Enabling Seniors to Age in Place

NOVEMBER 2026

THRIVE

COMMUNITY | COMPAS OMMITMENT

PVI

FAMILY HEALTH

National Diabetes Month

National Family Caregivers Month

National Veterans Month

INSIDE:

Patience, Acceptance, and Faith *pg. 4-5*

Fall Rainbow Salad Recipe *pg. 29*

Managing Diabetes with Exercise *pg. 30*

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: Roger Dedera sits with his wife, Louise DeDera, standing by his side in their backyard in Menlo Park. Photo by Karina Patel.

Patience, Acceptance, and Faith



Minoo Aram tends to her plants in her backyard in Redwood City. Photo by Karina Patel.

Louise DeDera and Minoo Aram worried about how their husbands were changing. Minoo first saw the signs when she caught errors her husband, Manoochehr, made when doing their accounting. She said it was one of the few tasks he did at home, as his English was not the strongest. Louise's husband, Roger, forgot where they ate for his birthday — right after coming home from the restaurant.

Those moments marked the beginning of their caregiving journey for husbands with Alzheimer's disease. There are many challenges that come with caring for a spouse, such as stepping up as the primary decision-maker in the relationship, all while aging alongside them. Since Manoochehr and Roger's diagnoses about eight years ago, their wives have navigated caring for their husbands and have had to learn to care for themselves.

Roughly 63 million U.S. adults care for a spouse, elderly parent, or special-needs child. Three in five caregivers are women. Louise and Minoo are part of the 42% of caregivers who are 65 and older (Carpenter).

Minoo lived actively before her husband's diagnosis. She volunteered and tutored, and loves being around people. It all came to a stop when Manoochehr was diagnosed in 2020. The unfamiliarity of what the future held scared her.

"Personally, I accept death very easily," said Minoo. "So that part of the disease is not what I am afraid of. But I didn't know what I was going to be facing."

She is grateful to have her two sons, who live nearby, to help her. One of her sons comes over every night to put Manoochehr into bed, since she is unable to lift him on her own.

Louise is still active with the groups she volunteers with but had to limit Roger's independence after not finding him home one day. He had taken the car and was driving around the peninsula, and at one point ended up in Watsonville. Louise



Roger DeDera reads a newspaper with his wife, Louise, in the den of their home in Menlo Park. Photo by Karina Patel.

involved law enforcement, and they found him in Burlingame — a 30-minute drive north from their home.

"Instead of him being the protector, I became the protector," said Louise. "Becoming a caregiver makes me feel very responsible, so that I don't make mistakes in terms of his healthcare."

Caregiving for a spouse can be overwhelming and frustrating. It comes with a lot of worry, guilt, and little to no time for self-care. What helps Louise and Minoo is patience, acceptance, and the programs offered at PVI.

Minoo's faith helps her find acceptance in her situation. Her love for her husband keeps her strong, but above all else, she makes time for herself. She loves to garden and comes to Little House to do yoga and read up to two times a week while Manoochehr is with an at-home caregiver.

"After I put Manoochehr to sleep, I do the cleaning, the kitchen, and my flowers. I feel this is my time," said Minoo.

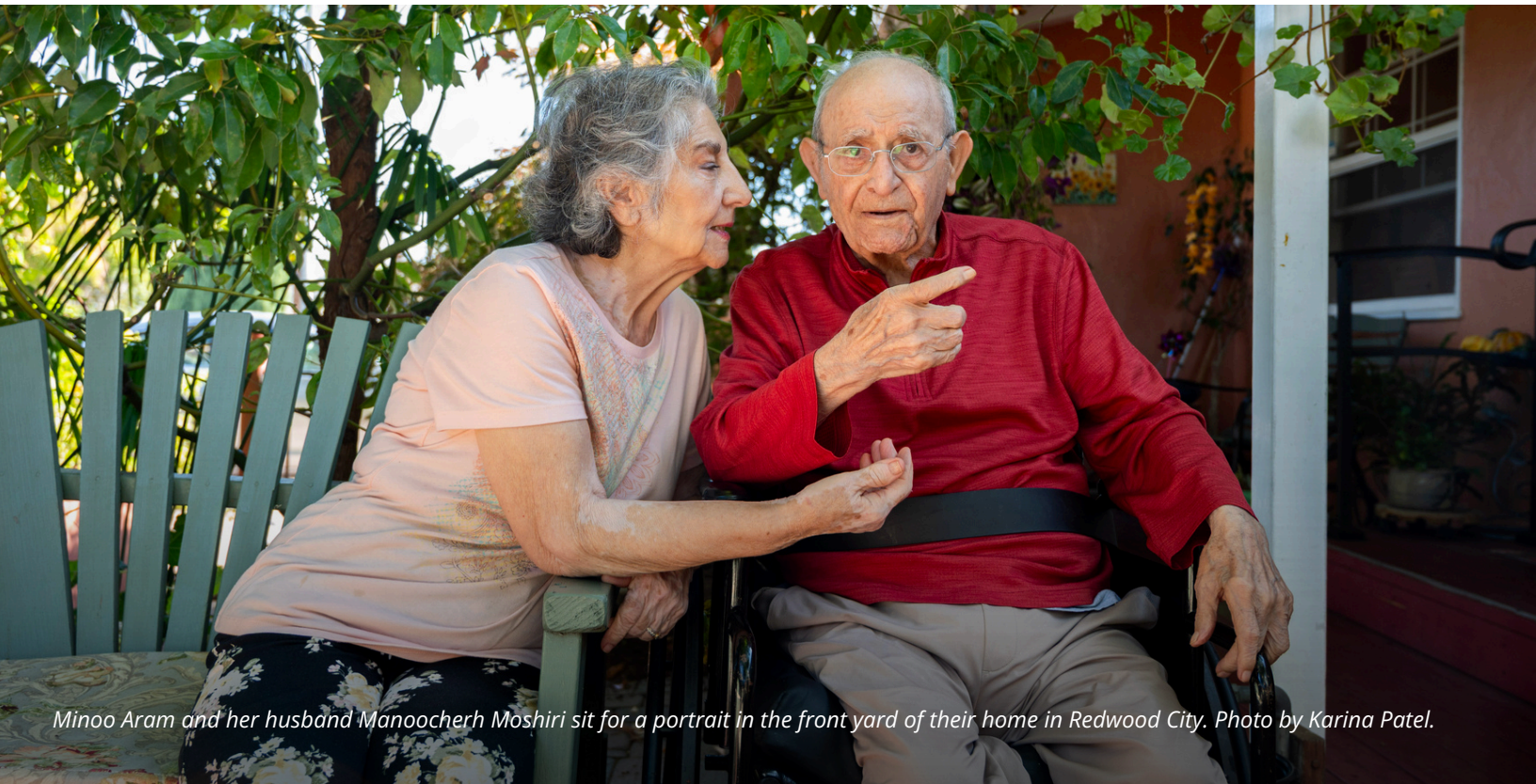
Patience has always been part of Louise's repertoire. Being a mother and a former elementary school teacher taught her that. That trait comes in handy during mornings when Roger refuses to get out of bed, or he forgets the rules to their nightly card game. However, Louise sometimes feels exasperated by it all. Taking Roger to Rosener House means she has four hours every day to meet friends, have lunch, take Pilates, and run errands.

"I can lead a normal life thanks to Rosener House," said Louise.

Watching a loved one decline is difficult. It is gradual and takes time to navigate, Louise said. Burnout is common, especially when adapting to the ever-growing list of changes that occur as the disease worsens. Both Louise and Minoo have leaned on their support systems, PVI, and their faith to get them through it all.

"If you accept it," Minoo said, "it is going to be less painful."

Sources:
Carpenter, Chrissy. "The Caregiving Landscape: Data & Insights on the Caregiver Experience in the U.S." Caregiver Action Network, 9 Sept. 2026, www.caregiveraction.org/caregiver-statistics/.



Minoo Aram and her husband Manoocherh Moshiri sit for a portrait in the front yard of their home in Redwood City. Photo by Karina Patel.

What's New at PVI?

Little House Celebrates National Veterans Month

Veterans get one month Basic Membership FREE during the month of November. Inquire with Little House staff or visit https://1pvi.org/veterans/ for more information!

Distinguished Lecture - The American Veteran



Friday, November 6
10:00 a.m.

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

Originally established as Armistice Day to commemorate the end of World War I, November 11 now honors veterans of all U.S. wars and conflicts. Join us as we recognize the dedication and sacrifice of our veterans, who have long been a backbone of our country and include notable figures such as Elvis Presley, Humphrey Bogart, Clint Eastwood, and Jimmy Stewart.

Music Appreciation: Beethoven

Tuesday, November 10
3:00 p.m.

Free for Premium & above
$15 for Basic, Primary & Non-Members



Join us for a lively journey into Beethoven's world — from the peaceful sounds of flowing streams and birdsong to his great "Ode to Joy." In this lively class, we'll explore how his passion, struggles, and bold ideas forever changed the world of music — leaving us with works that still uplift and inspire today. No music background needed!

Senior Transitioning with Confidence

Tuesday, November 10
11:00 a.m. - 12:30 p.m.

Free for Members
$5 for Non-Members

Thinking about moving? Come attend a special presentation from Keller Williams representatives who will cover everything from selling and buying to moving and preserving your legacy for loved ones. Free lunch provided!

Online Scams: How to Recognize and Avoid Them

Thursday, November 19
1:00 p.m. - 3:00 p.m.

Free for Premium & above
$15 for Basic & Primary
$20 for Non-Members

Pumpkin Pie Raffle

Wednesday, November 18
1:00 p.m. - 3:00 p.m.

Free for Members
$5 for Non-Members

Join us for a Thanksgiving craft and a chance to win a pumpkin pie courtesy of our partners at **Coldwell Banker Realty**!

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

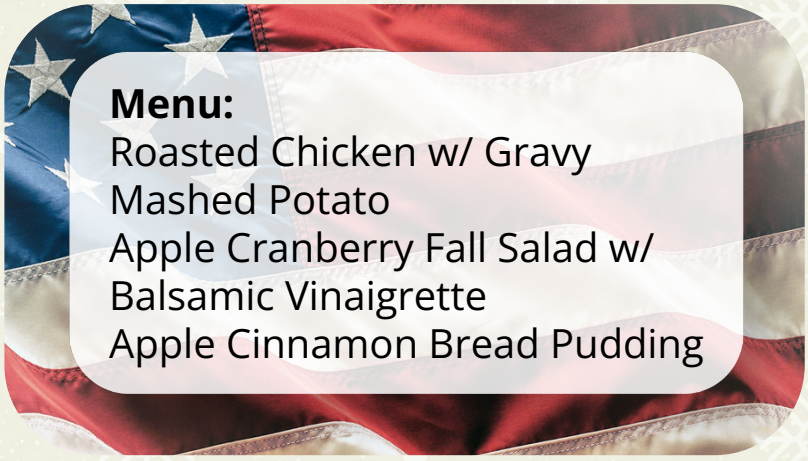
Join us in Celebrating the Holidays!

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

Veterans Day Luncheon



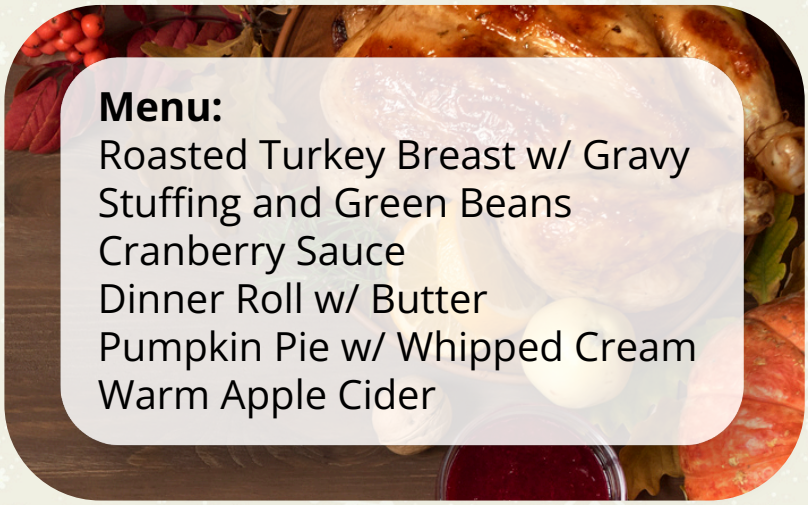
Wednesday
November 11
11:30 a.m. - 1:00 p.m.
$15 for Members
$20 for Non-members



Menu:
Roasted Chicken w/ Gravy
Mashed Potato
Apple Cranberry Fall Salad w/ Balsamic Vinaigrette
Apple Cinnamon Bread Pudding

Thanksgiving Luncheon

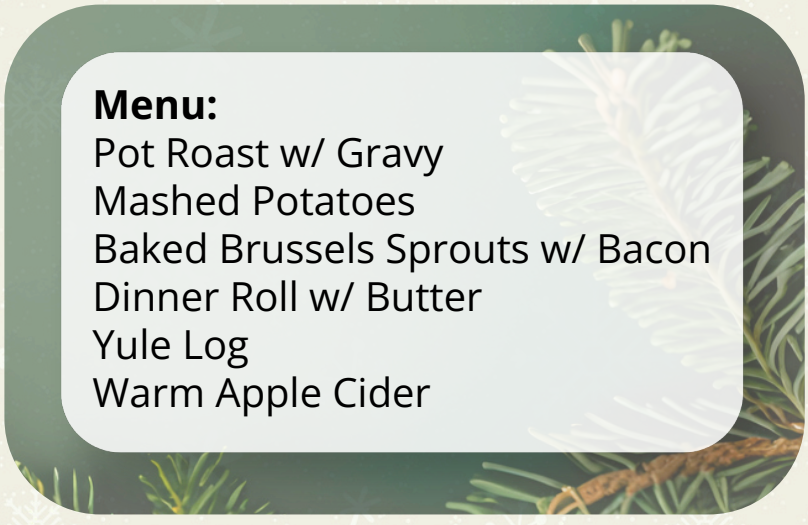
Friday, November 20
11:30 a.m. - 1:00 p.m.
$25 for Members
$35 for Non-members



Menu:
Roasted Turkey Breast w/ Gravy
Stuffing and Green Beans
Cranberry Sauce
Dinner Roll w/ Butter
Pumpkin Pie w/ Whipped Cream
Warm Apple Cider

Holiday Luncheon

Friday, December 18
11:30 a.m. - 1:00 p.m.
$25 for Members
$35 for Non-members



Menu:
Pot Roast w/ Gravy
Mashed Potatoes
Baked Brussels Sprouts w/ Bacon
Dinner Roll w/ Butter
Yule Log
Warm Apple Cider

SUBARU
share the love®
EVENT

November 19 through January 4.



The Subaru Share The Love Event is back! Every new Subaru purchased or leased = $300+ to charities like Meals on Wheels. Together, we can ensure seniors aren't left behind. Happening from Nov 19 – Jan 4!

Together, we feed our neighbors.

Your gift helps make the season special with festive meals, desserts, and thoughtful touches for older adults in our community.

Give Today to the PVI Holiday Meal Drive

... and help make the holidays more special for our senior neighbors

Help us reach our goal of $10,000 to support serving 10,000 holiday meals

Make your donation at
1pvi.org/donate/

PVI EVENTS AT A GLANCE

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

MON	TUE	WED	THU	FRI
2 Movie Art Exploration	**3** Current Events Mahjong Billiards Group	**4** **Book Club** Knitting Club Got Groceries Mahjong Pinochle	**5** Hand & Foot Canasta Artistic Thursdays	**6** **Distinguished Lecture** Keys and Coffee Cribbage Movie
9 Movie Art Exploration	**10** **Coffee With Caregivers** **Blood Pressure Screening** **Music Appreciation** Current Events Crafts w/ Jorel Billiards Group	**11** **Veterans Day Luncheon** **Furry Friends** Knitting Club Got Groceries Mahjong Pinochle	**12** Hand & Foot Canasta Artistic Thursdays	**13** Keys and Coffee Cribbage Movie
16 Movie Art Exploration	**17** Current Events Mahjong Billiards Group Crafts w/ Jorel	**18** **Pop-Up Library** **Waffle Wednesday** **Pie Raffle** Knitting Club Got Groceries Mahjong Pinochle	**19** **Online Scams** Hand & Foot Canasta Artistic Thursdays	**20** **Thanksgiving Luncheon** Keys and Coffee Cribbage Movie
23 Movie Art Exploration	**24** **New Release Tuesday** Current Events Mahjong Billiards Group Crafts w/ Jorel	**25** Knitting Club Got Groceries Mahjong Pinochle	**26** **PVI Closed**	**27** **PVI Closed**
30 Movie Art Exploration				

PVI Honors Veterans Month for November

Adult Activity Center at Little House
Free Basic Membership all November
See pg. 6

Adult Day Services at Rosener House
No Cost up to 5 Days
See pg. 21



PVI Little House
Membership Information

PVI's Little House Policies:

Cancellations: If you wish to cancel an appointment or class reservation, it must be done 24 hours in advance or you will be charged.

Appointment Expirations: 6 months after date of purchase.

Day Pass Expirations: Day Passes expire 60 days after date of purchase.

Refunds: Classes and appointments are generally non-refundable. In the case of serious illness or injury, a refund for the remaining classes or appointments may be requested in writing, accompanied by a doctor's note.

Memberships are non-refundable and non-transferable

Basic (B) $20

The **Basic Membership** allows access to all free social events, clubs, games, activities, use of the Technology Center, complimentary coffee, and member discounts on all programming.

Primary (P) $60

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

Premium (PR) $100

The **Premium Membership** builds on the prior two tiers and gives unlimited access to open studio time for ceramics and art, shelf space in the art studio, 12 private tech-tutoring sessions a year, and more.

Platinum (PL) $160

The **Platinum Membership** is the ultimate tier, which includes the three prior tiers plus complimentary Little House Cafe meals Mondays through Thursdays, unlimited access to all classes, lectures, workshops, and clubs, complimentary access to tech-related courses, and more.

Non-Member Day Passes

Social	Activity
$5	$15

Control Your Plan

	Primary	Premium	Platinum
Month	$60	$100	$160
Six Months (10% discount)	$325	$540	$860
Year (15% discount)	$610	$1020	$1630

Partner Pricing

Plan	Monthly
Primary	$100
Premium	$170
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 Line Dancing on 11/2, 11/9, and 11/16



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, November 10th
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



Strong for Life Community Health Partnership with Stanford Adult Aging Services

FILLING FAST! CALL FOR AVAILABILITY
Strong for Life (SFL) is a free exercise Program offered through Adult Aging Services at Stanford Health Care. SFL is an easy-to-follow exercise routine designed to improve strength, function, and balance in older adults with or without limitations.

Participants must submit a health history form before attending.
For more information, contact Stanford Adult Aging Services at 650-723-1303.
Tuesdays | 10:30 AM
Thursdays | 10:45 AM

Strong for Life is free for all members.

Tai Chi for Mobility and Balance
Instructor: Jason Chan
Tai chi is proven to improve balance and has the potential to restore the physical functioning of our bodies. Performing tai chi regularly is a great way to improve one's posture and balance.
Mondays and Wednesdays (Virtual)
10:00 - 11:00 AM
Tuesdays and Thursdays (In-Person)
12:00 - 1:00 PM

Walk and Be Fit
Instructor: Vicky Cruz
Join us for a virtual walk that includes marching, walking in place, and light stretching to activate your neuromuscular system. Walking can lower your risk of heart disease, stroke, cancer, and diabetes.
Fridays (virtual) | 9:30 - 10:30 AM

SOCIAL GROUPS

INCLUDED FOR ALL MEMBERS
$5 FOR NONMEMBERS



Social Games & Activities
Mahjong, Cribbage, Hand & Foot Canasta, Pinochle, Table Tennis, Cornhole, etc.
Monday - Friday | 8:30 AM - 4:00 PM

Looking to play card games?
Join an existing group or form your own. Play times and games are decided by you — we provide a variety of games and opportunities to keep you engaged!

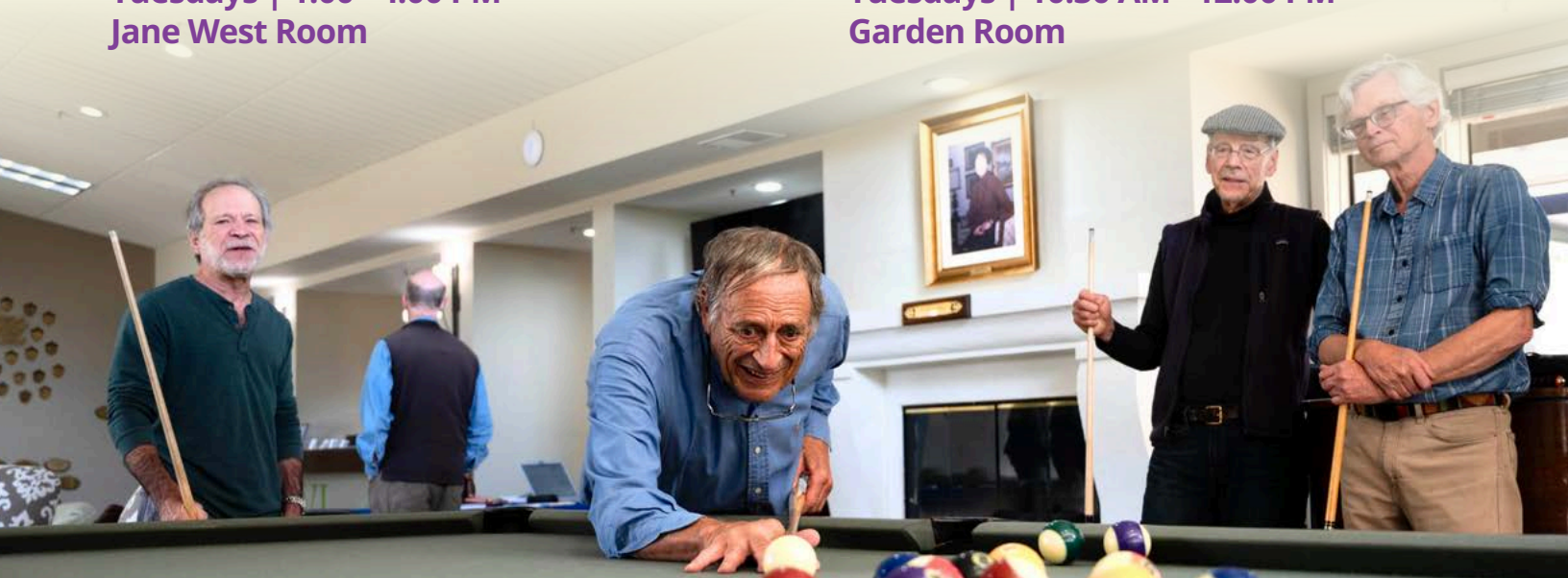
Artistic Thursdays
Artistic Thursdays is here to bring together artists of all kinds. Whether you're a painter, drawer, do Zen doodles, or do coloring books, this group is for you!
Thursdays | 10:00 AM - 12:00 PM

Billiards Group
Whether you are starting to learn, refreshing your skills, or are a seasoned pro, the Little House Billiards Group welcomes you!
Tuesdays | 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:

Nov. 4	***March*** by Geraldine Brooks
Dec. 2.	***The Bomber Mafia*** by Malcolm Gladwell
Jan. 7	**The Lion Women of Tehran** by Marjan Kamali

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
November 11th| 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
***Not Meeting this Month| 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
November 18th| 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:

Voicemails for Isabelle
Last Tuesday of the month
November 24th| 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
November 18th| 10:00 AM - 12:30 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

Nov. 2 - *The Magic of Ordinary Days (2005):* 1944. World War II. Livy Dunne has been thrown out of her home & banished to an arranged marriage in rural Colorado because she's pregnant and unmarried. But much to her surprise, Livy realizes she may have found home quite accidentally.

Nov. 9 - *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.

Nov. 16 - *Snowpiercer (2013):* After a failed global-warming experiment, a post-apocalyptic Ice Age has killed off nearly all life on the planet.

Nov. 23 - *Rear Window (1954):* A bored photographer recovering from a broken leg passes the time by watching his neighbors and begins to suspect one of them of murder

Nov. 30 - *Joyful Noise (2012):* Music and film superstars Dolly Parton and Queen Latifah duet in this gospel choir dramedy about an unlikely partnership between two strong-minded women who are forced to work together to save a small town gospel choir after budget cuts threaten to shut them down. Latifah plays the no-nonsense mom put in charge of the choir, while Parton plays the choir director's widow.

Friday's Movies

Nov. 6 - *Heist 88 (2023):* A criminal mastermind decides to pull one last job before going to prison and recruits a group of young bank employees to steal $80 million dollars in a daring and brazen assault on the U.S. banking system. Inspired by true events.

Nov. 13 - *Invisible Warriors (2013):* While World War II raged globally, 600,000 African American women served the country at home, breaking racial and gender barriers by working in factories and government offices, defying racism and sexism to help win the war and pave the way for future generations. Transforming civil rights and women's opportunities, their courage and resilience forever changed the American workforce.

Nov. 20 - *Reversal of Fortune (1990):* Wealthy Sunny von Bülow lies brain-dead, husband Claus guilty of attempted murder; but he says he's innocent and hires Alan Dershowitz for his appeal.

Nov. 27 - *Closed for Thanksgiving*



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

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

Let's Get Crafty with Jorel Thomson

Craft together, laugh together, create together. Liven up your home or make a gift for a loved one; the possibilities are endless!
Tuesdays (In-person)
1:00 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)

Next Session Dates:
Coming Soon!

Members: $30
Non-members: $40

iPhone Class
Tuesdays (In-person)

Intro iPhone:
Nov. 3 - Nov. 24
1:00 - 3:00 PM

Dec. 1 - Dec. 15
1:00 - 3:00 PM

Members: $50
Non-members: $60

Apple Watch
Wednesdays (In-person)

Next Session Dates:
Coming Soon!

Members: $40
Non-members: $60

Intro to AI
Wednesdays (In-person)

Next Session Dates:
Nov. 4 - Nov. 18
1:00 PM - 3:00 PM

Members: $30
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
(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, NOVEMBER 10 | 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.

NATIONAL VETERANS MONTH

PVI's Adult Day Services is excited to offer a 5-day pass to veterans at **NO COST** during the month of November.

Enjoy daily activities, meet staff and participants, and receive a lunch - all 5 days!

Get more information today!

You're not alone. Get support today.

Contact us at rosenerhouse@1pvi.org or (650) 322-0126

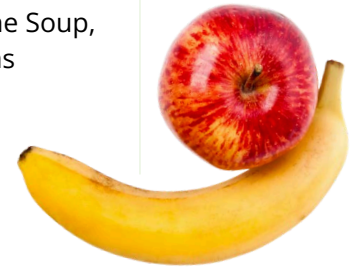


PVI CAFE MENU

Hours of Operation: 11:30 AM - 1:00 PM | $6.00 per meal

unless otherwise noted. Menu subject to change based on seasonal availibilty and product supply.

MON	TUE	WED	THU	FRI
2 Cheese Omelet, Roasted Potato, Peas	**3** Beef Burgundy, Mashed Potato, Green Beans	**4** Chicken Apple Sausage, Hashbrowns, California Blend Vegetables	**5** Herb Roasted Chicken w/ Gravy, Roasted Potato, Brussel Sprouts,	**6** **Burger**, Chips, and Salad *$12 Meal Deal*
9 Mushroom Alfredo, Penne Pasta, Italian Mixed Vegetables	**10** Meatloaf w/ Gravy, Roasted Sweet Potato, Zucchini	**11** **Veteran's Day Luncheon**	**12** Chicken Marsala, Mashed Potato, Winter Vegetable Blend	**13** **Burger**, Chips, and Salad *$12 Meal Deal*
16 Three Bean Chili, Corn Bread, Carrots	**17** Meatball Marinara, Pasta, Italian Vegetables	**18** Fish Piccata, Quinoa, Spinach	**19** Chicken Alfredo, Penne Pasta, Broccoli	**20** **Thanksgiving Luncheon**
23 Macaroni Cheese, Peas and Carrots	**24** Roasted Pork Loin w/ Gravy, Roasted Potato, Green Beans	**25** Chicken Noodle Soup, Broccoli	**26** **PVI Closed**	**27** **PVI Closed**
30 Minestrone Soup, Peas				





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

MEALS ON WHEELS AMERICA 2026 Member

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 ⅓ 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.

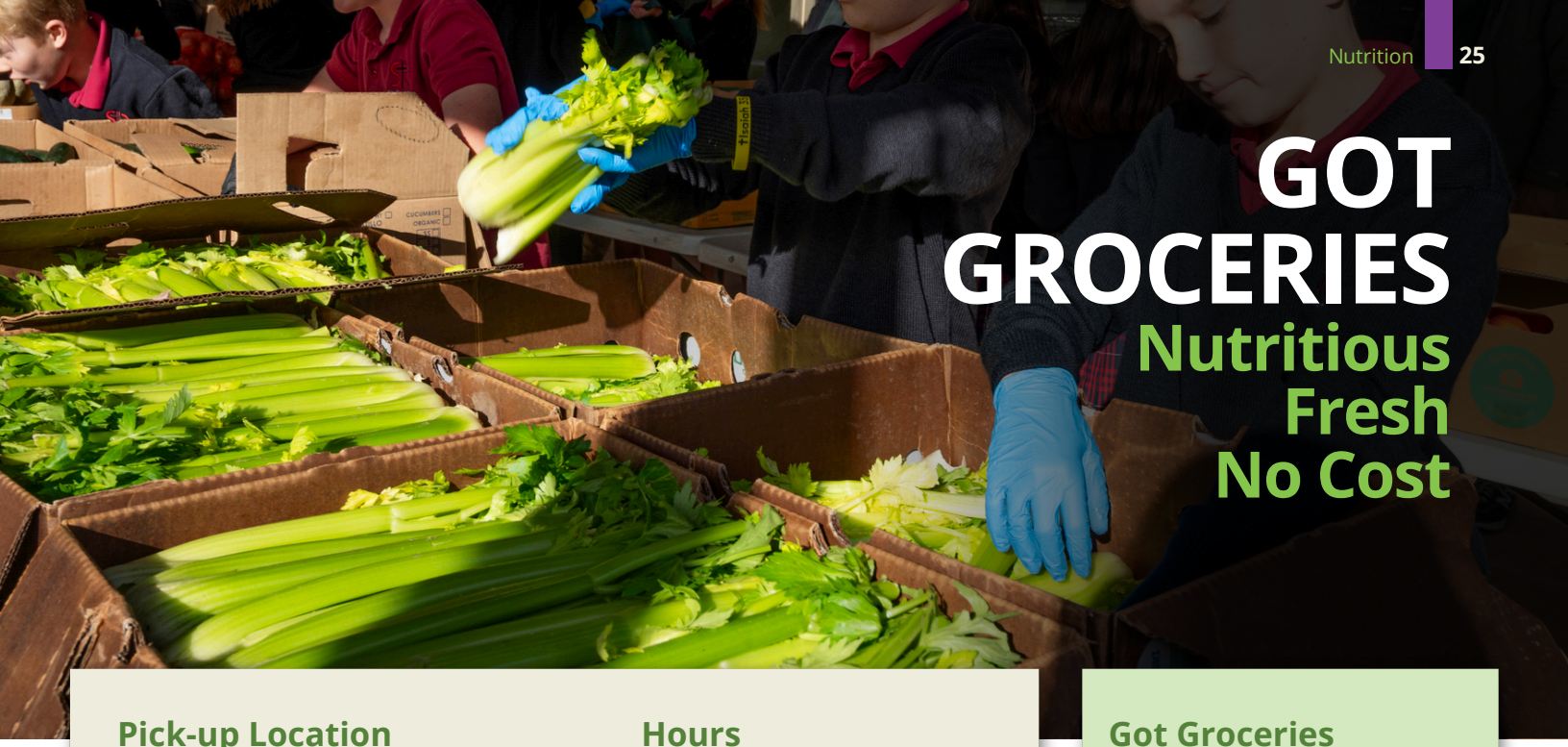
Healthy, Reliable Meals - Consistently fresh and nourishing.

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

PVI offers free weekly grocery pickup for our community.

Each bag contains:

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

***when available**

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.

Register today!

