



April 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
- 1** Wednesday, 8:30am–9:15am
Mobile Produce Truck
- 7** Tuesday, 10:15am–11:15am
Women’s Discussion Group
- 9** Thursday, 1:30pm–3:00pm
Friends of MOWMP
- 15** Wednesday, 8:00am–11:00pm
Treasure Sale
- 20** Monday, 12:30pm–1:30pm
Is it a Scam? Online Safety
- 21** Tuesday, 12:00pm–1:30pm
WIM Estate Planning Seminar
- 21** Tuesday, 1:00pm–3:00pm
Golden Connections
- 22** Wednesday, 8:30am–9:15am
Mobile Produce Truck
- 28** Tuesday, 10:15am–11:15am
Women’s Discussion Group
- 29** Wednesday, 11:00am–12:30pm
Chef’s Special Lunch

Dear Friends & Members,

April is here with the warmth of spring and a month dedicated to one of the most powerful forces in our community: volunteerism. As we celebrate **National Volunteer Month**, we are grateful to every volunteer, donor, and advocate who helps us deliver meals, connection, and hope to seniors, veterans, and neighbors across Monterey County.

Spring arrived early at our **Members Dinner!** From Potato Leek Soup to Spring Rack of Lamb with Italian Salsa Verde and Coffee Cake with Vanilla Bean Ice Cream, it was an evening to remember. Look for the next dinner coming **June 4th**.

Looking ahead, April is packed with exciting opportunities. Join us **April 4** for **Monterey Bay FC's Nonprofit Night** to raise funds and help bring awareness to important causes in our community. Our **Treasure Sale** returns on **April 15** where you can shop for hidden gems while supporting Community Center programs. **Free Tax Assistance** still available Thursdays and Fridays by appointment provide by **Alliance on Aging**. Finally, we will be hosting the **Wheels In Motion Legacy Circle Estate Planning Seminar** on **April 21** to discuss how a planned gift can help keep our wheels turning and support our mission for generations to come.



Save the date for **Women Who Care** on **May 17** as we proudly honor **Heidi Friery-Keller** for her remarkable commitment to our mission. Every ticket supports Meals on Wheels of the Monterey Peninsula and every seat matters. We hope to see you there!

Thank you for being part of our family. Together we nourish bodies, minds and the heart of our community

With warmth and gratitude,
The Meals on Wheels of the Monterey Peninsula Team
Nourishing Bodies, Minds & Spirits



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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 • 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.

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UPCOMING EVENTS

YOU'RE INVITED
**2026
WOMEN
WHO
CARE**



Sunday, May 17 from 4PM-7PM

\$100 Per Person

Lovers Point Events

631 Ocean View Blvd, Pacific Grove

Join us for an unforgettable evening as we honor a remarkable woman for her dedication and impact on our community.

This year, we proudly celebrate

Heidi Friery-Keller

for her outstanding community contributions and support of our mission to drive out hunger and isolation.

Purchase tickets at

MOWMP.ORG/WWC



Meals on Wheels of the Monterey Peninsula

is a 501(c)(3) exempt organization

TAX ID 94-2157521

Volunteer Spotlight



Cathy Rose

Some people find their place in the world gradually, over years of quiet searching. Cathy Rose found hers in the middle of a storm.

Four years ago, during January's devastating rainstorms, the MOWMP kitchen faced a crisis. The power was out, the generator had failed, and getting food to clients that day seemed impossible. But staff and volunteers transformed the dining room into a makeshift kitchen, hand-wrapping salads, making peanut butter and jelly sandwiches, and cooking oatmeal on the gas stove, all while music played and spirits stayed high. Every meal was prepared and delivered. Not one client was missed. The outpouring of gratitude from clients who never expected food to arrive that day was overwhelming.

For Cathy, watching that team rally with such heart and purpose made everything clear. She had found exactly where she was meant to be. Cathy joined MOWMP as a "Cart Person", bringing loaded carts of meals to drivers as they arrive to load their vehicles. Through this role, she has come to know every driver by name and has gained a deep appreciation for what they do. Our drivers are far more than delivery people. They check on clients, notice when something seems wrong, alert the office when needed, and offer a moment of genuine human connection that can mean the world to someone spending the day alone. Cathy witnesses that mission up close every day, and it clearly fuels her dedication.

Her commitment has also led her to become an active member of Friends of Meals on Wheels, a group dedicated to supporting MOWMP through fundraising and community engagement. Their first event, a Bingo night at the Moose Lodge, was a tremendous success, and this energetic group has many more exciting projects planned throughout the year.

A Chicago-area native and world traveler, Cathy met her husband Quentin in Milwaukee, and together they explored Africa and the Soviet Union. A medical conference brought them to Monterey, where they discovered the coastal cottage they would one day retire to and where Cathy would go on to earn a Master of Arts in International Environmental Policy. She has always followed where life leads her, and luckily life led her to us.

When asked what gives her joy, Cathy says it simply: "I get joy from volunteering as a way of giving back for all the blessings I have had in my life." And to anyone considering joining the MOWMP family, she offers a warm invitation: "You can't find a better group of people doing a more important job. Come on down! You will love it."

Thank you, Cathy, for being such a bright and steady light in our MOWMP family.

Member Happenings

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

Tuesday, April 7 & 28 • 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.



Friends of Meals on Wheels of the Monterey Peninsula Thursday, April 9 • 1:30pm-3:00pm

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.**

Tech Support - by appointment only

Tuesdays, 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 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 Puccinelli 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.**

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.**



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



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–10:10am

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



Wednesday
April 1 & 22
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

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

TREASURE SALE



Treasure Sale

Wednesday, April 15 • 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, April 13 • 1:00pm - 4:00pm
- Tuesday, April 14 • 8:00am - 2:00pm

A list of accepted items is at the Front Desk. For questions, contact Nikki at ngarello@mowmp.org.

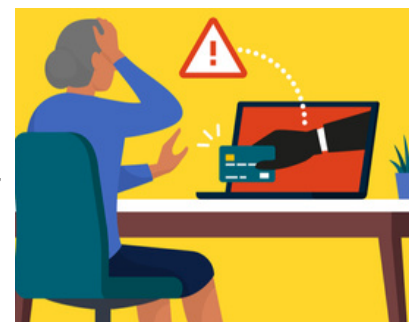
Is it a SCAM? Online Safety

Monday, April 20 • 12:30pm–1:30pm

Join us for our Online Safety class and gain the confidence to recognize, avoid, and report digital scams before they cause harm. Knowledge is your greatest defense, and together we can build a stronger, safer community.

Thanks to support from AT&T and the National Council on Aging.

Sign up at the Front Desk and Reserve your spot.



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.



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



WIM Estate Planning Seminar

Tuesday, April 21 • 12:00pm–1:30pm

Your legacy can keep our wheels turning. Join us for the Wheels In Motion Legacy Circle Estate Planning Seminar and discover how a planned gift can nourish seniors, veterans, and disabled adults in Monterey County for generations to come. Options include bequests, beneficiary designations, charitable trusts, and gifts of stock or property. There is a giving path for everyone.

Space is limited. Scan to reserve your spot!

For more information contact Jacob at jshafer@mowmp.org or 831.375.4454 x120

Golden Connections Facilitated by Doris Beckman

Tuesday, April 21 • 1:00pm–3:00pm

Design a Plan B: Preparing for Life's Unexpected Detours
Life can surprise you with health challenges, financial setbacks, or family changes. This session helps you build a Plan B—practical strategies for navigating change, seizing new opportunities, and strengthening resilience. Walk away with tools and confidence to plan ahead and secure a fulfilling future, no matter what comes your way.

Act now RSVP to goldenconnections2025@gmail.com or call 831-204-8260



Golden Connections

APRIL is National Volunteer Month

At Meals on Wheels of the Monterey Peninsula, we're tipping our hats to the incredible dedication of our 600+ volunteers who always step up for our community. From meal prep, assembly, and delivery to produce markets, treasure sales, live music, special events, and more—your hard work brings nourishment, joy, and meaningful connection to the neighbors we serve.

MUCH OBLIGED

We're deeply grateful for the heart, kindness, and compassion you bring every day. Thank you for stepping up and making a real difference throughout Monterey County.

GET INVOLVED TODAY!

Want to join our volunteer family? There is always boots to fill. Whether you have a few hours a week or want to lend a hand at special events, your support leaves a lasting impact.
(831) 375-4454 mowmp.org/volunteers



**MOWMP
VOLUNTEERS
STEP UP!**

Community Resources



Department of the Treasury
Internal Revenue Service

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.

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 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 or call 800-906-9887.

More Information

Refer to instructions for the tax return you are filing, Pub. 596, or www.irs.gov/EITC for details on the EIC. You can download IRS forms and publications at www.irs.gov/Forms, and you can get printed copies mailed to you by going to 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.

<https://www.unitedwaymcca.org/freetaxprep>



THE GRIFFIN GAZETTE

Non-Profit Org.
U.S. Postage
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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



Bring a stuffed animal to throw on to the field for cutest-ever Teddy Bear Toss!

SATURDAY, APRIL 4 • GAME STARTS AT 7PM

MONTEREY BAY FC

Tickets

\$26.37

Join us for Monterey Bay FC's first Nonprofit Night to raise funds and help bring awareness to causes in our community.

Plus, take part in the High Five Tunnel to welcome the team onto the field!

SCAN TO BUY

Visit MOWMP.ORG/MBFC to purchase tickets!

\$12.50 from every ticket purchased will go to Meals On Wheels Of The Monterey Peninsula!