochle	30 Hand & Foot Canasta Artistic Thursdays Advanced iPhone Class	31 Keys & Coffee Cribbage Movie



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



2026 Moonlight Run & Walk

The date has been set for this year's Moonlight Run, brought to you by Palo Alto Weekly.

Join us **Friday, September 25, 2026** for a family-friendly 5K Walk, 5K Run, and 10K Run.

Running or walking a 5K is a great way to stay motivated to exercise. Walking has many benefits, especially as you age, like reducing risk of heart disease.

Here are some tips for preparing to walk or run a 5K:

- Walk before you run
- Mix up your fitness routine with other activities like biking or swimming
- Make sure your workout routine is sustainable

Source:
<https://foxhillresidences.com/running-seniors-train-first-5k/>

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
1:00 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

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, July 14
10:30 AM - 12:00 PM

Chair Volleyball

Instructor: Brent Brayshaw

Join us for a fun and engaging game of Chair Volleyball! It's a great way to stay active, have fun, and enjoy friendly competition with others.

Fridays 1:00 - 1:50 PM

Chair Yoga

Instructor: Sara Dimas

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

Mondays 1:00 - 2:00 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

- July 1 ***Free: A Child & a Country
at the End of History***
by Lea Ypi
- Aug. 5 ***This is Happiness***
by Niall Williams
- Sept. 2 ***Theo of Golden***
by Allen Levi

Little House Member Birthday Luncheon

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

August 11
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
July 8
11:00 AM - 12:00 PM

Afternoon Tea

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

Fourth Thursday of the month
July 23
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
July 8
9:30 AM
Jane West Room

Whatcha Know?

Play solo or get a team together for our new trivia game! Show off your smarts, win bragging rights, and take home amazing prizes. This month's topic is **Summer**. Beaches, ice cream, BBQs, and everything summer!

Third Wednesday of the month
July 15
1:30 PM

Pop-Up Library

Don't miss San Mateo County Libraries at Little House! Browse a small collection of books, obtain a library card, and get your library questions answered.

Third Wednesday of the Month
July 15
10:00 AM - 12:00 PM

Let's Go To The Movies

Enjoy a matinee movie with popcorn and friends!

Mondays and Fridays 1:00 PM
Garden Room

Monday's Movies

July 6 - *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. (Rescheduled from the May power outage day)

July 13 - *Marty: Life is Short (2026)*:

He's known great love and profound loss, and through it all, his joy shines through. Comic icon Martin Short looks back in this star-studded documentary.

July 20 - *Mrs. Harris Goes to Paris (2022)*:

Ada Harris, a widowed house cleaner in 1950s London, feels invisible until a Dior gown sparks her imagination and sends her on a life-changing journey.

July 27 - *True Spirit (2023)*: In this inspiring drama, a 16-year-old Australian girl sets out to become the youngest person to circumnavigate the globe nonstop and unassisted.

Friday's Movies

July 10 - *Remarkably Bright Creatures (2026)*:

In this heartwarming adaptation of the beloved novel, a widow working nights at an aquarium finds a lifeline in a wily octopus and a rudderless young man.

July 17- *Song Sung Blue (2025)*:

Two down-on-their-luck performers form a Neil Diamond tribute band, proving it's never too late to find love and follow your dreams.

July 24 - *The Midnight Sky (2022)*:

In the aftermath of a global catastrophe, a lone scientist in the Arctic races to contact a crew of astronauts with a warning not to return to Earth.

July 31 - *Merrily We Roll Along (2025)*:

Showbiz brings these friends together, but ambition tears them apart. Filmed live on Broadway, this revival of the Sondheim musical won four Tony awards.



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

Resuming in Fall 2026

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 PM

Thursdays (In-person)
12:30 - 2:30 PM

To schedule an appointment, contact us at 650-326-2025 or littlehouse@1pvi.org

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

Cancellation Policy
\$10.00 fee for No show or cancellation within 24 hours' notice.

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

***Member Pricing**

Non-Member Pricing

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

Tech Connect Program

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

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 2 - 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 and 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, JULY 14 | 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.

DEMENTIA AFTER DARK:

Why Sleep Falls Apart and Strategies to Restore Rest

WEDNESDAY, AUGUST 19 | 4:00 PM | 500 ARBOR RD MENLO PARK, CA

Discover why dementia often affects sleep and learn practical, evidence-based strategies to manage nighttime challenges such as sundowning, sleep disruptions, and nighttime wandering. Gain tools to improve rest, safety, and quality of life for both caregivers and those living with dementia.

