



## March Events

-  Monday–Friday, 11:00am  
Group Dining
-  Mondays, 12:30pm  
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  
Tai Chi 24 Forms
-  Fridays, 12:30pm  
Game Day
- 3** Wednesday, 8:30am–9:15am  
Mobile Produce Truck
- 10** Monday, 12:30pm–1:30pm  
Housing Rehab Loan Program
- 17** Tuesday, 1:00pm–3:00pm  
Golden Connections
- 23** Monday, 12:30pm–1:30pm  
Is it a Scam? Online Safety
- 24** Tuesday, 11:30am–12:30pm  
Let's talk MST!
- 24** Tuesday, 11:00am–12:30pm  
Chef's' Special Lunch
- 25** Wednesday, 8:30am–9:15am  
Mobile Produce Truck
- 26** Thursday, 1:30pm–2:30pm  
Friends of MOWMP
- 31** Tuesday, 12:30pm–1:30pm  
Palliative Care or Hospice

Dear Members and Community,

As we look ahead to the early days of spring, we are reminded that this season is all about renewal of routines, of connections, and of community. At Meals on Wheels of the Monterey Peninsula, that sense of togetherness continues to be at the heart of everything we do, from nourishing meals to meaningful programs that support health, independence, and lifelong learning.

We're excited to share that our recent **Treasure Sale** was a wonderful success. Special thanks to the enthusiasm of our shoppers and donors for supporting our programs. If you missed it, we are already preparing for our **next sale on April 15**.

We are truly grateful and inspired by the **Pacific Grove Middle School Basketball Team**, whose student athletes generously volunteered their time to help landscape our Community Center grounds. Their energy and care made a visible difference.

This month, we hosted another successful **Internet Safety & Confidence seminar**. With support from AT&T and the National Council on Aging, participants gained valuable tools to build digital literacy, stay safe online, and feel more confident navigating today's technology, skills that are increasingly important for staying connected and informed. Our next class is on March 23<sup>rd</sup> at 12:30pm focusing on online scams.

Looking ahead, there is much to be excited about. Members are invited to join us for an exclusive three-course **Members Dinner on Friday, March 20**, from 5:00–7:00 PM—a special evening of great food and great company.

**Tax assistance through the Alliance on Aging** remains available Thursdays and Fridays by appointment, offering free support to those age 60 and better. And on Tuesday, March 24, join us for **"Let's Talk MST!"** to learn how to make the most of Monterey-Salinas Transit services and mobility programs.

We hope you'll join us at the Community Center, stay engaged, and continue to be part of the vibrant community that makes Meals on Wheels of the Monterey Peninsula so special.

With gratitude and in community,

**The Meals on Wheels of the Monterey Peninsula Team**



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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 • Marc Kelly  
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

LIMITED SEATING AVAILABLE!

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

PREPARED BY CHEF CHASE + CHEF ADOLFO

POTATO LEEK SOUP & ARTISAN BREAD ROLL • SPRING SALAD  
SPRING RACK OF LAMB • CAULIFLOWER PUREE •  
ROAST BEET MEDLEY • ASPARAGUS • ITALIAN SALSA VERDE  
COFFEE CAKE • VANILLA BEAN ICE CREAM • RASPBERRY COULIS

FRIDAY, MARCH 20 • 5:00PM - 7:00PM

**\$30** RSVP AT THE FRONT DESK OR CALL 831.375.4454.  
PAYMENT DUE AT RESERVATION. NO SUBSTITUTIONS PLEASE.

## BAGS 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 700 bags to deliver meals—over 3,000 bags per week! These bags are essential for safely transporting meals to homebound clients.

# Volunteer Spotlight

## Rene Rylander

There's no better ambassador for community involvement than a dedicated volunteer and that couldn't be more true for our inner office volunteer, Rene Rylander. When Rene moved to Monterey from Los Gatos in 2020, she and her husband became empty nesters during a time of uncertainty.

After the pandemic restrictions were lifted, an introduction to Meals on Wheels of the Monterey Peninsula by community supporters Mark and Jennifer Lupo opened the door to what would become a deeply meaningful volunteer role.

Though she initially considered delivering meals, Rene soon found her perfect fit as an inner office volunteer. With a professional background in high-tech sales and years of client communication experience, she stepped naturally into the fast-paced morning hub of activity. From coordinating with drivers to assisting clients and responding to urgent situations, Rene is often the calm, steady voice on the other end of the line. She embraces the ever-changing nature of the work and takes pride in knowing her role is a small but critical part of ensuring food security and compassionate care throughout the Monterey Peninsula.

Rene is actively involved in several community organizations, including the Carmel Women's Club, the Democratic Women of Monterey County, a local book club, and the Bela Vista League in Saratoga. In every circle she's part of, she proudly shares her experience with Meals on Wheels of the Monterey Peninsula, encouraging others to consider volunteering.

She often speaks about the deep satisfaction that comes from helping clients, as well as the meaningful friendships she has formed along the way. Rene says she is continually touched by the gratitude she receives and describes the MOWMP team as one of the kindest and most caring groups she has ever worked with. She reminds others that just a few hours each week can make a real difference in someone's life—and that the joy you gain in return truly feeds your soul and makes your heart smile.

We are deeply grateful for Rene's dedication, compassion, and for the many ways she helps spread the word about the power of volunteering. She truly represents the heart of our mission.



# Member Happenings



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

Tuesday, March 24 • 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.

## Let's Talk MST!

Tuesday, March 24 • 11:30AM–12:30PM

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.**



## Friends of Meals on Wheels of the Monterey Peninsula Thursday, March 26 • 12:45pm–2:15pm

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.**



## 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

**Tuesdays • 10:00am–11:30am**

**Wednesdays • 10:00am–11:30am**

**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 Jeanne, Felice, Nori, and Mark. **RSVP at the Front Desk for an appointment.**  
**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.**

## **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



## **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.**



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](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)

# Member Happenings



## 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.

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## 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.



**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**  
**March 3 & 25**  
**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 • [pgadulted.pgusd.org](http://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



## Housing Rehabilitation Loan Program

Monday, March 10 • 12:30pm–1:30pm

Pacific Grove homeowners are invited to learn about the City of Pacific Grove Housing Rehabilitation Loan Program. This program offers financial assistance to income-eligible homeowners for essential repairs and improvements that protect health and safety. It's designed to help residents maintain their homes and remain safely housed. Learn how this opportunity can support long-term housing stability in our community.

## Golden Connections Facilitated by Doris Beckman

Tuesday, March 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*



## Is it a SCAM? Online Safety

Monday, March 23 • 12:45pm–1:45pm

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

Sign up at the Front Desk and Reserve your spot.

## Palliative Care or Hospice

Tuesday, March 31 • 12:30pm–1:30pm



In this workshop, you'll learn about the differences and similarities between Palliative Care and Hospice Care, who qualifies for each, what to expect from the care team, how services are paid for, where care takes place, and answers to frequently asked questions. This presentation will guide you in preparing and making informed decisions regarding the health and well-being of the people you love.

Sign up at the Front Desk or call Nikki at 831-375-4454 to reserve your spot.



# Community Resources

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

Do you need help filing your tax return? Tax assistance is 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 all appointments. 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.



## Notice 797 (Rev. September 2025) Possible Federal Tax Refund Due to the Earned Income Credit (EIC)

### What Is the EIC?

The EIC is a refundable tax credit for certain workers.

### What Is the Purpose of This Notice?

Your employer sent you this notice to make you aware of an important federal tax benefit. Even if you had no income tax withheld from your wages during the year, you may be eligible for the EIC.

### How Much Is the EIC?

For 2025, the EIC can be as much as \$4,328 if you have one qualifying child who has a valid SSN; \$7,152 if you have two qualifying children who have valid SSNs; \$8,046 if you have three or more qualifying children who have valid SSNs; and \$649 if you have no qualifying children who have a valid SSN.

### How Do You Claim the EIC?

To claim the EIC, you must:

1. Be eligible for the EIC, and
2. File a 2025 tax return (including Schedule EIC if you have a qualifying child).

To figure out if you are eligible, see Pub. 596 or visit [www.irs.gov/EITC](http://www.irs.gov/EITC).

If eligible, you can claim the EIC to get a refund even if you had no tax withheld from your pay or owe no tax. For example, if you had no tax withheld in 2025 and owe no tax but are eligible for a credit of \$800, you must file a 2025 income tax return to get the \$800 refund.

Most people qualify for free tax preparation. To see if you qualify, go to [www.irs.gov/FreeFile](http://www.irs.gov/FreeFile) for online filing options. In addition, IRS-certified volunteers can prepare your return for free in person if you earned less than \$69,000 or are age 60 or older. To find locations, visit [www.irs.gov/VITA](http://www.irs.gov/VITA) or call 800-906-9887.

### More Information

Refer to instructions for the tax return you are filing, Pub. 596, or [www.irs.gov/EITC](http://www.irs.gov/EITC) for details on the EIC. You can download IRS forms and publications at [www.irs.gov/Forms](http://www.irs.gov/Forms), and you can get printed copies mailed to you by going to [www.irs.gov/OrderForms](http://www.irs.gov/OrderForms) or by calling 800-829-3676.

Notice 797 (Rev. 9-2025) Cat. No. 63924Z



## VITA FREE TAX PREP PROGRAM

In partnership with California Earned Income Tax Credit (CalEITC), United Way's Volunteer Income Tax Assistance (VITA) service puts money back into the pockets of working families. Our goal is to make sure you get your FULL refund, claim all your eligible credits, and learn to use your tax refund to grow your assets! You can count on VITA volunteers to provide the highest quality tax service to families, individuals, and self-employed taxpayers.



# 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

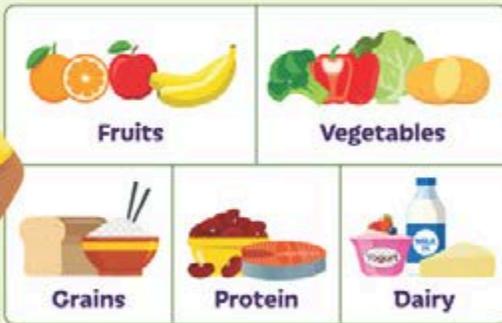


## 5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



Eat a variety of foods each day.



Read food labels to learn what's in your food.

Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Keep a food diary to track what you eat.



Learn more about healthy eating as you age at [www.nia.nih.gov/healthy-eating](http://www.nia.nih.gov/healthy-eating).

