

*Enabling Seniors to Age in Place* SEPTEMBER 2026

# THRIVE

COMMUNITY | COMPASSION | COMMITMENT



## STAY STRONG, STAY STEADY

**National Yoga  
Awareness Month**

**Fall Prevention  
Awareness Week**

**National Fruits  
and Veggies Month**

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Balance  
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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.

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

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# Reclaiming What Was Lost

David Klausner sips a drink during Current Events at Little House. Photo by Karina Patel.

## ***"It starts with asking yourself, 'Why am I doing what I am doing?'"***

Many people search for ways to stay young. The secret, says David Klausner, is to be curious, especially about yourself. David doesn't believe that anyone is entirely knowable, even to themselves. There is always something to learn about yourself and others. For him, that has been truer as he has aged.

"There is a tremendous amount that we don't know about ourselves, and they don't get discovered until certain points in our lives"

It is a gift to be curious, he explains. He believes life is a voyage of discovery. He also believes that the most important thing in life is listening. Both to others and oneself. His curiosity led him to a career as a software engineer, earning his pilot license, and acting in plays. Now, in his retirement years, his curiosity has him organizing current events groups.

When David Klausner started the Current Events social group at Little House, he was looking to escape the feeling of isolation the pandemic had left him in.

He felt unsafe until the vaccine became accessible to the public. However, as the world began to open back up, the isolation lingered. Thus, he began the search to change that.

"I had gone to Florida for a visit and met a man who organized a current events group out of a community center. Most of the people that showed up were older adults. So, I began researching senior centers where I could host a current events group."

With a background in managing and teaching and a fascination with people who have differing opinions than him, David felt this was something he had the skill set for. In the beginning, only one person showed up. Now 10 to 15 people participate every week to talk about the world and the community they are part of.

David is motivated by the variety of people that show up every week. For him, it is informative, surprising, and satisfying to come into Little House and host Current Events.

"Every week I discover a different way of looking at things from the people that are in the group," he said,



***“That encourages and reifies my belief that there is a remarkable variety of who we are.”***

David also witnesses friendships growing outside of Little House because of the social group. It has become a place for people to see each other and is an incentive to get out and socialize.

He recalls his mother pushing him not to be afraid of socializing. He found that she regretted isolating herself as she aged; however, he understood why. David was born just after World War II in southwest Germany. Because they are Jewish, his parents felt it would be safer in the United States, which brought them to New York in 1949. He understood the wariness his mother must have felt when coming to a new country and not knowing whom to trust. For her, isolation meant safety.



*David Klausner poses for a photo in Little House's courtyard. Photo by Karina Patel.*

As that may have been true for her, it did not have to be for David. His curiosity not only brought him to where he is today but also helped him reclaim what was lost: community for himself and others.



*David Klausner listens to members during Current Events at Little House. Photo by Karina Patel.*

# What's New at PVI?

## Is Your Home Titled Correctly?

*Presented by the  
Coldwell Banker Realty*

**Wednesday, September 16  
1:00 p.m.**

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

How you hold title to your home can have a significant impact on your family's future. Join us for a complimentary educational seminar to learn the different ways California homeowners hold title, how it affects estate planning, taxes, inheritance, and future real estate transactions, and why a simple review today could help prevent costly mistakes tomorrow.

## Distinguished Lecture - Iceland

**Friday, October 9  
10:00 a.m.**

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

It took 30 million years for this island to emerge from the deep Atlantic Oceanic Rift that cuts a fault through its center. The Vikings from Scandinavia were the first to inhabit it. Later, it was claimed by Denmark, then Norway. Its "hot spots" produce thermal activity that fuels hydroelectric plants. Waterfalls from melting glaciers and 38 powerful volcanoes are part of the beautiful landscape.

## CA Gold Rush

**Tuesday, September 15  
1:00 p.m.**

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

Join veteran living historian, "Mother" Constance E. Smith, for a look at the CA Gold Rush, what happened in San Francisco, Sacramento & San Jose area - and beyond.

## New on Thursdays

**Choral Group  
Thursdays at 10:00 a.m.**

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

Join Little House's very own Choral Group! Practice songs and prepare for performances at Little House events. Whether you have never sung before, are a karaoke regular, or have been singing for years, don't fret! All are welcome to join.

