

Enabling Seniors to Age in Place

AUGUST 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT



SEE CLEARLY

National Eye Exam Month

Prioritize your vision and overall ocular health

INSIDE:

Red, White, and a Cigar
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AARP Safe Driving Course
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Moonlight Run's Couch to 5k
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Breath and Exercise
with Brent Brayshaw
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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: Ezio Alviti smiles as he gets in a car in front of his home in Menlo Park. RIDE PVI helps him book a Lyft so he can get to his physical therapy appointments every week. Photo by Karina Patel.



Photo by Karina Patel

Red, White, and a Cigar

For Eleanor Martin, driving meant many things. Freedom, trust, a much-needed break, and feeling cared for. Eleanor started driving when she was a teenager. She remembers her father teaching her to drive his stick-shift truck and getting to cruise around with her friends after school once getting her license. As she got older, got married and had two kids, she would drive up to Skyline Boulevard when life got overwhelming and watched the lights illuminating from the mid-peninsula.

"It was close by, and it gave me the feeling of getting away and thinking things over, and then coming back, and things were okay. It was a break," she said.

Eleanor's vision started to decline about 20 years ago. It wasn't long after that she could not pass the vision test when renewing her license.

"They tried really hard, they gave me the eye test and I couldn't do it... then they took me to this machine that you looked in, and you're supposed to read it and I still couldn't do it," she said.

Changes in your vision as you age are normal. The American Optometric Association reports that adults start to develop vision problems in their mid-forties. There is also a higher risk of vision decline if you have diabetes or high blood pressure. The National Institute on Aging recommends practicing healthy habits to slow the progression of vision loss. Protecting your eyes from the sun with sunglasses or a hat, stopping smoking, staying physically active and managing your weight, and taking frequent breaks if staring at a computer for too long can help manage declining vision.

Eleanor did not leave the DMV with a renewed license that day. She managed well because of her husband, Paul, who drove her everywhere. They were married for 42 years. Every few months, they'd drive to Reno. He'd handle the luggage; she'd stop at the smoke shop and grab the biggest cigar for him. She'd hand it over, he'd light it, put on music from the '30s, and cruise them home. The image of him smoking behind the wheel of his white town car with red leather seats and her on the passenger side is one she cherishes.

As time went on, those kinds of trips happened fewer until they had to stop. Paul developed Lou Gehrig's disease. Eleanor cared for him in their home until he passed away over a year later.

"When he was gone, I lost all my power. I don't feel whole. I feel that I can't do certain things because he's not there with me... I'm lost... my anchor is gone," she said.

When going through hard times, Eleanor would read William Ernest Hensley's poem *Invictus*. She made 10 copies and keeps them close by to remind her of her strength. It pushed her to keep going and not stay stuck in sorrow and grief. A year after Paul's death, Eleanor got in touch with RIDE PVI. A service she utilizes multiple times a month to get her to doctor's appointments, the dentist, and grocery store.

"They have never let me down. I used to stay up at night wondering how I was going to get places. RIDE PVI takes all that stress away and makes things more comfortable and I feel good about going places. Sometimes they come so quickly I don't even have my shoes on yet!"

RIDE PVI has been serving the peninsula's older adults since 2016, providing 750-900 subsidized rides per month. They have supported many in the community to continue their independent lifestyle and age in place at an affordable or no-cost rate. However, in these last two months, RIDE PVI has hit a roadblock in funding. Eligible riders experienced a decrease in fully subsidized one-way rides from 10 to six in June. It was expected that this would be a temporary adjustment; however, for July and August the amount reduced again to only fully cover four one-way rides per rider.

The recent changes haven't eroded Eleanor's trust in RIDE PVI.

"Even though they might raise the rate for me, I think it's still worth it."

Eleanor is not alone in this sentiment; however, this disrupts many riders' plans to get where they need to go independently. Just \$10 can help cover a ride to the grocery store for a senior.

Consider making a donation that could help a senior in need today



Sources:

"Adult Vision: 41 to 60 Years of Age | Aoa." *American Optometric Association*, www.aoa.org/healthy-eyes/eye-health-for-life/adult-vision-41-to-60-years-of-age. Accessed 15 July 2026.

Aging and Your Eyes | National Institute on Aging, www.nia.nih.gov/health/vision-and-vision-loss/aging-and-your-eyes. Accessed 15 July 2026.

What's New at PVI?

