January Events

Monday - Friday, 11:00am
Congregate Luncheon

Tuesdays, 1:00pm - 2:00pm
Chair Yoga

Wednesdays, 8:30am
Market Day & Food Bank

Fridays, 11:10am - 12:10pm
The Belly & the Bear

1
Closed Monday
New Years Day

9
Tuesday, 12:30pm - 1:30pm
Let's Talk MST!

9
Tuesday, 3:00pm - 4:30pm
Parkinson's Support

10
Wednesday, 2:00pm - 3:00pm
Beginner’s Tai Chi 12-week

12
Friday, CCAA Artist reception
5:00pm - 7:00pm

15
Monday, Closed
Martin Luther King Jr. Day

16
Tuesday, 1:00pm - 3:00pm
Golden Connections

25
Thursday, 11:00am - 12:30pm
Birthday Bash

29
Monday, 11:00am - 12:30pm
Chef's Choice Special Lunch

Dear Friends,

As we stand on the threshold of a brand-new year, I can't help but look back on the incredible journey we've shared.

Our community center has always been more than just a place; it's been a haven of flourished friendships, enriched minds, and soared spirits through a diverse array of events. In 2023, we witnessed remarkable transformations - from new flooring and a sturdy roof to the presence of baby seagulls, not to mention the new tables, chairs, fresh faces on our team, enticing menu items, chefs' special creations, unforgettable dinner events, and countless enriching experiences.

I am thrilled to share that, for the third consecutive year, we have been bestowed with the honor of being voted the Best Place to Volunteer by the very community we are proud to serve.

One memorable moment was our first family-style member dinner, where a long-table layout fostered more than just the sharing of food; it nurtured conversations, connections, and a deep sense of community.

Our chefs have continually delighted our clients with a variety of mouthwatering items including Paprikash, Chinese Braised Beef, Fish Stew Veracruz, Marsala, Moussaka, Curry, and Pozole. And let's not forget the element of surprise with our Chefs' choice.

The Get Hooked Dinner, in collaboration with the Monterey Bay Fisheries Trust, was a special occasion where members of our fishing community shared their experiences and the benefits of sustainably harvested seafood complemented by thoughtfully prepared dishes by our Executive Chef Isaiah and Sous Chef Chase.

The 17th Annual Women Who Care Luncheon and the 27th Annual Culinary Classique d'Elegance surpassed expectations once again this year.

With immense gratitude and genuine joy, I extend my warmest wishes to you and your loved ones for a year of boundless excitement and fulfillment.

Christine
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Board of Directors

Heidi Schake • President
Rory Coetzee • President Elect
Debbie Winick • Past President
Robert Kramer • Secretary
J.R. Williams • Treasurer

Tamie Aceves • Paul Bruno • Jackie Craghead
Bruce Hamilton • Stephanie Hulsey • Steve Keller
Kim Nunes • John O’Brien • Sharon Wesley

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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Lisa Zoubkova • Dev. Coordinator
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Community Center Programs

Dear MOWCC members and luncheon guests,

I have moved desks! In an effort to better serve you and support Community Center Programs, I can be found through the glass at the Front Desk. Have an idea for a program or a request for one? Send me a message. I look forward to hearing from you.

**Nikki Garello | Community Center Programs Coordinator**
ngarello@mowmp.org • 831.375.4454 x114

Interested in renting the Community Center for an event? Contact **Suzan Carabarın** at scarabarın@mowmp.org.

Community Center Membership

Meals on Wheels Community Center is a membership-based organization. Your annual membership fees and donations to Meals on Wheels of the Monterey Peninsula help support the many activities offered.

**Membership benefits include**
- Access to more than 50 different classes, workshops and programs offered weekly
- Opportunity to meet new people and explore new interests
- Lunch 5 days/week served in our dining room
- Lectures, presentations, workshops, trainings, and entertainment
- Free book lending library
- Free Wi-Fi access
- Holiday luncheons and events
- Monthly birthday celebrations
- Exclusive Members only events
- Access to monthly Griffin Gazette newsletter
- And so much more!

