

THE GRIFFIN GAZETTE

JULY 2026

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



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Dear Friends, Members & Community Supporters,

There is something about July in Monterey County that feels like possibility. The fog lifts, the days stretch long, and people find one another at concerts, beach days, outdoor events, and picnics set with great food. That sense of community is the heart of everything we do at Meals on Wheels of the Monterey Peninsula, and this month gave us plenty of reasons to celebrate it.

As we honor the 250th anniversary of American independence this Fourth of July, our offices will be closed Friday, July 3. We return with a full Center calendar. New this month: Food is Medicine - a free five week series on nutrition and prostate health and Designing Your Plan B, A six month series guiding older adults through life's transitions. Both classes are open to all and we encourage members and the public alike to attend.

July is National Ice Cream Month, UV Safety Month, and National Parks and Recreation Month, reminders to stay cool, protect your skin, and enjoy the outdoors. We wish you a happy and healthy Fourth of July!

With gratitude and summer joy,

The Meals on Wheels of the Monterey Peninsula Team

Nourishing Bodies, Minds & Spirits



Nikki Garelo

If you have ever called the Community Center with a question about your meals, there is a good chance you have already spoken with Nikki Garelo! As our Community Center Concierge, Nikki is one of the friendly voices on the other end of the line, ready to help with just about anything that comes her way.

Nikki has been part of the Meals on Wheels of the Monterey Peninsula family for 11 wonderful years, but her connection to our mission goes back even further. We are so grateful to have Nikki in our corner!

PEOPLE
behind the
MISSION



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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

Closed **Friday, July 3** in observance of

INDEPENDENCE DAY

Normal hours resume **Monday, July 6th**



CARMEL PLAZA'S 2026

Summer Live Music

Dance Dine Drink

FREE Music on Friday Nights at Carmel Plaza, 5-7pm

July 24 | Everyday People

Rio Grill | Blair Estate Wines | Meals on Wheels of the
Monterey Peninsula and BirchBark Foundation

Food & drink packages available for purchase at the event- \$25 per person.
\$5 of every package sold will be donated to the featured non-profit of the evening.
Must be 21+ to purchase wine/beer tickets.

Volunteer Spotlight

Scott Trambley

After spending 20 years as a letter carrier walking the streets, many people might look forward to a quiet retirement. That hasn't been the case for Scott Trambley. When Scott retired from the postal service, he brought with him the perfect background for volunteering with MOWMP—a successful 20 year career working in professional kitchens.

Scott volunteers in the kitchen two days a week, helping on the meal pack out line. On Fridays, he takes on double duty, serving lunch in the dining room as well.

One of the things Scott missed most after retirement was the relationships he built throughout his career. Whether interacting with postal customers or restaurant guests, connecting with people has always been an important part of his life.

Although Scott initially planned to volunteer as a driver, the kitchen quickly became his calling. With years of hospitality experience, it felt like a natural fit.

Scott grew up in California's Central Valley, where summer temperatures often soared. His family frequently escaped the heat by visiting the Monterey Peninsula. He began working in restaurants at age 15, later attending culinary school in New York, and worked throughout Southern California before eventually settling in Monterey. In all, he spent 20 years in the hospitality industry.

Today, Scott enjoys the energy and teamwork of the kitchen assembly line. The welcoming staff and familiar rhythm of service made him feel at home from the start.

In his Friday role as a lunch server, Scott values the opportunity to connect directly with guests. "By providing service in the dining room, I have the opportunity to engage with our guests and share in their joy while they dine with us," he says.

Outside of MOWMP, Scott is an active member of the Triathlon Club of Monterey. Through the club, he volunteers at local events such as the Sea Otter Classic and the Big Sur Marathon, in addition to supporting local triathlons.

When asked what stands out most about volunteering with MOWMP, Scott says, "Even though I only volunteer two days a week, when I come back it feels as though I've been missed on the days I'm not there." His reason for volunteering is simple: "We have the ability to make a difference in someone's day, whether through the meals we prepare or the friendships we establish."

For those considering becoming a volunteer, Scott offers this encouragement: "The staff is friendly, appreciative, and willing to teach newcomers. It's a fun environment to volunteer in."



Member Happenings

The Cup is Half Full - Discussion Group

Tuesday, July 7 & 21 • 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, July 9 • 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.**

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

Member Happenings

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.



Tech Support - by appointment only

Tuesdays, Wednesday, Thursdays • 10:00am–11:30am

Fridays • 12:00pm–2:00pm No Tech Support July 3 & 30

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.**



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



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! No Game Day July 3 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.**



HANDLED 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 (**NO PLASTIC BAGS PLEASE**).

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.

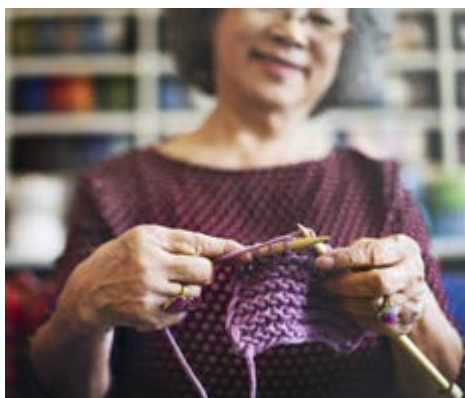
Member Happenings



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.

No Ping Pong
July 3 & 7

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.

No Walk for Health
July 3



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.



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.

No Market Day July 1



Wednesday
July 8 & 22
8:30am to 9:15am,
or until supplies last

Mobile Produce Truck

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



No Classes July 1 - 3 & 16 -28



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 • pgadulter.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

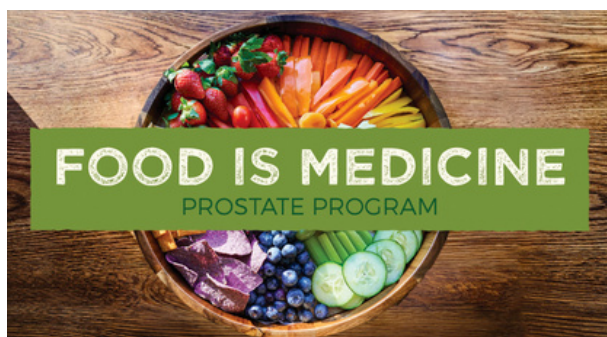
Cardio exercises with strength, stretching routines with the goal of improving all elements of fitness for the first 40 minutes, followed by 15 minutes of seated conditioning using light weights.

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



Food is Medicine

Wednesdays in July • 1:30pm–3:00pm

with Health Coach Dorothy Tenney

Join us for Food is Medicine, a free 5-week series dedicated to understanding how nutrition supports prostate health and beyond. Weekly classes include nutrition education, cooking demonstrations, and

recipe tastings, giving you practical tools to make simple, delicious changes to your diet. Every participant receives a free recipe booklet and access to a mini food pantry. There are no eligibility requirements, and the series is open to everyone in the community.

Medicare Counseling

Wednesday, July 1 & 22 • 1:00pm–3:00pm by appointment only

Free, personalized Medicare counseling is available through Alliance on Aging & the HICAP program offering unbiased guidance on enrollment, Medicare Advantage, Medigap, and Part D plans.

Call (831) 655-1334 to schedule your appointment.



Off Season Tax Preparation

Fridays, July 10 • 9:00am–3:00pm by appointment only

Free off season tax services are available through Alliance on Aging. Meet with an IRS-certified volunteer and receive free assistance on your tax returns. Tax preparation services can be scheduled online at allianceonaging.org or by calling 831-655-1334.



Treasure Sale

Friday, July 17 • 8:00am–11:00am

Shop for must-have items to rare and 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 date:

- **Thursday, July 16 • 8:00am - 4:00pm**

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

Community Center Happenings



Golden Connections Facilitated by Doris Beckman
Tuesday, July 21 • 1:00pm–3:00pm

Aging well starts with a plan. Join us for Designing Your Plan B! This six-month series offers practical guidance for older adults navigating life's transitions. Each session explores independence, financial planning, housing

options, and building a support network for the unexpected. This series provides meaningful conversations and practical strategies to help you prepare with confidence.

Call 831 204 8260 or email goldenconnections2025@gmail.com to reserve your spot.

Medicare 101:

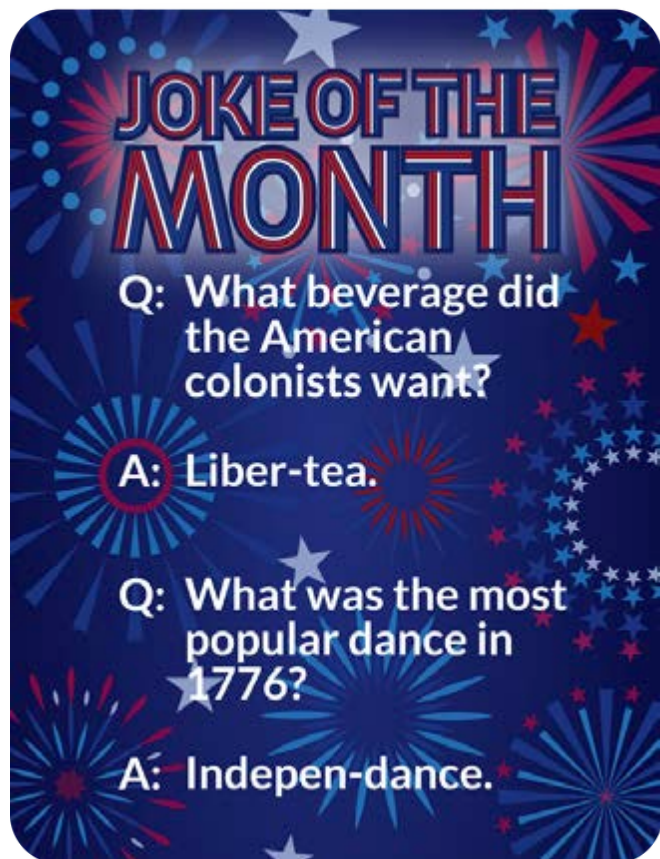
Learn the A, B, C's and D's of Medicare

Monday, July 27 • 2:30am–3:30pm

Learn about Part A, Part B, Part D, Part C Advantage Plans, Supplemental Plans, Penalties, Low Income Assistance Programs and more! For Questions, Please Contact Augstin Romero at 831-655-7567. RSVP at the front desk.



FUN & GAMES





THE GRIFFIN GAZETTE

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700 Jewell Avenue, Pacific Grove, CA 93950-2519

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It Is Not Too Late to Renew and a Perfect Time to Join!

Membership renewal season is underway, and whether you are a returning member or someone who has been curious about what we offer, we would love to have you with us this year.

If you received your renewal letter in the mail, there is still time to send it back and continue enjoying everything membership has to offer, including programs, classes, workshops, special member dinners, and The Griffin Gazette newsletter.

Annual membership rates are affordable at **\$40** for individuals and **\$60** for families. New members are always welcome to reach out or stop by. We're happy to answer any questions and help you get started.

If you know someone who would enjoy being part of our welcoming community, please invite them to join. The more, the merrier.

Thank you for being or becoming part of our Community Center. Your support helps keep our programs strong, our events meaningful, and our community connected.

Stay Active. Stay Connected.

mowmp.org/membership