**Pickleball  
Thursdays at 1:00 p.m.**

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

Learn basic pickleball skills from Little House's own David Yoshida. This class takes place in the Little House fitness room and focuses on learning new skills. This is not a game or tournament and it is not played outside on the courts.

**\*Please wear closed-toed athletic shoes\***

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

REGISTER  
TODAY!



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.

*Included in all membership tiers*

## NATIONAL ADULT DAY SERVICES WEEK

SEPTEMBER 20 - 26, 2026

Supporting a loved one takes strength, patience, and care, and caregivers deserve support too. **PVI's Adult Day Services at Rosener House** is proud to host multiple events in recognition of National Adult Day Services Week this September.

- **Monday 9/21 - Tour Our Center & Experience our Program:** All are welcome to come in for group tours and stay for morning activities. RSVP required, call 650-322-0126
- **Wednesday 9/23 - Caregiver & Participant Music Session 3:00 - 4:00 p.m.** Friends & Family members can join our music session with their loved one
- **Thursday 9/24 - Family Caregiver Breakfast (Coffee and Pastries) -** RSVP required, call 650-322-0126

# PVI EVENTS AT A GLANCE

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

| MON                                                                           | TUE                                                                                                                     | WED                                                                                                                                        | THU                                                                                                                    | FRI                                                                     |
|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
|                                                                               | <b>1</b><br>Current Events<br>Mahjong<br>Billiards Group<br>Advanced iPhone Class                                       | <b>2</b><br><b>Luau</b><br><b>Couch to 5K</b><br><b>Book Club</b><br>Knitting Club<br>Got Groceries<br>Mahjong<br>Pinochle                 | <b>3</b><br>Hand & Foot<br>Canasta<br>Artistic Thursdays<br>Advanced iPhone Class                                      | <b>4</b><br>Keys and Coffee<br>Cribbage<br>Movie                        |
| <b>7</b><br><b>PVI Closed</b>                                                 | <b>8</b><br><b>Coffee With Caregivers</b><br><b>Blood Pressure Screening</b><br>Current Events<br>Advanced iPhone Class | <b>9</b><br><b>Furry Friends</b><br><b>Couch to 5K</b><br><b>Waffle-Wednesday</b><br>Knitting Club<br>Got Groceries<br>Mahjong<br>Pinochle | <b>10</b><br>Hand & Foot<br>Canasta<br>Artistic Thursdays<br>Advanced iPhone Class                                     | <b>11</b><br>Keys and Coffee<br>Cribbage<br>Movie                       |
| <b>14</b><br>Movie<br>Art Exploration                                         | <b>15</b><br>Current Events<br>Mahjong<br>Billiards Group<br>Advanced iPad Class                                        | <b>16</b><br><b>Couch to 5K</b><br><b>Trivia</b><br><b>Pop-Up Library</b><br>Knitting Club<br>Got Groceries<br>Mahjong<br>Pinochle         | <b>17</b><br>Hand & Foot<br>Canasta<br>Artistic Thursdays                                                              | <b>18</b><br>Keys and Coffee<br>Cribbage<br>Movie                       |
| <b>21</b><br><b>Drop-in Tour at Rosener House</b><br>Movie<br>Art Exploration | <b>22</b><br>Current Events<br>Mahjong<br>Billiards Group                                                               | <b>23</b><br><b>Caregiver and Participant Music Session</b><br><b>Couch to 5K</b><br>Knitting Club<br>Got Groceries<br>Mahjong<br>Pinochle | <b>24</b><br><b>Family Caregiver Breakfast</b><br><b>Afternoon Tea</b><br>Hand & Foot<br>Canasta<br>Artistic Thursdays | <b>25</b><br><b>Moonlight Run</b><br>Keys & Coffee<br>Cribbage<br>Movie |
| <b>28</b><br>Movie<br>Art Exploration                                         | <b>29</b><br>Current Events<br>Mahjong<br>Billiards Group                                                               | <b>30</b><br>Knitting Club<br>Got Groceries<br>Mahjong<br>Pinochle                                                                         |                                    |                                                                         |



# 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

|                          |                            |                              |                               |
|--------------------------|----------------------------|------------------------------|-------------------------------|
| <b>Basic (B)</b><br>\$20 | <b>Primary (P)</b><br>\$60 | <b>Premium (PR)</b><br>\$100 | <b>Platinum (PL)</b><br>\$160 |
|--------------------------|----------------------------|------------------------------|-------------------------------|

