

LITTLE HOUSE

ROSLYN G. MORRIS ACTIVITY CENTER



800 Middle Avenue, Menlo Park, CA
(650) 326-2025 • www.penvol.org/littlehouse

AUGUST 2018

THIS MONTH AT LITTLE HOUSE

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Hours:

Monday	8:00 am - 8:00 pm
Tuesday	8:00 am - 8:00 pm
Wednesday	8:00 am - 8:00 pm
Thursday	8:00 am - 8:00 pm
Friday	8:00 am - 4:00 pm
Saturday	8:00 am - 1:00 pm

Open additional hours for select programs

Please visit www.penvol.org/littlehouse/programs for specific class cancellations



Volunteer Opportunities:

Volunteers are the heart of our organization. They support all our programs from our headquarters in Menlo Park and enhance our services in the mid-Peninsula. Whether it's Meals on Wheels, Rosener House or Little House, Peninsula Volunteers, Inc. has many ways for you to get involved!

To learn more visit www.penvol.org/volunteer

Current Opportunities

- Special Event Help
- Transportation Coordinator
- Little House Front Desk Reception
- Meals on Wheels Drivers
- Meals on Wheels Packers
- Tech Tutors

SPECIAL EVENTS



POLICE • COMMUNITY PARTNERSHIPS

National Night Out Party

Tuesday, August 7th 5:30 pm– 9:00 pm

Come early and bring the entire family!
Meet your neighbors and have a fun night out!

Free Hot Dogs, Hamburgers,
and Root Beer Floats

Jump House for Kids and
Lawn Games for All Ages

ACTIVE LIVING EXPO

August 20-25, 2018



Come experience fitness, art, cultural and technology classes. Try any new class for free!
Daily Activities: Raffle, Community Resources, Lunch, Mini Chair Massages, Drop in Tech Help

Highlights Include

Monday, August 20st

Lifetime Fitness

8:30 am– 9:30 am

Back Care and Acupressure Assessments

11:00 am-12:30 pm

English Conversation for Non-Native Speakers

3:00 pm–4:00 pm

Tuesday, August 21st

Tech Workshops

10:00 am and 2:00 pm

Clay and Chardonnay

6:00 pm– 8:00 pm

Wednesday, August 22nd

Waffle Wednesday

9:00 am–12:00 pm

Back Care and Acupressure Assessments

11:00 am-12:30 pm

Sound of Music Sing-A-Long

1:00 pm

Advance Care Planning Workshop

22nd and 29th 1:30 pm–3:30 pm

Thursday, August 23rd

Tech Workshops

10:00 am and 2:00 pm

Fundamentals of Genealogy Preview

10:30 am–11:30 am

Chair Yoga

11:00 am –12:00 pm

Hawaiian Luau (\$12.00)

5:30 pm–7:30 pm

Friday, August 24th

Melt and Body Rolling

9:45 am-10:45 am

Gentle Yoga and Props

10:30 am –11:30 am

Bingo

1:00 pm– 3:30 pm

Saturday, August 25th

Mat Pilates

9:00 am– 10:00 am

Daily Journal Senior Showcase

9:00 am–1:00 pm

For the complete schedule of events visit www.penvol.org/event/ALE2018

** Classes are on a first come basis. Some classes may include a materials fees.*

FITNESS AND WELLNESS

Fitness Assessments

Fitness assessments are required by anyone interested in our Personal Training program or choose to use our open gym. Assessments are free and by appointment only. Lasting 30 minutes they include an orientation to the gym as well as an evaluation of your personal fitness goals to help you develop a strategy to reach them. To schedule your appointment, contact member services 650-326-2025 or nazoulay@penvol.org



Open Gym Program

Open Gym time is available for individuals who choose to workout on their own and is a monthly fee based program. There is no limit to the number of gym visits per month.

**Gym Hours Monday–Friday
8:30 am–2:00 pm
Closed on Saturdays.**

Open Gym rates apply to those NOT participating in Group Fitness Classes or one-on-one Personal Training sessions.

Member	Non-Members
\$20	\$30

We ask that members not use the Gym unattended.

HEALTH AND WELLNESS PROGRAMS

Pain Away Back Care

Jason Chan

Wednesdays 11:15 am-12:15 pm

August 29th– October 17th (8–week class)

\$136 members/\$160 non-members



Learn to relieve and heal chronic pain and tension in the lower back and hips such as sciatica. These self-help techniques often result in instant relief and long term results. This eight class series allows you to track and document your progress. This class is appropriate for those with low to mild, chronic low back discomfort and is not suitable for those with acute pain or recent back surgeries. You should be comfortable getting up from the floor several times during the class. Check with your health provider to see if this class is appropriate for you.

HEALTH AND WELLNESS PROGRAMS

Acupuncture

Dr. Miyashita

Wednesdays, 9:00 am–12:00 pm

\$30 for 45 minutes

Acupuncture is a technique in which practitioners stimulate specific points on the body by inserting thin needles through the skin. It is one of the practices used in traditional Chinese medicine. Studies suggest that acupuncture may help ease low-back pain, neck pain, and osteoarthritis/knee pain. (By appt. only 650-326-2025)

Blood Pressure Screenings

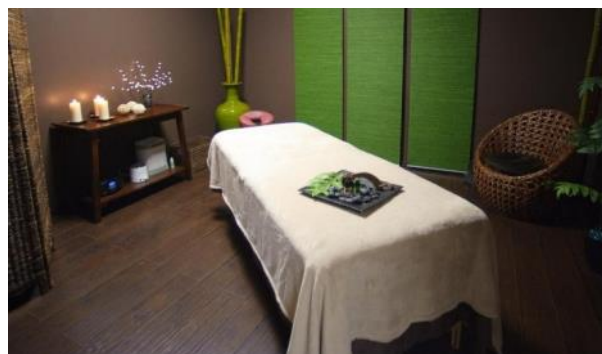
2nd Tuesday of the month

10:00 am – 11:30 am

No appointment necessary

Massage Program

Massage has been shown not only to help relieve stress but also to boost function of the immune system, speed recovery from surgery and some illnesses as well as lower blood pressure. We currently offer Therapeutic Swedish Massage for either 30 or 60 minute timeslots by appointment only. Massages are available on Mondays, Wednesdays, and Thursdays. For more information on pricing and booking, call member services 650-326-2025.



GROUP FITNESS AND WELLNESS CLASSES



Tai Chi for Mobility and Balance

Session 2 Aug 1–29

Mondays and Wednesdays 9:45a.m.–10:45a.m.

Tai Chi is proven to improve balance and has the potential to restore the physical functioning of our bodies. Movements taught are easy to learn and a joy to practice. This beginner level course requires no experience.

Session 2 (9 classes) \$125 (M) / \$144(NM)

Therapeutic Programs

Joints in Motion combines gentle strengthening with active range of motion exercises to promote life-long joint health. Most exercise will be done seated, making Joints in Motion a perfect routine for all ability levels. It is specifically geared to ease pain and address limitations associated with osteoarthritis, but will be beneficial for everyone's joints. (GP)



GROUP FITNESS AND WELLNESS CLASSES

Partner Programs

Strong for Life- is a free exercise program offered through Aging Adult Services at Stanford Hospital & Clinics. It is an easy to follow exercise routine designed to improve strength, function, and balance in older adults, with or without limitations. For more information <https://stanfordhealthcare.org/stanford-health-now/> (F-PP)



One Heart Kundalini Yoga - A powerful yoga offered by One Heart Yoga that combines meditation, physical practice and breathing exercises. Kundalini Yoga expands your awareness to your unlimited Self. Great for beginners of all ages and physical capacities. www.OneHeartYoga.com Registration and fees are collected by the instructor. (\$-PP)

Jazzercise- Every Jazzercise class starts with a warm up, followed by choreographed dance routines that are easy to learn and follow. The class ends with strength training and stretching. Register at jazzercise.com

GROUP FITNESS AND WELLNESS CLASSES

Silver Class Pass

	Drop In	5 Classes	10 Classes
Members	\$10	\$35	\$65
Non-Members	\$13	\$45	\$75

Gold Class Pass

	Drop In	5 Classes	10 Classes
Members	\$20	\$70	\$130
Non-Members	\$24	\$85	\$150

Body Conditioning Classes

Kettlebells HIIT (High Intensity Interval Training)

Alternating intervals of kettlebell swings with a changing variety of strength, flexibility, and balance improving exercises. A great way to sculpt muscles and increase stamina. Intermediate/Advance level. (GP)

Women's Chair Conditioning This seated class combines a variety of upper and lower body exercises with the use of resistance bands and balls to strengthen and tone muscles. Standing balance exercises may be performed. Beginner level. (SP)

MELT Method/Body Rolling class is a rehydration of the body's connective tissue and deep tissue massage rolled into one! You will let go of unproductive muscle patterns in your body. Body rolling allows you to work specific muscles in detail. Participant should be able to get up and down from the floor with ease. Bring your own mat. All levels. (GP)

Cardio Fitness

Lifetime Fitness Designed to strengthen, stretch and shape specific muscle groups. Learn body mechanics while building strong bones and accelerating your metabolism using hand weights and bands. Bring mat to class. All levels welcome. (SP)

20/20/20 Active and Fit This class incorporates 20 minutes of cardio moves, 20 minutes of strength and abdominal exercises with 20 minutes of stretching and flexibility exercises. Beginner to intermediate level. (SP)

Fun with Fitness Increase your strength, mobility, flexibility and reduce your fear of movement. Class includes cardio movements and strengthening exercises using small hand weights and bands. All levels. (GP)

Line Dancing- No partners needed! Traditional line dance moves to all genres of music: Country, Rock and roll, Pop, Latin, Big band, and maybe a tiny bit of Rap! A new dance move is taught each week and builds on the previous weeks' moves. This class is taught in 8-week sessions. All levels welcome. (SP)



GROUP FITNESS AND WELLNESS CLASSES

Mind and Body

Chair Yoga Recharge your mind, body and soul using yoga in the comfort of a chair. Improve flexibility, strength, proprioception, mental clarity and pain management. All levels welcome. (GP)

Gentle Yoga and Props With the use of props such as chairs, blocks, bolsters, blankets and straps, practice traditional yoga poses with ease and comfort regardless of physical limitations or age. Each class includes meditation and emphasis on proper breathing. All Levels (GP)

Iyengar Yoga This form of Hatha Yoga has an emphasis on detail, precision and alignment in the performance of postures and breath control. It uses belts, blocks, and blankets as aids in movement. Intermediate/Advanced level. (GP)

Rosen Method Movement works with the body's natural structure and engages the core, improves balance and coordination, and increases range of motion in the joints. All levels welcome. (Free for members/ \$5 Non Members)

Kundalini Yoga This yoga style is a dynamic spiritual practice designed to give you an experience of your soul. It combines breath, mudra, eye-focus, postures and meditation offering you a heightened awareness and greater peace. All levels welcome. (GP)

Tai Chi Chinese exercise meditation system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. With practice you will develop self-awareness of body alignment and movement. (GP)



Pilates

Beginner Pilates The Pilates Method is structured around your body's powerhouse—working the abdominals, pelvic floor, hip joints and lower back. Beginner level (GP)

Mat Pilates This class uses controlled movements to strengthen and tone, improve posture, increase flexibility and core strength, and create a more streamlined shape without increasing bulk. All levels (GP)

Pilates MVe (maximum versatility exercise) Using the MVe chair unit, this Pilates based program focuses on improving core and lower back strength, flexibility, upper/lower body strength, and balance. Intermediate/Advance level (GP)

Standing Pilates and Props

Using props such as the magic circle and weights this class offers a balanced workout from head to toe, all from a standing position. Intermediate Level (GP)

GROUP FITNESS AND WELLNESS CLASSES

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
8:30am LifETIME Fitness Mary / SP	8:15am Mat Pilates Elaine / GP	8:30am LifETIME Fitness Mary/SP	8:15am Standing Pilates Elaine / GP	8:30am LifETIME Fitness Mary/SP	8:30am LifETIME Fitness Mary/SP	8:30am LifETIME Fitness Mary/SP	8:30am LifETIME Fitness Mary/SP	8:30am LifETIME Fitness Mary/SP	8:30am LifETIME Fitness Mary/SP	8:00am KettleBells Fran/GP	
8:30am Beginner Pilates Fran / GP	9:30am Fun with Fitness Vicky / GP	8:30am Beginner Pilates Fran/GP	9:30am Fun with Fitness Vicky / GP	8:30am Beginner Pilates Fran/GP	9:30am Fun with Fitness Vicky / GP	8:30am Pilates Mve Chair Fran/GP	9:30am Fun with Fitness Vicky / GP	8:30am Pilates Mve Chair Fran/GP	8:30am Pilates Mve Chair Fran/GP	9:00am Mat Pilates Fran/GP	
9:45am Tai Chi Jason/\$\$	10:45am * Strong for Life Stanford Health Care F- PP	9:45am Tai Chi Jason/\$\$	10:45am * Strong for Life Stanford Health Care F- PP	9:45am Tai Chi Jason/\$\$	10:45am * Strong for Life Stanford Health Care F- PP	9:45am Melt/ Body Rolling Fran/GP	10:45am * Strong for Life Stanford Health Care F- PP	9:45am Melt/ Body Rolling Fran/GP	9:45am Melt/ Body Rolling Fran/GP		
9:45am Active & Fit 20/20/20 Mary/SP	11:45am Rosen Movement Free	9:45am Active & Fit 20/20/20 Mary / SP	11:00am Chair Yoga Joan / GP	9:45am Active & Fit 20/20/20 Mary / SP	11:00am Chair Yoga Joan / GP	10:30am Gentle Yoga with Props Mehrnaz/GP	11:00am Chair Yoga Joan / GP	10:30am Gentle Yoga with Props Mehrnaz/GP	10:30am Gentle Yoga with Props Mehrnaz/GP		
11:00am * Iyengar Yoga Ruchi /GP	1:15pm Women's Chair Conditioning Dana / SP	10:00am Line Dancing Evelyn/SP	1:15pm Women's Chair Conditioning Dana / SP	10:00am Line Dancing Evelyn/SP	1:15pm Women's Chair Conditioning Dana / SP		1:15pm Women's Chair Conditioning Dana / SP				
		11:15am Joints in Motion Jamie / GP		11:15am Joints in Motion Jamie / GP							
	6:00pm Jazzercise/ \$-PP	11:15 am Pain Away Back Care Jason/\$\$	5:40pm Jazzercise \$\$ / PP	11:15 am Pain Away Back Care Jason/\$\$	5:40pm Jazzercise \$\$ / PP						
6:00pm Jazzercise/ \$-PP	7:00pm * One Heart Yoga/ \$-PP	6:00pm Jazzercise / \$-PP	7:00pm Kundalini Yoga Polly / GP	6:00pm Jazzercise / \$-PP	7:00pm Kundalini Yoga Polly / GP						
			7:00pm Tai Chi Lisette / GP		7:00pm Tai Chi Lisette / GP						

KEY

GP = Gold Class Pass

SP = Silver Class Pass

\$\$ = Enrollment Class

\$- PP= Fee Based Partner Program

F-PP= Free Partner Program

*All Classes are one hour unless

noted.

To register for classes,

www.penvol.org

COMMUNITY RESOURCES

Take Charge Advance Care Planning

Wednesday, August 22nd and 29th

Thursday, October 25th and November 1st

1:00 pm–3:30 pm

Free in Partnership with Mission Hospice

If you were facing serious illness, what kind of care would you want? If you couldn't speak for yourself, who would? Planning for your future care can bring peace of mind to you and your loved ones. In this free advanced care planning workshop, you will learn the importance of planning ahead, how to complete your advance care planning directive and have the difficult conversation with your loved ones.

RSVP 650-326-2025



HICAP- Health Insurance Counseling & Advocacy Program

Mondays, from 1:00 pm – 3:00 pm

Call 650-627-9350 for an appointment.

70 Strong Community Navigators

Wednesday August, 23rd

10:30 am – 12:30 pm

Support Groups:

Alzheimer's and Dementia Family Caregiver's Support Group

For family member's currently taking care of someone with Alzheimer's or dementia.

Call 650-322-0126 for more information.

Parkinson's Support Group

2nd Wednesday each month at Little House

2:00 pm- 3:30 pm

August Topic- Fall Prevention with Parkinson's

Programs usually include guest speakers such as movement disorder specialists, physical therapists, speech therapists, psychologists, geriatricians, home care agencies, palliative care agencies, etc.

Please contact Robin Riddle, Stanford APDA Information and Referral Center, 650-724-6090, rriddle@stanford.edu

Health Insurance Counseling and Advocacy Program (HICAP) 2018 New Medicare Cards

Tuesday, August 28 1:00pm –2:00pm

Have you received your new Medicare Card?

What did you do with your old Medicare card?

While the new cards began rolling out April 2018

and continue through April 2019, Medicare

beneficiaries need to be vigilant and protect

yourselves from potential scam artists. HICAP in

partnership with Senior Medicare Patrol will

explain how to avoid becoming a target for

Medicare fraud. Please RSVP by calling

650-326-2025 or email littlehouse@penvol.org

TECHNOLOGY CLASSES



Tech Tuesday– Bargains on Back to School Specials

Tuesday, August 14th

1:00 pm–2:00 pm

This month's Tech topic will cover how to take advantage of the back to school deals on new technology. If you are looking to upgrade your equipment this workshop is for you!

Learning to Use the iPhone and iPad

Thursdays, August 2nd–30th

1:00pm–2:00pm

Learn to use an iPad or iPhone so that is immediately useful. We have iPads available for students to borrow during the course.

Open Tech Lab

Our computer lab is available for a variety of tech programs. We have Apple Computers and PCs available five days a week. The lab is open throughout the day so it is available when you are. We also have a classroom for a variety of tech classes or a quiet space for one-on-one tutoring sessions.

Tech Class Pass Pricing

	Drop In	5 Classes	10 Classes
Members	\$10	\$35	\$50
Non-Members	\$12	\$45	\$60

Tech Tutoring

Individual sessions with our volunteer tech tutors are available six days a week.

Call 650-326-2025 to schedule an



Active Living Expo Tech Programs August 20th-24th

Tech Sessions

Tuesday, August 21st-Thursday August, 23rd
10:00am and 2:00pm

Catch up on Tech Tuesday Sessions you missed. Topics include: *I've Been Hacked!*, *Loading Music from CD's, Records and Tapes*, *Protect Me from Facebook*, *Adding Music to your iPhone and iPad*, and *Traveling with an iPad*.

Drop in Tech Help

Monday, August 20th –Friday, August 24th
9:00am and 3:00pm

Feel free to drop into our tech center for help from one of our tech tutors. Get questions answered and learn about our technology center!

SPECIAL EVENTS



Members August Birthday Lunch

Little House Members with
an August
Birthday are invited to join us for a
free lunch on

Thursday, August 16th
11:30 am -1:00 pm.

Stop by the cafe and enjoy lunch and
a special treat on us. While this is a
free event, please RSVP to guarantee
your spot.

ARTS AND CERAMICS

Fun with Ceramics

Mondays:

9:00 am – 12:00 pm

1:00 pm – 4:00 pm

Thursdays:

9:00 am – 12:00 pm

1:00 pm – 4:00 pm

5:30 pm – 8:30 pm

Come find your artistic niche with our exciting ceramics classes! Whether ceramics is a new hobby or a long-time passion, the Little House studio is open to artists of all caliber.



Clay and Chardonnay

Tuesdays 6:00 pm – 8:00 pm

August 14th, 21st and 28th

\$25 Member / \$30 Non-Member per class

Join us at Little House for a wonderful evening that will help you unwind and release your inner artist. As you sip on wine, the instructor will guide you on a step-by-step artistic adventure to create your own clay masterpiece. Supplies, aprons, and wine are all part of the deal. Come enjoy a night out with your friends!

Open Studio

The Studio is available for current students to work independently during select hours.

Ceramics Class Pass Pricing

	Drop In	5 Classes	10 Classes
Members	\$23	\$100	\$150
Non-Members	\$26	\$115	\$170
Open Studio	\$15	\$50	\$80

Art Supply Class – Pens and Pencils

Taun Relihan

Thursday August 9 2:00pm–3:00pm

\$5 member / \$8 non-member

In this creative fun class, you will learn how doing adult coloring can support you own unique art and creative practice. Use colored and watercolor pencils, gel pens, glitter ink and colored felt tip pins to create. You will also learn how to keep a visual journal.

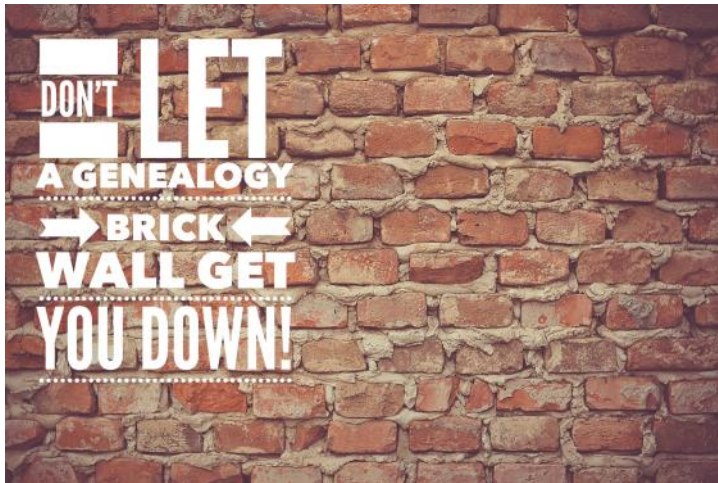


Knitting Groups

Tuesdays 9:00 am – 12:00 pm

Wednesdays 10:00 am – 12:15 pm

Bring your knitting needles and projects. All skill levels are welcome to join! Weekly get-togethers are intended to be relaxed knitting sessions with good company. Need yarn or needles? Check out the Little Shop for deals on supplies!



Genealogy Workshop

Overcoming your Brick Walls

Monday–Thursday / August 13th –16th

10:00 am–12:00 pm

\$20 member / \$30 non-member

To Register: 650-326-2025

This is an intensive 4-day course working on student projects. The focus will be on your research with a goal of advancing your genealogy to the next level. The course includes an overview of brick walls and discussions and suggestions on how to overcome them.

For more information contact the instructor at margaretmelaney@gmail.com



Book Club

August 1st 12:30 pm – 2:00 pm

Empire Falls by Richard Russo

Live Musical Performance

Grant MacKenzie

Tuesday, August 7th 1:00 pm

Free

Summer is in full swing and it's time to groove with Grant, a young local musician who has been playing guitar for over four years. He will be playing some original songs, rock'n'roll classics, and songs by the Beatles. This performance is sure to get your feet tapping and your fingers snapping.



English Conversation Group for Non-Native Speakers (Preview)

Monday, August 20th

3:00pm–4:00pm

Free

This informal conversation group led by Sara Tanke, an experienced ESL teacher, will provide you with speaking practice to increase your vocabulary and fluency in English. Join with others to share ideas and opinions about your community and the world today,

TRANSPORTATION

Need a Lyft ?

If you need a ride from your home to Little House, the doctor or dentist, call our direct transportation hotline number. We will arrange for a Lyft Driver to pick you up from your home within a few minutes. When you're ready to return, call us back and we will get you a ride home. No cell phone necessary!

**To register or order a ride:
(650) 272-5040**

**Hours: Monday - Thursday 8:00 am - 8:00 pm
Fridays 8:00 am - 4:00 pm**

Pre-registration is required for all users.



Travel Within:			
One Zone	Neighboring Zones (i.e. Zone 1-Zone 2)	Non-Neighboring Zones (i.e. Zone 1-Zone 3)	Outside Program Boundaries
\$4.00	\$4.00	\$8.00	Standard Lyft Rates
Zone Coverage Areas			
Zone 1 - East Palo Alto, Palo Alto, Stanford, Portola Valley			
Zone 2 - Menlo Park, Redwood City, Atherton, Woodside			
Zone 3 - San Carlos, Belmont, Foster City, San Mateo			

SPECIAL EVENTS

The Daily Journal Senior Showcase

Saturday August 25th 9:00 am–1:00 pm

Free Services Include

- Goody Bags
- Giveaways
- Refreshments
- Door Prizes
- Visit booths with senior services
- Blood Pressure Check



GAMES, CLUBS, AND SOCIAL EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
1:00 pm Eclectic Movie	9:00 am – 12:00 pm Knitting Club	10:00 am - 12:15 pm Wednesday Knitting Group	10:00 am - 12:15 pm Hand and Foot Canasta	12:15 pm – 3:30 pm Social Bridge
1:00 pm – 3:00 pm Mah Jong	1:00 pm – 3:00 pm Mah Jong	10:30 am – 12:00 pm Beginning Bridge	1:00 pm – 3:00 pm Mah Jong	1:00 pm – 3:30 pm Bingo
1:00 pm – 3:00 pm Duplicate Bridge		12:30 pm – 3:00 pm Pinochle		12:15 pm – 3:30 pm Social Bridge
		1:00 pm – 3:00 pm Culture Movie		1:00 pm – 3:30 pm Bingo

MOVIES

Eclectic Movies

Mondays 1:00pm | Auditorium

Free for Members | \$3 Non-Members

August 6 3 Billboards Outside Ebbing. MI
115 min R 2017

A woman, mourning the death of her daughter, tries to prod the local police by renting three billboards criticizing them for their slow investigation.

August 13 The Insult
112 min R 2017

A minor dispute between a Christian Lebanese man and a Palestinian worker spirals into a court case with national implications.

August 20 I, Tonya
121 min R 2017

Story of Tonya Harding, an Olympic skater implicated in a conspiracy to maim her rival. Standout performances by Margot Robbie and Allison Janney. Some scenes include the real people.

August 27 The Fencer
90 min NR 2017

A true story set in a 1950's Estonian town. A coach with a mysterious past arrives to shape a ragtag bunch of kids into tournament contenders.

Culture Movies

Wednesdays 1:00pm | Auditorium

Free for Members | \$3 Non-Members

August 1 Grey Gardens
94 min PG 1975

Documentary capturing the poignant moments in the lives of Jackie O's quirky relatives -- Edith Bouvier Beale, and daughter, Little Edie -- at their decaying estate, Grey Gardens.

August 8 Footnote
106 min PG 2011

Long buried tensions erupt in this drama about a strained relationship between a reserved Talmudic scholar and his ambitious son.

August 15 To Sir With Love
105 min NR 1966

Sidney Poitier stars as Mark Thackeray, an engineer by training who reluctantly takes a teaching job in a working-class London high school.

August 22 Sound of Music (Sing-A-Long)
174 min G 1965

Come to sing along with Rodgers and Hammerstein's greatest collaboration. A feisty postulant named Maria is sent to care for the unruly, motherless Von Trapp children. She soon tames them -- and finds herself falling for their stern father.

August 29 Peaceful Warrior
121 min PG-13 2000

College gymnast Dan Millman had everything until an injury changed his life forever. During his recovery, fate unlocks a world of wisdom and spiritual understanding.

UPCOMING TRAVEL

Santa Cruz Follies

Wednesday, September 12

Following lunch at the Crow's Nest, we head over to the auditorium to see the Santa Cruz Follies production. This year's theme is "The Way We Were." \$110

Boston, Maine, Cape Cod

September 25 – October 2

Visit Nantucket, Martha's Vineyard, Boston, Kennedy Library, LL Bean store and much more.

Canada and New England Cruise

October 5 – 16, 2018

Sail on Princess from Quebec City with stops in Sydney, Halifax, Portland, Bar Harbor, Boston, Newport, and New York City.

Texas Heroes and Presidents

October 14 – 20, 2018

Explore 3 Presidential Libraries and more during visits to San Antonio, Austin, Dallas and Fort Worth.

New Year's Eve in Tucson

December 30, 2018 – January 3, 2019

Enjoy a new year's eve party in Tucson plus visits to Tombstone and Boot Hill, Pima Air & Space Museum, tram ride in Sabino Canyon, and much more.

For more information: Call (650) 272-5018 during office hours on Fridays 9:30-12:30 or leave a message.

SPECIAL EVENTS

Little House Luau

Thursday, August 23rd

5:30 pm–8:30 pm

You are invited to our annual Luau. Come enjoy live Hawaiian entertainment, a delicious meal featuring Kalua Pork Sliders and Lomilomi Salmon. Enjoy a Mai-Tai and let your worries slip away.

Dinner Cost-

In Advance: \$12.00

After August 16: \$15.00

Mai-Tai- \$4.00



This event will sell out!

Purchase your tickets early at www.penvol.org/littlehouse or call 650-326-2025

AUGUST 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Café Hours Monday—Friday 11:30am— 1:00pm	Menu Subject to Change	1 Pot Roast w/ Gravy	2 Mongolian Beef	3 Hot Roast Turkey Sandwich
6 Chicken Tamale	7 Hamburger	8 Turkey Mediterranean Casserole	9 Corn Meal Breaded Fish	10 Beef Stroganoff over Egg Noodles
13 Baked Fish Veracruz	14 Beef & Broccoli Stir Fry	15 BBQ Chicken	16 Stuffed Bell Pep- per w/ Ground Turkey	17 Whole Wheat Spaghetti
20 Oven Fried Chicken	21 Pork Chops with Roasted Apples	22 Philly Cheese Steak Sandwhich	23 Salmon with Lemon & Parsley	24 Chicken Chow Mein
27 All Beef Frankfurter	28 Chicken Fajitas	29 Penne Pasta Primavera	30 Lemon Chicken	31 Salisbury Steak