

THE GRIFFIN GAZETTE

OCTOBER 2026

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



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Dear Members and Friends,

October arrives with cooler mornings and a full calendar of activity here at **Meals on Wheels of the Monterey Peninsula**. Please note that our Community Center will be closed for the Federal holiday on October 12th. Also a reminder you that flu season is in full swing. If you have not yet spoken with your doctor about a flu shot, now is a great time to do so. Staying protected can make a real difference as we head into the colder months ahead.

We hope you will join us for a fun afternoon of **Bingo** on October 11th at the Monterey Moose Lodge. This is a favorite gathering that brings laughter, friendly competition, and a chance to connect. Mark your calendars as well for our **Knitters Sale** on November 13th, featuring handmade items crafted with care by our talented volunteers.

Excitement continues to build for **Classique Gala**, our premier culinary and philanthropic event of the year, taking place November 8th. Described as An Evening of Fine Dining, Stunning Design, and Lasting Impact, Classique brings together James Beard acclaimed and Michelin starred chefs alongside celebrated local designers and chefs for a night of exquisite wine and immersive elegance, all benefiting **MOWMP** programs. Limited seats are still available, so we encourage you to register soon at classiquegala.com

We are truly grateful for your ongoing support of our mission, and we look forward to seeing you soon at the Community Center or at one of our upcoming events.

Warmly,

The Meals on Wheels of the Monterey Peninsula Team
Nourishing Bodies, Minds, & Spirits

Susan Elwood

Susan Elwood has spent six years as our Recruitment and Outreach Manager, guiding new volunteers from their first phone call to their first day on the job. She meets with a wide range of groups across Monterey County, from civic and nonprofit organizations to Rotary clubs, and students ranging from elementary to university, spreading the word about our mission and the difference volunteers make and the important work MOWMP does in our community

Susan's hard work and heartfelt commitment continue to strengthen everything we do for our community, and we are truly grateful to have her as part of our Meals on Wheels team.



PEOPLE
behind the
MISSION



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Board of Directors

Steve Keller President	Rory Coetzee Past President	Matt Hohman President Elect & CFO
John O'Brien Governance Chair	Paul Bruno Development Chair	Heidi Schake Secretary
	Tamie Aceves At Large	

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.

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UPCOMING EVENTS



MPVS
Monterey Peninsula Volunteer Services

Celebrates the 12th Annual

Little Black Dress Event

Sunday, October 4 • 11:00–2:00 MPVS Benefit Shop • 655 Broadway Ave., Seaside CA

A graphic for a BINGO event. It features a blue bingo card on the right with the text: "BINGO", "Sunday, October 11", "1:00pm–3:30pm", "Monterey Moose Lodge", "555 Canyon Del Rey Blvd.,", "Del Rey Oaks", and "For more information or to donate a prize contact Nikki at 831-375-4454". To the left of the card are three overlapping circles: a green one with the "Friends of MEALS ON WHEELS OF THE MONTEREY PENINSULA" logo, an orange one with "RAFFLE PRIZES", and a yellow one with "Doors open at 1PM", "Early Bird Games 1:30PM", "Regular Games 2PM", "ADULTS \$25", and "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.

CLASSIQUE VOLUNTEERS

Volunteers needed for our Classique Gala on November 8.

A variety of opportunities available

Sign up and be part of a night that supports Meals on Wheels of the Monterey Peninsula.

For details contact Susan Elwood, Volunteer and Outreach Manager, at selwood@mowmp.org or 831-375-4454.



Start off the season of giving at our **Annual Knitters Sale!**

Find festive, handknit treasures like scarves, caps, mittens, and blankets; the perfect holiday gifts made with love. All proceeds support Meals on Wheels of the Monterey Peninsula.

Friday, November 13
8:00am - 12:00pm

Volunteer Spotlight

The Treasure Sale Crew

For almost 20 years, **Meals on Wheels of the Monterey Peninsula** has hosted its popular **Treasure Sale**. What began as a small event has grown into a well run operation with a wonderful variety of items to discover. Shoppers find the perfect treasure, while others purge their homes and donate for a good cause. Everyone wins!

What shoppers may not see is the work behind the scenes. Our dedicated volunteers sort, organize, research, price, merchandise, advertise, and sell the donated items, somehow turning tables and boxes into a sale that looks remarkably like **MOWMP Thrift Shop**. Let's meet the volunteers who make it happen.

JoJo Heinen has created our Craigslist ads for more than nine years, enticing shoppers to come searching for treasures. She also researches seemingly ordinary donations and discovers true treasures, helping us recognize the value and history of many items.

Robin Ashley, a newer volunteer recruited by JoJo, has already made her mark. Her attention to detail and organizational skills have brought new sparkle to the jewelry department, where those little treasures are beautifully displayed.

Paula Browning is bilingual and brings her retail background and enthusiasm to every sale. She loves merchandising and helping customers find just the right purchase. The Holiday Sale is probably her favorite because she gets to share her gift wrapping skills. Paula has supported MOWMP programs for 13 years by doing what she loves, helping people.

Lee Willoughby is both a shopper and a donor. She encourages family and neighbors to purge for a good cause, brings her own donations regularly, and greets

The proceeds from Treasure Sales support the important work of the **Friends of MOWMP**. Throughout the year, these funds help support special events and programs; like Holiday bags for HDM clients and the Birthday Bash Band, along with other activities that bring joy and support to our community.

So the next time you stop by a MOWMP Treasure Sale, take a moment to thank the wonderful volunteers behind the tables. They are turning other people's treasures into meaningful support for MOWMP – one sale at a time!



everyone with a warm welcome, whether they come to shop, donate, or simply say hello.

A new member and volunteer is **Ruth Rogow**! September was her first Treasure sale and she did a fabulous job organizing the clothes as well as distributing the left over items to area non-profits!

Dorothy Nelson and **Linda Pagnella** round out the team with energy, a sense of fun, and a willingness to pitch in wherever needed. Whether it's sorting, organizing, selling, rearranging, or helping a customer, they are always ready to lend a hand.

The most familiar face of the sale is **Nikki Garello** who heads up the entire event with patience and fun. If you have ever seen Nikki's office area prior to the event, you know it begins to look like a store in and of itself!

Member Happenings



The Cup is Half Full - Women's Discussion Group

Tuesday, October 6 & 20 • 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, October 8 • 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.**



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 get ready to move at your own pace.

RSVP at the front desk. Center membership is required.

No Light Conditioning October 5, 12, & 26

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



Tech Support - by appointment only

Monday – Thursday • 10:00am–11:30am

Fridays • 12:00pm–2:00pm **No Tech Support October 12, 15 & 21**

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. 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.



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 October 12



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 Monday, October 12

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 October 12 & 20

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 October 12



Member 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
October 7 & 21
8:30am to 9:15am,
or until supplies last

Mobile Produce Truck

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

Closed Monday, October 12



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.

No Class October 12 - 16

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 October 12 - 16

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.

No Class October 12 - 16

Community Center Happenings



CENTRAL COAST ART ASSOCIATION

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, October 2 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.

Off Season Tax Preparation

Friday, October 9 • 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.



Medicare Counseling

Wednesday, October 21 & 28 • 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.

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



Community Center Happenings

Golden Connections Facilitated by Doris Beckman

Tuesday, October 13 • 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.



TREASURE SALE



Treasure Sale

Friday, October 16 • 8:00am–11:00am

Great Finds • Great Prices • Great Fun!

Start your weekend with fun, bargains, and unexpected treasures!

Donations accepted:

- **Thursday, October 15 • 8:00am - 2:00pm**

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

Come explore, discover, and take home a treasure of your own!

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



OCTOBER FUN & GAMES



Sudoku

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

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

WORD SEARCH

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

Pumpkin • Witch • Scarecrow
Ghost • Cobweb • Cider • Owl
Moonlight • Tricks • Treats

JOKE OF THE MONTH

Q: How do you mend a jack-o'-lantern?

A: With a pumpkin patch.

Q: Why don't mummies take time off?

A: They're pretty wrapped up and don't have time to unwind.

Did You Know?

Pumpkin seeds, often scooped out and discarded during carving, are actually a good source of protein, fiber, and magnesium when roasted, making them a simple way to reduce food waste while adding a nutritious snack to the fall table.



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.



Contact Jacob Shafer, Senior Director of Philanthropy • jshafer@mowmp.org or 831.375.4454 x120



THE **GRIFFIN
GAZETTE**

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700 Jewell Avenue, Pacific Grove, CA 93950-2519
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You're invited to experience

CLASSIQUE GALA 2026

Where
Elegance

Meets Generosity

Get Your Tickets

classiquegala.com

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



OCTOBER 2026

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