- 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.
- The **Primary Membership** builds on the prior tier and gives unlimited access to fitness classes, open gym time, Distinguished Lecture Series, and more.
- 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.
- 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.

|                            |                  |                   |         |          |                 |         |
|----------------------------|------------------|-------------------|---------|----------|-----------------|---------|
| Non-Member Day Passes      |                  | Control Your Plan |         |          | Partner Pricing |         |
| Social<br>\$5              | Activity<br>\$15 | Primary           | Premium | Platinum | Plan            | Monthly |
| Month                      |                  | \$60              | \$100   | \$160    | Primary         | \$100   |
| Six Months<br>10% discount |                  | \$325             | \$540   | \$860    | Premium         | \$170   |
| Year<br>15% discount       |                  | \$610             | \$1020  | \$1630   | Platinum        | \$275   |
|                            |                  |                   |         |          | 15% discount    |         |

# 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<br>\$60   | \$185<br>\$240 | \$375<br>\$480  | \$550<br>\$720   |
| 60 Min Session      | \$90<br>\$100  | \$340<br>\$400 | \$675<br>\$800  | \$990<br>\$1200  |
| Partner Sessions    | 1              | 4              | 8               | 12               |
| 60 Min Session      | \$100<br>\$130 | \$380<br>\$520 | \$750<br>\$1040 | \$1100<br>\$1560 |
|                     | \$50<br>pp     | \$47.50<br>pp  | \$46.88<br>pp   | \$45.83<br>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 5<sup>th</sup> | 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

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, September 8th**

**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



**Stanford**  
HEALTH CARE

### ***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

#### Upcoming Books:

|         |                                          |
|---------|------------------------------------------|
| Sept. 2 | <b>Theo of Golden</b><br>by Allen Levi   |
| Oct. 7  | <b>Goddess of Warsaw</b><br>by Lisa Barr |
| Nov. 4  | <b>March</b><br>by Geraldine Brooks      |

## 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

September 9th | 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

September 24 | 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

September 9th | 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

September 16th | 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

September 16th | 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

**Sept. 7 - *Closed for Labor Day***

**Sept. 14 - *Rose Island (2020)*:** An idealistic engineer builds his own island off the coast of Italy and declares it a nation, drawing the attention of the world - and the government.

**Sept. 21 - *Apollo 13 (1995)*:** Oscar winner Ron Howard directs the inspiring retelling of the dangers faced during the historic Apollo 13 mission.

**Sept. 28 - *Bob Ross: Happy Accidents, Betrayal, and Greed (2021)*:** Bob Ross brought joy to millions as the world's most famous art instructor. But a battle for his business empire cast a shadow over his happy trees.

## Friday's Movies

**Sept. 4 - *The Last House (2026)*:**

Golden Globe nominee Greta Lee and Oscar nominee Wagner Moura star in this survival thriller about a family sealed in their house by an unseen force.

**Sept. 11 - *Otherhood (2019)*:**

Feeling forgotten on Mother's Day, three best friends leave the suburbs and drive to New York City to surprise their adult sons.

**Sept. 18 - *Kidnapped: Elizabeth Smart (2026)*:**

Abducted from her bed at age 14, Elizabeth Smart fought to survive as her family kept the search and hope alive. She tells her story in this documentary.

**Sept. 25 - *And So It Goes (2014)*:**

A cranky real estate agent's life is turned upside down when his estranged son drops off a granddaughter he never knew he had.



# 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

Mondays and Tuesdays  
10:00 AM to 1:00 PM

### Ed Bellinger

Thursdays and Fridays  
9:00 AM to 1:00 PM.

## Ceramics Studio Packages

| Individual Sessions | 1            | 4             | 8              | 12             |
|---------------------|--------------|---------------|----------------|----------------|
| Pass Pricing        | \$20<br>\$25 | \$75<br>\$100 | \$150<br>\$200 | \$220<br>\$300 |

Basic and Primary Member Pricing  
Non-Member Pricing

Premium and Platinum 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](mailto: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                          |
|---------------------|----------------------------|----------------------------|-----------------------------|
| Pass Pricing        | <b>\$10</b><br><b>\$15</b> | <b>\$45</b><br><b>\$75</b> | <b>\$90</b><br><b>\$150</b> |

### \*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!

| <b>iPad Class</b><br>Tuesdays (In-person)                           | <b>iPhone Class</b><br>Tuesdays (In-person)                          | <b>Apple Watch</b><br>Wednesdays (In-person)                                 | <b>Intro to AI</b><br>Wednesdays (In-person)    |
|---------------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------|
| Intro iPad:<br><b>Sept. 1 - Oct. 20</b><br><b>10:00 - 12:00 PM</b>  | Intro iPhone:<br><b>Sept. 8 - Oct. 20</b><br><b>1:00 - 3:00 PM</b>   | Next Session Dates:<br><b>Sept. 30 - Oct. 14</b><br><b>1:00 PM - 3:00 PM</b> | Next Session Dates:<br><b>1:00 PM - 3:00 PM</b> |
| Advanced iPad:<br><b>Nov. 3 - Dec. 1</b><br><b>10:00 - 12:00 PM</b> | Advanced iPhone:<br><b>Nov. 3 - Dec. 15</b><br><b>1:00 - 3:00 PM</b> | Members: \$40<br>Non-members: \$60                                           | <b>Session 1:</b><br><b>Sept. 9 - Sept. 23</b>  |
| Members: \$30<br>Non-members: \$40                                  | Members: \$50<br>Non-members: \$60                                   |                                                                              | <b>Session 2:</b><br><b>Nov. 4 - Nov. 18</b>    |
|                                                                     |                                                                      |                                                                              | Members: \$30<br>Non-members: \$40              |

# ADULT DAY SERVICES

## At Rosener House



### Adult Day Services

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.

### Want to learn more?

Contact us at:  
[rosenerhouse@1pvi.org](mailto:rosenerhouse@1pvi.org)  
 (650) 322-0126.



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.

### 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?

**Discover PVI Adult Day Services at Rosener House with our weekly tours.**



# 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, SEPTEMBER 8**  
**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.

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

Contact us at [rosenerhouse@1pvi.org](mailto: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 based on seasonal availability and product supply.*



| MON                                                 | TUE                                                                    | WED                                                                      | THU                                                                     | FRI                                                            |
|-----------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------|
|                                                     | 1<br>BBQ Chicken,<br>Mashed Potato,<br>Roasted Corn                    | 2<br>Homestyle Beef<br>Noodle Casserole,<br>Peas and Carrots             | 3<br>Chicken Katsu, Rice,<br>Edamame                                    | 4<br><b>Burger,</b><br>Chips, and Salad<br><br>\$12 Meal Deal  |
| 7<br><b>PVI Closed</b>                              | 8<br>Chicken Fajitas, Red<br>Rice, Onions and<br>Peppers               | 9<br>Sausage Ragu,<br>Pasta, Italian Mixed<br>Vegetables                 | 10<br>Roasted Pork w/<br>Mushroom Gravy,<br>Roasted Potato,<br>Broccoli | 11<br><b>Burger,</b><br>Chips, and Salad<br><br>\$12 Meal Deal |
| 14<br>Vegetable Chowder,<br>Peas                    | 15<br>Pasilla/Tamarind<br>Chicken, Tomato<br>Rice, Mixed<br>Vegetables | 16<br>Beef Bourguignon,<br>Potato, Green<br>Beans                        | 17<br>Chicken Noodle<br>Soup, Peas                                      | 18<br><b>Burger,</b><br>Chips, and Salad<br><br>\$12 Meal Deal |
| 21<br>Three Bean Chilli,<br>Corn                    | 22<br>Swedish Meatballs,<br>Mashed Potato,<br>Green Beans              | 23<br>Sausage Jambalaya,<br>Succotash                                    | 24<br>Beef Goulash,<br>Zucchini                                         | 25<br><b>Burger,</b><br>Chips, and Salad<br><br>\$12 Meal Deal |
| 28<br>Chana Masala,<br>Basmati Rice,<br>Cauliflower | 29<br>Cajun Chicken,<br>Roasted Sweet<br>Potato, Garden<br>Vegetables  | 30<br>Sausage and Kale<br>Soup w/ Cannelini<br>Bean, Peas and<br>Carrots |                                                                         |                                                                |



# MEALS ON WHEELS

## Home-Delivered Meal Service

**PVI meals are prepared fresh in our Menlo Park kitchen and available for purchase to anyone in the community.**

### 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

### 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

### Meals on Wheels:

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 Coastsides, Pacifica, and North County) who meet the criteria.



**Contact us for  
more information  
650-323-2022**



# NOURISH & CONNECT

Balanced  
Nutrition.  
Fresh  
Ingredients.



## What We Offer:

### Chef-Prepared Frozen Entree

- Balanced
- Flavorful
- Made in-house.

### Crisp Salad, Season Fruit, & Dairy

- Fresh and ready to enjoy.

### Nutritional Balance

- Each entree provides  $\frac{1}{3}$  of a senior's daily nutritional needs.

**\$12.00**  
**per meal**

**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.

## Why Families Choose Us:

**Trusted Local Program** - Serving the community for over 45 years with dedication and care.

**Wellness & Connection** - Trained drivers provide friendly check-ins during each delivery.

**Healthy, Reliable Meals** - Consistently fresh and nourishing.

**Time-Saving** - One less thing for busy caregivers to worry about.

**Nourish & Connect** - Offers fresh, delicious meals designed to meet seniors' dietary needs while making life easier for caregivers.

**Each meal is just \$12** - making it an affordable way to ensure your loved one enjoys healthy, delicious food.

Let us take meal planning and preparation off your plate, so you can focus on what matters most!

(650) 323-2022

[1pvi.org/Nutritionservices](http://1pvi.org/Nutritionservices)





# GOT GROCERIES

Nutritious  
Fresh  
No Cost

## Pick-up Location

800 Middle Ave.  
Menlo Park

## Hours

Wednesdays  
11:30 AM - 1:30 PM

## Got Groceries

has emerged as a critical source of weekly support for individuals and families struggling to stay afloat and facing food insecurity. Each Wednesday, families pick up a full bag of groceries, packed with an array of essential items, from fruits and vegetables to fresh perishables, protein-rich options, and wholesome breads.

***PVI offers free weekly grocery pickup for our community.***

## Each bag contains:

- Fresh Produce
- Non-Perishables
- Dairy Items\*
- Protein Items\*

\*when available

## Register today!

Email: [gotgroceries@1pvi.org](mailto:gotgroceries@1pvi.org)

Call: 650-323-2022



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



**SECOND HARVEST**  
of SILICON VALLEY

*Got Groceries is made possible by our partners at Second Harvest of Silicon Valley.*





# 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.

Scan to  
Register or  
Schedule a Ride



# QUIESCENCE

## Customized Solutions for Family Caregivers

"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.

**Contact us for a complimentary consultation:**  
[conciergcare@1pvi.org](mailto:conciergcare@1pvi.org) or (650) 272-5112

### Quiescence

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.

### Program Fees:

Starting at \$250/week  
(1 weekly visit included)

\$75/hour for  
as-needed support





# PVI VOLUNTEER Opportunities

## Volunteers

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.

**Interested in  
Volunteering  
with PVI?**

**Please contact Idrina Sims,  
Volunteer Coordinator  
[isims@1pvi.org](mailto:isims@1pvi.org)  
650-272-5015**

### PVI's Adult Day Care @ Rosener House

|                            |                                                         |                                                                           |
|----------------------------|---------------------------------------------------------|---------------------------------------------------------------------------|
| <b>Activity Support:</b>   | 12:30 to 2:00 PM                                        | Mon. thru Fri.<br><i>(urgent need Mon., Wed., Thurs.)</i>                 |
| <b>Care Companion:</b>     | 10:30 AM - 2:00 PM                                      | Mon. thru Fri.                                                            |
| <b>Front Desk Support:</b> | 10:00 AM -12:00 PM<br>12:00 – 2:00 PM<br>2:00 - 4:00 PM | <i>(most needed)</i><br><i>(most needed)</i><br>Mon., Tues., Thurs., Fri. |
| <b>Lunch Helper:</b>       | 11:30 - 1:30 PM                                         | Mon. thru Fri.                                                            |
| <b>Art Room Support:</b>   | 10:30 AM - 12:00 PM                                     | Mon. thru Fri.                                                            |

### PVI Nutrition Services

|                                             |                     |                     |
|---------------------------------------------|---------------------|---------------------|
| <b>Meal on Wheels<br/>Delivery Drivers:</b> | 10:00 AM - 12:30 PM | Tues., Wed., Thurs. |
|---------------------------------------------|---------------------|---------------------|

### PVI's Adult Activity Center @ Little House

|                             |                      |      |
|-----------------------------|----------------------|------|
| <b>Tech Connect Tutors:</b> | Days and times vary. |      |
| <b>Music Performer:</b>     | 10:30 -11:30 AM      | Fri. |

### Ride PVI

|                                        |                                                   |
|----------------------------------------|---------------------------------------------------|
| <b>Transportation<br/>Coordinator:</b> | Schedule varies and flexible, check availability. |
|----------------------------------------|---------------------------------------------------|

**Scan for more  
Information**





# Summer Squash Veggie Boats

*By Stephanie Figeira, Director of Nutrition Services*

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



## Ingredients:

- 2 medium yellow summer squash
- 1 Tbsp extra virgin olive oil
- 2 garlic cloves, chopped
- 1 cup tri-colored grape tomatoes, quartered
- 1 bunch of stemmed and chopped kale
- 3-4 oz shiitake or baby bella mushrooms
- ¼ cup chopped parsley
- 2 Tbsp goat cheese
- 4 fresh chives or green onion for garnish

## Health Notes:

- Eating a variety of seasonal summer veggies will increase your daily vitamin and mineral intake, along with added plant fibers, all working to support overall immune resilience and energy supply.

## Instructions:

1. Preheat oven to 350 degrees
2. Place squash on a baking sheet lined with parchment paper and bake for 15-20 minutes. Rotate squash after 10 minutes.
3. Let squash completely cool and slice in half lengthwise
4. Create squash boats by scooping out the flesh and saving it for the sauté
5. Heat oil over medium-low heat in a large skillet and add the squash flesh until golden in color, and then add the garlic, tomato, kale, and mushrooms until cooked through (5 minutes)
6. Remove mixture from heat and stir in goat cheese, parsley, and salt and pepper to taste
7. Add the mixture to the squash boats and top with chives or green onion





# Understanding and Improving Balance

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

Balance worsening as we age is a common sentiment many older adults have. I have found that many do not fully understand why this is the case. National Fall Prevention Week is recognized from September 22 to September 26 this year. Balance is a crucial part of preventing falls and minimizing injury.

It is easy to think of balance as some special stability force that starts to disappear with age, but it is more accurate to think of balance as the result of the interplay of multiple complex systems in your body. The most influential systems on your balance are:

1. The musculoskeletal system—muscles, tendons, ligaments, cartilage, and bones. For example, stronger muscles will give us better control over our joints and limbs to produce stable movement.

2. The sensory systems—particularly vision, vestibular (inner ear), and somatosensory systems (touch, pain, proprioception). For example, our ability to see directly impacts our ability to navigate safely in our environment, and our proprioceptors help us react to a loss of balance even before we consciously know what has happened.

3. The limbic system is the part of the brain responsible for emotion and cognition. For example, a fear of falling actually makes one more likely to fall, as the anticipation of a fall can cause the body to tense, thus hindering the reaction to the loss of balance.

If we pay close attention to addressing each of these systems in our body, our balance will stay strong. While age does influence the condition and development of each system, one can always make positive progress in improving the various systems, thus benefiting your balance. Here are some great ways to start improving your balance (only do what you feel is safe and pain-free):

## Exercise & Strength

- Take an exercise class or work with a trainer to improve muscle strength and flexibility (all Little House classes work well for this)
- Try new exercises and physical activities to keep each system resilient
- Take a floor exercise class like "Ground Mobility" to build strength and reduce fear of falling

## Balance & Fall Prevention

- Take a class or work with a specialist in balance and fall prevention (e.g., Personal Training at Little House or the "Balance Boost" class)
- Use assistive devices when prescribed by your healthcare provider — walkers and canes are an essential safety net; no shame in using them
- Try trekking poles to walk longer distances and boost confidence on uneven terrain
- Have your home evaluated for fall prevention and safety (online checklists, or ask your doctor about a PT home evaluation)

## Outdoor Activity

- Walk outdoors with varied terrain and elevation (try "Open Air aerobics" or plan a walk with friends)

## Vision & Sensory Health

- Wear prescription glasses, plus sunglasses and a hat outdoors to keep vision optimal for balance
- Have your vision and hearing checked annually

## Medical Support

- Talk with your healthcare provider about improving balance — e.g., physical therapy for focused balance training, or a neuro assessment for rapid balance loss (conditions like Parkinson's)

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



# Community Partners

Thank you for your support and partnership





SEPTEMBER 2026

# THRIVE

COMMUNITY | COMPASSION | COMMITMENT