**Join or Renew Your Annual Membership Today!**
mowmp.org/membership
Volunteer Spotlight

Therese Crispell is not only a great volunteer who serves lunch and helps our bakers but she and her husband have a side gig that benefits MOWMP and area golfers!

Therese grew up in San Jose, went to Santa Clara University, and moved to New Jersey in her 20s for a job with AT&T. She found her way back to California and started coming to Pacific Grove on weekends with a girlfriend who was looking for a “cute little cottage.”

They would ride their bikes up and down Pacific Grove noting their favorite streets and houses. Therese knew then, she wanted to live in Pacific Grove someday. Eventually, her friend found a house on Cedar, and Therese and her husband Phil would spend several weekends a year with them exploring the Monterey Bay area.

Years later, their friends moved to a home on the PG Muni Golf Course. When the house next door went up for sale, the Crispells bought it.

Their children were young at that time, so they rented it to military families for 12 years before finally moving in March of 2020 just when COVID-19 was breaking out.

Recently retired, Therese was looking for volunteer work that would give her the opportunity to interact with the community.

One of her friends had recently started volunteering at MOWMP and encouraged her to give it a try. Therese started working one day a week serving lunch and prepping food in the kitchen, then joined the baking team on Tuesday afternoons. “I love the variety of the tasks, the camaraderie of the team, the friendly work environment, and the ‘appreciative’ customers.”

The other fun part of Therese and Phil’s life they owe to the people who rented their home. They had two young boys who were budding entrepreneurs, and they established a golf ball kiosk behind their fence and sold the golf balls that landed in their yard.

When they moved in, the golf course was closed due to COVID-19, but when it re-opened, golfers were happy and came in droves - but their swings were really bad!

This resulted in an abundance of errant golf balls missing the fairway and landing in their yard and their neighbors’ yards!

Therese’s husband had the idea of re-building the golf ball kiosk and donating all of the proceeds to Meals on Wheels. Neighbors on both sides give them their golf balls, Phil cleans them and organizes them by brand and color, and the wonderful golfers often throw extra donations in the jar!

In the three years since Phil started selling golf balls, they have donated $1,700 to MOWMP!

This is one of the great perks of having our center near the golf course as long as they miss our windows! We are grateful for Therese’s time and energy as well as Phil’s entrepreneurial spirit and generosity!
Harnessing Technology for Community Impact: Lisa Zoubkova Joins the MOWMP Team

In a significant stride towards leveraging technology for community empowerment, MOWMP is thrilled to introduce our new Development Coordinator, Lisa Zoubkova. With a robust technical skillset and a passion for utilizing data to drive positive change, Lisa adds a dynamic dimension to our team.

A graduate of CSUMB with a degree in Information Systems and Business Administration, Lisa's educational background lays the foundation for her technical expertise. Her skills extend to managing databases efficiently, a critical aspect of our operations as we strive to enhance our outreach and impact.

Beyond her technical prowess, Lisa is a culinary enthusiast with a particular fondness for Chinese fried rice or steak and homemade fries. This blend of culinary artistry and technical proficiency symbolizes our commitment to marrying innovation with the human touch. Lisa’s ability to manage data seamlessly aligns with our goal of providing nourishing meals to those who need it most.
Monterey Parkinson’s Support Group  
**Tuesday, January 9, 3:00pm - 4:00pm**

At our meetings we offer discussion and guest speakers, including talks by neurologists, a physical therapist, a urologist, licensed clinical social worker, and MST mobility specialist, as well as fitness programs presented by representatives from Power Over Parkinson’s and Dance for Parkinson’s. People with Parkinson’s (PWP) and their care partners are welcome to attend.

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CCAA Artist Reception  
**Friday, January 12, 5:00pm - 7:00pm**

Enjoy the group show featuring the works of Deborah Rich, Chuck Olsen, Marie Schaefer & Carly Ganley. Meet the artists. Enjoy refreshments. Event is free and open to the public. A portion of sales benefit Meals on Wheels of the Monterey Peninsula. The show runs through March 1.

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Golden Connections  
**Tuesday, January 16, 1:00pm - 3:00pm**
Facilitated by Doris Beckman

The lack of affordable housing is a community problem that needs a community solution. If you have a home to share, need a home to share, or are just concerned about the growing issue of lack of affordable housing in our community join us at Meals on Wheels of the Monterey Peninsula for our first monthly get together.
Pick up a variety of fresh produce and bread. Quantities are limited each week.

**Wednesdays from 8:30am - 10:00am**

Weekly specials on the freshest seasonal produce from local farms. For over 20 years, the volunteer run Market has been a must stop for neighboring seniors. Now accepting CalFresh/EBT

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**Bag Donations Needed**

Each workday, we require 550 paper grocery bags with handles to pack the nutritious Home Delivered Meals for our homebound clients. That adds up to a staggering 2,750 bags per week. Your contribution of these bags not only makes our deliveries more manageable but also spreads love, compassion, and sustenance to those who need it most.

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**The Wheels in Motion Legacy Circle honors those who have named MOWMP in their estate plans.**

MOWMP would be honored to work with you, your family and financial advisor to create a solution for you. No minimum estate gift amount is required. If you have included MOWMP in your estate, or would like to make a legacy gift, please contact us so we may recognize your generosity. Members may choose to be anonymous and are invited to an annual appreciation event to hear about MOWMP’s impact in the community and how their gift will support nourishing all in need. Learn more at mowmpwim.org
Community Services

**HICAP Medicare Counseling**

*Every Other Wednesday by Appointment*

Health Insurance Counseling & Advocacy Program (HICAP) Volunteer counselor, John K. will take in person appointments at the Meals on Wheels Community Center. Call Alliance on Aging to make your counseling appointment at 831-655-4244 or 1-800-434-0222.

**Let's Talk MST!**

*Tuesday, January 9, 12:30pm - 1:30pm*

Lesley van Dalen is the Mobility Specialist at Monterey-Salinas Transit (MST). Lesley reviews and answers questions about MST services and programs, understanding route maps, mobility device travel training, Taxi Vouchers, etc.

**Tax Assistance Alliance on Aging**

*Beginning Thursday, February 8 by Appointment*

Do you need help filing your 2023 tax return? Tax Assistance will return to the Community Center. The Alliance on Aging provides this service to those age 60 years or better at no cost.

To request an appointment, call **831-655-1334** or **831-758-4011**. You will be prompted to leave a message which should include your name, phone number, and the city in which you reside. Please be patient as you await a phone call from an Alliance on Aging staff member. Do not leave multiple messages; this only hinders our operation. *Please do not call the MOW Community Center regarding this program.*
**Special Interest**

**Textile Arts**
Mondays, 12:30pm - 3:00pm  
View Room

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

**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.

**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

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**Tai Chi for Beginners & the Yang Simplified 24 Forms Class**  
Leon & Joanne Garden led session  
A 12-Week Course • January 10 - March 3  
Wednesday, 2:00pm - 3:00pm

Benefits of Tai Chi include:
- Improvement of muscular strength, fitness, flexibility and wellness  
- Enjoy gentle tai chi movements that improve relaxation, mindfulness, and balance  
- Enjoy learning an art that you can continue to grow and progress

Contact the Center with any questions and/or to register for the next class series. Membership required.

Register at the Front Desk. Free with MOW Community Center Membership.
Marta's Class Schedule

Classes Start January 6, 2024

**Strength & Balance**
**Tuesday & Thursday 8:00am-9:00am**
**Tuesday & Thursday 9:00am-10:00am**
This class helps you build strength while improving stability & coordination.
First half of class is standing, last half is seated.

**Light Aerobics & Strength**
**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, then followed by 15 minutes of seated conditioning with weights.

**Circuit Training**
**Monday, Wednesday & Friday**
**9:00am-10:00am**
This workout combines strength, balance & endurance in a creative & flexible routine.
Standing & mat exercises incorporated.

**Line Dancing w/Belle**
**Wednesdays, 4:00pm-5:30pm**
Kick up your heels and join the fun!
Beginner & Intermediate dancers welcome.

The Belly and its Power • **Fridays, 11:10am - 12:10pm**

**Introductory to Relaxation Techniques.** Learning to relax is a natural process. It has more to do with an attitude of surrendering to the body than conquering it. Much has been written on the energy and endurance produced by simply opening up the breathing. It is not how many miles you walk or run in a day, but how well you breathe. Come join me, C. Jay Bradbury CMT, for a delightful exploration in gentle full body movements. Sign up at the Front Desk.
Chair Yoga with Gina Pucinelli
Tuesdays, 1:00pm - 2:00pm
Class limited to 18 students.
Fee paid to instructor, $8 per class

Discover safe and gentle movement therapy using a sturdy chair. This class provides the participant a variety of yoga poses to lubricate joints, find flexibility and strength. Gina Puccinelli is known for her calm voice, her gentle ease while guiding classes through poses - finding balance, strength and serenity - clearly her life’s passion. Participants will be sitting and standing while using a chair.

Tai Chi for Health, Arthritis & Fall Prevention
Tuesday, 10:15am-11:15am
$7/drop-in. Register in class.
Liana Olson, Instructor.
For more info email lolson346@att.net or call 831.659.2305

Movement to Music
Tue & Thu, 9:30am-10:30am
Suggested $5/class donation to instructor. Register in class.
MaryAnn, Instructor.
"I credit MaryAnn’s class with my good health & mobility, 25 years I have enjoyed Movement to Music!" - Ellie.

Ping Pong
Monday, 1:00pm-3:00pm
Tuesday, 10:30am-11:30am
Thursday, 10:30am-1:30pm
Friday, 1:30pm-3:30pm

Walk for Health
Mon, Wed & Fri, 8:00-9:00am
Tue & Thu 1:30pm-2:30pm
Meet at the Front Desk.

Gratitude and Empathy Group facilitated by Ted Hill
10:00am - 11:30am January 8 & 22

In this group we wish to support members to develop habits of gratitude so that we can more frequently look at the world (especially ourselves) as it is, rather than as it “should” be. We wish to facilitate connection, support, empathy and safety. We wish to foster acceptance, tolerance and appreciation of the similarities and differences in the ways that we approach life and look at situations.

This fun and enlivening class will assist you to connect with others in a more meaningful and harmonious way. It’s based on the principles of Nonviolent Communication (NVC), developed by Marshall Rosenberg, Ph.D. You will learn ways to soften conflict, develop more healthy, honest, warm, empathetic and open relationships with friends, acquaintances and relatives. It will also assist you to develop self-talk that is more comfortable and less stressful. Finally, it will help you to make requests in ways that are more clear and less demanding.

Join this experiential play shop on developing these helpful skills. RSVP at the Front Desk.
When you receive an updated COVID-19 or influenza vaccine, visit MOWCC for a $20 gift card. Stop by Meals on Wheels Community Center with your vaccination card, fill out a quick survey, and receive a $20 Target gift card. It’s that simple! People are best protected when they stay up to date on their vaccinations.

**FLU SHOTS AND YOUR HEART**

If you have HEART DISEASE, you’re more likely to have SERIOUS COMPLICATIONS from the FLU.

- Pneumonia
- Heart attack
- Hospitalization
- Stroke
- Death

**THE FLU VACCINE** Can Help You:
- Lower the risk of heart attack, stroke, or heart failure
- Avoid dangerous complications
- Stay healthy

**GET VACCINATED!**

**WHAT YOU CAN DO**

- Add a yearly flu shot to the steps you take to keep your heart healthy:
- Exercise
- Eat Heart-Healthy
- Take Your Medication
- Don’t Smoke

For more information, visit [mowmp.org/vaccination](http://mowmp.org/vaccination)