**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 | \$6.00 per meal

unless otherwise noted.



MON	TUE	WED	THU	FRI
		1	2	3
		Beef Bolognese, Pasta, Italian Mixed Vegetables	Fourth of July BBQ <i>\$12 Meal Deal</i>	PVI CLOSED
6	7	8	9	10
Vegetable Chow Mein w/ Tofu, Asian Mixed Vegetables	Coq Au Vin, Roasted Potato, Prince Edward Mixed Vegetables	Loco Moco, Brown Rice, Spinach	Swedish Meatballs, Mashed Potato, Green Beans	Burger, Chips, and Salad <i>\$12 Meal Deal</i>
13	14	15	16	17
Mac and Cheese, Broccoli	Beef Stew, Potato, Peas	Chicken Alfredo, Penne Pasta, Italian Blend Vegetables	Salisbury Steak, Mashed Potato, 4 Way Mixed Vegetables	Burger, Chips, and Salad <i>\$12 Meal Deal</i>
20	21	22	23	24
Vegetable Curry, Rice, Cauliflower	Garlic Herb Pork Tenderloin w/ Gravy, Roasted Potato. Green Beans	Beef Stroganoff, Egg Noodles, Peas	Chicken Fried Rice, Asian Blend Vegetables	Burger, Chips, and Salad <i>\$12 Meal Deal</i>
27	28	29	30	31
Mushroom Alfredo, Penne Pasta, Italian Mixed Vegetables	Beef Burrito Bowl, Spanish Rice, Corn and Peppers	Chicken Marsala, Egg Noodles, Peas	Meatloaf, Mashed Potato, Green Beans	Burger, Chips, and Salad <i>\$12 Meal Deal</i>





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

Watermelon Cucumber Salad with Honey Lime Vinaigrette

By Stephanie Figeira, Director of Nutrition Services

Ingredients:

Dressing:

- 2 Tbsp raw local honey
- ¼ cup fresh-squeezed lime juice
- 2 tbsp extra virgin olive oil
- pinch of salt to taste

Salad:

- 3 cups cubed watermelon
- 1 ½ cups cubed English Cucumber
- 15 fresh mint leaves
- 15 fresh basil leaves
- ½ cup feta cheese

Instructions:

1. Place all dressing ingredients in a glass jar or bowl and whisk until combined.
2. Set aside dressing and cube the watermelon and cucumber.
3. Set aside and finely chop the mint leaves and the basil leaves.
4. In a large bowl, combine ½ of the dressing, all of the watermelon, cucumber, and ¾ of the herbs.
5. When ready to serve, top with feta and the remaining herbs and dressing if desired.

Health Notes:

- Watermelon and cucumbers are the perfect warm-weather foods as they both have high water content, which supports hydration and optimal immune function.
- Mint and Basil are two herbs that support digestion, help balance blood sugar, and are anti-inflammatory.



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

Sun Safety

By Brent Brayshaw,
Fitness Manager, ACSM
Exercise Physiologist

July is **UV Safety Awareness Month**. As we take advantage of the longer days by spending time outdoors and attending outdoor gatherings, let's remind ourselves of UV Safety. What is UV radiation? Ultraviolet (UV) radiation is invisible, high-energy electromagnetic radiation from the sun that can cause sunburn and DNA damage. There are two types: UVA—longer waves that penetrate deep into the skin and cause premature aging and wrinkles—and UVB—shorter waves associated with sunburns. It is important to choose a **“broad-spectrum” sunscreen** to address both. Risks of UV exposure include sunburn, greater aging effects, and skin cancer.

Here are some things to keep in mind to reduce UV exposure:

- Stay in the shade as much as possible.
- Wear long-sleeved shirts and pants, and a broad-brimmed hat.
- Apply sunscreen that is “broad spectrum” and at least 30 SPF.
- Try to minimize being outside at peak sun times from 10 a.m. to 4 p.m.

We can still be active this month and enjoy the outdoors while being mindful of limiting our exposure to UV radiation. See you at the Open Air Aerobics class on Mondays. I'll be wearing my hat and sunscreen; hope you will too!

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



FOR YOUR HEALTH





JULY 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT