



## May Events

-  Monday–Friday, 11:00am  
Group Dining
-  Mondays, 12:30pm  
Textile Arts Group
-  Mondays, 2:40pm  
Light Conditioning
-  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
- 6** Wednesday, 8:30am–9:15am  
Mobile Produce Truck
- 14** Thursday, 1:30pm–3:00pm  
Friends of MOWMP
- 12** Tuesday, 10:15am–11:15am  
The Cup is Half Full
- 12** Tuesday, 1:00pm–2:30pm  
MY Well-Being Series
- 19** Tuesday, 10:15am–11:15am  
The Cup is Half Full
- 19** Tuesday, 1:00pm–3:00pm  
Golden Connections
- 20** Wednesday, 2:00pm–3:00pm  
Mission 2 Serve Africa
- 26** Tuesday, 1:00pm–2:30pm  
MY Well-Being Series
- 27** Wednesday, 8:30am–9:15am  
Mobile Produce Truck
- 29** Friday, 5:00pm–7:00pm  
CCAA Artist Reception

Dear Friends, Members & Community Supporters,

May is one of our favorite months of the year, and not just because the Monterey Peninsula is at its most beautiful. This is a month rich with meaning, reflection, and community. We celebrate the teachers who support our programs & the community on **Teacher's Day** on May 6, wrap our arms around the mothers and caregivers on **Mother's Day** on May 10, and pause with quiet gratitude both on **Armed Forces Day** on May 16 and **Memorial Day** on May 25 to honor those who have served and sacrificed for our country.

May is also **National Physical Fitness & Sports Month** and **Mental Health Awareness Month**, two causes that speak directly to the heart of our mission. Staying active, eating well, and maintaining social connection are among the most powerful things any of us can do for our long-term health. As **Stroke Awareness Month**, May is also an important time to learn the warning signs, know your risk factors, and lean on your community for support. The daily meals and friendly visits we provide are not just nourishment, they are connection, and these connections save lives.



We are thrilled to invite you to join us on **Sunday, May 17** for our **Women Who Care** event, an inspiring cocktail party honoring the extraordinary **Heidi Friery-Keller** for her unwavering commitment to driving out hunger and isolation across Monterey County. Every ticket purchased directly supports the meals and services our community depends on. This is a celebration of inspiration and purpose. We hope to see you there.

Then, on **Friday, June 19 from 5 to 7 PM**, join us for the 2026 **Get Hooked! Dinner**, an exclusive multi-course celebration of locally and sustainably harvested seafood benefiting Meals on Wheels with support from programs and the **Monterey Bay Fisheries Trust** Community Seafood Program. Seating is limited, please reserve your spot soon!



Warm regards,  
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 • 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

YOU'RE INVITED

# 2026 WOMEN WHO CARE



Sunday, May 17 from 6PM-8PM

\$100 Per Person

Crema / 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](https://MOWMP.ORG/WWC)



**Meals on Wheels of the Monterey Peninsula**

is a 501(c)(3) exempt organization

TAX ID 94-2157521

# UPCOMING EVENTS



MEALS ON WHEELS OF THE MONTEREY PENINSULA

# GET HOOKED



RSVP  
TODAY

**BENEFIT DINNER EVENT**

**TICKETS - \$100 SINGLE / \$200**

Join us Friday, June 19th from 4:30PM-7:30PM at the Meals on Wheels Community Center for the 2026 MOWMP Get Hooked! Dinner, an exclusive multi-course fundraising event celebrating local, sustainably harvested seafood and the hardworking fishermen who bring it to shore.

This unforgettable evening supports Meals ON WHEELS, with Support from the Monterey Bay Fisheries Trust (MBFT) Community Seafood Program.

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)

# Volunteer Spotlight



## Winston Butts

With a background in computer science, electrical and mechanical engineering, and graduate work in neurophysiology, you might not expect Winston Butts to also be a watch repairer. Yet that is exactly what this dedicated volunteer does—repairs watches as needed for members and guests of the Meals on Wheels Community Center.

When asked how his journey into watch repair began, Winston shared that he has always been curious about how things work. “As a child, I purchased a broken pocket watch at a garage sale. Although the specific part was not repairable, taking it apart to diagnose the issue was a great learning experience,” he explained.

For Winston, watch repair is intertwined with our Community Center in more ways than one. After retiring from a management position in San Francisco, he moved home to care for his parents. Each day, Winston brings them to the center for lunch so they can enjoy a richer social experience than they would have spending the day at home with him. Winston is deeply committed to doing whatever it takes to improve their quality of life.

Winston’s watch repair service also serves as a fundraiser for Friends of Meals on Wheels. “Most watch batteries only cost a few dollars, yet professional replacement services are often quite expensive,” he said. “Asking for a \$5.00 donation for fixing a watch, seemed like a fair price and a meaningful way to benefit a group that supports Meals on Wheels of the Monterey Peninsula.”

Of course, not every watch can be repaired. Winston notes that this happens fairly often. Problems and issues can range from damaged quartz movements, unavailable parts, and corrosion caused by old batteries or internal damage resulting from failed water seals.

When asked what motivates him to offer these services, Winston simply said, “I want to give back to the community and help others.”

For anyone considering volunteering their own unique skills, Winston offers this advice: “If you have an interest, pursue it. It can take years to figure out what you truly enjoy, so the sooner you start, the better.”

We are very thankful for Winston’s contribution in helping everyone keep good time, and his dedication and kind heart in supporting Meals on Wheels.

# Member Happenings



## String Beads for Beginners

Friday, May 8 & 15 • 1:00pm–2:00pm

\$5 suggested donation to instructor

Discover the art of bead stringing in this fun two-part class. Bead stringing involves threading colorful beads to create beautiful jewelry and decorative pieces. No prior experience is needed. Whether you are looking to explore a new hobby, create handmade gifts, or simply enjoy a peaceful and social afternoon, this class is the perfect place to start.

**RSVP at the front desk. Center membership is required.**

## The Cup is Half Full - Discussion Group

Tuesday, May 12 & 19 • 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, May 14 • 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](mailto:ngarello@mowmp.org). **Center Membership is required.**

## Light Conditioning with Janet Light

Mondays • 2:40pm–3:40pm

\$5 per class Fee paid to instructor

Join Janet Light for a gentle full-body conditioning class to improve balance, build strength, increase flexibility, and support heart health. Exercises are performed standing, seated, and on hands and knees, participants must be able to get up and down from the floor, if assistance is needed a chair can be provided. Wear comfortable clothing and come ready to move at your own pace.

**RSVP at the front desk. Center membership is required.**



# Member Happenings

**Tech Support** - by appointment only

**Tuesdays, Wednesday, 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.**

## **Tai Chi for Arthritis and Fall Prevention**

**Wednesdays • 2:00pm–3:00pm**

Drop in every Wednesday at 2:00 PM for a free, ongoing Tai Chi class, perfect for beginners and those already familiar with the form.

Whether you're just getting started or looking to practice with others, this welcoming group offers a great way to move, connect, and unwind. Tai Chi is especially beneficial for adults with arthritis, joint

concerns, or fall risks. Regular practice can help improve balance, strength, flexibility, and mobility, while also promoting relaxation and reducing pain and the risk of falls. Class are led by certified

instructors Leon and Joanne Garden 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.**

# 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–10:10am**

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 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**  
**May 6 & 27**  
**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



## MY Well-Being Series



Tuesday, May 12 & 26 • 1:00pm–2:30pm

Join us for the MY Well-Being Series sponsored by Aspire Health. On Tuesday, May 12 - Blood sugar Basics. On Tuesday, May 26 - Build A Connected Life. Classes are free, open to all fitness levels, and led by an expert health coach. *Upcoming dates: June 9, 16, & 23*  
**Reserve your spot today at the Front Desk.**

## Golden Connections Facilitated by Doris Beckman

Tuesday, May 19 • 1:00pm–3:00pm

Through engaging discussions, inspiring stories, & interactive activities, we aim to highlight the significance of building & maintaining meaningful relationships. Our meetings feature valuable resources, and networking opportunities with like-minded individuals committed to creating affordable housing through sharing. This is your chance to ask questions & gain practical tips!



## Mission 2 Serve Africa

Wednesday, May 20 • 2:00pm–3:00pm

All are welcome to attend a brief information session on the ongoing work of Mission 2 Serve Africa. Mission 2 Serve Africa, is a nonprofit organization operating since 1986, which impacts the lives of children and adults in Africa through education and training, focusing on the transformation of communities suffering through poverty, disease, and various forms of violence.

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, May 29 from 5:00pm–7:00pm

The Central Coast Art Association invites the community and others to see four talented members of CCAA at a small group show. Enjoy the stunning artwork, meet the artists, and enjoy refreshments. It's a time of fun & a portion of sales benefit Meals on Wheels of the Monterey Peninsula. Admission is free and open to the public, the show runs until April 30.



# Community Center Resources

## JOKE OF THE MONTH

Q: How do you know flowers are friendly?

A: They always have new buds!

I fall, but I don't get hurt.  
I pour, but I'm not a jug  
I help plants grow, but I'm not  
the sun. What am I?

Rain

## WORD SEARCH

Q G F L O U R I S H  
F B U T T E R F L Y  
N R D B F M A M P G  
S E A E L D T O E A  
P W C G W O Q F U R  
A A L T R D S Z T D  
R R I H A A R S Z E  
R M L T Y R N O O N  
O T A U Y M X T P M  
W H C P T Z X U S A

Blossom • Garden • Dewdrop • Nectar • Fragrant  
Sparrow • Lilac • Warmth • Butterfly • Flourish

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



Membership is required to attend some classes, programs, & events, and your support helps to fund Community Center services. Pacific Grove Adult School classes are the only exception.

Beginning in June 2026, all memberships will align with our fiscal year cycle (July 1–June 30).

All members: current, new, and returning, are asked to update paperwork starting in June and submit payment for the upcoming year beginning July 1. Please watch your mailbox for your renewal materials.



Join or Renew Today!

Not currently a member? We'd love to have you join us. If your membership has lapsed, you're always welcome back. Our Community Center is stronger because of each of you. If you have any questions or need help with the process, our team is here and happy to assist.



# 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



## MAY is Stroke Awareness Month Act F.A.S.T to Save Lives



**F** **Face Drooping**  
Does one side of the face droop when smiling?



**A** **Arm Weakness**  
When arms are raised, does one drift down?



**S** **Speech Difficulty**  
Is speech slurred or strange?



**T** **Time to Call 911**  
Do not drive — call and ambulance immediately

### More sudden stroke symptoms

#### Numbness

or weakness of face, arm, or leg, especially on one side of the body

#### Confusion

Trouble speaking, or trouble understanding

#### Trouble Seeing

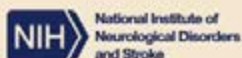
in one or both eyes

#### Trouble Walking

dizziness, or loss of balance or coordination

#### Severe Headache

with no known cause



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LEARN  
MORE



stroke.nih.gov