

# THE GRIFFIN GAZETTE

SEPTEMBER 2026

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



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Dear Members and Friends,

September brings a welcome change of season and an opportunity to reflect on the importance of nourishment, connection, and community. At Meals on Wheels of the Monterey Peninsula, we are grateful for the Members, Volunteers, Donors, Community Partners, and all who help us continue our mission of supporting seniors, adults with disabilities adults, veterans, and other underserved neighbors throughout Monterey County.

The start of a new season is a wonderful time to connect with others and discover new ways to stay active and engaged. Our Community Center offers a variety of programs, classes, and events designed to support healthy living, encourage learning, and bring our community together. We invite you to take part, try something new, and enjoy the many opportunities to nourish your body, mind, and spirit.

We are also looking ahead to one of our most anticipated events of the year, our annual Classique Gala in November. This cornerstone event is a wonderful opportunity to celebrate our community, honor the impact of our mission, and help provide continued support for our mission and the people we serve.

Please remember that our Community Center will be closed on Labor Day, Monday, September 7. We invite you to stay involved, join us for upcoming center activities, and celebrate the season ahead together.

Warmly,

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

Nourishing Bodies, Minds, & Spirits

**Rashaad Peay**



This month we are proud to spotlight Rashaad Peay, a driver on our Home Delivered Meals team since September 2025. Rashaad joined Meals on Wheels of the Monterey Peninsula because he wanted to serve his community, and that passion shows in everything he does.

He treasures the gratitude of his clients and cherishes moments like helping one client reconnect with our Community Center. Outside of work, Rashaad enjoys time with family and never turns down coffee. His philosophy says it all: mind, body, and spirit are the true trinity of life.

**PEOPLE**  
behind the  
**MISSION**



# Inside this issue

|                                                       |        |
|-------------------------------------------------------|--------|
| Calendar                                              | 1      |
| Volunteer Spotlight - Willie Skinner & Margie Montana | 4      |
| Member Happenings                                     | 6      |
| Community Center Happenings                           | 8      |
| Market Day, Food Bank, and Produce Truck              | 9      |
| PG Adult School                                       | 11     |
| Menu/Calendar                                         | insert |

## Board of Directors

|                                               |                                         |                                        |
|-----------------------------------------------|-----------------------------------------|----------------------------------------|
| <b>Steve Keller</b><br>President              | <b>Rory Coetzee</b><br>Past President   | <b>Matt Hohmam</b><br>President Elect  |
| <b>Matt Hohmam</b><br>Chief Financial Officer | <b>John O'Brien</b><br>Governance Chair | <b>Paul Bruno</b><br>Development Chair |
|                                               | <b>Heidi Schake</b><br>Secretary        |                                        |

Tamie Aceves • Stephanie Hulsey • Marc Kelly  
Robert Kramer • Kim Nunes • Sharon Wesley

Our mission is to empower seniors, adults with disabilities, 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

MONTEREY 2026  
COUNTY FAIR



## SENIORS RESOURCE FAIR

In the Seaside Room Enter Gate 5

**Thursday, September 3rd | 12pm - 3pm**

FREE Fair Admission for Seniors 62 or better  
This fun event connects seniors and veterans with  
over 35 community services & programs!

FOR MORE INFO: 831.372.5863 | [WWW.MONTEREYCOUNTYFAIR.COM](http://WWW.MONTEREYCOUNTYFAIR.COM)

**COWBOY BOOTS AND  
COASTAL ROOTS**

★ SEPTEMBER 3-7 ★

**FREE  
Fair  
Admission**  
Seniors 62+



MEMBERS DINNER

## DUCK CONFIT

PREPARED BY CHEF CHASE + CHEF ADOLFO

**\$30**

**FRIDAY, SEPTEMBER 25  
5:00PM - 7:00PM**

CALL 831.375.4454 OR STOP BY THE FRONT DESK TO RESERVE YOUR SEAT

BUTTERNUT SQUASH SOUP  
FRIED SAGE WITH BREAD  
ROASTED BRUSSEL SPROUT  
SALAD WITH PANCETTA AND  
HOT HONEY

DUCK CONFIT, CRANBERRY  
STUFFING CAKE, BROWN  
BUTTER GLAZED RAINBOW  
CARROTS, APPLE BUTTER  
SAUCE, AND FRESH  
POMEGRANATE

LOCAL HEIRLOOM APPLE  
GALETTE, GRANOLA CRUNCH  
WITH CARMEL DRIZZLE

**B I N G O**

Doors open at 1PM  
Early Bird Games 1:30PM  
Regular Games 2PM  
ADULTS \$25  
KIDS 12 & Under \$10

**Join us for an afternoon of BINGO!**

Door prizes, raffle prizes, music, friends & fun. Food available for purchase. With your participation and support, MOWMP can do even more to support seniors, adults with disabilities, veterans, and underserved communities throughout Monterey County. For more information or to donate a prize contact Nikki at 831-375-4454.

*Bring your friends, bring your luck, and let's make a difference together!*



# Volunteer Spotlight



## Willie Skinner & Margie Montana

Life has an amazing way of connecting people through unexpected circumstances. That is certainly the case for Meals on Wheels Monterey Peninsula volunteer drivers Margie Montana and Willy Skinner.

Both Margie and Willy ended up working at the same location of Pacific Telephone (now AT&T) in San Jose. Though they never worked in the same department at first, they eventually did cross paths in 2004. That led to a lovely courtship, engagement and marriage in 2016.

About four years ago, Margie and Willy relocated back to Pacific Grove. Curious about the activity at the center, Margie stopped by to see what was happening and immediately noticed it was a vibrant and welcoming place filled with activity.

This visit came in very handy later in the year when they were hosting Thanksgiving at their home. As the holiday approached, they found themselves with more guests than expected and not enough chairs to seat everyone. Remembering her visit to the near by Meals on Wheels Community Center, Margie walked over and asked if she could borrow some chairs. Despite not knowing anyone at the center, her request was warmly granted, and Thanksgiving was saved. "Willy and I were so impressed with the spontaneous generosity and willingness to help," Margie recalls. "That experience sparked our interest in becoming more involved."

Soon after Thanksgiving, they enrolled in a Pacific Grove Adult School exercise class held at the center. During one of the classes, she and Willy overheard a conversation about MOWMP need for volunteer drivers. They immediately recognized an opportunity to give back and signed up. That was more than two years ago.

Today, Margie and Willy describe their volunteer role as "adding purpose" to their days. "Being drivers has given us a better sense of the needs in our community," they share. "We're able to connect with the people we serve and realize that, on some days, we may be the only in-person contact they have. It's been a true win-win experience. We've met wonderful, caring people, made new friends, and found fulfillment in helping others. Volunteering has increased our gratitude on many levels. It simply feels good."

When they're not volunteering, they enjoy glamping in their fifth wheel, hanging out with their children and five grandchildren, hiking, skiing, biking and being with friends.

Their journey from borrowing chairs to delivering meals is a testament to the power of community, kindness, and giving back. Meals on Wheels Monterey Peninsula are grateful for volunteers like Margie and Willy, whose compassion and dedication make a meaningful difference every day.

# Member Happenings



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

**Tuesday, September 1 & 15 • 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, September 10 • 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](mailto:ngarello@mowmp.org). **Center Membership is required.**



## **Light Conditioning with Janet Light**

**Mondays • 2:40pm–3:40pm**

**No Class September 7**

**\$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**

**Monday – Thursday • 10:00am–11:30am**

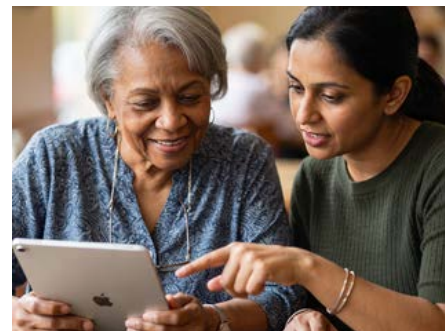
**Fridays • 12:00pm–2:00pm**

**No Tech Support September 1**

Need help with your phone, tablet, or laptop? Book a 30-minute appointment with volunteers Faye, Jeanne, Felice, Nori, and Mark.

**RSVP at the Front Desk for an appointment.**

**Center membership is required.**



# Member Happenings



## 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. 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. Classes 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 Fridays 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**

Join other folks who enjoy the textile arts. Bring your own supplies and projects and enjoy this creative makers' group. Center membership required.

No Textile Arts September 7



## Knit & Purl Group

**2nd Tuesday of the month**

**1:00pm–3:00pm**

Enjoy knitting or crocheting? Bring your own supplies and enjoy an afternoon with friends. Center membership required.



## Tai Chi 24 Forms

**Thursdays, 2:30pm–3:30pm**

Group practice of Tai Chi enthusiasts. Improvement of muscular strength, fitness, flexibility and wellness. Center membership required.



**CLOSED LABOR DAY!**  
*Monday, September 7*



## 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 September 7 & 15

## 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 September 7



# 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.



**Wednesday**  
**September 2 & 16**  
**8:30am to 9:15am,**  
**or until supplies last**

## **Mobile Produce Truck**

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

★★ **CLOSED LABOR DAY!** ★★  
*Monday, September 7*



## **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.

**No Class September 4 & 7**

### **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.

**No Class September 4 & 7**

### **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

## Medicare Counseling

**Wednesday, September 9 & 23 • 1:00pm–3:30pm 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

**Friday, September 11 • 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](http://allianceonaging.org) or by calling 831-655-1334.



## Pacific Grove Travel

**Wednesday, September 9 • 6:00pm–8:00pm**

Join Pacific Grove Travel for an exciting night of ocean and river cruise discovery! **Princess Cruises** is a premium ocean cruise line offering immersive itineraries to destinations around the world. **AmaWaterways** is a luxury river cruise line known for exceptional service and expertly curated cultural experiences. Enjoy informative presentations on these award-winning companies followed by a time for questions.

Whether you're dreaming of your next holiday at sea or considering a scenic river getaway, all are welcome! Space is limited, so please **RSVP** (831-373-0631) or ([mary@pgtravel.com](mailto:mary@pgtravel.com)).

## 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 Community Center membership is required. The Pacific Grove Adult School classes are the only exception.

Membership directly supports the essential services we provide to our members and our community. Membership includes programs, classes, workshops, special member dinners, and The Griffin Gazette newsletter.

If you're not yet a member or if your membership has lapsed, now is the time to join. Please reach out or stop by. We're happy to answer any questions and help you get started.



**Join or Renew Today!**

**Stay Active. Stay Connected.**  
[mowmp.org/membership](http://mowmp.org/membership)



# Community Center Happenings

**Golden Connections** Facilitated by Doris Beckman  
**Tuesday, September 15 • 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](mailto:goldenconnections2025@gmail.com) to reserve your spot.



## TREASURE SALE



### Treasure Sale

**Friday, September 18 • 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, September 17 • 8:00am - 2:00pm**

A list of accepted items is at the Front Desk. For questions, contact Nikki at: [ngarello@mowmp.org](mailto:ngarello@mowmp.org).

### ARC Talks Presents:

#### ARTHRITIS 101 with Dr. Miller

**Thursday, September 24 • 10:30am–11:30am**

Do you think you know everything you need to know about arthritis? Come hear UCSF Clinical Professor of Medicine Dr. Lester Miller review the basics of arthritis and the latest treatments for each. Dr. Miller is a rheumatologist trained at Johns Hopkins University School of Medicine and was in

private practice for nearly 40 years in Santa Cruz. He is currently a Clinical Professor of Medicine at UCSF on the voluntary faculty, teaching rheumatology fellows in training. Dr. Miller has been actively involved in fundraising for arthritis research for many years and will be continuing in this role while serving on the Arthritis Research Coalition Board.



# FUN & GAMES

## SUDOKU

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 4 |   |   | 1 |   |   |   | 8 |
| 7 | 6 | 2 | 9 |   | 4 |   |   |   |
|   | 8 | 5 | 3 | 2 | 7 |   |   | 9 |
| 6 |   |   |   | 4 |   |   |   | 1 |
| 4 | 2 |   |   |   |   |   | 8 | 7 |
|   | 9 |   |   | 5 |   |   |   | 2 |
|   | 7 |   | 1 | 9 | 2 | 8 | 3 |   |
|   |   |   | 4 |   | 3 | 9 | 6 | 5 |
| 9 |   |   |   | 6 |   |   |   | 2 |

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Fill in the blanks squares so that each row, each column and each 3-by-3 block contains all of the digits 1 thru 9.

## WORD SEARCH

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

Pencil • Acorn • Ruler  
Notebook • Autumn • Backpack • Leaf  
Sweater • Eraser • Recess

## JOKE OF THE MONTH

Q: Why is the library always the tallest part of any school?

A: It has the most stories.

Q: How many seconds are there in a year?

A: There are 12; January 2nd, February 2nd, March 2nd...

WHEELS IN MOTION



LEGACY CIRCLE

## 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



**THE GRIFFIN  
GAZETTE**

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Pacific Grove, CA

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



You're invited to experience

# CLASSIQUE GALA 2026

Where  
Elegance

Meets Generosity

Get Your Tickets

[classiquegala.com](https://classiquegala.com)

The Inn at Spanish Bay in Pebble Beach  
Sunday, November 8 from 4PM–9PM



SEPTEMBER 2026

MOWMP.ORG