










January Events

-  **Monday–Friday, 11:00am**
Group Dining
-  **Tuesdays, 9:30am**
Movement to Music
-  **Tuesdays, 12:00pm**
Yoga & Fitness Training
-  **Wednesdays, 8:30am**
Market Day & Food Bank
-  **Wednesdays, 2:00pm**
Tai Chi for Arthritis
-  **Thursdays, 9:30am**
Movement to Music
-  **Fridays, 12:30pm**
Game Day
- 1** **Thursday CLOSED**
New Years Day
- 8** **Thursday, 1:30pm–2:30pm**
Friends of MOWMP
- 12** **Monday, 10:15am–11:15am**
Internet Safety & Confidence
- 13** **Tuesday, 10:15am–11:15am**
Women's Discussion Group
- 14** **Wednesday, 8:30am–9:15am**
Mobile Produce Truck
- 19** **Monday, Closed**
Martin Luther King Jr. Day
- 20** **Tuesday, 1:00pm–3:00pm**
Golden Connections
- 25** **Sunday, 1:00pm–3:30pm**
Friends of MOWMP BINGO
- 26** **Monday, 10:15am–11:15am**
Birdability
- 26** **Monday, 11:00am–12:30pm**
Chef's' Special Lunch
- 27** **Tuesday, 10:15am–11:15am**
Women's Discussion Group

Dear Friends,

As we close out 2025 and turn toward another year of service, I want to share my appreciation. Your support carried this organization forward. You reminded older adults across Monterey County that they are seen and valued. Our entire team is grateful for YOU.

The Ms. Fabulous Annual Holiday Open House was a true reflection of community. Thank you to @shopmsfabulous for opening their doors and standing with us. To those who donated, shopped, or simply showed up in support, you made a meaningful impact. Your kindness turned into meals delivered with care and conversations at the door that reminded people they matter.



Our Share the Warmth and MC Gives campaigns raised more than \$375,000. This funding goes straight to work. It strengthens our programs. It allows us to respond quickly when someone needs help. It keeps nourishment and connection within reach.

When I look back at this year, I think of the small moments that define our mission. A meal arriving at the right time. A volunteer who stayed a little longer because listening mattered. Relief showing on someone's face when they realized they were not alone. Again, these moments exist because of you.



Thank you for standing with us. Thank you for believing in this work. As we finish 2025 and prepare for 2026, we remain focused on delivering care that is felt, not just promised. Together we will continue building a community where older adults and others in need can count on us.

With sincere appreciation,

Christine Winge | President & CEO



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Board of Directors

Rory Coetzee President	Heidi Schake Past President	Steve Keller President Elect
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Tamie Aceves • Matt Hohman • Stephanie Hulsey
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Members Emeritus

Morley Brown • Kathryn Kandler • Lee Keely

Our mission is to empower seniors, disabled adults, veterans, and other underserved populations to remain independent by nourishing their bodies, minds, and spirits, and drive out hunger and isolation in our region.

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UPCOMING



B I N G O

Doors open at 1PM
Early Bird Games 1:30PM
Regular Games 2PM
ADULTS \$25
KIDS 12 & Under \$10

Friends of MEALS ON WHEELS OF THE MONTEREY PENINSULA

Sunday, January 25
1:00pm – 3:30pm
Monterey Moose Lodge
555 Canyon Del Rey Blvd.,
Del Rey Oaks

RAFFLE PRIZES

Join us for an afternoon of **BINGO!**

Opportunities for carefully curated bingo and raffle prizes, sweet and savory snacks, and fun times with friends await you. With your participation and support, **MOWMP** can do even more to support seniors, adults with disabilities, veterans, and underserved communities throughout Monterey County. For more information or to donate a prize contact **Nikki** at 831-375-4454.

Bring your friends, bring your luck, and let's make a difference together!

We will be **CLOSED** Thursday, January 1.

Happy New Year!

WE WILL BE CLOSED IN OBSERVANCE OF

MARTIN LUTHER KING JR. DAY

MONDAY, JANUARY 19



Volunteer Spotlight

From Coastline to Community: How David Spradling Found Purpose in the MOWMP Kitchen

A trip from Wisconsin to California was all it took for David to fall in love with the state. Traveling up the coast from Los Angeles left a lasting impression, and years later David and his wife purchased property in Pacific Grove. They have now lived there for more than 30 years.

When David began exploring volunteer opportunities, he knew he wanted a hands-on role without paperwork or meetings. A kitchen prep volunteer position at Meals on Wheels of the Monterey Peninsula was the perfect fit. He was also familiar with the value of Meals on Wheels after seeing its impact in another city.

David's professional life began as a commercial photographer before shifting to entrepreneurship. He later started his own company manufacturing specialty lighting fixtures for the display industry. That background prepared him well for the detailed, fast-paced environment of the kitchen.



When asked about the role of a kitchen prep volunteer, David offers a clear explanation. Volunteers process food from incoming deliveries to meet the kitchen's needs. They trim vegetables and salad greens, prepare chicken and other meats to the chef's requirements, and sort and repackage items for the meal packaging line. Cooking is handled by the professional staff.

Not everyone is suited for kitchen work. Some volunteers prefer

driving routes or serving meals. For David, the kitchen turned out to be even more rewarding than expected. He enjoys working in a busy environment alongside fellow volunteers and a skilled professional team.

David is also no stranger to volunteering. He has spent several years with SCORE through the Small Business Administration and has volunteered with the Red Cross, the Salvation Army, and the Monterey Public Library. He is currently a docent at Rickett's Lab on Cannery Row.

Reflecting on his time at Meals on Wheels of the Monterey Peninsula, David says he has gained a deeper appreciation for the effort that goes into preparing meals each day. He values the talented staff, the fast pace, and the quality of the food.

David encourages others to volunteer and invites anyone interested to give it a try. We are grateful for his dedication and the strong support he provides to our kitchen crew.

Member Happenings



Friends of Meals on Wheels of the Monterey Peninsula Thursday, January 8 • 1:30pm–2:30pm

Join the Friends of Meals on Wheels! Are you seeking a meaningful way to give back to your community and connect with like-minded individuals? We invite you to become a vital part of the Friends of Meals on Wheels.

Fundraising • Advocacy • Community Outreach • Special Projects

You'll make a real impact, enjoy camaraderie, and stay engaged. Your experience is invaluable! Interested? Contact Nikki to learn more. ngarello@mowmp.org. **Center Membership is required.**

The Cup is Half Full - Senior Living Women's Discussion Group

Tuesday, January 13 & 27 • 10:15am–11:15am

Join us for a meaningful conversation guided by retired social worker Ellie Sorkin, where everyone can share, laugh, and connect. Expect thoughtful discussions, a few good jokes, maybe a song or two, and plenty of smiles. It might just be the highlight of your day! **RSVP at the front desk. Center membership is required.**



Meals on Wheels Community Center is a membership-based organization.



To attend or participate in the classes, programs, and events at the Meals on Wheels of the Monterey Peninsula Community Center membership is required.

Your membership is crucial—it directly supports the essential services we provide to our members and our community.

The Pacific Grove Adult School classes are the only exception.



Join or Renew Today!

We are currently transitioning all our current and new members to a fiscal year membership cycle (July 1st–June 30th). If you renewed your membership prior to July 1, 2025, your membership will be extended through June 30, 2026 at no additional cost to the you. If you're not yet a member or if your membership has lapsed, now is the time to join.

Member Happenings

Birdability

Monday, January 26 • 10:15am

Through education, outreach, and advocacy, Birdability works to ensure the birding community and the outdoors are welcoming, inclusive, safe, and accessible for everybody.

In addition to current birders, we strive to introduce birding to people with disabilities and other health concerns who are not yet birders so they too can experience the joys of birding ... because birding is for everybody and every body! **Center Membership is Required.**



Let's Talk MST!

Look for the 2026 Schedule—coming soon!

Get answers to all your questions about Monterey-Salinas Transit (MST) services, discover the best routes, learn about travel training for mobility devices, and find out how to make the most of Taxi Vouchers and other programs. **Center Membership is Required.**

Yoga & Fitness Training

Tuesdays • 12:00pm–1:00pm

Class limit is 18 students, \$8 per class Fee paid to instructor

Join instructor Gina Puccini for safe and gentle movement therapy using a sturdy chair. Gina guides participants through seated and standing yoga poses designed to lubricate joints, improve flexibility, and build strength. With her calm voice and gentle teaching style, you'll explore balance, strength, and serenity at your own pace. **Center membership required.**



Bag Donations Needed

Meals on Wheels of the Monterey Peninsula relies on community support to serve seniors, disabled adults, veterans, and others in need. We urgently need paper grocery bags with handles.

Each workday, we use 600 bags to deliver meals—over 3,000 bags per week! These bags are essential for safely transporting meals to homebound clients.

Member Happenings



Tuesdays with Stories 2.0

Tuesdays • 10:30am–12:00pm

We welcome all kinds of writing such as diary entries, letters, poetry, letters to the editor, your newly created recipes, personal stories, or any other type of communication including photos, artwork, drawings, signs etc. We are an open-accepting group interested in welcoming you at any stage of your creative journey. **Center Membership is required.**

Tech Support - by appointment only

Mondays • 11:00am–1:00pm

Wednesdays & Thursdays • 10:00am–11:30am

Fridays • 12:00pm–2:00pm

Need help with your phone, tablet, or laptop? Book a 30-minute appointment with volunteers Mark, Felice, & Nori. We would also like to welcome our New Tech Support person, Samba who will be available on Mondays. **RSVP at the Front Desk for an appointment. Center membership is required.**



Tai Chi for Arthritis and Fall Prevention

Drop in classes start January 14, 2026

Wednesdays • 2:00pm–3:00pm

This program is ideal for adults with or without arthritis, joint issues, back pain, or increased fall risk. It's especially suited for those new to Tai Chi. Benefits include improved balance, mobility, strength, flexibility, and relaxation, along with reduced pain and fall risk. Certified instructors Leon & Joanne Garden were personally trained by Dr. Paul Lam through the Tai Chi for Health Institute. **Center membership required.**

Game Day!

Fridays • 12:30pm–3:00pm

**Friday January 9 Game Day
moved to Thursday January 8**

Friday Fun Just Leveled Up! Join us this Friday for a board game extravaganza featuring Yahtzee, Mancala, Dominoes, Mahjong, Backgammon, Scrabble, Chess, and Checkers! Whether you're a strategic mastermind or just here for laughs, it's the perfect time to play, connect, and have fun. Come get your game on with us! You'll be glad you did!

RSVP at the front desk. Center Membership is required.



Community Center Happenings

THE COMMUNITY CENTER WILL BE CLOSED ON THURSDAY, JANUARY 1 & MONDAY, JANUARY 19



Textile Arts Group

Mondays, 12:30pm–3:00pm
View Room

Join other folks who enjoy the textile arts. Bring your own supplies and projects and enjoy this creative makers' group. Center membership required.



Knit & Purl Group

3rd Tuesday of the month
1:00pm–3:00pm
Fireplace Lounge

Enjoy knitting or crochet? Bring your own supplies and enjoy an afternoon with friends. Center membership required.



Tai Chi 24 Forms

Thursdays, 2:30pm–3:30pm
Health & Fitness Room

Group practice of Tai Chi enthusiasts. Improvement of muscular strength, fitness, flexibility and wellness. Center membership required.



Movement to Music for Strength & Balance with MaryAnn

Tue & Thu, 9:30am–10:20am

Fee paid to instructor
\$5 per class, Register in class.
Center membership required.

Ping Pong*

Mondays, 1:00pm–3:00pm
Tuesdays, 10:30am–11:30am
Thursdays, 10:30am–1:30pm
Fridays, 12:30pm–1:30pm

Center membership required.

*Please note: time & day
subject to change.

Walk for Health

Mon, Wed & Fri, 8:00–9:00am

Enjoy the benefits of fitness and community with each step.
Meet at the Front Desk.
Center membership required.

Drivers are needed for meal delivery to homebound seniors, adults with disabilities, and veterans.

DRIVERS!

Monday–Friday for approximately 2 hours/day starting at 9:00am.

Visit us on-line for an application at mowmp.org/volunteer or contact Susan for more information.
Susan Elwood Recruitment & Outreach Manager 831.375.4454 Ext. 126 • selwood@mowmp.org

Community Center Happenings



Wednesdays
8:30am until gone

Food Bank Distribution

Pick up a variety of fresh, nutritious produce and bread for free. Quantities are limited each week, so we kindly ask that you take only what you need.



MEALS ON WHEELS
OF THE MONTEREY PENINSULA

Wednesdays
8:30am–10:00am

Market Day

Weekly special on the freshest seasonal produce from local farms. The volunteer run Market is a must stop for our community.



Wednesday
January 14
8:30am to 9:15am,
or until supplies last

Mobile Produce Truck

Fresh, nutritious, and **FREE** produce delivered right to The Community Center.



Pacific Grove Adult School Classes

Register by phone 831.646.6580 or at the PG Adult School: 1025 Lighthouse Avenue
8:00am-4:00pm • Classes held in-person or hybrid at the Center • pgadulthood.pgusd.org

No Classes Friday, January 9 & Monday, January 19

Circuit Training

Monday, Wednesday, & Friday
9:00am–10:00am

Circuit training is a versatile workout that combines strength, balance, and endurance through a mix of standing and mat exercises. It targets different muscle groups, improves fitness, and enhances core stability.

Light Aerobics, Strength & Balance

Monday, Wednesday, & Friday
10:00am–11:00am

Cardio exercises with strength, stretching routines with the goal of improving all elements of fitness for the first 40 minutes, followed by 15 minutes of seated conditioning using light weights.

Strength & Balance

Tuesday & Thursday
8:00am–9:00am
9:00am–10:00am

The Strength and Balance class builds muscle, stability, and coordination with standing exercises in the first half and seated movements in the second, for a well-rounded workout for all fitness levels.

Community Center Happenings

Internet Safety & Confidence Class

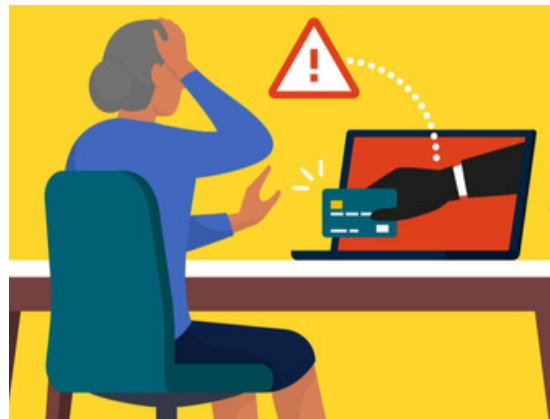
Monday, January 12 • 10:15am–11:15am

February 2 • 12:45pm–1:45pm

Looking ahead to the New Year!

Join us for our Internet Safety & Confidence classes in 2026. Thanks to support from AT&T and the National Council on Aging, these classes will help you build digital literacy skills and feel more confident and secure online.

Sign up at the Front Desk to reserve your spot.



Monterey Parkinson's Support Group

No meeting this January - 2026 schedule posted soon

At our meetings we offer discussion and guest speakers including talks by neurologists, a physical therapist, a urologist, a licensed clinical social worker, and MST mobility specialist, as well as fitness programs presented by representatives from Power Over Parkinson's and Dance for Parkinson's. People with Parkinson's (PWP) and their care partners are welcome to attend.



With heartfelt thanks to our **Friends of the Pacific Grove Library**, we're pleased to offer a selection of current hardcover and paperback books in our lending library, located in the Fireplace Lounge. It's a welcoming space to relax, explore new titles, and enjoy a quiet moment with a good read. To keep our collection available for everyone, we kindly ask that borrowed books be returned in a timely manner. Thank you for supporting this shared community resource.



YOU CAN HELP KEEP OUR WHEELS TURNING!

Planned giving ensures we can continue nourishing seniors, veterans, and disabled adults for years to come. Options include: bequests, beneficiary designations, charitable trusts, gifts of stock, or property.



Find Out More: Contact Jacob Shafer, Senior Director of Advancement • jshafer@mowmp.org or 831.375.4454 x120

Community Center Happenings



CENTRAL COAST ART ASSOCIATION

The Central Coast Art Association is a nonprofit founded in 1967 to promote interest in and appreciation of art on the Monterey Peninsula.

CCAA Artist Reception

Friday, January 16 from 5:00pm–7:00pm

Start the new year with creativity and community at the Central Coast Art Association's January Show. The exhibit highlights artwork created by local artists, celebrating creativity and artistic expression from our community. Come enjoy stunning original member artwork, meet the winning artists, enjoy food and wine in a fun and creative environment.



Golden Connections

Golden Connections Facilitated by Doris Beckman

Tuesday, January 20 • 1:00pm–3:00pm

Through engaging discussions, inspiring stories, and interactive activities, we welcome special speaker Fernando Galindo, Housing Counselor from Echo Housing, as we aim to highlight the importance of building and sustaining meaningful relationships. Our meetings offer valuable resources and networking with people dedicated to creating affordable housing through sharing initiatives.



Monterey Peninsula Toastmasters

Thursdays, • 6:45am–8:00am

Monterey Peninsula Toastmasters will give you the skills and confidence you need to express yourself effectively in any situation. By learning to effectively formulate and express your ideas, you open an entirely new world of possibilities. For more information, visit montereypeninsula.toastmastersclubs.org

Your event, our space, everyone welcome.

Looking for the perfect place to host your next event?

The Meals on Wheels Community Center is a vibrant, newly renovated space designed to bring people together. Whether you're planning a birthday party, memorial, club gathering, workshop, or corporate meeting, our flexible rooms and warm atmosphere make every occasion feel special.



👉 Get in touch today for availability, pricing, and assistance in planning your event.



THE GRIFFIN GAZETTE

Non-Profit Org.
U.S. Postage
PAID
Permit #10
Pacific Grove, CA

Meals on Wheels of the Monterey Peninsula
700 Jewell Avenue, Pacific Grove, CA 93950-2519
831.375.4454 • MOWMP.org



Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors

Stand up slowly to avoid dizziness

Do strength and balance exercises

Get your vision and hearing checked regularly

Use a cane or walker if you need more stability

Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.

