

# THE GRIFFIN GAZETTE

FEBRUARY2026

Happenings at the  
Meals on Wheels of the  
Monterey Peninsula  
Community Center



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## February Events

1	Monday-Friday, 11:00am Group Dining
2	Mondays, 12:30pm-3:00pm Textile Arts Group
3	Tuesdays, 9:30am Movement to Music
4	Tuesdays, 12:00pm Yoga & Fitness Training
5	Wednesdays, 8:30am Market Day & Food Bank
6	Wednesdays, 2:00pm Tai Chi for Arthritis
7	Thursdays, 9:30am Movement to Music
8	Thursdays, 2:30pm-3:30pm Tai Chi 24 Forms
9	Fridays, 12:30pm Game Day
10	Monday, 12:45pm-1:45pm Internet Safety & Confidence
11	Wednesday, 8:30am-9:15am Mobile Produce Truck
12	Wednesday, 8:00am-11:00pm Treasure Sale
13	Thursday, 1:30pm-2:30pm Friends of MOWMP
14	Tuesday, 1:00pm-3:00pm Golden Connections
15	Wednesday, 8:30am-9:15am Mobile Produce Truck
16	Tuesday, 11:00am-12:30pm Chef's' Special Lunch
17	Thursday, 1:00pm-2:00pm Ridgetop Advisors

Dear Friends,

As we step into February, I find myself reflecting on the wonderful moments we shared in January, moments that reminded us how powerful food, friendship, and service can be when they bring people together.

We kicked off the year with a special visit from Senator Adam Schiff & his wife, Eve who stopped by to visit Gina Fu, cook in our kitchen. We also celebrated our first Chef's Choice Group Dining Luncheon, and what a warm winter welcome it was. Our community gathered around a comforting, thoughtfully prepared meal that truly felt like home. Guests enjoyed tender roast turkey, a refreshing pear & berry salad, creamy mashed potatoes, flavorful seasonal vegetables, and a citrusy lemon bar to finish. A rich bourbon bacon brown sauce added a special touch that made the meal unforgettable. Thank you to everyone who joined us, sharing good food, conversation, and connection is at the heart of what we do. If you missed this lunch or are already looking ahead, be sure to sign up for our next Chef's Choice Special on February 24th. Great meals really are better when shared.

January also marked an exciting first for us: our inaugural BINGO fundraiser, organized in partnership with our incredible Friends of MOWMP volunteer group. It was a joyful evening filled with families, laughter, and community spirit. We are especially thankful to Monterey Moose Lodge #876 for generously hosting and helping make the event such a success.

Finally, we want to honor a truly remarkable individual. This month, we celebrated Mr. Rick Hattori and his final volunteer drive after more than five decades of delivering Home Delivered Meals. Rick's dedication, reliability, and kindness have touched countless lives over the years. We cannot adequately express our appreciation for the legacy he leaves behind and the example he sets for us all.

Thank you for being part of our Meals on Wheels family. Your presence, participation, and care continue to strengthen our community every day.

With sincere appreciation,

Christine Winge | President & CEO



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## Board of Directors

<b>Rory Coetzee</b> President	<b>Heidi Schake</b> Past President	<b>Steve Keller</b> President Elect
<b>J.R. Williams</b> Chief Financial Officer	<b>John O'Brien</b> Governance Chair	<b>Paul Bruno</b> Development Chair
<b>Debbie Winick</b> Secretary		

Tamie Aceves • Matt Hohman • Stephanie Hulsey  
Robert Kramer • Kim Nunes • Sharon Wesley

**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.**

## Staff Directory

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# UPCOMING EVENTS

**WE WILL BE CLOSED  
PRESIDENTS' DAY  
MONDAY, FEBRUARY 16**

## **EXCLUSIVE 3-COURSE MEMBER DINNER**

**PREPARED BY CHEF CHASE + CHEF ADOLFO  
FRIDAY, MARCH 20 FROM 5:00PM - 7:00PM**

**TO RSVP CALL 831.375.4454 OR STOP BY THE FRONT DESK.**

### **Sen. Adam Schiff Visits Meals on Wheels**



On January 24, U.S. Senator Adam Schiff visited the Monterey Peninsula, combining discussions on agricultural challenges with a stop at **Meals on Wheels of the Monterey Peninsula's Community Center**.

The visit originated because of long time kitchen staff member, Gina Fu's Daughter used to work for the Senator. Sen. Schiff promised if he was ever in the area he would stop by to meet Gina. Gina was delighted to welcome the Senator and his wife Eve.

During his visit to Meals on Wheels, Sen. Schiff toured operations, met staff, and observed how local food programs support seniors, disabled adults, veterans, and other underserved community members. The visit offered an opportunity to highlight the impact of home-delivered meals and community dining in addressing hunger and isolation across Monterey County.

# Volunteer Spotlight



## Bobby Kennedy

After retirement one tries to figure out what will fill their day.

That was the case with Bobby Kennedy when he retired after 45 years in the tech world. Bobby enjoys his married life, music, the beach and traveling, as well as being a great Dad and Grandfather to 5 children and 3 Grandchildren, but Bobby was looking for something more.

Bobby is a Wednesday and Friday volunteer who begins his day at 7am. He makes sandwiches and works the food assembly line (fondly referred to as the I Love Lucy Chocolate Factory scene.)

He was seeking something meaningful to do. "Meals on Wheels wasn't the first thing that came to mind, but once I looked into it, I thought, that's a good idea! Let me try it out."

When asked how do you think your work at Meals on Wheels impacts others? Bobby states that he takes his role very seriously – especially with it comes to quality.

He states, "I think our biggest impact is making sure we delivery high quality food to the people who need it. We take great pride in what we make, making sure every sandwich has enough meat, every meal is packed with care. It is making sure everything is done right."

One of the joys of volunteer work is the rewards individuals receive. Some of them are very unexpected. Such is the case with the connections that Bobby has made over the past two years. To Bobby, Meals on Wheels is a community which helps and supports each other during the time they all share together. One of the volunteers has a good friend who is going through cancer treatment. Each time she works, everyone makes sure they check in with her, it's a very caring environment.

Bobby is very clear when he talks about the job itself. It is fast and furious, and one has to pay great attention to the role one plays. One of the most rewarding parts of volunteering for Bobby is the people. He says "The staff, the college students – everyone's just great. We have a lot of fun together as well as working hard. The music starts and off we go. The best thing about this organization is that everyone leaves their ego at the door. We are here to help each other and get the job done."

When asked, "What advice would you give to others who want to volunteer?", Bobby says "Go for it. It's a great place and a wonderful experience. You'll meet good people and know you're making a difference."

We are grateful Bobby found us and appreciate his dedication to our mission.

# Member Happenings



## Friends of Meals on Wheels of the Monterey Peninsula

**Thursday, February 12 • 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](mailto:ngarello@mowmp.org). **Center Membership is required.**

## Ridgetop Advisors Educational Seminar

**Thursday, February 26 • 1:00PM–2:00PM**

Join us for an educational seminar and explore practical strategies to help you build confidence and peace of mind around your financial future. Topics include retirement and income planning, tax considerations, protecting against market volatility, maximizing Social Security benefits, and reviewing life insurance coverage. All are welcome. Come learn, ask questions, and take the next step toward planning with clarity.



## 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 you. If you're not yet a member or if your membership has lapsed, now is the time to join.

# Member Happenings



## Let's Talk MST!

**Mark Your Calendar Next Meeting - March 24**

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.**



## 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.**



## 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](mailto:jshafer@mowmp.org) or 831.375.4454 x120

# Member Happenings

**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**

**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 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.**



**The Cup is Half Full - Women's Discussion Group**

**Meeting on Pause • Updates to Follow**

# Community Center Happenings

THE COMMUNITY CENTER WILL BE CLOSED ON PRESIDENTS' DAY MONDAY, FEBRUARY 16



## 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.

## 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.

## 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.



## 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.

# 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.



**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**  
**February 4 & 18**  
**8:30am to 9:15am, or until supplies last**

## Mobile Produce Truck

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



THE COMMUNITY CENTER WILL BE CLOSED ON PRESIDENTS DAY MONDAY, FEBRUARY 16



## 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 • [pgadulted.pgsd.org](http://pgadulted.pgsd.org)

### 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

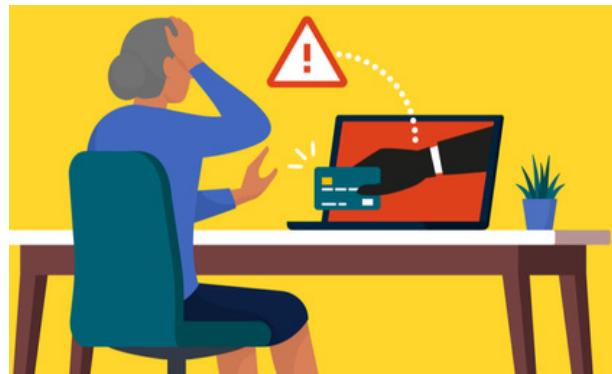
## Internet Safety & Confidence Class

**Monday, 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 and Reserve your spot.**



## TREASURE SALE



### Treasure Sale

**Wednesday, February 11 • 8:00am-11:00am**

Shop for must-have items to rare incredible finds while supporting Community Center programs. **We're Accepting Donations for Our Sale!** If you're interested in donating, items can be dropped off on the following dates:

- **Monday, February 9 • 8:00am - 3:30pm**
- **Tuesday, February 10 • 8:00am - 2:00pm**

A list of accepted items is available at the Front Desk.

For questions, contact Nikki at [ngarello@mowmp.org](mailto:ngarello@mowmp.org).

## Golden Connections

Facilitated by Doris Beckman

**Tuesday, February 17 • 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.



*Golden Connections*

## Eco Gerontology: Aging in Harmony with Nature

Reconnect with Nature—Your #1 Care Ally

Transform care practices through outdoor engagement in this hybrid course for Health Professionals, Caregivers, Aging Services, Students, and Changemakers.

Earn 16 CEUs and a Care Outdoors Leader Certificate  
Enroll through February 20th

Hybrid-Online Learning February-March 7th  
In-Person Saturdays 10:00 AM- 12 PM

**Care Outdoors**  
NATURE INSPIRED

**MPC**  
Continuing & Professional EDUCATION

Call 831-646-4058.

# Community Center Happenings

## Tax Assistance Alliance on Aging Thursdays and Fridays by Appointment

Do you need help filing your tax return?

Tax assistance is still available at the Community Center.

The Alliance on Aging provides this service to those age 60 years or better at no cost. Alliance on Aging manages and schedules appointments for the program. For more information or to request an appointment,

contact Alliance on Aging directly by calling **831-655-1334 or 831-758-4011**. Leave a message with your name, phone number, and city of residence. An Alliance on Aging Staff member will get back to you. Please leave only one message.



## 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](http://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.



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



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

Visit us on-line for an application at [mowmp.org/volunteer](http://mowmp.org/volunteer) or contact Susan for more information. Susan Elwood Recruitment & Outreach Manager **831.375.4454 Ext. 126** • [selwood@mowmp.org](mailto:selwood@mowmp.org)



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



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Pacific Grove, CA

## What To Know About High Blood Pressure as You Age

### Points to remember:



The chance of having high blood pressure increases as you age.



Most people with high blood pressure don't have signs or symptoms.



Serious health problems can develop if high blood pressure is left untreated.

### What you can do:



Get your blood pressure checked frequently.



Eat a healthy diet and exercise regularly.



Ask your doctor if you need medication to manage your blood pressure.

Learn more about high blood pressure and older adults at  
[www.nia.nih.gov/high-blood-pressure](http://www.nia.nih.gov/high-blood-pressure)

