

LITTLE HOUSE

ROSLYN G. MORRIS ACTIVITY CENTER



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

JULY 2018

THIS MONTH AT LITTLE HOUSE

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Little House will be closed Wednesday, July 4th

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 or call 650-272-5108

Current Opportunities

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

SPECIAL EVENTS



Members July Birthday Lunch

Little House Members with a July Birthday are invited to join us for a free lunch on **Thursday, July 19 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.

650-326-2025

FITNESS AND WELLNESS

Fitness Assessments

Fitness assessments are required by anyone interested in either our Personal Training Fitness program or choose to use our open gym. Assessments are free and are by appointment only. Appointments are typically 30 minutes and include an orientation to the gym as well as an assessment 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.

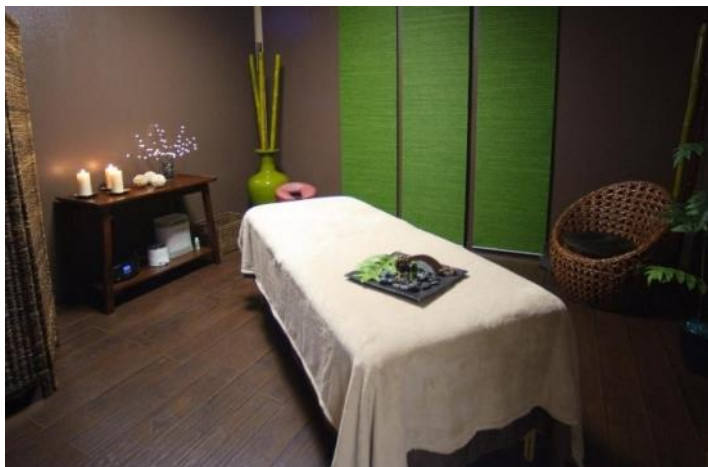
**Gym Hours Monday–Friday
8:30 am–2:00 pm
Closed on Saturdays.**

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



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.

HEALTH AND WELLNESS PROGRAMS

Acupuncture

Dr. Miyashita

Wednesdays, 9:00a.m.—12:00p.m.

\$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.

10:00a.m. – 11:30a.m.

No appointment necessary

Group Fitness and Wellness Classes



Tai Chi for Mobility and Balance

Session 1 July 9-30 / 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 1 (7 classes) \$97 (M) / \$112 (NM)

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

Therapeutic Programs

PWR!4Life Parkinson Exercise Program is a research-based, integrated exercise and wellness program designed to counteract the inactivity, motor deterioration, and symptoms of Parkinson Disease. Each class includes exercises to improve endurance, strength, flexibility and balance. (GP)

Thursdays 11:45a.m. – 12:45p.m,

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 routing for all ability levels. It is specifically geared to ease pain and address limitation associated with osteoarthritis, but will be beneficial for everyone's joints (GP)

Wednesdays 11:15a.m. – 12:45p.m.

GROUP FITNESS AND WELLNESS CLASSES

Silver Class Pass

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

Gold Class Pass

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

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)

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 re-hydration 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)

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 practice in yoga that incorporates various breathing and meditation, and exercises designed to strengthen your glandular and nervous systems. This class is offered by One Heart Yoga. Intermediate/Advance level. 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

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)

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/Advanced 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

		Tuesday		Wednesday		Thursday		Friday		Saturday	
Monday	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 Lifefit Fitness Mary/SP	8:30am Lifefit Fitness Mary/SP	8:30am Lifefit Fitness Mary/SP	8:30am Lifefit Fitness Mary/SP	8:00am KettleBells Fran/GP	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	8:30am Pilates MVe Chair Fran/GP	8:30am Pilates MVe Chair Fran/GP	8:30am Pilates MVe Chair Fran/GP	8:30am Pilates MVe Chair Fran/GP	9:00am Mat Pilates 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/\$\$	9:45am Melt/ Body Rolling Fran/GP	9:45am Melt/ Body Rolling Fran/GP	9:45am Melt/ Body Rolling Fran/GP	9:45am Melt/ Body Rolling Fran/GP		
	9:45am Active & Fit 20/20/20 Mary/SP	11:00am Global Dance Hong Mei/SP	9:45am Active & Fit 20/20/20 Mary / SP	11:00am Chair Yoga Joan / GP	9:45am Active & Fit 20/20/20 Mary / SP	10:30am Gentle Yoga with Props Mehrnaz/GP	10:30am Gentle Yoga with Props Mehrnaz/GP	10:30am Gentle Yoga with Props Mehrnaz/GP	10:30am Gentle Yoga with Props Mehrnaz/GP		
	11:00am * Iyengar Yoga Ruchi /GP	11:45am Rosen Movement Free	10:00am Line Dancing Evelyn/SP	11:45am Parkinson's Exercise Stephanie / GP	10:00am Line Dancing Evelyn/SP						
	6:00pm Jazzercise/ \$-PP	6:00pm Jazzercise/ \$-PP	6:00pm Jazzercise / \$-PP	7:00pm Kundalini Yoga Polly / GP	6:00pm Jazzercise / \$-PP						
	7:00pm * One Heart Yoga/ \$-PP	7:00pm * One Heart Yoga/ \$-PP		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

GROUP FITNESS AND WELLNESS CLASSES

Benefits of Gentle Yoga Using Props Workshop

Friday, July 13

10:30am–12:30pm

\$5 Members / \$10 Non-members

During this two-hour workshop, you will learn that physical limitations or age should not limit you from embarking on your Yoga journey. With the use of props such as chairs, and straps you will learn how to modify yoga postures. You will get a chance to practice one-on-one. Come with an open heart and see how you can live a better life.



Community Resources

Legal Aid Society of San Mateo County

Free Legal Help for Preparing an
Advance Health Care
Directive

Monday, July 16th from 1:00 p.m. to 3:00 p.m.

Attorneys and law students will be available to assist in the preparation of a health care directive. The purpose of the health care directive is to put in writing what your wishes are regarding life sustaining medical treatment in the event that you become incapacitated and cannot tell the doctor what kind of treatment you want. You can also name someone to make these decisions for you. We will also talk to you about a POLST.

Free but an appointment is required

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



COMMUNITY RESOURCES

Take Charge Advance Care Planning

Wednesday, July 11th

1:00 pm–3:00 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 650-272-5045



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

Thursdays, July 12th and 26th

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

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

By Special Request: Take Charge! Community Q&A with a Doctor

July 31st 1:30 pm -3:30 pm

Free but please RSVP

Here is your chance to ask a doctor any questions you still have about advance care planning. Learn more about the different medical terminology and how that can affect your future care.

Jerry Saliman, M.D., is volunteer internist at Samaritan House Medical Clinic in San Mateo and volunteer Community Ambassador with Mission Hospice & Home Care.

TECHNOLOGY CLASSES



Tech Tuesday– Traveling with an iPad

Tuesday, July 12th

1:00 pm–2:00 pm

This month's Tech topic is Traveling with an iPad. Learn how to connect to your apps without a Wifi connection to use Google Maps and local traffic apps, language and local favorite places to visit.

Learning to Use the iPhone and iPad

Thursdays, July 5th–26th

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.

Tech Tutoring

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

Call 650-326-2025 to schedule an appointment

Tech Class Pass Pricing

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

What's happening with Windows 10

Wednesdays, June 11th - 25th

1:00pm – 2:00pm

We review what is evolving in Windows 10 by emphasizing settings for stability and predictability. A number of classes are necessary because the ordinary things like a browser (Edge) has changed its definition of what we expect, the home screen has change what you can access and more.



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.

LIFELONG LEARNING

Marv's Music Memories

The Music of Summer Pops Concerts

Tuesday, July 24th 1:00 pm

\$5 Members /\$8 Non-members

The Pops Concert is one of our great summertime institutions and Marv's Musical Memories has it for you. Marv will showcase recorded popular songs, show tunes and well-known light classics, those you associate with concert bands and the symphony pops concerts. Listen to recordings of well known composers such as John Williams, Leroy Anderson and Stephen Foster.



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

July 10th and July 24th

\$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 Class Pass	10 Class Pass
Members	\$23	\$100	\$150
Non-Members	\$26	\$115	\$170
Open Studio	\$15	\$50	\$80

Art Supply Class – Paper

Taun Relihan

Thursday July 12 2:00pm–3:00pm

\$5 member / \$8 non-member

This art supply class will focus on the varieties of paper that can be used in your own creative practice. Find out which papers are best for your projects. Try out different papers with watercolors, colored pencils and watercolor pencils.



LIFELONG LEARNING



Great Courses Series

Myth in Human History

Thursdays, 1:30 pm – 3:30 pm

June 7th to August 23rd (12 sessions)

\$30 (includes refreshments)

To Register: janwar@sbcglobal.net or
650-964-0560

“A man lassoes the sun to lengthen the day. A giant boar raises the earth from the sea with its enormous tusks.” These are a just few myths from around the world. Grasping the deep-seeded truths behind myths is an illuminating and rewarding journey that reveals new insights into the ways beliefs are passed on from generation to generation.

Memoir Writing

Phyllis Butler

Tuesdays, 1:00 pm– 2:00 pm

\$55 Member / \$60 Non-Member

What makes your creative juices flow? Come interpret the context of your own life and loves using: place, space, time and biography to discover your own voice.

Essential Oils

Linda Watanabe

Oils for Energy and Memory

Wednesday, July 11th 11:00 am

Are you able to keep up your energy during these long days of summer? There are Essential oils without caffeine than can help to perk up your energy , moods and memory.



Music Together Generations Program

Date and Time Pending (Ask at Front Desk)

Free

Do you remember the joy of laughter that young children can bring to your day? Are you grandparent, but your grandchildren live far away or all grownup? Then join Little House for a special demonstration of the Music Together Generations program. Join along in this lighthearted intergenerational class with fun songs, children’s liveliness and laughter.

Book Club

July 11 12:30 pm – 2:00 pm

Under the Wide and Starry Sky” by Nancy Horan

TRANSPORTATION

We hope that our subsidized transportation service to medical/dental appointments and to the three senior activity centers is providing a valuable service to you. We are making two changes to our program, effective July 1st, 2018.

- We are expanding our subsidy coverage program to include all of the City of San Mateo in the north, and all of the City of Menlo Park, Palo Alto and East Palo Alto in the south,
- In tandem with our geographical expansion, we are creating a ‘zoned’ model for the pricing structure. Those traveling within a zone, or to a *contiguous* zone, will experience no change. For subsidized rides from Zone 1 to Zone 3 (or vice-versa) - which include our expanded coverage area - the one-way customer cost will be \$8.00.



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			

Need a Lyft ?

If you need a ride from your home to Little House, the doctor or dentist, call our direct transportation hotline number at 650-272-5040. 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.

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

JULY MOVIES

Eclectic Movies

Mondays 1:00pm | Auditorium

Free for Members | \$3 Non-Members

July 2 Yankee Doodle Dandy

123 min NR 1942

James Cagney won Best Actor Oscar for this portrayal of George M. Cohan in this lavish screen biography that highlights Cagney in some of his finest songs and dance routines.

July 9 Lady Bird

94 min R 2017

In her senior year of high school in Sacramento, teenage Lady Bird is set on making her way east to attend college in New York City.

July 16 All the Money in the World

132 min R 2017

Thriller about the Getty kidnapping in 1973, highlighted by Michelle Williams as the mother and Christopher Plummer as the billionaire, J. Paul Getty.

July 23 Bombshell: The Hedy Lamarr Story

90 min NR 2017

Remembered as one of the most beautiful stars of her day, Lamarr had brains, which are on display in this documentary that spotlights her WWII co-invention of wireless communication.

July 30 Kodachrome

100 min NR 2018

After Kodak 2009 decision to stop manufacturing Kodachrome film. Matt Ryder embarks on road trip with his estranged dad, a famed photographer, to take his last roll of film.

Culture Movies

Wednesdays 1:00pm | Auditorium

Free for Members | \$3 Non-Members

July 4 No Movie

Little House closed for Independence Day.

July 11 Maudie

115 min PG-13 2017

This affecting biopic charts the story of Maud Lewis, who rises above the juvenile rheumatoid arthritis that made her a social outcast and finds passion for painting.

July 18 Words and Pictures

101 min R 2013

A picture is worth a thousand words -- or is it? That's the question prep school students must answer as their teachers egg them on in this diverting romantic comedy starring Clive Owen and Juliette Binoche.

July 25 Bobby Jones, Stroke of Genius

128 min PG-13 2017

In this biopic, Jim Caviezel portrays Bobby Jones, the legendary golfer who received the title of Grand Slam Champion by winning the British Amateur, the British Open, the U.S. Open and the U.S. Amateur in just one year -- 1930.

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.

We need your help!



Meals_{ON} **Wheels**
SAN MATEO COUNTY

Volunteer as a Driver

We're looking for drivers for each weekday to provide meals to a growing number of seniors.

Drivers must be available from 10:00 AM to 1:00 PM, use their own vehicle, have a clean driving record and pass a background check.

Please contact **Vicki Cormack** at vcormack@penvol.org or (650) 272-5108 to sign-up.

JULY 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bake Fish Veracruz	3 BBQ Chicken	4 Fourth of July Little House Closed	5 Spaghetti w/ Meatballs	6 French Dip Sandwich
9 Oven Fried Chicken	10 Roast Pork Loin	11 Turkey Loaf w/ Gravy	12 Salmon w/ Lemon & Parsley	13 Chicken Chow Mein
16 All Beef Frankfur- ter on W\W Bun	17 Lemon Chicken with Herbs	18 Penne Primavera	19 Chicken Fajitas	20 Salisbury Steak
23 Cheese Tortellini w/ Spinach	24 Breaded White Fish	25 Beef Stew w/ Potatoes	26 Chicken Cordon Bleu	27 Pastrami & Swiss On Rye
30 Chicken Noodle Casserole	31 Black Bean & Turkey Chili	Café Hours: Monday-Friday 11:30 am- 1:00 pm	<i>Menu Subject to Change</i>	