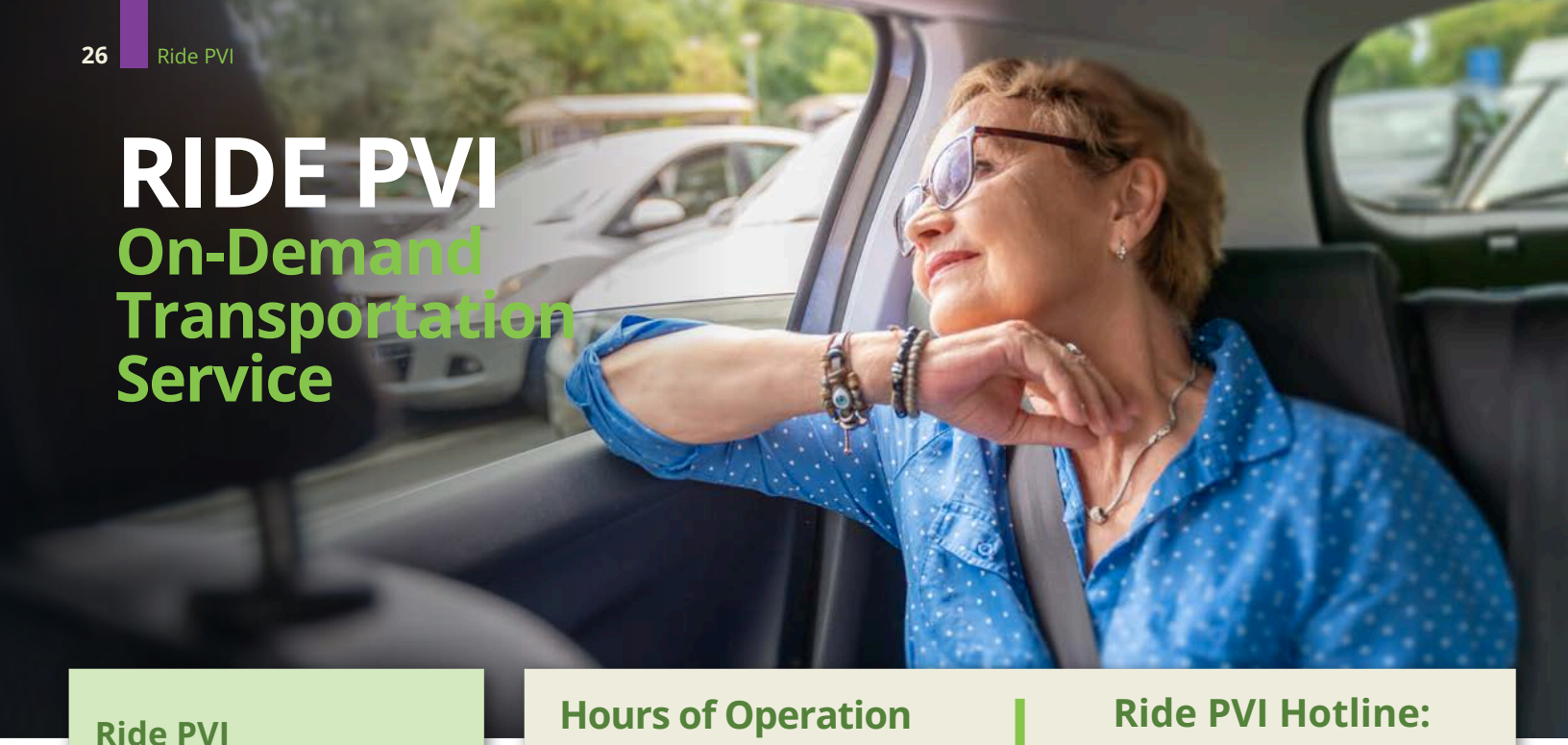
Email: **gotgroceries@1pvi.org**
Call: **650-323-2022**

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.

Scan to Register or Schedule a Ride

Hours of Operation

Monday - Friday
9:00 AM - 5:00 PM
Saturdays
10:00 AM - 2:00 PM

Ride PVI Hotline:

650-272-5040

Frequently-Asked Ride PVI Questions

How do I register?
All participants must register before first ride. Register by calling the Ride PVI at **650-272-5006.**

What is the service area?
We serve San Mateo County (except for the Pescadero region) and all of Santa Clara County.

What is the cost/rate for each ride?
Rates vary by residence. Please call **650-272-5006** for current rate information. Any subsidized ride is only available through Ride PVI.

Can the driver help the rider get in/out of the car?
All riders must be able to get in and out of the car without assistance. However, the driver can help load any mobility devices the rider has, such as a cane, walker and wheelchair.

Is Ride PVI safe?
All drivers undergo background checks, DMV checks, and vehicle inspections. Each ride is monitored by a Ride PVI team member to ensure you have been picked up and dropped off.



QUIESCENCE

Customized Solutions for Family Caregivers

"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:
conciergecare@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.

Ride PVI

Phone Agent:	9:00 AM - 5:00 PM 10:00 AM - 2:00 PM Flexible Schedule	Mon. thru Fri. Saturday *(urgent need)*

Answer Calls | Request | Schedule | Monitor Clients Rides

Additional Volunteer roles available.
For more information, contact volunteers@1pvi.org

Fall Rainbow Salad

By Stephanie Figeira, Director of Nutrition Services

Ingredients:

Salad

- 1 cup cooked wild or brown rice
- 2 medium apples or pears, cored and chopped
- 4 cuties or clementines (seasonal citrus of choice)
- 1 medium or 2 small squash, cooked and roughly chopped
- 1 8-ounce package of cooked beets or 2 medium beets, roasted and chopped
- 5 to 6 cups mixed salad greens
- 1 cup of pomegranate seeds
- ½ cup pumpkin seeds (optional)

Dressing

- 1/4cup white wine vinegar
- ¼ cup Raw Apple Cider Vinegar
- ¼ cup orange juice
- 1 Tbsp stone-ground mustard
- 1Tbsp dark maple syrup
- 1 Tbsp poppy seeds
- 1 clove minced garlic
- 1 small shallot, finely chopped
- Salt and pepper to taste

Assembly:

In a glass jar with a lid, add the salad dressing ingredients and whisk or shake to combine. Set aside to let flavors blend. Can be made in advance

Cook rice according to package directions. Once done, let cool. To speed cooling, remove from pot and spread on a parchment-lined cookie sheet to cool. This is a great recipe for using up leftover rice.

Core and chop apples or pears, peel and section citrus slices if needed, slice and dice squash, chop beets, clean salad greens. Assemble salad: greens, rice, apples, citrus, squash, and beets; drizzle dressing and toss to combine. Top with pomegranate and pumpkin seeds. Serve with additional dressing on the side. This salad is best served on a rimmed platter or individual plates.



Health Notes:

Eating a colorful variety of fruits and vegetables provides fiber, vitamins, minerals, and phytonutrients that support gut health and healthy immune function.and easing body tension.

Managing Diabetes with Exercise

By Brent Brayshaw, Fitness Manager, ACSM Exercise Physiologist

November is National Diabetes Month, so I want to share how exercise can powerfully help manage and even prevent diabetes.

First, we will focus primarily on Type 2 Diabetes, which accounts for 90-95% of cases; Type 1 Diabetes is a genetic autoimmune condition that affects 5-10% of cases. Type 2 Diabetes means the body has developed resistance to the effects of insulin; therefore, it has trouble lowering blood sugar (glucose) levels.