10 Warning Signs of Alzheimer's

*Presented by the
Alzheimer's Association*

**Thursday, August 6
10:00 a.m. - 11:00 a.m.**

*Free for Members
\$5 for Non-Members*

Learn about the differences between normal aging and Alzheimer's, common warning signs, the importance of early detection and diagnosis, and additional resources.

How We Got to CA

**Tuesday, August 11
1:00 p.m.**

*Free for Members
\$15 for Non-Members*



Join veteran living historian, "Mother" Constance E. Smith, for an unflinching look at the people who made the overland journey to California and Oregon in the 1840s, before the Gold Rush changed everything.

Distinguished Lecture - Cuba

**Friday, August 14
10:00 a.m.**

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

AARP Safe Driving Course

**Monday, August 17
Tuesday, August 18
10:00 a.m. - 2:00 p.m.**



*\$20 for AARP Members
\$25 for Non-Members*

Refresh your driving knowledge and recognize driving challenges as you age at our two-day driving course in partnership with AARP. Upon completion, you may be able to receive an auto insurance discount (consult agent for details).

New Tech Connect Classes

iPad Class

Next Session Dates:

**Sept. 1 - Oct. 20 (Intro)
Nov. 3 - Dec. 1 (Advanced)**

iPhone Classes

Next Session Dates:

**Sept. 8 - Oct. 20 (Intro)
Nov. 3 - Dec. 15 (Advanced)**

Intro to AI

Next Session Dates:

**Session 1: Sept. 9 - Sept. 23
Session 2: Nov. 4 - Nov. 18**

Check the Technology page for more details!

**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, Pina Colada and Strawberry
Daiquiri Mocktails

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](https://1pvi.org/BBB2026)



Parkinson's Women's Support Group

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

Included in all membership tiers

REGISTER
TODAY!



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



Meet Ivy!

Hi everyone! My name is Ivy, I am the new Front Desk Associate. Outside of PVI, I have many hobbies like crocheting, nature walks, trying out new restaurants, and playing video games. I moved to San Mateo from Oakland about two years ago with my partner and my two cats, so I am excited to see what this side of the Bay has to offer! I love going on little road trips to explore and bring back little bits of memories back home to family and friends. I've very excited to be working with and getting to know everyone. Stop by to say hi!

PVI EVENTS AT A GLANCE

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

MON	TUE	WED	THU	FRI
3 Movie Art Exploration	4 Current Events Mahjong Billiards Group Advanced iPhone Class	5 Couch to 5K Furry Friends Book Club Knitting Club Got Groceries Mahjong Pinochle	6 Hand & Foot Canasta Artistic Thursdays Advanced iPhone Class	7 Keys and Coffee Cribbage Movie
10 Movie Art Exploration	11 Coffee With Caregivers Blood Pressure Screening Current Events Advanced iPhone Class	12 Couch to 5K Waffle-Wednesday Knitting Club Got Groceries Mahjong Pinochle	13 Hand & Foot Canasta Artistic Thursdays Advanced iPhone Class	14 Keys and Coffee Cribbage Movie
17 Movie Art Exploration	18 Current Events Mahjong Billiards Group Advanced iPad Class	19 Couch to 5K Trivia Pop-Up Library Knitting Club Got Groceries Mahjong Pinochle	20 Hand & Foot Canasta Artistic Thursdays	21 Keys and Coffee Cribbage Movie
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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.



**Control
Your
Plan**

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



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

Member Pricing

NonMember Pricing

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.*

Gym Hours

Monday - Friday
8:30 AM - 4:00 PM

Couch to 5k
with Brent Brayshaw



Learn the basics of running in preparation for Palo Alto Weekly's **Moonlight Walk and Run** on September 25th, 2026!

Starts: August 5th | 8:30 a.m. to 9:00 a.m. at Jilly's Garden at Little House.

I will be leading a Couch to 5k class, each 30 minutes, every Wednesday during August and September. We will do running-specific warmups, exercises, and stretches, review optimal running form, and run a short local route each meeting (progressive increase each meeting). There will also be handouts and guidelines for individual training. Open to all, beginners welcome!

Please bring a water bottle, comfortable running shoes, running attire, and sun protection (sunscreen, hat, sunglasses).

