



February Events



Monday–Friday, 11:00am
Group Dining



Mondays, 12:30pm–3:00pm
Textile Arts Group



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



Thursdays, 2:30pm–3:30pm
Tai Chi 24 Forms



Fridays, 12:30pm
Game Day

2

Monday, 12:45pm–1:45pm
Internet Safety & Confidence

4

Wednesday, 8:30am–9:15am
Mobile Produce Truck

11

Wednesday, 8:00am–11:00pm
Treasure Sale

12

Thursday, 1:30pm–2:30pm
Friends of MOWMP

17

Tuesday, 1:00pm–3:00pm
Golden Connections

18

Wednesday, 8:30am–9:15am
Mobile Produce Truck

24

Tuesday, 11:00am–12:30pm
Chef's Special Lunch

26

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

Rory Coetzee President	Heidi Schake Past President	Steve Keller President Elect
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Debbie Winick
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Tamie Aceves • Matt Hohman • Stephanie Hulsey
Robert Kramer • Kim Nunes • Sharon Wesley

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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

831.375.4454

Christine Winge • President / CEO
Ext. 112 • cwing@mowmp.org

Mark Hansen • Sr. Director of Operations
Ext. 117 • mhansen@mowmp.org

Jacob S. Shafer • Sr. Director of Advancement
Ext. 120 • jshafer@mowmp.org

Esther Hobbs • Development Director
Ext. 118 • ehobbs@mowmp.org

Chase Ewing • Executive Chef
cewing@mowmp.org

Adolfo Diaz • Executive Sous Chef
Ext. 116 • adiaz@mowmp.org

Susan Elwood • Recruitment & Outreach Manager
Ext. 126 • selwood@mowmp.org

Suzan Carabarin • Operations Manager
Ext. 122 • scarabarin@mowmp.org

Bryce Cornish • Operations Assistant Manager
Ext. 102 • bcornish@mowmp.org

Nikki Garello • Community Center Concierge
Ext. 114 • ngarello@mowmp.org

Jerrold Simon • Marketing Manager
Ext. 123 • jsimon@mowmp.org

Scott Tebo • Marketing Coordinator
Ext. 127 • stebo@mowmp.org

Hellena Hansen • Development Coordinator
Ext. 119 • hhansen@mowmp.org

David Foster • HDM Program Manager
Ext. 110 • dfoster@mowmp.org

Stephanie Scofield • HDM Assessor
831-206-4901 • sscofield@mowmp.org

Claudia Luhrs • HDM Program Coordinator
Ext. 101 • cluh@r@mowmp.org

Tirza Brue Coe • HDM Program Coordinator
Ext. 113 • tcoe@mowmp.org

Carly Burgess • HDM Program Coordinator
Ext. 104 • cbrugess@mowmp.org

Kay Smith • Controller
Ext. 109 • ksmith@mowmp.org

Melizza Camacho • Bookkeeper
Ext. 103 • mcamacho@mowmp.org

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. **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 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.



Meetings on Pause
UPDATES TO FOLLOW

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.



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.



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
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.pgusd.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

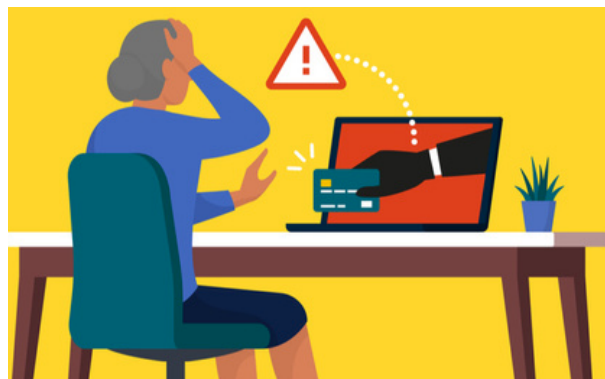
Internet Safety & Confidence Class

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

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.

TREASURE SALE



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

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.

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



THE GRIFFIN GAZETTE

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



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