Diabetes can be determined by a blood test that looks at blood sugar (glucose) levels. The most common test is the Hemoglobin A1C test. This looks at the percentage of glucose attached to the red blood cells. An A1C below 5.7% is normal, between 5.7% and 6.4% is classified as prediabetes, and an A1C of 6.5% or higher on two separate tests means you have diabetes.

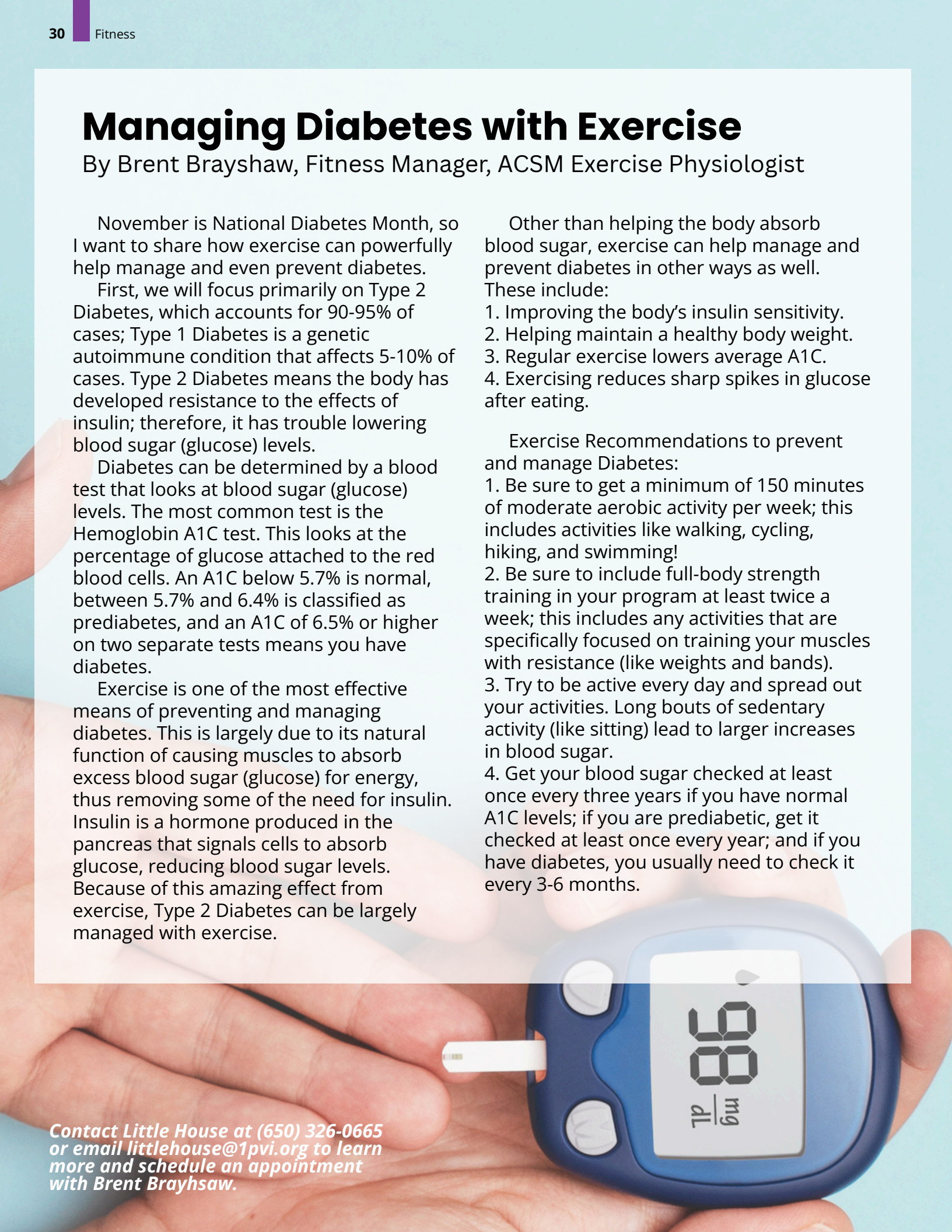
Exercise is one of the most effective means of preventing and managing diabetes. This is largely due to its natural function of causing muscles to absorb excess blood sugar (glucose) for energy, thus removing some of the need for insulin. Insulin is a hormone produced in the pancreas that signals cells to absorb glucose, reducing blood sugar levels. Because of this amazing effect from exercise, Type 2 Diabetes can be largely managed with exercise.

Other than helping the body absorb blood sugar, exercise can help manage and prevent diabetes in other ways as well. These include:

1. Improving the body's insulin sensitivity.
2. Helping maintain a healthy body weight.
3. Regular exercise lowers average A1C.
4. Exercising reduces sharp spikes in glucose after eating.

Exercise Recommendations to prevent and manage Diabetes:

1. Be sure to get a minimum of 150 minutes of moderate aerobic activity per week; this includes activities like walking, cycling, hiking, and swimming!
2. Be sure to include full-body strength training in your program at least twice a week; this includes any activities that are specifically focused on training your muscles with resistance (like weights and bands).
3. Try to be active every day and spread out your activities. Long bouts of sedentary activity (like sitting) lead to larger increases in blood sugar.
4. Get your blood sugar checked at least once every three years if you have normal A1C levels; if you are prediabetic, get it checked at least once every year; and if you have diabetes, you usually need to check it every 3-6 months.



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

Community Partners

Thank you for your support and partnership

ALZHEIMER'S ASSOCIATION

Peninsula HEALTH CARE DISTRICT
Building a Healthier Community

Sequoia Healthcare District
FOR YOUR HEALTH

COUNTY OF SAN MATEO CALIFORNIA

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ACRISURE®

BARCELON ASSOCIATES MANAGEMENT CORP
PRESERVING AFFORDABLE HOUSING



NOVEMBER 2026

THRIVE

COMMUNITY | COMPASSION | COMMITMENT

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