

Enabling Seniors to Age in Place

OCTOBER 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT



AGING WELL

**National Physical
Therapy Month**

**World Cerebral
Palsy Day**

**National Health
Education Week**

INSIDE:

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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: Paul Wirthlin poses for a photo in his apartment at Crane Place in Menlo Park. Photo by Karina Patel.

Aging and Disabled



Paul Wirthlin poses for a photo at Little House. Photo by Karina Patel.

Like most teenagers, Paul Wirthlin did not know what to do with himself after graduating high school. Paul, who was born with cerebral palsy and got around in a wheelchair, considered his milestone in 1956 an immense accomplishment — it took years of proving to others that he could attend school like other kids his age. A call from Paul's uncle gave him advice and led him down a path of hard work and advocacy. "He called me up and said, 'Well, you have a very good voice. Put it to work,'" Paul recalled.

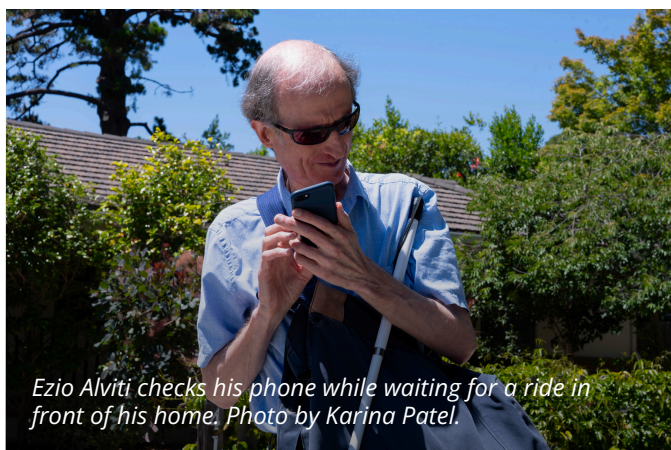
Paul's voice, gentle and resolute, earned him a 20-year telemarketing career where he became a manager at his company in two years. He used two phones — one for local calls, the other for long-distance calls — and would contact customers from home, long before the pandemic popularized remote work. Paul's voice also earned Menlo Park federal funding for a local shuttle service.

Paul, now 88, is among half of the U.S. seniors who are aging with a disability. Advances in technology, healthcare, and accessibility have helped people with disabilities live longer, with some of those achievements stemming from advocacy by disabled people.

After being approached by the City of Menlo Park and asked how it could support disabled residents, Paul made a trip down to Santa Cruz. He noted its local shuttle service, how efficiently it ran, and asked a driver how the city funded it. The response: Congress. Paul presented his findings to the Menlo Park City Council, which authorized Menlo Park's own shuttle service. His research ultimately saved the city \$6 million in spending.

"I want to be remembered as a nice person," said Paul. "A person with tenacity, a person who gets things done. I hope I leave a legacy of some kind."

Similar to Paul, Ezio Alviti has used his voice to advocate for himself and others.



Ezio Alviti checks his phone while waiting for a ride in front of his home. Photo by Karina Patel.

He hated the audio pedestrian signals that were around many years ago.

"It was the type that was very loud, and you could hear it a block away. They made a cuckoo sound, so I called them 'big bird,'" Ezio said.

Ezio was diagnosed with an incurable retinal condition at 17. He has lived completely blind for decades. For those with vision and mobility disabilities, the most difficult challenges they face are transportation and assistance from others (Koon).

After learning of a new audio technology that emits audio from the crosswalk buttons, he approached Menlo Park's transportation department. It took about 10 years to install new audio crosswalks, requiring approval from both Caltrans and Menlo Park council members. Ezio is proud to have made the street a safe experience for those with limited or no vision.

PVI's five main programs try to support as many needs as possible by addressing hunger, transportation, and well-being. Paul and Ezio utilize the services that make the most sense for them.

Ezio uses RIDE PVI to get to his weekly medical appointments. He appreciates the flexibility and independence it provides. Paul has visited Little House three times a week for the past 25 years. He gets lunch, plays billiards, lifts weights at the gym, and catches movies.

Without PVI, he says he would be bored. It provides him with a place to socialize and exercise on his schedule.

PVI supports Ezio and Paul's efforts to age with grace and be active in the community. At 74 years old, Ezio continues to make strides in improving accessibility. He currently works with Stanford as a volunteer and patient to improve the accessibility of their MyHealth app.