Use code: **PVI10OFF** and get \$10 off the Moonlight Walk and Run! **REGISTER TODAY**

GROUP FITNESS SCHEDULE

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

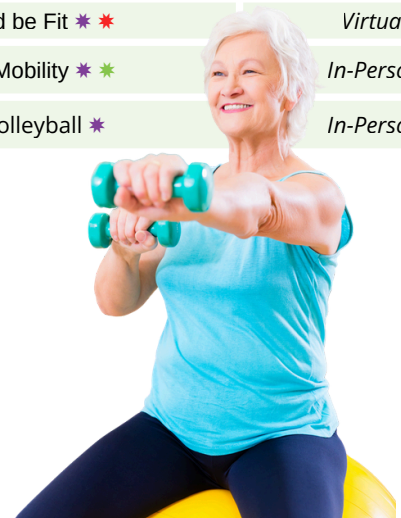
- * Fall Prevention
- * Cardio
- * Strength

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.

See page 11 for price breakdown.

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

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, August 11th

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

FREE FOR P, PR, PL

\$15 FOR B AND NONMEMBERS

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. Join a non-judgmental, open forum where all opinions are welcome and respected.

First Wednesday of the Month

1:00 PM

Aug. 5	<i>This is Happiness</i> by Niall Williams
Sept. 2	<i>Theo of Golden</i> by Allen Levi
Oct. 7	<i>Goddess of Warsaw</i> by Lisa Barr

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 11th | 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

August 5th *(for August Only)

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

August 27 | 1:30 - 2:30 PM

Courtyard

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

August 12th | 9:30 AM

Jane West Room

Whatcha Know?

Play solo or get a team together for our new trivia game! This month's topic is **General Knowledge - Feeling Lucky Edition**. Test your knowledge across a variety of categories like sports, literature, art, and more!

Third Wednesday of the month

August 19th | 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

August 19th | 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

Aug. 3 - *A Beautifull Day in the Neighborhood (2019)*: Journalist Lloyd Vogel is assigned to profile beloved TV host Fred Rogers, leading to an unexpected friendship that challenges his skepticism and helps him grapple with forgiveness.

Aug. 10 - *Out of Africa (1985)*: In this Oscar-winning romantic epic, Meryl Streep and Robert Redford star as lovers embroiled in a passionate affair that tests their resilience.

Aug. 17 - *Fargo (1996)*: When a shady car salesman's kidnapping scheme goes awry, a determined small town police chief goes digging for answers.

Aug. 24 - *Ticket to Paradise (2022)*: Oscar winners George Clooney and Julia Roberts star as divorced parents who form an uneasy alliance to prevent their daughter's wedding in Bali.

Aug. 31 - *Old Henry (2021)*: A farmer with a mysterious past must defend his son and their isolated homestead when they come under siege in this action western.

Friday's Movies

Aug. 7 - *Hamnet (2025)*: In 16th-century Stratford-Upon-Avon, a Latin tutor and a healer fall in love and start a family, but their lives are forever changed by a tragic loss.

Aug. 14 - *Einstein and the Bomb (2024)*: Meet the real Albert Einstein in this gripping feature. Warm, witty, and brilliant, the scientist made one fatal mistake that would haunt him forever.

Aug. 21 - *The Last Laugh (2019)*: After moving to a retirement home, restless talent manager Al reconnects with long-ago client Buddy and coaxes him back on the comedy circuit.

Aug. 28 - *Maria (2024)*: Showstopping. Mesmerizing. Uncompromising. Oscar winner Angelina Jolie stars as opera legend Maria Callas in this moving drama of the diva's final days.



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!

iPad Class Tuesdays (In-person)

Intro iPad Class:

Sept. 1 - Oct. 20
10:00 - 12:00 PM

Advanced iPad Class:

Nov. 3 - Dec. 1
10:00 - 12:00 PM
Members: \$30
Non-members: \$40

iPhone Class Tuesdays (In-person)

Intro iPhone Class:

Sept. 8 - Oct. 20
1:00 - 3:00 PM

Advanced iPhone Class:

Nov. 3 - Dec. 15
1:00 - 3:00 PM
Members: \$50
Non-members: \$60

Apple Watch Wednesdays (In-person)

Next Session Dates:

Sept. 30 - Oct. 14
1:00 PM - 3:00 PM
Members: \$40
Non-members: \$60

Intro to AI Wednesdays (In-person)

Next Session Dates:

Session 1: Sept. 9 - Sept. 23
Session 2: Nov. 4 - Nov. 18
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, AUGUST 11 | 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. Menu subject to change.



MON	TUE	WED	THU	FRI
3	4	5	6	7
Cheese Enchilada, Spanish Rice, Corn and Peppers	Beef Stew, Potato, Peas	Greek Chicken, Turmeric Rice, Spinach	Meatball Marinara, Pasta, Peas and Carrots	Burger, Chips, and Salad <i>\$12 Meal Deal</i>
10	11	12	13	14
Egg Fried Rice, Asian Blend Vegetables	Biscuits and Sausage Gravy, Broccoli	Huli Huli Chicken, Rice, 5 Way Mix Vegetables	Beef Ravioli, Marinara, Italian Mixed Vegetables	Burger, Chips, and Salad <i>\$12 Meal Deal</i>
17	18	19	20	21
Mushroom Bolognese, Pasta, Italian Mixed Vegetables	Southwest Chicken, Cilantro Rice, Grilled Corn	Turkey Skillet, Roasted Potato, Green Beans	Salisbury Steak, Mashed Potato, Broccoli and Cauliflower	Burger, Chips, and Salad <i>\$12 Meal Deal</i>
24	25	26	28	29
Cheese Omelet, Tater Tots, Broccoli	Chicken Cordon Bleu, Mashed Potato, Green Beans	Beef Stir Fry, Rice, Asian Mixed Vegetables	Roasted Pork Loin, Roasted Potato, Broccoli	Burger, Chips, and Salad <i>\$12 Meal Deal</i>
31				
Cheese Tortellini, Marinara, Italian Mixed Vegetables				





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

Super Berry Quinoa with Green Salad

By Stephanie Figeira, Director of Nutrition Services



Ingredients:

- 1 cup dried tricolor quinoa, rinsed, drained, and cooked
- Pinch of salt
- Pinch of black pepper
- 2 Tbsp chia seeds
- 3 cups seasonal green kale, arugula, or spinach
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- 1 cup blackberries
- 2 Tbsp toasted pumpkin or sunflower seeds

Dressing:

- 2 Tbsp lime juice
- 2 Tbsp raw apple cider vinegar
- 2 tsp raw honey or maple syrup

Instructions:

1. Cook quinoa as instructed on the package
2. Rinse greens and berries
3. Whisk dressing ingredients in a separate bowl
4. Once quinoa has cooled, toss everything together, coat with dressing, and serve

Health Notes:

- Quinoa is an excellent source of protein and rich in amino acids that are naturally gluten and wheat-free
- Blueberries are loaded with antioxidants and are a good source of vitamin C and E, soluble and insoluble fiber, manganese, and riboflavin
- The antioxidant profile of blackberries boosts brain function and supports oral microbiomes



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

Breath and Exercise

By Brent Brayshaw,
Fitness Manager, ACSM
Exercise Physiologist

It is often said good form and posture are essential to safe and effective exercise, but it is often missed just how important breathing is while exercising. Obviously, we must breathe to exercise (or live for that matter), but it comes down to how you breathe that makes the difference. Below are some of the best practices when it comes to breathing and exercise.

1. **Set your “inner core” with your breathing.** The inner core consists of the diaphragm, pelvic floor, transverse abdominus, and stabilizing muscles of the spine. These muscles work together to stabilize your body around your center of mass. By placing your hands on your lower abdomen and gently directing your breath so that you feel a light expansion against your fingertips, you will begin to engage this system of muscles, allowing the inner core to support your movements. Practice this before starting your exercise, and try to keep this inner core active while exercising.

2. **Breathe out forcefully when you contract your muscles while exercising.** By coordinating your exhalation with muscle engagement, you will better brace your core, enhancing and supporting the movement. Some examples of this: a) Exhale as you stand from a chair, b) exhale as you push something, c) exhale as you pull something.

3. **Practice regular diaphragmatic breathing.** Whether you are exercising or just doing a daily activity at home, practice low, deep breathing. Aim to feel the breath in the abdomen rather than the chest. This helps keep the inner core active and improves the amount of oxygen you intake.

4. **Practice nasal breathing as much as possible.** Breathing through the nose is highly beneficial for getting the most out of your breath. It helps warm and filter the air, prevents hyperventilation, and helps boost the parasympathetic (rest and digest) nervous system. As exercise intensity increases, you may need to breathe out of the mouth, but aim to breath in with the nose as much as you can.

Community Partners

Thank you for your support and partnership





AUGUST 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT