



**Peninsula
Volunteers, Inc.**



Little House
ROSLYN G. MORRIS
ACTIVITY CENTER



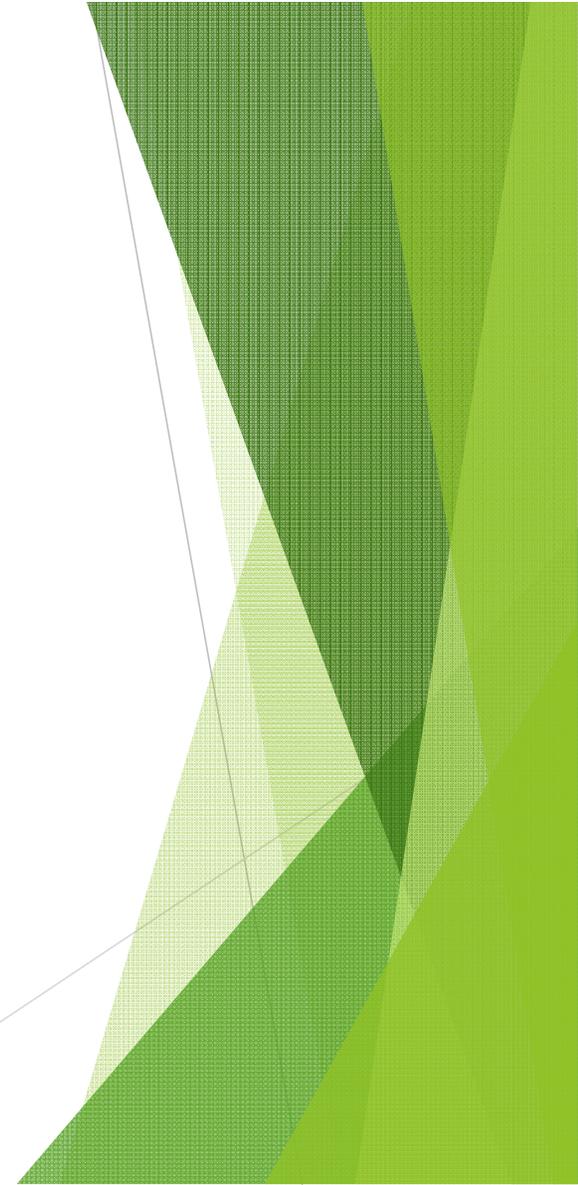
Rosener House
ADULT DAY SERVICES



Meals_{ON}Wheels
NUTRITION SERVICES



Senior Housing
AFFORDABLE HOUSING



Keeping our Community Active



Physical



Mental



Social

Fitness and Wellness

- ▶ Provide a supportive environment to encourage all areas of well-being including physical activity, education, nutrition and social wellbeing.
- ▶ Keeping our community active, through a wide variety of programs for all fitness levels.



Programs



- ▶ Fitness Assessments
- ▶ Group Fitness Classes
- ▶ Personal Training
- ▶ Open Gym
- ▶ Health and Wellness

Technology

- ▶ To have all Little House member comfortable navigating and using computers, smart phones or tablets so that they have the ability to
 - ▶ Access Resources (tax documents, medical appointments) that are increasingly only available online
 - ▶ Stay connected with friends and family around the globe
 - ▶ Use new technologies, like Lyft, to stay in their home longer



Tech Programs

- ▶ Group Classes and Seminars
 - ▶ Intermediate iPhone- October 17th and 24th
10:0 a.m-12:00 p.m.
 - ▶ Online Shopping- October 18th and 25th
10:00 a.m-12:00 p.m.
 - ▶ November Classes include:
 - ▶ Beginning iPhone/iPad, Windows 10,
Keeping in touch with video calls
- ▶ 1:1 Tutoring
 - ▶ Meet with an “expert” for 1 hour to ask questions and learn new skills
- ▶ Open Lab
 - ▶ Macs and PCs available for drop in use with volunteers available to answer questions



Lifelong Learning



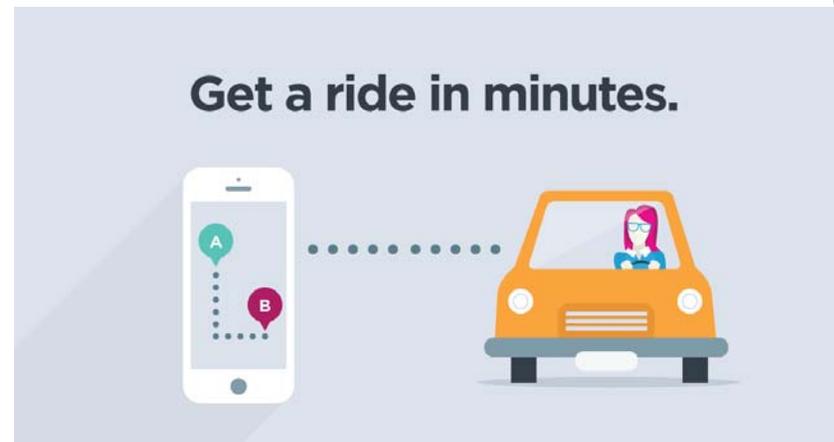
- ▶ Arts
 - ▶ Ceramics
 - ▶ Watercolors
- ▶ Education
 - ▶ Distinguished Speakers Series
 - ▶ History with Michael Svanevik
 - ▶ Gardening Workshops with the San Mateo Master Gardeners
- ▶ Exploring our Community
 - ▶ Travel Desk
 - ▶ Docent Led Nature Walks



Community

Transportation at Little House

- ▶ Partnership with Lyft to offer subsidized rides to and from Little House.
- ▶ \$4.00 one way or \$8.00 round trip
- ▶ No need for a smart phone or to book in advance.



Membership

- ▶ One month complimentary enrollment in a fitness or wellness class
- ▶ Free admission to one special event
- ▶ Significant discounts on classes, programs and social events
- ▶ Priority enrollment in select programs
- ▶ No service fee for travel excursions
- ▶ Access to the Technology Center and select clinics
- ▶ Lending Library with books, videos and audio tapes/cds
- ▶ Free admittance to weekly movies and lectures
- ▶ Open access to Little House Garden for planting, maintaining and harvesting vegetables.