"I am grateful for what I have," said Ezio. "I am grateful to be living here in Menlo Park, and I am grateful to have access to transportation, such as what PVI provides."

Source:

"Koon, Lyndsie M, et al. "Understanding Everyday Challenges of Aging with Disability through Lived Experiences." The Gerontologist, U.S. National Library of Medicine, 12 June 2025, [pmc.ncbi.nlm.nih.gov/articles/PMC12342766/#CIT0018](https://pubmed.ncbi.nlm.nih.gov/articles/PMC12342766/#CIT0018).



Ezio Alviti poses in front of his walk-in shower at his home in Menlo Park. Renovating his bathroom was one of the many things he had done to prepare for aging. Photo by Karina Patel.

What's New at PVI?

Music Appreciation: Debussy

**Tuesday, October 6
1:30 p.m.**

Free for Premium & above

\$15 for Basic, Primary & Non-Members

This course explores the unique style of French composer Claude Debussy and his connections to artists like Degas, Renoir, and Cézanne. We'll analyze key works — including *The Sunken Cathedral*, *The Evening in Granada*, and *Clouds* from the *Nocturnes* — to examine how Debussy evolved musical elements like harmony, texture, form, and orchestration. We'll also explore why late-Romantic composers sought new sounds, and how this led to the exotic aesthetics of French Impressionism. By the end, you'll gain a deeper understanding of Debussy's music and fresh ways of listening to classical music.



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.



New Release Tuesday

**Tuesday, October 27
2:00 p.m.**

Free for Members

\$5 for Non-Members

Join us in the auditorium for fresh new releases. Is there a recent movie that you've been wanting to see? Let the front desk know!

This month: *The Devil Wears Prada 2*

New on Wednesdays Chair Yoga

Wednesdays at 1:00 p.m.

We are excited to announce that we are adding another Chair Yoga class! Get your stretch on during this one-hour modified yoga practice meant to strengthen joint mobility and blood circulation. All levels are welcome!

Upcoming Luncheons

Mark your calendars for these upcoming festive lunches! More details coming soon!

Oktoberfest

Thursday, October 1

Veteran's Day Luncheon

Wednesday, November 11

Thanksgiving Luncheon

Friday, November 20

Holiday Luncheon

Friday, December 18

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

HALLOWEEN JAZZ

FREE FOR THE COMMUNITY!

October 29, 2026 | 11:00 a.m.

800 Middle Ave, Menlo Park

Bob Farrington (sax) and Denny Berthiaume (keys) play your favorite jazz tunes — with a fun Halloween twist. A relaxed afternoon of great music, courtesy of the Music Performance Trust Fund. No tricks, just treats — come enjoy the show!

The Recording Industry's





Fall into Crafts

with Jorel Thompson

Join us for fun fall craft-making! We will be creating a different seasonal craft every week for the whole month of October. Come as you are; all materials will be provided.

Tuesdays | 1:00 p.m.

Sept. 22 - Oct. 27

AI HANDS-ON LAB

Make a Trip Book with Claude AI

Tuesday | 1:00 p.m. - 2:30 p.m.

In this fun, hands-on class, you'll use Claude AI to transform a few vacation photos into a personalized book. You'll learn how to give AI instructions, rearrange and polish your pages, add memories and facts, and correct its mistakes. Bring your phone, a laptop or tablet if possible, and 3-4 photos from a favorite trip. Prerequisites required.

Register for a single session:

- October 6th
- October 13th
- October 20th
- October 27th

**For more
information:**



PVI EVENTS AT A GLANCE

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

MON	TUE	WED	THU	FRI
			1 Oktoberfest Hand & Foot Canasta Artistic Thursdays Advanced iPhone Class	2 Keys and Coffee Cribbage Movie
5 Movie Art Exploration	6 Music Appreciation Current Events Mahjong Billiards Group Intro iPhone Class	7 Book Club Knitting Club Got Groceries Mahjong Pinochle Apple Watch Class	8 Hand & Foot Canasta Artistic Thursdays Advanced iPhone Class	9 Distinguished Lecture Keys and Coffee Cribbage Movie
12 Movie Art Exploration	13 Coffee With Caregivers Blood Pressure Screening Current Events Intro iPhone Class	14 Furry Friends Waffle-Wednesday Knitting Club Got Groceries Mahjong Pinochle Apple Watch Class	15 Hand & Foot Canasta Artistic Thursdays	16 Keys and Coffee Cribbage Movie
19 Movie Art Exploration	20 Current Events Mahjong Billiards Group Intro iPhone Class	21 Pop-Up Library Knitting Club Got Groceries Mahjong Pinochle	22 Afternoon Tea Hand & Foot Canasta Artistic Thursdays	23 Keys & Coffee Cribbage Movie
26 Movie Art Exploration	27 New Release Tuesday Current Events Mahjong Billiards Group	28 Knitting Club Got Groceries Mahjong Pinochle	29 Halloween Jazz Hand & Foot Canasta Artistic Thursdays	30 Keys & Coffee Cribbage Movie

PVI Little House

Membership Information

PVI’s Little House Policies:

- Cancellations:** If you wish to cancel an appointment or class reservation, it must be done 24 hours in advance or you will be charged.
- Appointment Expirations:** 6 months after date of purchase.
- Day Pass Expirations:** Day Passes expire 60 days after date of purchase.
- Refunds:** Classes and appointments are generally non-refundable. In the case of serious illness or injury, a refund for the remaining classes or appointments may be requested in writing, accompanied by a doctor’s note.

Memberships are non-refundable and non-transferable

Basic (B) \$20	Primary (P) \$60	Premium (PR) \$100	Platinum (PL) \$160
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- 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 \$5		Primary	Premium	Platinum	Plan	Monthly
Activity \$15						
Month		\$60	\$100	\$160	Primary	\$100
Six Months 10% discount		\$325	\$540	\$860	Premium	\$170
Year 15% discount		\$610	\$1020	\$1630	Platinum	\$275
					15% discount	

PVI Little House Fitness Gym

Open Gym

Open Gym is a monthly fee-based program ideal for individuals preferring to exercise on their own. It gives you unlimited gym visits during open hours throughout the month.

PVI's Adult Activity Center's gym caters to individuals who would like to work out in a small, supportive, and safe gym environment. The gym is supervised at all times during open hours and is a wonderful alternative to a larger, noisier, and more intimidating Big Box Gym!

Gym Hours

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

**Closed-toe shoes are required*

**During peak times, staff may impose a 30-minute time limit on cardio machines.*



Fitness Assessments

Fitness assessments are required for anyone interested in our Personal Training Program. **Assessments are free and by appointment only.** Each appointment includes a gym orientation and an evaluation of your personal fitness goals. *Assessment may take up to 60 minutes. Assessment may be required to use open gym.*

Personal Training

PVI Little House's Personal Training Program offers customized exercise sessions 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.

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

GROUP FITNESS SCHEDULE

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

- ✳ Fall Prevention
- ✳ Cardio
- ✳ Strength



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
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
1:00 PM	Chair Yoga ✳	In-Person
THURSDAY		
TIME	CLASS	METHOD
9:30 AM	Fun with Fitness ✳	Virtual
10:45 AM	Strong for Life ✳ ✳	In-Person
12:00 PM	Tai Chi ✳ ✳	In-Person
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

No Strong for Life on 10/22



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, October 13th

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 & Wednesdays

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 | 1:00 - 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:

- | | |
|---------|---|
| Oct. 7 | <i>Goddess of Warsaw</i>
by Lisa Barr |
| Nov. 4 | <i>March</i>
by Geraldine Brooks |
| Dec. 2. | <i>The Bomber Mafia</i>
by Malcolm Gladwell |

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

October 14th | 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

October 24th | 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

October 14th | 9:30 AM

Jane West Room

New Release Tuesday

Join us in the auditorium for fresh new releases. Is there a recent movie that you've been wanting to see? Let the front desk know! This month's movie: **The Devil**

Wears Prada 2

Last Tuesday of the month

October 27th | 2:00 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

October 21st | 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

Oct. 5 - *Enough (2002)*: Working-class waitress Slim finds her life transformed when she marries wealthy contractor Mitch. She settles into an idyllic suburban life and seems to have everything she wants. Her dream is shattered when she discovers her husband is anything but perfect. His abusive behavior forces her to go on the run, eluding an increasingly obsessive Mitch and his lethal henchman.

Oct. 12 - *7 Women and a Murder (2021)*: When their family patriarch is stabbed, seven women, each with ulterior motives, become trapped together in a mansion to solve the puzzle of his murder.

Oct. 19 - *Clue (1995)*: Six blackmail victims are invited to an isolated mansion by a man who knows a dark secret from each of their pasts. On arrival, each is given a pseudonym drawn from Cluedo before being introduced to the blackmailer. Each is handed a weapon, at which point the lights are switched off and the blackmailer is killed. Can the guests uncover the murderer before they all become victims?

Oct. 26 - *The Whisper Man (2026)*: When his 8-year-old son is abducted, a widowed crime writer looks to his estranged father, a retired police detective, for help. He soon discovers a connection to the decades-old case of a convicted serial killer known as the Whisper Man.

Friday's Movies

Oct. 2 - *Four Weddings and a Funeral (1994)*: A commitment-averse Brit tries to reconnect with a charming American who's about to enter an unfulfilling marriage to a well-off but boorish politician.

Oct. 9 - *Always Be My Maybe (2019)*: Reunited after 15 years, famous chef Sasha and hometown musician Marcus feel the old sparks of attraction but struggle to adapt to each other's worlds.

Oct. 16 - *The Devil Wears Prada 2 (2026)*: Miranda Priestly struggles against Emily Charlton, her former assistant turned rival executive, as they compete for advertising revenue amid declining print media, while Miranda nears retirement.

Oct. 23 - *9 to 5 (1980)*: Three women fed up with their boss entertain fantasies of revenge which become reality when they believe they've inadvertently poisoned his coffee.

Oct. 30 - *Invasion of the Body Snatchers (1978)*: Matthew Bennell assumes that when a friend complains of her husband's strange mood, it's a marital issue. However, he begins to worry as more people report similar observations. His concern is confirmed when writer Jack Bellicec and his wife discover a mutated corpse. Besieged by an invisible enemy, Bennell must work quickly before the city is consumed.

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 \$25	\$75 \$100	\$150 \$200	\$220 \$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

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

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
 (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, OCTOBER 13 | 9:30 - 11:00 AM
500 ARBOR ROAD MENLO PARK, CA

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

THE EMPOWERED CAREGIVER:

Exploring Care and Support Services

WEDNESDAY, OCTOBER 14 | 4:00 PM
500 ARBOR RD MENLO PARK, CA

Please join Robin from the Alzheimer's Association as she returns for another valuable topic for family caregivers. The more caregivers know about dementia and what to expect, the more prepared they will be for future changes and care decisions.



**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 based on seasonal availability and product supply.



MON	TUE	WED	THU	FRI
			1	2
			Oktoberfest Luncheon	Burger, Chips, and Salad \$12 Meal Deal
5	6	7	8	9
Cheese Enchilada, Spanish Rice, Corn and Peppers	Swedish Meatballs, Mashed Potatoes, Green Beans	Chicken Curry, Rice Spinach	Beef Ravioli, Marinara, Italian Mixed Vegetables	Burger, Chips, and Salad \$12 Meal Deal
12	13	14	15	16
Egg Fried Rice, Green Beans	Pork Stew, Brown Rice, Peas and Carrots	Beef Stroganoff, Egg Noodles, Broccoli	Chicken Jambalaya, Succotash	Burger, Chips, and Salad \$12 Meal Deal
19	20	21	22	23
Mushroom Bolognese, Penne Pasta, Italian Vegetables	Sausage, Potato Obrienne, Mixed Vegetables	Pork Chili Verde, Cilantro Rice, 4 Way Blend Vegetables	Meatloaf w/ Gravy, Mashed Potato, Green Beans	Burger, Chips, and Salad \$12 Meal Deal
26	27	28	29	30
Carrot and Lentil Stew, Spinach	Chicken Parmesan, Pasta, Italian Vegetables	Beef Burrito Bowl, Spanish Rice, Corn and Beans	Pork Loin w/ Gravy, Roasted Potato, Broccoli	Burger, Chips, and Salad \$12 Meal Deal

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



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

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 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.

Scan for more
Information



Interested in
Volunteering
with PVI?

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

PVI's Adult Day Care @ Rosener House

Activity Support:	12:30 to 2:00 PM (urgent need Mon., Wed., Thurs.)	Mon. thru Fri.
Care Companion:	10:30 AM - 2:00 PM	Mon. thru Fri.
Front Desk Support:	10:00 AM -12:00 PM 12:00 - 2:00 PM 2:00 - 4:00 PM	(most needed) (most needed) 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

Meal on Wheels		
Delivery Drivers:	10:00 AM - 12:30 PM	Tues., Wed., Thurs. (urgent need)

PVI's Adult Activity Center @ Little House

Music Performer:	10:30 -11:30 AM	Fri.
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Ride PVI

Phone Agent:	9:00 AM - 5:00 PM 10:00 AM - 2:00 PM Flexible Schedule Answer Calls Request Schedule Monitor Clients Rides	Mon. thru Fri. Saturday (urgent need)
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Additional Volunteer roles available.
For more information, contact volunteers@1pvi.org

Pumpkin Muffins

By Stephanie Figeira, Director of Nutrition Services

Ingredients:

- 3 large eggs
- 3/4 cup almond butter
- 1/2 cup dark maple syrup
- 1/2 cup pumpkin puree (canned)
- 3 Tbsp ghee or palm shortening
- 2 tsp lemon juice*
- 1 tsp vanilla
- 3 Tbsp coconut flour
- 3 Tbsp arrowroot
- 1 Tbsp cinnamon
- 1 tsp nutmeg
- 2 tsp grain free baking powder
- 1/2 tsp lemon zest*
- 1/2 tsp ginger
- 1/4 tsp sea salt
- 1/2 cup paleo chocolate chips (optional)

Instructions:

1. Preheat oven to 350°. Line a 12-cavity muffin tin with paper liners or grease with coconut oil.
2. Using a high-speed blender or food processor, add eggs, almond butter, maple syrup, pumpkin puree, shortening, lemon juice, and vanilla. Purée for 30 seconds or until smooth and creamy.
3. Add flour, arrowroot, cinnamon, nutmeg, baking powder, lemon zest, ginger, and sea salt. Purée for additional 30 seconds or until well combined. Stir in chocolate chips, if using.
4. Divide batter among muffin tin, filling each cavity approximately 2/3 full. Bake 18 to 20 minutes or until a toothpick inserted in the center of a muffin returns clean.
5. Remove pan from oven and let muffins cool for approximately 15 minutes. Then transfer to a wire rack where they can rest and continue to cool.
6. Store in an airtight container in the refrigerator for up to 2 weeks or wrap and freeze for 6 months.

Health Notes:

Pumpkin offers vitamin A and antioxidants that fight disease; maple syrup packs manganese and zinc in just 2 tablespoons; and Ceylon cinnamon is the most-studied variety, prized for blood-sugar balance and easing body tension.



October is Physical Therapy Month!

By Brent Brayshaw, Fitness Manager, ACSM Exercise Physiologist

Happy Physical Therapy Month! While I am not a physical therapist (I am a certified exercise physiologist and personal trainer), I am a huge advocate for physical therapy (PT) and regularly work in conjunction with PT with my clients.

If you have never had physical therapy, you might consider how it may help improve your life. Physical therapists (PT's) and physical therapist assistants (PTA's) are licensed healthcare professionals that are regularly referred by your doctor to help you recover after injury and surgery. Additionally, you may see a PT to improve balance and prevent falls, maintain independence and mobility, help you stay active and engaged in things you enjoy, manage pain or arthritis symptoms, and improve strength and endurance for daily life.

Depending on your needs, there are different specializations of physical therapy, including:

- Geriatric PT: focus specifically on improving quality of life for older adults.
- Neurologic PT: address conditions of the brain and nervous system for conditions like Parkinson's Disease and stroke.
- Cardiovascular and Pulmonary PT: work with those that have or are recovering from various heart and lung conditions.
- Orthopedic PT: treat patients with various bone, joint, or muscle issues like broken bones or hip replacement surgery.

Since physical therapists, exercise physiologists, and personal trainers all use exercise to help their patients/ clients improve health and quality of life, it can be hard to know who to work with. My advice: if you have a serious health concern, always talk with your doctor and seek a licensed health professional like a physical therapist; if you just want to get stronger or work on your balance, a personal trainer that specializes in those things will work great. However, I would argue your best outcome will result from working in combination with both physical therapy and personal training.



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

Community Partners

Thank you for your support and partnership





OCTOBER 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT